

THE PRINCIPALITY  
OF  
VINDHEIM'S

# Whispers on the Wind



**MARCH - APRIL 2022**



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# Contributors of Contents

Frú Kolfinna Egilsdóttir  
Centurion Damon Xanthus  
HL Sorchu McCulloch  
HL Rebekah Aleyn  
Lady Dýrfinna Mikaelisdóttir  
Lord Sean MacDaniel

If you would like to see your work featured in the next issue of *Whispers on the Wind*, please submit your articles or other items to the Chronicler by April 26th!

Chronicler: Bantiarna Cailleach Dhé inghean Uí Chaerbhail  
[vindheim@chronicler.ansteorra.org](mailto:vindheim@chronicler.ansteorra.org)

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# Upcoming Events

## GULF WARS | MARCH 12-20

In June of 1991, a small War between the Kingdoms of Trimaris and Ansteorra took place in the border lands of Meridies, hosted by the Shire of Dragoun's Weal at the King's Arrow Ranch in Lumberton, MS. And now, 30 years later, we are still here celebrating. Join us as we bring together the stories of the past, so that we may pass them onto our children.

Progress: Crown, Vindheim Coronet Circles: Centurions, Chivalry, Masters of Defense, White Scarves

## HELLSGATE COMMANDERS CRUCIBLE | MARCH 25-27

The Stronghold of Hellsgate beckons to all who would vie for the esteemed title of Commander! Adult and Youth Chivalric and Rapier Commanders to be chosen from performance in Tournament and Melee! Arts and Sciences, Bardic, and Adult and Youth Archery Commanders to be selected through the heat of competition!

## ELFSEA DEFENDER: PEARL AND RUBY ANNIVERSARY | APRIL 1-2

Elfsea is proud to announce we are celebrating our Barony's Ruby and Pearl anniversary! We will be holding all five championship tournaments.

Progress: Crown Circles: Pelican Activities: Archery, Arts & Sciences, Bardic, Chivalric, Rapier

## SPRING CORONATION | APRIL 9

Please join us for The Kingdom of Ansteorra's springtime Coronation event!

Progress: Crown, Vindheim Coronet

## STARGATE BARONIAL | APRIL 16

The Barony of Stargate gladly invites you to join us for our annual spring event.

## WIESENFEUER BARONIAL | APRIL 16

The Barony of Wiesenfeuer gladly invites you to join us for our annual spring event.

Progress: Vindheim Coronet







# Upcoming Events

## GLASLYN'S DEFENDER OF THE FLAME | APRIL 22-24

The Canton of Glaslyn would like to invite one and all to join us in battle, song, and merriment at our annual Defender of the Flame!

Progress: Vindheim Prince

## BELTANE | APRIL 29-MAY 01

The Barony of Namron gladly invites you to join us for our annual spring event.

Progress: Vindheim Coronet Activities: Archery, Bardic, Classes, Thrown Weapons

## SHIRE OF ADLERSRUHE'S PAIN IN THE PLAINS | MAY 6-8

The Shire of Adlersruhe gladly invites you to join us for this spring event.

Progress: Vindheim Coronet

## LOCH BARONIAL EVENT | MAY 7

The Barony of Loch Soilleir gladly invites you to join us for our annual spring event.

## SPRING QUEEN'S CHAMPION | MAY 13-15

Come one, come all to vie for the honor of being champion to Her Majesty!

## NORTHKEEP'S CASTELLAN | MAY 20-22

The Barony of Northkeep invites you to come and join us for a day of revelry and tournaments.

Progress: Vindheim Coronet

## STEPPE WARLORD | MAY 20-22

The Barony of the Steppes invites one and all to join us for a fun weekend of pageantry and camaraderie!



# Pre-1600 Mesoamerican and South American Sustenance Crops That You Can Grow in Vindheim

Frú Kolfinna Egilsdóttir, OHSS  
Barony of Namron

When discussing pre-1600 gardens and agriculture, there is a tendency to focus on European gardens, however people all over the world were cultivating a wide assortment of native crops for food, fiber, building supplies, and animal feed. If you have lived in Vindheim for any length of time, you will be familiar with both eating and growing many of the crops enjoyed throughout Mesoamerica and South America. Most of the foods grow well in our principality and still feature heavily in local cuisine.

My lord and I are starting a small garden at our home this year featuring some of these foods, and we cordially invite you to visit during the summer if you find yourself in the heart of Namron. Additionally, I have curated a selection of seeds to share if you would like to plant your own this year. Currently, 25 packets are available. Contact me by email at [kolfinnaegilsdottir@gmail.com](mailto:kolfinnaegilsdottir@gmail.com) or by Facebook (Kara Hoyle) and I will gladly mail you a small packet.

**Teosinte**, *Zea mays parvaglumis*, is widely regarded as the predecessor to modern corn. It still grows in the wild throughout Mexico, and favors a long growing season. Plant in April, in well-draining sandy loam, and it will self-seed in subsequent years after a light tilling of the soil. The plants are tall, reaching six feet or more. Tying or staking can help reduce breakage during high winds. Mature plants will produce tassels, like modern corn, and then seed heads. These heads are small, with hard-shelled seeds. Thousands of years of careful cultivation brought us the large heads of thin-shelled seeds that we now enjoy as corn/maize. Your harvest will feed many types of birds and provide cover for small animals like rabbits. Teosinte may also attract deer, if that is a consideration for your growing space. The plants can also be used as excellent fodder and silage.

**Tomato**, *Solanum lycopersicum*, was introduced to Europe in the 16th century by the Spanish, who first tasted the fruit during contact with the Nahua peoples. Tomatoes had already been in cultivation for roughly seventeen centuries in Mesoamerica, and a wide variety of sizes, shapes, and colors were eaten. To simulate the earliest known types of tomatoes in your garden, select small grape or pear tomatoes of an indeterminate (vining) variety.



**Quinoa**, *Chenopodium quinoa*, is native to mountainous areas of South America. Mature plants reach about four feet in height in a dry climate, but substantial rainfall can double that. Plant seeds in the spring, after the last frost, in well-draining loamy soil and provide consistent watering until they sprout. Thin sprouts to 18" between plants for best growth. As a high altitude, cool weather plant, they will benefit from afternoon shade in Vindheim. Mulch well and water consistently, allowing to dry slightly between waterings. To harvest, wait until the leaves drop from the plant. Gather the seed heads, winnow debris with a fan, and spread the seeds out on mesh or another aerated surface to dry.

**Chia**, *Salvia hispanica*, is native to Mexico and Guatemala, and is a member of the mint family. Sow seeds in your garden in the fall. Provide light watering daily until the seeds sprout. Chia is tolerant of soil types from sandy to clay, and requires good drainage. The plants boast bell-shaped blue to purple flowers that are visited by pollinators. Seeds form just below the flowers. A mature plant can reach five feet in height. Chia is a self-sowing annual and can spread enthusiastically, like other mints. Its native range is gardening zones 8-11, but with careful selection of location, you can grow it throughout Vindheim.



**Bean**, *Phaseolus vulgaris*. The runner bean, which grows on vines, was but one of many beans that originated in the Americas. Beans were, and still are, an important part of local cuisines and are prepared in numerous ways. Check your favorite seed catalog and try growing a couple of varieties that catch your eye. There are some beautiful beans available, and they grow easily in Vindheim!

**Squash**, *Curcubita pepo*, includes pumpkins, summer squash, and ornamental squash. The oldest known pumpkin seeds are nearly 9,000 years old, and pumpkins have been cultivated for 7-8,000 years. Colors varied by region, from green to orange. Squash can require a significant amount of space in which to grow, but can also be trellised in smaller spaces.

**Peanut**, *Arachis hypogaea*. Found in Peruvian tombs from 3500 years ago, peanuts have become a staple crop worldwide. They grow readily in warm climates, and are nitrogen fixers that help improve soil quality. Light, sandy loam and warm sunny weather, with moderate watering is all you need to grow your own peanuts. Plant raw, shelled peanuts after the threat of frost is past (seedlings can be started indoors), and mulch young plants.





**Amaranth**, *Amaranthus cruentus*, *A.hypochondriacus*, and *A.caudatus* are the varieties grown for seed harvest. Several other varieties with smaller seed heads are grown as ornamentals. Particularly striking is the Love Lies Bleeding variety. Amaranth is frequently found in "ancient grain" blends, has a high protein content, and contains all nine essential amino acids. Plants can reach over eight feet in height. Due to its carbon fixing prowess, amaranth can succeed in dry, hot climates. Amaranth can also be used for dyeing.



**Chile/Pepper**, *Capsicum annuum*. Whether you like them sweet or scorching, peppers have been a staple of cuisine in the southern Americas for thousands of years. They enjoy the same care and conditions as tomatoes. Try a few different varieties until you find your favorites to grow and eat!

**Epazote**, *Chenopodium ambrosioides*, can be used in tea, but most commonly serves as an important herb for its flavor. Epazote has carminative properties, so it is frequently used in cooking bean-based dishes. Soak seeds in water before planting in well drained soil, in full sun. \*Epazote is not recommended for consumption by small children or pregnant persons, as it is toxic in large quantities.

**Potato**, *Solanum tuberosum*. Potatoes were first domesticated in the Andes at least 10,000 years ago, and have been a cornerstone of various cuisines ever since. They are one of the most important food crops in the world today. The early varieties were small like modern fingerling potatoes. Modern gardening offers numerous ways to grow them-- in the ground, in straw bales, in trash cans, in specially constructed containers, and more. Select the method that is right for your space and grow a bushel or two of this ancient sustenance crop!



**Sweet potatoes**, *Ipomoea batatas*, were cultivated approximately 5,000 years ago. Interestingly, they traveled across the Pacific Ocean first to Polynesian islands, whereas most foods first traversed the Atlantic. Typically propagated by stem or root cuttings, sweet potatoes can also be started with "slips," which are shoots from a mature sweet potato. They do not tolerate cold, so plant in warm soil after all danger of frost has passed. Mulch young vines well and prevent them from sending new roots into the ground to keep energy focused on growing the underground tubers.

If you grow some of these wonderful foods this year, please share photographs in the Principality of Vindheim Facebook group. We would all love to see them!



Barony of Namron



presents



# NORMAN MEDIEVAL FAIR DEMO

**APRIL 1-3, 2022, 10 AM - 7 PM DAILY**

**Reaves Park, 2501 Jenkins Ave, Norman, OK 73072**

The Barony of Namron cordially invites you to join us for this amazing weekend demo! Held annually since 1977, The Norman Medieval Fair is Oklahoma's largest weekend event & the 3rd largest event in the state.

There are many opportunities for participation:



## Fighters

We are in need of both Chivalric & Rapier combatants (especially Friday and Sunday).



## Displays & Demonstrations

Archery, Armory, Arts & Science, Dancing, Drumming, & Siege Engines



## Hospitality

This is a great recruiting opportunity for our entire Kingdom!

**There is no site registration.** There is both paid and free parking available near the fair grounds.

**There are no overnight accommodations on site.**

The site is a public park. There is no smoking & dry by local ordinance.

LEASHED pets are welcome but are not encouraged by the fair due to large crowds.

**The Norman Medieval Fair is located on Jenkins Avenue between Lindsey St. and HWY 9 East. From I-35 take HWY 9 East to Jenkins Avenue. Turn north**

Minors must be accompanied by a parent or legal guardian. They may also attend with a 21 year or older adult with a signed and notarized Minor Event Waiver Form from the parents.

To learn more about the fair itself, please visit [medievalfair.org](http://medievalfair.org)

**Event Stewards:** Maestro Orlando Giovanni (mka Dan Pupek) [orlando@agilejedi.com](mailto:orlando@agilejedi.com)

&

Lord Darien De Shameless (mka Chris Dewitt) [Funeralman@gmail.com](mailto:Funeralman@gmail.com)



# Principality Officers

## Prince

Prince Romanus Scipio  
Vesperanius  
prince@  
vindheim.ansteorra.org



## Princess

Princess  
Deanna della Penna  
princess@  
vindheim.ansteorra.org



## Seneschal

HL Rebekah Aleyn

vindheim@  
seneschal.ansteorra.org



## Herald

HL Annais de Montgomerie

vindheim@herald.ansteorra.org



## Exchequer

Lord Sean MacDaniel

vindheim@  
treasurer.ansteorra.org



## Minister of Children

Lady Dyrfinna Mikaelisdóttir

vindheim-moc@  
seneschal.ansteorra.org



## Minister of Arts and Sciences

HL Dominique  
Michelle LeVesseur  
vindheim@  
moas.ansteorra.org



## Earl Marshal

Centurion Damon Xanthus

vindheim@  
marshal.ansteorra.org



## Chronicler

Bantiarna Cailleach  
Dhé inghean Uí Chaerbhaill  
vindheim@  
chronicler.ansteorra.org



## Hospitaler

HL Sorcha McCullough  
vindheim@  
hospitaler.ansteorra.org





# From Their Serene Highnesses

*Greetings to the Populace of Vindheim!*

Gulf Wars is nigh!

We hope to see everyone in our fair Principality at Gulf Wars and know we'll have a fantastic time supporting the Kingdom at War. With fighters of all types, our talented artisans, and those who give so much of their time in service to make the War run well, the Principality will show the Known World what we can do.

For those whom this is their first Gulf Wars, and for the rest of us who haven't been in a few years, be sure to bring clothing for all types of weather.

Remember to stay hydrated.

Enjoy your shopping.

And be certain to share your enthusiasm and goodwill with all you meet.

Travel safely,

*Romanus and Deanna*

Prince and Princess of Vindheim





# Seneschal Shorts

Vindheim!

Approximatley 205 people in Norway have the surname of Vindheim. The way our weather has been lately, sometimes it seems like we have more of a connection to Norway than just our name. As I write this, I am sitting in front of a fireplace, drinking coffee, and listening to freezing rain bounce off my front porch with a wind chill of -5 degrees. I hope everyone has been able to stay safe and warm this winter.

We are now looking for bids for our Summer Coronet Tourney which will be held on June 18th. Bids are to be sent to the Prince and Princess, the Principality Exchequer, and myself. Bids close on March 31st.

March 12th is the first day of Gulf Wars. Vindheim will have a strong presence not only on the battlefield but in the classrooms and as War volunteers. Safe travels to those who are able to attend. We look forward to tales of war and, of course, many photos.

Just a reminder, even though Their Majesties have eliminated the requirement for outdoor masks, loosened the restrictions for feast and water coolers, we here in Oklahoma are still required to provide either proof of vaccinations or a negative COVID test (within 72 hours) at events or in-person gatherings including fighter practice.

In Service,

H. Rebekah Aleyn, CSM

Vindheim Seneschal





# The Chronicler's Quill

*Greetings unto the populace of Vindheim!*

I hope everyone is staying safe and warm in this ever changing Vindheim climate.

I would like to have features of practice pictures, illuminations, word fame, arts and science projects, event reports... basically anything to highlight the greatness that is our Principality! But, in order to have these features, I am in need of submissions!

Any submissions you would like to make for the next issue of *Whispers on the Wind* are due by April 26, 2022. Also, please let me know if there is anything you would LIKE to see featured in *Whispers on the Wind*.

For submissions, please contact me at [vindheim@chronicler.ansteorra.org](mailto:vindheim@chronicler.ansteorra.org) or FB messenger at Cailleach Ui Chaerbhaill

Yours in Service,

*Bantiarna Cailleach Dhé inghean Uí Chaerbhaill*

Vindheim Chronicler





# Exchequer's Corner

*Greetings*

## NEWS

We have our bank account open! Please endorse your checks to SCA, Inc - Principality of Vindheim.

## TRAINING

After Roundtable, a lot of great information was sent to your Exchequer emails. Please take a look at it and if there are any questions, please feel free to contact me.

## HOUSEKEEPING

Book Reviews - I have started up book reviews via online video chats please look out for an email to set one up or you can request a date that works for you.

Reports - Please everyone that is not using a negative report download the large group locked file and use that from this moment forward. Please, remember that for your monthly reports they need to be cumulative and I will need each month a copy of your excel file, a printed and signed copy of excel file, your bank ledger, bank statement. This report is due to me on the last day of the month following the reporting month (ex. July report is due Aug 31st).

Communication - Please, everyone, if you are having issues getting a report to balance, please communicate the issue so that we can work through it. If you are not communicating then I do not know that there is an issue and the problem cannot be fixed and it leads to bigger problems. If you are having computer issues, please use my contact info below to get in touch with me.

## CONTACT

vindheim@treasurer.ansteorra.org or northern@treasurer.ansteorra.org Cell: 940-733-6889 if I do not answer please leave a message, text is preferred. Mundane: John Godby can be found on Facebook. I have (Sean) in my name on Facebook.

In Service to the Dream,

*Lord Sean Mac Daniel*

Vindheim Exchequer



# From the Earl Marshal

*My beloved Principality of Vindheim.*

Before I start shamelessly ranting about the lead up to Gulf, I'd like to spread some word fame for the fighters of the Principality. At Calontir's Winter War Maneuvers, our forces were comprised of people from Mooneschadowe, Northkeep, Wiesenfeuer, and of course Brad Leah; they held themselves with utmost honor and chivalry. Our artisans brought the house down with the fantastic work presented to the Crown of Calontir. It was an excellent day of fighting and camaraderie.

Gulf looms, are you ready?

Is your authorization up to date?

How's your gear look?

It's Gulf, do you have gear for hot, cold, wet and dry weather?

The clock is ticking, and I look forward to seeing every one of you on the field.

We have been a long time away from war, and I know that the troubles of the mundane world are many and vast; it behooves us to celebrate every moment allowed to us. What better way to celebrate life than fighting, singing, dancing, and serving our society.

In service,

*Centurion Damon Kanthas*

Vindheim Earl Marshal





# The Welcome Wagon

*Greetings unto the populace of Vindheim!*

Spring is upon us, (and hopefully lowering Covid rates) and with it, Event Season is coming!!!

I know several of you are going to Gulf Wars in March. Can I ask a favor of you? Go by the Newcomer's Station and ask if there is anything that you can do to help them. Bring them a bottle of water, give them an hour's break to visit the merchants or the showers, and TALK TO A NEWCOMER!!!

Can you imagine being a newcomer at War? How overwhelming that can be, to see the SCA in such a magnificent HUGE fashion? Make sure they have contact information for their local group, so after War, they can continue on their journey in the SCA. And have fun for me!!!!

~\*~

And when you get back from War, wash your garb and get ready for MedFaire!!!! April 1-3rd, in Namron. It is the largest free Medieval Fair in North America and I feel confident in saying it's not only the biggest Demo in the Principality, but the Kingdom, and we need YOU!!!! Pre-Covid they would have 300,000 to 400,000 people come through the Fair in a weekend.

We will need people for all manner of things. We need extroverts to walk the Lyst Field and talk to the spectators. We need items for the Arts and Sciences display and people to staff it. We need people for the Living History display. We need performers, dancers, drummers, fighters, weavers, painters, leather workers, EVERYONE to come and support the demo. We need people to man the entrance of the SCA Embassy, hand out business cards, and greet Newcomers!

Please contact Maestro Orlando Giovanni or Lord Darian De Shameless for ways you can help. Or contact me and I will put you in touch with the right people. You can reach me at [Vindheim@Hospitaler.Ansteorra.org](mailto:Vindheim@Hospitaler.Ansteorra.org) or on Facebook at Sorch McCulloch. I look forward to seeing your bright shining faces there!

In Service,

*HL Sorch McCulloch*  
Vindheim Hospitaler



# Battledores and Shuttlecocks - Medieval Badminton in Your Backyard

The game that we know modernly as badminton has been played for roughly 2,000 years, in all corners of the earth, with varied materials and rules. The medieval European battledore was typically a wooden paddle rather than the racket that came into use in later centuries. The shuttlecock was made by sticking feathers into a piece of cork.

Making a set is quick and easy! All of the parts can be purchased online, or found at your local craft store. The wooden paddle for a battledore may not be as readily available, but it's a common item for sorority paddles, or you may be able to find the type used for pottery. The game can be played indoors or out, and makes a great addition to your camping kit! If you have tools and some scrap lumber, you can cut out your own battledores using the included template. You'll need two battledores, one shuttlecock, and two players for a rousing challenge. Simply face off, hit the shuttlecock back and forth, and try to keep it from hitting the ground. And have fun!





## Battledore

- Cut 2 from  $\frac{1}{2}$ " thick lumber
- Sand all surfaces
- Decorate if desired

## Making a "Medieval Badminton Set"

To make a shuttlecock, you will need a cork and 6-8 duck feathers. A standard wine cork, a  $\frac{1}{4}$ " tapered cork, or a  $1\frac{1}{2}$ " ball cork will work, too. Feel free to substitute a similar size & weight feather of a different type.

Using an awl, make pilot holes in one end of the cork (or around the "equator" if using a round cork) for the feathers. Insert the feathers and trim evenly, if desired.

Players hit the shuttlecock back and forth using the battledores, trying not to let the shuttlecock hit the ground. No net was used.



Versions of battledore and shuttlecock first appeared around 2,000 years ago.

Many players kept records of their longest hit streaks. In the early 19th century, one family boasted 2,117! Can you beat that?

Frjá Kolfinna Egilsdóttir, 2021



# From the Minister of Children

*Greetings to the most amazing Principality of Vindheim!*

Signs of Spring are showing. Even with these dreaded cold snaps. Warmer weather will be here before you know it. We have great news to share! Children's Activities are able to resume! That includes all children and youth activities such as youth chivalric, rapier, and MoC activities.

We have a few events coming up that will have kids activities.

- Gulf Wars will have Page School and Ansteorra is hosting on Tuesday. If you have time and are able between 8:45 and 12:15, consider volunteering to earn Ansteorra double points! There will be activities from other kingdoms during the week. It looks like activities will be from 9am to noon, Monday through Friday.
- The Medieval Faire in Norman is a huge event. It's free with tons of activities, shows, and so much awesome. We also have some amazing Vindheim MoCs planning on doing some children's activities.
- Wiesenfeuer Baronial is set for the weekend of April 16th. Lady Liadan plans on having children's activities. She always has some fun and creative things for the kids to do.
- Namron's Beltane is the last weekend of April. As of right now, they hope to have children's activities. Whether they do or not, it is a great family event for everyone to enjoy.

So dust off your kids' garb, maybe add a few inches to the length since all these kids have grown like crazy. Can't wait to see everyone at the upcoming Spring events!

Yours in Service to the Dream,

*Lady Dýrfinna Mikaełsdóttir*

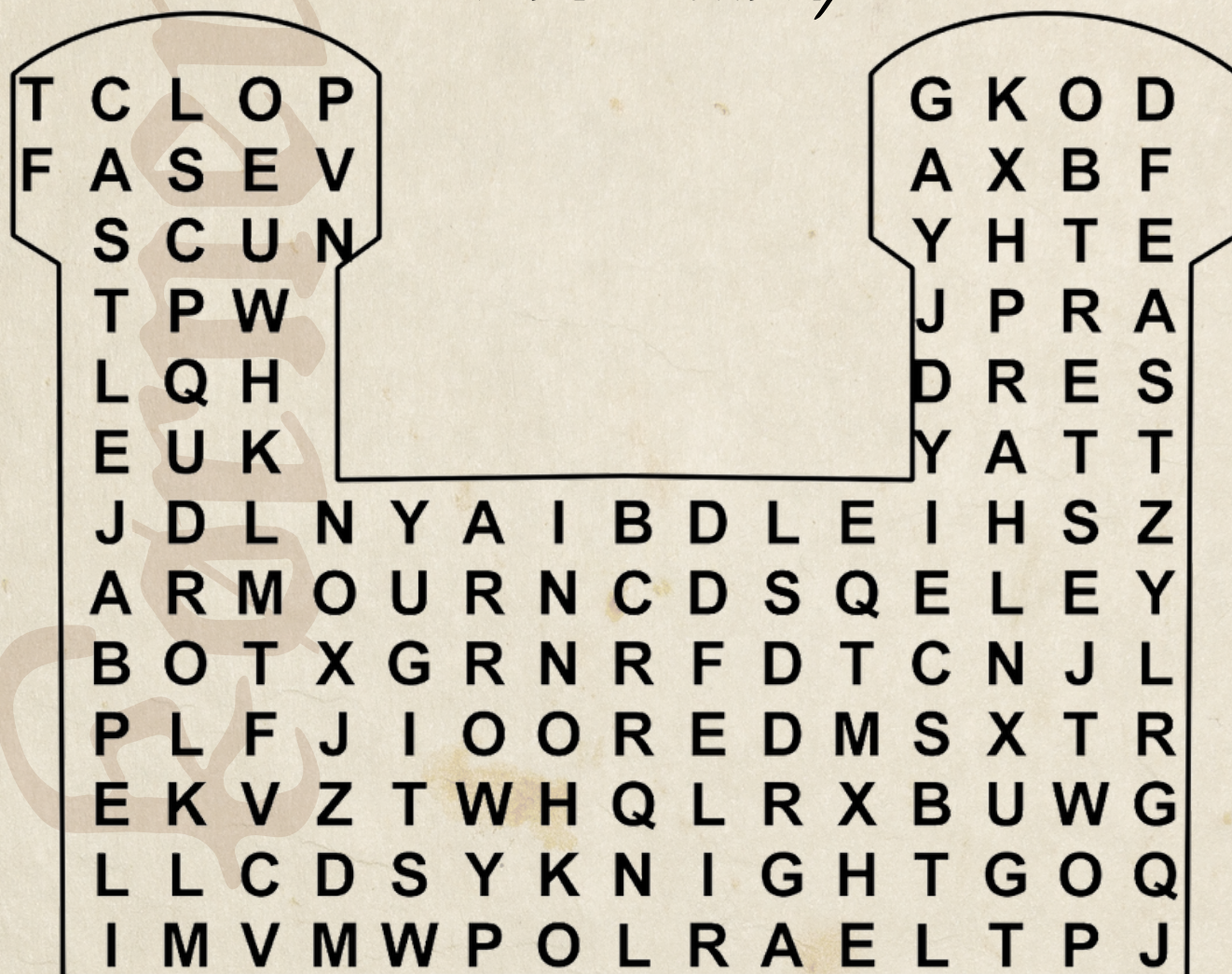
Vindheim Minister of Children

[northern-moc@seneschal.ansteorra.org](mailto:northern-moc@seneschal.ansteorra.org)





# Word Search



CASTLE  
KNIGHT  
SWORD  
JOUST  
ARMOUR

SHIELD  
ARROW  
JESTER  
FEAST  
LORD