

## March Mewsletter

### Media Mogul Lucas Cranach the Elder

The artist Lucas Cranach the Elder is known by his hundreds of court portraits. This covers only a small portion of his life. He was born in 1472 to artist Hans Müller. Born in Kronach near Bamberg, Cranach took the name of the town for his own when he studied in Vienna. Although only a year younger, he survived Albrecht Dürer, the great genius of German art, by 25 years and, in fact, outlived all the significant German artists of his time. While Cranach was still in Vienna, he was appointed as court painter to the elector Frederick the Wise of Saxony. As a famous artist, he was given two and a half times the salary paid to his predecessor. In spring 1505 he arrived in Wittenberg, a university town on the Elbe River and seat of the electors, where he remained for 45 years, until 1550, as court painter. He became a prominent citizen, serving as a member of the town council in 1519–20 and as burgomaster three times in the years 1537–44. Through Cranach, who received im-



portant commissions from three successive electors and caused many young artists to come to Wittenberg, the town became an art center. Cranach made numerous portraits of Luther, and provided woodcut illustrations for Luther's German translation of the Bible.[3] Somewhat later the duke conferred on him the monopoly of the sale of medicines at Wittenberg, and a printer's patent with exclusive privileges as to copyright in Bibles. Cranach's presses were used by Martin Luther. His apothecary shop was open for centuries, and was only lost by fire in 1871. Cranach's productivity made him a prominent, and very wealthy figure in Wittenberg. According to tax records of 1528, he was the town's second wealthiest citizen. He employed many artists in his studio who painted the works he sketched for them, thus increasing his productivity. Two of his sons, Hans (1513–37) and Lucas (1515–86), worked alongside him. In addition to the income he received from his artwork, Cranach also owned a pharmacy, wine store, bookstore, and a printer's shop that turned out. From 1519 until 1545, he served on the Wittenberg city council, at least twice governing as its Bürgermeister (1537 and 1540), or mayor. The inscription on his tombstone in Weimar reads "pictor celerimus"—the swiftest painter.

Our hearts soar on Falcon's wings!

#### UPCOMING MOOT & PRACTICES

Heavy Weapons and Fencing Practice, Please See the Shire Facebook page:

<https://www.facebook.com/groups/102651729820675/>

If you have anything you want to share, please contact Lady Anna at: [hollyheise@gmail.com](mailto:hollyheise@gmail.com)



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***THE CHRONICLER'S QUILL*****Herbal Studies during the Renaissance**

I ENJOY THE STUDY OF HOW PEOPLE USED PLANTS IN EUROPE DURING THE RENAISSANCE. ACCORDING TO AUTHORS OF THIS TIME PERIOD, PLANTS WERE USED TO EASE PAIN, CURE AILMENTS, TO DECORATE, MAKE AND COLOR CLOTH, COLOR AND FLAVOR FOODS, AS WELL AS IN PERFUMES AND COSMETICS. HERBAL STUDIES FOCUS SPECIFICALLY ON PLANTS USED IN FOODS, MEDICINE, AND IN COSMETICS. A BOOK WHICH FOCUSES ON THE USES AND PROPERTIES OF PLANTS IS CALLED AN HERBAL. COPIES OF SEVERAL MEDIEVAL AND RENAISSANCE HERBALS CAN BE OBTAINED, AND A FEW OF THESE HAVE BEEN TRANSLATED INTO ENGLISH. THE MOST AVAILABLE ENGLISH LANGUAGE HERBALS ARE THOSE WRITTEN BY JOHN GERARD IN 1597, REPRINTED AND ENLARGED UPON BY THOMAS JOHNSON IN 1633 AND AGAIN IN 1636; JOHN PARKINSON'S PARADISUS IN 1629, AND THE HERBAL OF NICHOLAS CULPEPER, WRITTEN IN 1652. OTHER SOURCES WORTH NOTING INCLUDE: THE HERBAL OF LEONHART FUCHS (IN GERMAN) 1543, MATHIAS DE L'OBEL'S "STIRPIUM ADVERSARIA" (IN LATIN) 1571, DODOEN'S "PEMPTADES" (IN LATIN) 1589, OTTO BRUNFELS' HERBARUM VIVAE EICONES (IN LATIN) 1530 AND AGAIN IN 1590.

PLEASE NOTE, I AM NOT A DOCTOR AND I NEVER RECOMMEND ANY HERB FOR MEDICINAL USE. I STUDY FOR MY OWN PLEASURE AND TO SHARE WHAT I HAVE LEARNED. SOME OF THE HERBS USED FIVE HUNDRED YEARS AGO, ARE NOW KNOWN TO BE SAFE AND EFFECTIVE, OTHERS ARE USELESS, AND SOME ARE SIMPLY TOXIC AND SHOULD BE AVOIDED. ALWAYS KEEP IN MIND; HERBS ARE NOT ALWAYS SAFE OR HARMLESS.

THE USE OF THE ROSE HAS BEEN COSMETICALLY USED TO FRAGRANCE BATHING WATER, LOTIONS, OILS, AND PERFUMES. IT WAS ALSO USED TO FLAVOR FOODS AND WINES. CANDIES WERE MADE FROM THE ROSE PETALS. THESE CANDIES WERE USED TO ADORN DESERTS. ROSE PETALS WERE STEWED AND MADE INTO BEADS THEN STRUNG. THESE STRINGS OF BEADS ARE CALLED ROSARIES.

AFTER THE PETALS FALL OFF THE ROSE, THERE IS A SMALL APPLE SHAPED FRUIT, CALLED A ROSEHIP OR ROSE APPLE. IT WAS LEFT TO MATURE. THIS FRUIT WAS USED TO MAKE JELLIES. BEFORE ORANGES WERE READILY AVAILABLE IN NORTHERN EUROPE, PEOPLE ATE ROSEHIPS TO STOP A CONDITION CALLED SCURVY. SCURVY CAUSES THE GUMS TO SWELL AND BLEED, AND THE TEETH FALL OUT.

ROSE LEAVES AND PETALS WERE ADDED TO SALADS. OTHER FLOWERS SUCH AS NASTURTIUMS CHICORY AND VIOLETS WERE ALSO COMMONLY PUT IN SALADS. THEY WERE CALLED BITTER HERBS, AND WERE CONSIDERED A REFRESHING CHANGE FROM THE FARCED MEATS AND CONFECTIONS. ANOTHER COMMONLY USED FLOWER WAS THE PURPLE CROCUS. THE THREAD-LIKE STAMEN FROM THE CROCUS IS YELLOW AND CALLED SAFFRON. SAFFRON WAS USED, TO COLOR AND FLAVOR RICE, CONFECTIONS, AND CLOTH.

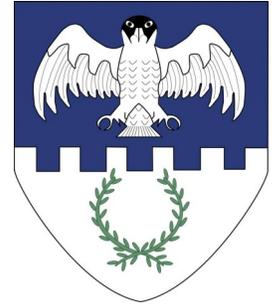
MANY OF THE WEEDS WHICH WE LABORIOUSLY PULL OUT OF OUR GARDENS AND FLOWER BEDS WERE CAREFULLY CARRIED ACROSS THE ATLANTIC OCEAN BY EARLY EUROPEAN SETTLERS. RED CLOVER WAS BROUGHT TO AMERICA, TO SUPPLY NECTAR FOR THE IMPORTED HONEY BEE. RED CLOVER WAS ALSO USED TO FEED LIVESTOCK. PURSLAIN, A PLANT WHICH IS OFTEN FOUND GROWING BETWEEN CRACKS IN THE SIDEWALK, IS AN HERB WHICH ORIGINALLY CAME FROM PERSIA. IT WAS USED TO THICKEN SOUPS, PICKLED, AND ITS SEEDS WERE GROUND TO MAKE FLOUR. MEDICINALLY IT WAS USED TO SOOTH A SICK STOMACH, RELIVE SORE THROAT, DIARRHEA, SHORTNESS OF BREATH, SOOTH INFLAMED SKIN AND HEAL PIMPLES.

*To Serve,*

*Anna Meyer*

## From The Sage

### The Culture of Spring Herbs



*The custom of using plants to cleanse the human body, inside and out, has been practiced for at least as long as people have been writing history. The ancient Sumerians, Greeks Egyptians and Romans left us written accounts of how they used specific herbs in their day. Spring was believed to be a time to rejuvenate the human body by taking laxatives and diuretics to cleanse it. Tonics often make a person feel light and giddy. There are tonics and stimulants. A tonic is said to tone and build the body up. Tonics are supposed to be gentle and helpful to the body. Stimulants often intensely affect a body leaving a washed out and exhausted feeling in their wake.*

*By the time winter gave way to spring, most people had been living on cured meats and stale grains for months. They would be feeling rather poorly because they would be having the first symptoms of scurvy, brought on by vitamin C deficiency. As spring herbs became available, people ate them as a means of stretching and supplementing the diet. This was especially true since the Church forbade the eating of meat during the season of Lent. People ate dandelion, parsley, borage, hawthorn, stinging nettle, angelica, and violet. If it was green and not known to be toxic, it was fair game for inclusion into spring soups and tonics. The people got to feeling healthier after eating all these herbs, and that is what got them to thinking about the medicinal properties of the plants, and Herb Lore was born.*

*To Serve,*

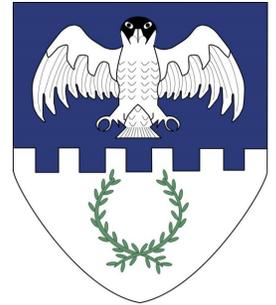
*Anna Meyer*

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This is the March 2018, issue of the Mewsletter, a publication of the Shire of Falcon's Keep of the Society for Creative Anachronism-Wisconsin, Inc. (SCA-WI, Inc.). The Mewsletter is available from Holly Heise, W1857 US HWY 10, Granton, WI. 54436. It is not a corporate publication of SCA-WI, Inc., and does not delineate SCA-WI, Inc. policies. Copyright © 2018 Society for Creative Anachronism-Wisconsin, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors."

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Contact the Chronicler, Lady Anna Meyer (MKA Holly Heise), for further information, HollyHeise@gmail.com This publication will be available on the Falcon's Keep webpage at [www.falconskeep.org](http://www.falconskeep.org). If you require a paper copy, please contact the Chronicler. If you wish to make a contribution to defray mailing costs, please give it to the Exchequer of Falcon's Keep.

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## NORTHSHIELD EVENT CALENDAR



### April, 2018

#### Bardic Madness XXVIII - Hortonville Hears a Who 🏰 🍷

Saturday April 7, 2018 52

Barony of Windhaven (Hortonville WI)

#### Northshield Spring Coronation 🏰 🍷 🍷 🍷

Saturday April 14, 2018 52

Barony of Jararvellir (Stoughton WI)

#### Road to the Isle XXI: 30th Anniversary Greatest Hits

Saturday April 21, 2018 52

Shire of Mistig Waetru (Calumet MI)

#### Provost Challenge 🏰 Friday April 27-29, 2018 52

Shire of Coldedernhale (Fort Pierre SD)

#### Northshield Dance Seminar XXIII Saturday April 28, 2018 52

Shire of Rokeclif (La Crosse WI)

### May, 2018

#### Schützenfest 🏰 🍷 Friday May 4-6, 2018 53

Barony of Nordskogen (Waterville MN)

#### Eastern Regional Fighters Practice Saturday May 5, 2018 53

Shire of Falcon's Keep (Stevens Point WI)

#### Northshield Spring Crown Tournament 🏰 🍷

Saturday May 12, 2018 53

Forming Group of Avonwood ( Marshall MN)

#### Quest - A Whuppity Scoorie Festival Thursday May 17-20, 2018 53

Shire of Schattentor (Custer SD)

#### Mermaid's Retreat Friday May 25-28, 2018 53

Shire of Turm an dem See (Valders WI)

### June, 2018

#### Castle Fever 🏰 🍷 Saturday June 2, 2018 53

Shire of Silfren Mere (Oronoco MN)

#### Border Skirmish XV 🏰 Thursday June 7-10, 2018 53

Barony of Caer Antherth Mawr (Elkhorn WI)

#### Lilies War Episode XXXII: Counties vs Duchies 🍷

Friday June 8-17, 2018 53

Kingdom of Calontir (Smithville MO)

#### Known World Heralds & Scribes Symposium

Friday June 8-10, 2018 53

Kingdom of Æthelmearc (Cranberry Township PA)

#### Bardic By The Lake Saturday June 16-17, 2018 53

Shire of Hvitskogar (Ironwood MI)

#### Northern Realms War 🏰 Tuesday June 19-24, 2018 53

Shire of Noiregarde (Piedmont, SD)

#### Artisan's Circle Saturday June 23-24, 2018 53

Shire of Falcon's Keep (Stratford WI)

### The Legend of the Northshield Calendar

🏰 His Majesty will attend

🍷 Her Majesty will attend

👑 The Prince will attend

👑 The Princess will attend