



the skein

wherein ARE WOUND
THE JARARVELLIR JARNS



The Skein
Paul Goldschmidt
5625 Highland Way
Middleton WI 53562



APRIL 2008 A.S. XLII



BARONESS:

Her Excellency Eithni ingen Talorgain (*Jean Hetzel*) 4934
 Goldfinch Dr, Madison WI 53714, 628-7782, 226-0846,
 baronesseithni@yahoo.com

BARONIAL OFFICERS



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 ladywren@gmail.com



Chirurgicon: Lady Fiona (*Lyn Andreassen*) 446-6438,
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 goldschp@tds.net

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Historian: H.E. Adrien de Troyes (*Chris Olson*) 249-6382,
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Minister of Arts & Sciences: Ermina (*Bettymae B. Doyle*) 338-5897,
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Pursuivant: Reinholdt von Trollenhagen (*Mark Doyle*) 338-5895,
 mark.doyle@qbeamericas.com

Rapier Marshal: Cosimo de Cellini (*Joe Ordaz*) 274-0997,
 jordaz@netzero.com



Seneschal: Ivan Matfeevich Rezansky (*John Beebe*) 298-0918,
 rezansky@sbcglobal.net

UW Reservations: Amy of Jararvellir (*Amy Dee*) 715 271 3284,
 uwreservations@jararvellir.org



Web Minister: James (*James Krot*) 989-493-1953,
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Baronial Mailing Address: PO Box 1002, Madison WI 53701-1002

Baronial Web Page: <http://www.jararvellir.org>

Baronial Email list: jararvellir@minstrel.com

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ART CREDITS: The cover art is unattributed and taken from an unknown antique book, reproduced at the Karen's Whimsy website (<http://karenswhimsy.com>).

CANTON OF COILLE STOIRMEIL

(Monroe & Juneau County, WI)

<http://www.coillestoirmeilonline.org>

Seneschal: Kori Redjohan (Corriene Cameron)
 400 High St Apt G, Norwalk WI 54648
 cte71259@centurytel.net, (608) 823-7863

Monthly Meeting: First or second Sunday of the month at the Nest in Tomah

BARONIAL MEETINGS, GUILDS, AND CONTACTS

Please call the contact person to verify when & where an activity is held!

Archery Practice Sun 12-2PM, Wed. 6:30-9PM. UW Stock Pavilion

Contact: Lady Jois (Deena) 226-0846

Armoured Combat Wed. 7-10PM, Sunday 2-4PM. UW Stock Pavilion

Contact: Roisin igen Ailill (Rebecca Heidelberger) 244-4621, roisin106@aol.com

Armormaking Tuesdays 7PM. 3314 Ridgeway Avenue

Contact: Master Giles (Ed Gilbert) 244-2845, horsebows@mail.madtown.net

Bardic Night (not currently active)

Contact: Vacant

Brewing & Vintning Third Monday. Various locations (call for info)

Contact: Robert the Stout (Robert Trefz) 441-6150, rtrefz@tds.net

Calligraphy & Illumination Tuesdays 7PM. Call for location

Contact: Lady Eile (Alicia Cronk) 250-4595, leleth.faery@yahoo.com

Clothier's Guild Alternate Mondays, 7PM. Contact for location and dates.

Contact: Iohanna (A. Rebekah Turner) 957-9072, arebekah@gmail.com

Cordial Guild First Tuesday 7:30PM Contact for location

Contact: Lady Cianna Kharleen (Carrie Wilkey) 846-8008, cianna@teadame.com

Equestrian (not currently active but information available)

Contact: Alissende de Montfaucon (Tammy Thompson) 212-5433, alissende@centurytel.net

European Dance Sundays 3PM. UW Campus—check TITU for room.

Contact: Lady Thea

Fletching Fridays 6:30PM (call ahead) 5418 Imagine

Contact: Lord Toussaint de Caluwe (Tyson Patterson) 838-4092

Fool's Guild Alternate Wednesday 6:30PMish, UW Stock Pavilion.

Contact: Lady Aliénor Hathaway (Mariessa Dobrick) 658-8941, reesa83@aol.com

General Business Meeting Usually 1st Sunday, 7PM, Edgewood College,

Predolin Hall — call to verify meeting date and location.

Contact: Ivan Matfeevich Rezansky (John Beebe) 298-0918, rezansky@sbcglobal.net

Instrumental Music Mondays 7PM-Beginners, 8PM-Advanced.

UW Campus—Check TITU

Contact: Lord Nikolaus der Ausländer (Clint Hotaling) 846-0859, n_auslander@hotmail.com

Middle Eastern Dance and Drumming Wednesday 8:15pm, UW Stock Pavilion.

Contact: Lady Kenya (Heather Cushing) 298-0103, evilkenya@tds.net

Needlearts Tuesdays 7:30. Call for location

Contact: Ivan (John Beebe) 298-0918

Pottery Guild First or second Monday (alternating with Clothier's), Fired Up Pottery.

Contact: Annora (Wendy Nelson) 438-6530, wendybyrd42@yahoo.com

Rapier Practice Wednesday 6:30-9PM, UW Stock Pavilion

Contact: Cosimo de Cellini (Joe Ordaz) 274-0997, jordaz@netzero.com

Social Practice Wednesday 9PMish. Call to verify location

Contact: HE Eithni (Jean Hetzel) 628-7782

Thrown Weapons Sundays Noon, Second Wednesdays 7PM, UW Stock Pavilion.

Contact: Vacant

Vocal Music Thursdays 7 PM UW Campus—Check TITU

Contact: Lady Aliénor Hathaway (Mariessa Dobrick) 658-8941, reesa83@aol.com

EPISTLE FROM THE BARONESS

Unto the populace of Jararvellir does Baroness Eithni ingen Talorgain send greetings!

It seems that Winter has loosened, and we can hope released, its hold on the Barony and the first signs of Spring are appearing all around us. Mother Nature has been known to play a few nasty tricks on us now and again, but we can hope that we have seen the last of the cold and ice for this year...

Even on the coldest days, our Canton of Coille Stoirmeil is a warm and inviting place to visit and this March was no different as they hosted a combined That Moot Thingy/Rumble in the Forest. As usual, the event provided ample time for relaxing pursuits from fighting to sewing to simple conversing. With no pressing business and no Royals in attendance, we passed the day quietly and pleasantly at home with our Canton family.

Those of our populace who sought more exciting vernal pursuits traveled south to Gulf Wars this past month. While plague hit the camp hard and it was in many ways a subdued war, happy tidings soon came to us of a battlefield announcement. His Majesty Hagan called our own Roisin into His presence and offered her entry into the Order of the Chivalry, to the great joy of the many there assembled, including some seventy or more knights of the Known World. At Coronation in Nordskogen she will be Knighted in morning court, so I hope many of you are able to travel to witness this happy and well deserved elevation.

Looking ahead, there are many events planned in the Barony in the coming months – four in as many months, in fact - including May Day (May 3), ARRG (May 24-26), WW (July 10-13) and Griffin's Needle Challenge (August 22-23). With Crown Tourney on our doorstep in CAM (May 10) and the Pennsic War beginning in late July, this will certainly be a full summer!

This year's Baronial May Day will commemorate the 35th anniversary of the Barony and in celebration of that milestone, May Day will be a large event held at Mandt Center in Stoughton. The whole day will be devoted to tourneys and classes on diverse subjects, including my "One

Kingdom" track. I am sponsoring this special track of classes to challenge all attendees to try something outside their usual comfort zone. Much as we encourage our fighters to cross-train and become One Army, I feel it is important and useful for all members of the Society to have an appreciation for activities other than those they generally participate in. This class track will offer very basic level classes aimed at giving you a taste of the activity and a better understanding of why it is practiced. Fighters, come take a dance class! Musicians, learn to braid a cord! Embroiders, pick up a sword! I encourage you all to take up my challenge and participate in the One Kingdom classes. As always, more volunteers and teachers are needed; please contact Dame Josceline for details regarding the event or Lady Ermina for class information or to offer to teach. I look forward to seeing you all at the Anniversary event!

Yours in Service and Education,

Eithni

APRIL GENERAL MEETING minutes

In attendance: James and Tatiana, Cosimo di Cellini, Baroness Eithni, Æsa, Cwen, Sol, Fiona the Younger, Marian, Nikolaus der Auslander, Josceline, Reinholdt von Trollenhagen, Ermina, Iohanna Caracci, and Ivan presiding.

Archer's Brunch (Sol): Archer's Brunch is April 20, at Dueces Carter's home. This is the last indoor brunch before summer.

Instrumental Music Guild (Nikolaus): The music guild is preparing for the dance performance at the 35th birthday party.

Brewing and Vintning (Ermina for Robert the Stout): The April Beer Appreciation class will be held on Thursday, April 24th, starting at 7PM. They will be meeting at the Arbat restaurant, and sampling Russian beers. Please contact Robert if you are interested in attending.

BREWING AND VINTNING

Thursday, April 24 at 7pm

The April Beer Appreciation class will be held on Thursday, April 24th, starting at 7PM. We will be meeting at the Arbat restaurant, and sampling Russian beers. Please contact Robert the Stout (rtrefz@tds.net, 441-6150) if you are interested in attending.

JARARVELLIR ARTILLERY BRUNCH

Sunday, April 20 at 10:30am

Please join us for the last indoor Archers' Brunch of the season on Sunday, April 20, at 10:30 am.. Our kind host is Dueces at 245 S. Park St. Apt. 511 (directions below). Please bring a dish and conversation to share. Archery will begin approximately at noon at the UW Stock Pavilion. As always, we have loaner gear available for both archery and thrown weapons.

Directions to the Brunch (245 S. Park St. Apt. 511):

From the beltline heading west: take Park St. north to just past West Washington (Midway Asian food parking lot).

From beltline heading east: take Fish Hatchery north to park go north on Park to Midway Asian Food parking lot.

From University Ave. or from Johnson: go south to just before West Washington. You will may want to park on Washington or in the park across the street.

Look for the tall apartment buildings next to Midway Asian Foods.

Questions? Contact Sol (sol1040@gmail.com) or Dueces (335-5830)

STOCK PAVILION schedule

At press time, the schedule for the Pavilion had only been posted through the end of April and we had our accustomed times from April 9th onwards. The full schedule (and the new waiver) can be found at:

<http://www.ansci.wisc.edu/Facilities/stockp.htm>

EVENTS

OUT AND ABOUT

For more information visit the individual group's website (accessed from <http://www.northshield.org/Events/List.aspx>).

April 2008

25-27—**Bardic Madness XVIII**,
Mistig Waetru (Phelps WI)

May 2008

9-11—**Northshield Crown
Tournament**, Caer Anterth
Mawr (Wautoma WI)
30-1—**Mermaids Retreat**, Turm
an dem See (Valders WI)

June 2008

13-15—**Border Skirmish**, Caer
Anterth Mawr (Menomonee Falls
WI)

July 2008

10-13—**Warriors and Warlords**,
Jararvellir/Nordskogen (Boscobel
WI)
19—**River Revel III**, Stromfels
(River Falls WI)

LOCAL NEWS

POTTERY GUILD MEETING

WHEN: Monday April 14th from 6:00-9:00pm

WHERE: 425 B W. Cottage Grove Rd., Cottage Grove (608) 839-5000

HOW MUCH: There is no dry studio fee. Ceramic bisque ware is a flat fee in the dry studio. In the wet studio, for hand building or throwing, the studio fee is \$6.00 and the clay is \$6.00/lb used.

Some future dates for pottery are as follows: 5/12, 6/16, and 7/14.

If you have any questions, contact Annora at (605) 438-6530.

Needlearts (Ermina): They're having Second Tuesday, but there's no topic – they're making it up as they go along.

Stock Pavilion Coordinator (Reinholdt): There is a new Stock Pavilion coordinator. Sol has agreed to manage this.

Pursuivant (Reinholdt): Reinholdt has been herald for Jara for just over 2 years. He's looking for a successor. Contact Reinholdt if you're interested.

35th Anniversary Celebration (Josceline): Things are coming together for the 35th in less than a month. The Barony of Castle Rouge is sponsoring the keynote honorarium as an anniversary gift. We're extending the deadline for preregistration to April 15. She'll be sending the feast menu to the list. The ingredients list will be available on request. We're calling for help setting up on Friday. We can get in most any time we want, and Ed's going to head the setup. This is a call for volunteers to fill the following positions: Feast servers contact Josceline, Breakdown contact Josceline, Troll contact Tatiana.

35th Anniversary Celebration (Cosimo): For the fighting tournaments at the 35th, all types of fighting will be seen. The tournaments are round robin. There will be awards for the winners and for the best death. Contact Cosimo for details.

Webminister (James): It's time to renew our use of Rocket as host. They've been slow to respond and slow to implement changes. Aesa mentioned that Raito likes Itasca as a provider. James says he may be able to do more with mailing lists and analyzing the most frequent subjects and other kinds of things if we changed providers.. Currently, we're on Minstrel.com. He's added part of the 35th to the web site. He requests that we get information to him as an event is budgeted, or before if possible.

Exchequer (Tatiana): The first quarter report was turned in on the first of the month. We need to renew our raffle license – She will send in the \$25.00. There are 6 preregistrations for the 35th. She's looking for a deputy. If you are interested, please contact Tatiana.

Chirurgeon (Fiona the Younger): Does the Barony have a problem if a person is baronial chirurgeon and regional chirurgeon at the same time? She's now both those positions, and will probably become kingdom chirurgeon in the future. Eithni says there's no problem yet, but Fiona needs to replace herself at the baronial level before she accepts the kingdom level position.

WW (Aesa): The WW budget is ready. A lot is the same. She handed out a sheet with last year's proposal, last year's actual, and this year's proposed budget. Boscobel is a 501.C(3) town so once the event is done, we can give a tax deductible donation there. We're not issuing WW preregistration refunds. Preregistration can be accomplished by credit card through Accepts. She asked

if we should make WW a kingdom event. The decision is no. There's no RV parking on-site, and not many electric outlets. There are 82 trees. There's a public swimming pool not far distant. There are hotels nearby, and grocery stores close (including a Piggly Wiggly). The plan is to open the merchant area on Thursday and allow the mundanes to shop. Chirurgeon's point has electrical for limited battery recharging. There are 200+ parking spaces in the park, a parking lot in a nearby school, and overflow parking also nearby. The site is compact and intimate, but not crowded. Troll opens at 9:00 on Thursday morning. To be on the setup crew, contact Ed directly. There will be a CPR class held at WW with red cross certification for CPR and First Aid. The instructor is willing to give both classes for the price of 1.

High Seat (Eithni): Jararvellir is almost event central. That Moot Thingy was a reasonable success, with all the normal activities, except there was a cribbage tournament instead of the usual chess tournament. May 3rd is coming up shortly; she's looking for recommendations for awards. This time, their highnesses have given permission to present Awards of Arms, so get your recommendations in to Eithni. Then there's WW, when there are lots of opportunities for participation. For 3 examples, there are the Baroness's Whim, the Friday Festival, and the Baroness's breakfast, or just to play. After that, there's the Griffin's Needle Challenge, for which we already have 4 enthusiastic teams. The most recent Golden Needle Challenge only had 8 teams. And there's ARRG over Memorial Day weekend.

Iohanna: Nothing.

Seneschal (Ivan): The Overture Center is having a showing of *Spamalot*, and are looking for a catapult capable of throwing livestock. Josceline put in that there's a trebuchet in Mill Bluff that's about 8 feet long and throws frozen water balloons about 200 yards.

ANNOUNCEMENTS

NEW BARONIAL WEBSITE

<http://www.jararvellir.org/>

The website is up and running! Please send any comments or concerns that you might have to James at jamesjkrot@yahoo.com . He would love to hear the feedback.

Site: Mandt Community Center, 400 Mandt Pkwy, Stoughton, WI 53589 (the site of Three Decades of Fish, War College and the first Coronation of Lars & Mary, among other events). The site is handicapped accessible, discreetly wet and non-smoking indoors.

Directions: Take your best route to Highway 51 in downtown Stoughton. Turn west on 4th Street, go approximately four blocks (crossing the bridge over the Yahara River -- once called Catfish Creek -- which gave Jararvellir its name and device), and turn left into the Fairgrounds. Mandt Community Center is the largest building on the Fairgrounds.

<u>Fees:</u>	<u>In Advance</u>	<u>At the Door</u>
Site Fee (\$1 of adult site fee will go to the Kingdom):		
Adults	\$7	\$7
	Plus \$3 NMS for adults	
Children 6-12	\$3	\$4
Children <6	Free	Free
Lunch	\$5	\$5
Feast Fee:	\$12	\$14
Merchant Fee	\$20	Not available

Pre-registrations must be postmarked before April 4, 2008. Make checks payable to: SCA, Inc - Barony of Jararvellir. Mail reservations to: P.O. Box 1002, Madison WI 53701

Schedule:

8:00 site opens
 10:00 classes begin
 12:00 lunch served
 1:00 workshops/classes continue
 4:00 dance ball
 6:30 feast
 11:00 site closes

Event Steward: Dame Josceline Levesque (Linda Olson), 1921 Melrose Street, Madison, WI 53704; (608) 852-4463; josceline@hotmail.com.

Feast Steward: Lord Conner Spillane (Charles Schwoch II), 2662 Union Street, Madison, WI 53704; (608) 244-0021; piratechuck@charter.net.

San Francisco Herb Company. 250 14th Street. San Francisco, CA 94103.
Phone: 800-227-4530 - Orders
<http://www.sfherb.com/>

Frontier Natural Products Co-op. PO Box 299. 3021 78th St. Norway, IA 52318
<http://www.frontierherb.com>

Plants Sources

Dane County Farmers Market. Every Saturday from April – November
<http://www.madfarmmkt.org/>

Shonheit Gardens. 3577 Bailey Road. Sun Prairie, WI 53590. Phone: 608.441.9832
<http://www.schonheitgardens.com/>

Morningwood Farm Nursery. 9810 Domini Road. Mount Horeb, WI 53572-1252. Phone: 608.798.1991
<http://www.morningwoodfarm.com/>

Richters Herbs. Goodwood, ON L0C 1A0 Canada. Phone: 905.640.6677
<http://www.richters.com/>

35th ANNIVERSARY AND EDUCATIONAL COLLEGIUM

Saturday, May 3, 2008

In honor of the Barony's long tradition of hosting quality educational specialty events (including Musicians' Day, Northshield Dance Seminar, Bardic Madness, To Play With Fire, War College, and Medieval Religions Symposium), there will be an educational collegium at the event. There will also be tournaments for armored and rapier combatants (format and schedules to be determined by Count Raito and Lord Cosimo, respectively), a dance ball in the afternoon (so it will not fall off the schedule), a delicious feast in the evening, and plenty of fun and fellowship.

CALL FOR VOLUNTEERS AT 35th ANNIVERSARY

Greetings from Josceline.

This is a reminder that the Baronial 35th Anniversary Celebration will be on Saturday, May 3 at the Mandt Center in Stoughton.

We will need help with set-up on Friday, May 2 (this will probably include sweeping floors and cleaning the kitchen, judging from our past use of this site, as well as helping Ed the Tall set up the carport pavilions) and with take-down and clean up on Sunday, May 4.

We will also need feast servers. Servers will be fed before feast.

If you can volunteer for any of these duties (set-up, take-down or serving feast), please contact me at josceline@hotmail.com.

NEXT GENERAL MEETING
will BE ON MAY 4,
AT 7PM, EDGEWOOD COLLEGE

35 YEARS OF fishiness: BUNSTABLE

by Paul Wickenden of Thanet

While no longer honored as regularly (or as fervently) as he once was, most of us have heard of Jararvellir's favorite (if not patron) martyr, Saint Bunstable. Maybe you remember that the Barony used to hold an event every Fall called "Bunstables" or perhaps you are even aware of the miracles that Bunstable performed (and why he was honored here in Jara), but a lot gets lost to rumor and conjecture.

No history of the Barony would be complete without some mention of the Saint. So what is the legend of Bunstable and how did it come to the Barony? How was Bunstable honored? Why has the legend passed from our traditions and where else is it honored still?

Who was Bunstable?

For those not familiar with the story of Bunstable's miracles, you can find the complete "official" text online at <http://students.washington.edu/sca/bunstable.html>, but the rough Cliffs Notes version runs something like this:

An English monk "in distant Lechbury" named Bunstable was charged with the responsibility of guarding the monastery's stocks of brandy and as a good obedient man, "he bent with humble heart unto his task." His responsibility was dear, though, because in those days the Vikings frequently raided the lands. It was only a matter of time before the fierce Bjorn the Terrible descended and the inhabitants of Bunstable's undefended monastery fled (all except Bunstable, who slept "in well-besotted slumber/and dreamed of casks of brandy without number," oblivious to the raiding party).

Bjorn, who apparently delighted in burning his victims alive, was greatly distressed that everyone had left without proper combustion. In retribution, he ordered the monastery burned to the ground. But one of his men pointed out that the monastery might contain riches that were worth pillaging first [ed: remember, Vikings – pillage and *then* burn!]. Bjorn agreed and, grabbing a torch, he descended into the cellar where the unconscious Bunstable slumbered. However, the great quantity of brandy stored in the cellar created a unique safety hazard as the chronicle recounts:

"Bjorn brought a torch to light the darkness vast/to flames did light the brandy-fumes. A blast/much like the trump of doom on Judgment Day/did shake the Earth, and even Bjorn did pray,/ for he was covered o'er by strange blue flame./When it died down, he found out, to his shame/that he'd become completely egglike – bald./'Bjorn the Hairless,' he was thenceforth called.

"The casks had burst, and Bunstable, who's tended/them faithfully, to heaven ascended./He was declared a martyr, in due time/and long did Bjorn the Hairless rue his crime."

But all did not go well for Bunstable. In heaven, he did not fit in. The robe he wore was cold, the clouds were too soft. Harp playing did not really suit him (and all of the songs that he knew had dirty words). He was, in fact, absolutely *bored*. There were no parties in Heaven and Bunstable missed revelry. So the angels took pity on him and granted him leave to return to the earth. But, as he left, they warned him that many years had passed and that he might not recognize the place anymore.

Returning to earth (in the present day), he was indeed astounded by what he saw, but moreover greatly saddened by the lack of revelry he found. That is, until he traveled across the seas and found a group of good folk at an SCA event who were honoring his sacrifice with good drinking and good cheer. And he appeared before them, illuminated by a flickering blue halo.

(pain-lessening); rub it into painful joints for relief from arthritis symptoms, or into sore muscles.

Lavender essential oil should not be ingested or added to any food or beverages. It can be toxic if taken internally.

Most people agree that the scent is calming, and can be used to reduce anxiety. A few drops in an aroma diffuser such as an aroma lamp (a small bowl of water over a tea light), will infuse the air with the scent of lavender and provide balance to overwrought emotions.

Other Uses for Lavender

Lavender makes an ideal ingredient in homemade cleaning solutions, sleep pillows, bath salts and powders, drawer sachets and much more. It can also be combined with cedar and used as a moth repellent in your closets and drawers.

At bath time, add a few drops of lavender essential oil to your bath water for a relaxing and tension-relieving bath. Add essential oil to some water in a spray bottle for a refreshing and cooling sensation, or to use as an insect repellent.

Lavender Sources

Madison Herb Society. Sells dried herbs at the Garden Expo in February and again at the Herb Fair in November.
<http://www.madisonherbsociety.org>

Nancy's Meadow Herbs. Also sells live plants.
<http://www.prairieherbs.com/>

Four Elements Herbals. Baraboo, WI. Phone: 608.522.4492
<http://www.fourelementsherbals.com/>

Garden Spirit. New Glarus, WI. Phone: 608.527.3149
<http://www.gardenspirit.net/>

Willy Street Co-op. 1221 Williamson Street. Madison, WI 53703. Phone: 608.251.6776
<http://www.willystreet.coop/>

Whole Foods. 3313 University Avenue. Madison, WI 53705. Phone: 608.233.9566
<http://www.wholefoodsmarket.com/stores/madison/>

Penzeys Spices. 3252 University Avenue. Madison, WI 53705. Phone: 608.238.5776 Phone: 800-741-7787
<http://www.penzeys.com/>

LAVENDER IN YOUR KITCHEN AND THROUGHOUT YOUR HOME: PART TWO

by Lady Cianna Kharleen

Medicinal Uses

Old herbal books and other resources have always sung the praises of lavender. Lavender has long been used in perfumes, but its history as a healing herb is probably just as extensive. Famous 17th Century herbalist, Nicholas Culpeper, claimed that lavender was well suited for headaches, cramps, convulsions, and even faintings.

Lavender has been used for centuries for health and healing and because of its soothing, relaxing properties, has become known as the “Mothering Oil”. It has many practical uses today that are just as effective as those described in history and folklore and is the most versatile of essential oils. Its many benefits include:

- Calming, soothing and relaxing
- Antidepressant (aromatherapy)
- For skin care
- Soothes irritations
- Reduces insomnia and flatulence
- Activating the immune system
- Good for first aid and as an insect repellent

For inhalation purposes, boil 2 cups of water, add 2 drops of essential oil, and inhale the steam for aromatherapy and to calm the nerves.

Externally, lavender oil is one of the safest essential oils and can be used full-strength on the skin. It can be applied directly to cuts, scrapes, wounds, burns, insect stings, rashes, muscle aches, rheumatism, arthritis, cold sores, canker sores, blisters, bruises, athlete’s foot, and rubbed directly into the temples in case of headache or migraine.

Lavender is conveniently available in essential oil form, and is so useful that it has often been called ‘first-aid in a bottle’. It is one of the few essential oils that can be applied directly to the skin undiluted. The oil is antiseptic and anti-bacterial, and can be applied directly to burns and stings, where it will cool the pain. It will stimulate blood flow to the affected area, which may aid healing.

Lavender oil rubbed into the temples can quiet a headache, even in some cases halt a migraine if it hasn’t taken too firm a hold. Massaged into the neck and shoulder muscles, it can relieve tension headaches. The oil is analgesic

This is only one of several versions of the story. As befits any period saint, there are many versions of the story in existence and a quick perusal of the internet will reveal variants of the story (including the idea that Bunstable got Bjorn and his men drunk instead of flambéing them). However, this is the version that we know best.

Bunstable and the SCA

The legend of Bunstable is one of those homegrown SCAisms that can be traced back to the early days of the Society and which spread like wildfire because of its amusement value. As such, it finds its way into many corners of the Known World and its origins are a matter of some dispute.

The West Kingdom’s online history provides the most reliable origin for Bunstable, attributing it to a lord by the name of Geoffrey of Sperance, who first told the story in July AS VII (1972). Expansions and embellishments quickly followed. By the following year, the story inspired the residents of a group house called Lechbury Abbey in the Barony of Madrone (Seattle WA) to hold a party to celebrate the saint on November 17, AS VIII (1973). *The Page* provided a chronicle of the event/party in its January issue: “Festivities proceeded in the tradition of St. Bunstable, with all performing their devotions in the proper spirit. The reveling, feasting, and free-form wenching ... continued well into the next morning, with a hardy group on the porch singing bawdy ballads in competition with the dragons on the nearby Seattle Freeway. The dragons won.”

This first “feast of St Bunstable” was so popular that plans for future events to honor the saint were planned and Bunstable was proclaimed the patron saint of Madrone (with November 17th recorded as his official day). The story of Bunstable (as recounted above) was written down by Dierdre Muldomnhaigh, founding baroness of Madrone, in the year that followed to provide a script to support the festivities.

How did the legend come to Jara?

The connection with Jararvellir can be traced to a happy confluence of events and the efforts of Mistress Ealasaid nic Phearsoinn. She was herself introduced to the SCA by Baron Liam and Baroness Dierdre, who also convinced her to attend that infamous house party at Lechbury Abbey as her first event.

Because of (or in spite of) the Bunstable feast, she was hooked and became active in Madrone, but only for a short while before departing for the Midrealm where she had a rude shock arriving in Jararvellir: “when I left fair Madrone early in AS IX, I thought the Feast of St Bunstable was celebrated throughout the known world and when I discovered to my dismay that the Blessed Bunstable was unknown in Jararvellir, I decided to become his missionary.”

How was it celebrated in the Barony?

The first Feast of St. Bunstable in Jararvellir was held in November AS X, as a potluck feast autocrated by Ealasaïd. Starting a tradition that was to be carried down through subsequent years, Ealasaïd created a subtlety that was ritually flambéed. Mistress Deirdre's version of the story of Bunstable (sent by Deirdre to Jara as a gift to our Baroness Asdis) was also read aloud to remind everyone of the reason for the revel. In addition, various activities were organized that were evocative of the Saint.

For the first five years, Ealasaïd and her lord Guttorm (then known as Egil) ran the event each November until they left Jararvellir in AS XV. The traditions begun at the first feast were generally followed in subsequent years (except for one year when the site was dry and no one wanted to waste the sole alcohol in the feast by setting the subtlety – and some very well brandied oranges that were served with it – alight).

In its early days, Bunstable was more like a moot than what we would recognize today as an actual event, following the more informal qualities of that original gathering at Lechbury Abbey. At the gathering, people were encouraged to bring things that symbolized decadence (at the second Bunstable, there was chocolate fondue) and the entire event had a moderately scandalous tone. To get a flavor of that, consider the account of the third event: "Beginning with Blind Man's Buff [sic], the games became progressively more immoderate as practically everyone joined in dancing Prinkum-Prankum, and finally in a hard fought game of clench-a-wench." A year later, the event featured Bunstable-themed events including Vikings vs the Irish tug-of-war (won by the Vikings) and a tourney between unarmed Irish and blindfolded Vikings (with pillow swords) (won by the Irish).

As the years went by, Bunstables gradually became the premier event of the season, usually hosted right before Thanksgiving as close to November 17th as was feasible. Attendance swelled and the potluck feast was replaced by five-remove feasts. Opulence and decadence, however, continued to be the theme. Bawdiness prevailed.

By chance rather than by design, the last Feast of St Bunstable in Jararvellir was held in AS XXVIII (1994). The following year, planning for the event fell through when the site turned out to have no parking available (the parking lot had been rented out to accommodate attendees of the Badgers game which was running the same weekend). With no affordable alternative available in Madison, the event (and the tradition) came to an end. Since that time, there has been no successful attempt to resuscitate the event. But from time to time, old timers will knowingly mention the event or its patron with knowing nods and winks. The Barony still owns two banners that depict Bunstable and Bjorn that are tacked up to the wall at most events. However, the tradition is now largely defunct.

Bunstable lives on!

Ealasaïd sadly notes that her attempts to continue her "missionary work" after leaving Jararvellir did not meet success. Yet, while the celebration in Jararvellir is now largely lost to the mists of history and the Bunstable tradition has largely faded in the Midrealm and Northshield, Bunstable (and an annual feast honoring him) lives on back in Madrone. Madrone's College of St Bunstable (the other UW) name checks him. Various bards write songs about him ("Ballad of St Bunstable," "Hymn to St. Bunstable," etc.). Perhaps some day the honoring of Bunstable will return to Jara as well.

[Credits: In addition to the various websites I consulted, I am indebted to Mistress Josceline Levesque, Derian le Breton (Seneschal of the College of Saint Bunstable), Baroness Asdis, and Mistress Ealasaïd nic Phearsoinn for their assistance in my research.]



The classic depiction of the sot