

RUNEPERBBLE YULE 2018



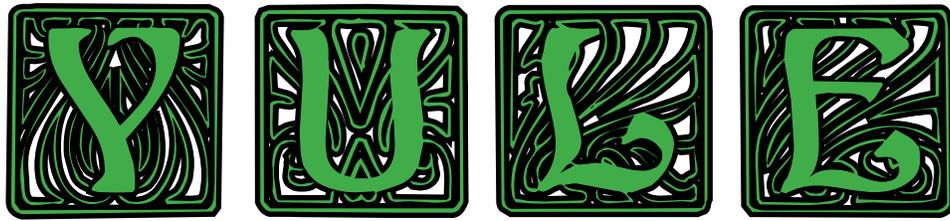
A PUBLICATION FOR OUR YOUNG FOLK



TABLE OF CONTENTS



| | |
|---------|-----------------------------------|
| PAGE 3 | YULE |
| PAGE 4 | THE 12 DAYS OF YULE |
| PAGE 5 | STORY - MOTHER HOLLE |
| PAGE 12 | FOLKISH HOMESCHOOLING |
| PAGE 19 | FOLKISH HOMESCHOOL HOLIDAY SEASON |
| PAGE 22 | LEBKUCHEN HISTORY |
| PAGE 23 | LEBKUCHEN MODERN RECIPE |
| PAGE 24 | LEBKUCHEN MEDIEVAL RECIPE |
| PAGE 25 | BOOK RECOMMENDATIONS |
| PAGE 29 | FOLKTALE - KOLOBOK |
| PAGE 42 | COLORING AND ACTIVITY PAGES |
| PAGE 46 | KRAMPUS |
| PAGE 48 | CZECH PERNÍK KOLÁČE RECIPE |
| PAGE 50 | BABY BLANKET PROJECT |



Yule is upon us once again and it is time to celebrate!

What is Yule & why is it so important to us?

Etymologists (people who find the original meaning of a word) believe that the word “Yule” could mean Feast. Feasting is something most people like to do this time of year and it has its roots in our Pagan history.

Odin / Wodan was call Yule-father by our ancestors and that could have meant he was the “Father of the Feast”. Indeed the Brothers Grimm believed that “The Wild Hunt” which many after Christianity came said, was a pack of demon hunters, was actually the host of Gods; Odin (Wode), Frigg (Friea) and the others all come to the lands of men to “bringing welfare & blessings, accepting gifts & offerings of the people.”

It is also believed that dead ancestors return with the Gods to visit us during this time of year so it is important to make sure your house is ready for them if they decide to come to stay.

The 12 Days of Yule

The **12 Days of Yule** was created by Steve McNallen to help us understand the important lessons of the Heathen virtues in our lives. It is a good time to sit with your family and discuss what our values are, how they apply to us today, & what they meant to our ancestors who came before us.

The 12 Days begin on or around the Winter Solstice and end on December 31st.

On each day sit with your family or by yourself and light a candle. Feel in your heart what the virtue means to you and say for example, “I will be Truthful this day!”

Day 1: Industriousness

Day 7: Community

Day 2: Justice

Day 8: Individuality

Day 3: Courage

Day 9: Truth

Day 4: Generosity

Day 10: Steadfastness

Day 5: Hospitality

Day 11: Loyalty

Day 6: Moderation

Day 12: Wisdom

For a deeper discussion on the 12 Days of Yule see Runepebble Yule Edition from 2017

Mother Holle



There was once a widow who had two daughters one of whom was pretty and industrious, whilst the other was ugly and idle. But she was much fonder of the ugly and idle one, because she was her own daughter; and the other, who was a step-daughter, was obliged to do all the work, and be the Cinderella of the house. Every day the poor girl had to sit by a well, in the highway, and spin and spin till her fingers bled.

Now it happened that one day the shuttle was marked with her blood, so she dipped it in the well, to wash the mark off; but it dropped out of her hand and fell to the bottom. She began to weep, and ran to her step-mother and told her of the mishap. But she scolded her sharply, and was so merciless as to say, "Since you have let the shuttle fall in, you must fetch it out again."

So the girl went back to the well, and did not know what to do; and in the sorrow of her heart she jumped into the well to get the shuttle. She lost her senses; and when she awoke and came to herself again, she was in a lovely meadow where the sun was shining and many thousands of flowers were growing. Along this meadow she went, and at last came to a baker's oven full of bread, and the bread cried out, "Oh, take me out! take me out! or I shall burn; I have been baked a long time!" So she went up to it, and took out all the loaves one after another with the bread-shovel. After that she went on till she came to a tree covered with apples, which called out to her, "Oh, shake me! shake me! we apples are all ripe!" So she shook the tree till the apples fell like rain, and went on shaking till they were all down, and when she had gathered them into a heap, she went on her way.

At last she came to a little house, out of which an old woman peeped; but she had such large teeth that the girl was frightened, and was about to run away.

But the old woman called out to her, “What are you afraid of, dear child? Stay with me; if you will do all the work in the house properly, you shall be the better for it. Only you must take care to make my bed well, and shake it thoroughly till the feathers fly for then there is snow on the earth. I am Mother Holle.”*

As the old woman spoke so kindly to her, the girl took courage and agreed to enter her service. She attended to everything to the satisfaction of her mistress, and always shook her bed so vigorously that the feathers flew about like snow-flakes. So she had a pleasant life with her; never an angry word; and boiled or roast meat every day.

She stayed some time with Mother Holle, and then she became sad. At first she did not know what was the matter with her, but found at length that it was home-sickness: although she was many thousand times better off here than at home, still she had a longing to be there. At last she said to the old woman, “I have a

longing for home; and however well off I am down here, I cannot stay any longer; I must go up again to my own people." Mother Holle said, "I am pleased that you long for your home again, and as you have served me so truly, I myself will take you up again." Thereupon she took her by the hand, and led her to a large door. The door was opened, and just as the maiden was standing beneath the doorway, a heavy shower of golden rain fell, and all the gold remained sticking to her, so that she was completely covered over with it.

"You shall have that because you have been so industrious," said Mother Holle; and at the same time she gave her back the shuttle which she had let fall into the well. Thereupon the door closed, and the maiden found herself up above upon the earth, not far from her mother's house.

And as she went into the yard the cock was standing by the well-side, and cried

"Cock-a-doodle-doo!
Your golden girl's come back to you!"

So she went in to her mother, and as she arrived thus covered with gold, she was well received, both by her and her sister.

The girl told all that had happened to her; and as soon as the mother heard how she had come by so much wealth, she was very anxious to obtain the same good luck for the ugly and lazy daughter. She had to seat herself by the well and spin; and in order that her shuttle might be stained with blood, she stuck her hand into a thorn bush and pricked her finger. Then she threw her shuttle into the well, and jumped in after it.

She came, like the other, to the beautiful meadow and walked along the very same path. When she got to the oven the bread again cried, "Oh, take me out! take me out! or I shall burn; I have been baked a long time!" But the lazy thing answered, "As if I had any wish to make myself dirty?" and on she went. Soon she came to the apple-tree, which cried, "Oh, shake me! shake me! we apples are all ripe!" But she answered, "I like that! one of you might fall on my head," and so went on.

When she came to Mother Holle's house she was not afraid, for she had already heard of her big teeth, and she hired herself to her immediately.

The first day she forced herself to work diligently, and obeyed Mother Holle when she told her to do anything, for she was thinking of all the gold that she would give her. But on the second day she began to be lazy, and on the third day still more so, and then she would not get up in the morning at all. Neither did she make Mother Holle's bed as she ought, and did not shake it so as to make the feathers fly up. Mother Holle was soon tired of this, and gave her notice to leave. The lazy girl was willing enough to go, and thought that now the golden rain would come. Mother Holle led her too to the great door; but while she was standing beneath it, instead of the gold a big kettleful of pitch was emptied over her. "That is the reward for your service," said Mother Holle, and shut the door.

So the lazy girl went home; but she was quite covered with pitch, and the cock by the well-side, as soon as he saw her, cried out

“Cock-a-doodle-doo!
Your pitchy girl’s come back to you!”

The pitch stuck fast to her, and could not be got off
as long as she lived.



* *In Hesse, when it snows, they say, “Mother Holle is making her bed.”
From Jacob and Wilhelm Grimm, Household Tales,
trans. Margaret Hunt (London: George Bell, 1884)*

FOLKISH HOME SCHOOL

“The need for an effective, truly human education has never been greater than it is today. Our times call out for individuals who can recognize needs and bring right initiatives into the world. To achieve this, children need schools in which childhood is appreciated and allowed to unfold, and where capacities of imagination and intelligence, of courage and of fortitude, of practicality and skill are gradually awakened, nurtured, and strengthened.”

- The Association of Waldorf Schools of North America

Dear families of our folk, have you thought about home school for your children? Do you already, but still feel like something is missing? Let me introduce myself. My name is Kate Whalen, I live in Vermont and I homeschooled my children for 10 years before they entered a small local school. Our family chose the Waldorf or Steiner method but I also incorporated ideas from Montessori and “The Well Trained Mind”.

That is the beauty of homeschooling, you can tailor everything to your children. In our experience, there was no better choice. When, with sweaty palms, I walked my children into school for the first time, I wondered if I had done right all those years. Their test scores, coming back a full two to three grades ahead of standards, eased my mind.

Next, I worried whether their social skills had been stunted (a common taunt from naysayers) but when they easily made

friends, interacted with their teachers and students from both higher and lower grades, I knew that was a bunch of bunk. So, having been on both sides now, I feel confident that anyone can homeschool and succeed!

Why Homeschool?

If you are part of the AFA, no doubt you realize the weight of responsibility that having children has on our future. Education is everything. Without the knowledge and true wisdom of a REAL education, children are nothing more than cogs doing the job of the next whim of pop culture. The ability to think and reason will save our children from wasting precious time in mistakes and regrets. The ability to empathize and intuit will keep them safe and endear them to their whole community. Having true skills will give them self esteem and a self worth that is unwavering and immutable. Having a deep connection with their spiritual selves and their kindred, well this is what homeschooling offers, and I would say the Steiner method is your map to get there.

There is an unexpected benefit which is the personal transformation of yourself. In the Steiner method, the teacher is the model. To truly be effective, you have to BE the person you want your children to emulate. Being the parent, your children will see you at your very worst. They will likely bring you there sometimes! It is humbling to realize that as you go through this journey of teaching your children, you are learning and developing yourself at the same time. Be open to the difficult lessons you learn yourself and you will be refined like gold in a crucible. That makes

you even more precious as your children's role model and first teacher. They learn how to navigate life by your example. The journey begins with you being true in everything you do. Virtues are our guides.

I have spoken to not a few public school teachers who admit openly that our education system is broken.

Parents understand that real learning, cerebral exercise, is just not happening in most schools. Any parent can quickly grasp what is going on. Children are warehoused and brainwashed. In their most moldable, formative years they are indeed "socialized"; to the unhealthy society we are surrounded by. You cannot keep your children in a bubble forever, but you can insulate them, like a green house for tender plants, until they are old enough to deal with the demands of modern life. And this is why homeschooling works best - no one loves your children more than you. The State does not stand in for a loving parent or a strong community. There are many families who want to homeschool, but life circumstances won't allow it. Don't despair. When your children are home from school, you can 'sanitize' them in a wholesome family life and still give them the tools they need to become the best they can be. Whether you homeschool or not, you are your child's first teacher.

Waldorf or Steiner schooling, by contrast focuses on the whole child - body, mind and spirit development. You learn about the four temperaments and how to teach each one in the most effective way. Lessons focus on art, crafts and creativity, nature and wonder. Did you know that it was traditional in Steiner schools to spend a year on Norse Mythology and that it is taught as history? Food is also very important. Healthy wholesome snacks are part of your children's education as well as baking bread. Natural materials and products are promoted.

Our school area all fit in a few small baskets: beeswax crayons and artist quality watercolors in primary colors, wool yarn, real mineral clay one beautiful Main Lesson book. No overflowing bins of broken crayons, stickers, glitter glue or cheap craft supplies from China. No endless workbooks or busy pages. The focus is on real, mostly handmade quality supplies.

HOW?

Are you ready to get started right away? For immediate gratification, one thing you can start is rhythm in your home. One of the biggest things you will hear in Steiner education is "rhythm". For some families, this comes naturally, but most of us have to work on it. This is a place where even non-homeschoolers can incorporate some sanity into their family's lives. A home with rhythm is a safe haven from the craziness of the world. Rhythm is not a schedule exactly. Like music, seasons, ocean tide and the heart beat, it can be fast or slow, changing, but always flowing from one to the next. A smooth ride across a varied landscape. There

is no one right rhythm, but I will give an example just as a frame of reference: begin the day with a special song or poem, make breakfast together, have a time for creative play, snack break, hand work and story, lunch, outdoor time. Some days, creative play might last for 5 minutes, some days for two hours, but when it's time to transition - go on to the next.

Having a rhythm at bedtime is also a life saver. Bath-brush teeth-story-lullaby songs-blessing; can go as fast or slow as needed. We all have those nights when we want to just get to bed, but trust in the power of rhythm to make tantrums and bedtime battles a thing of the past. It's so simple, but so difficult because it is WE, the parents, who want to get off the rhythm train. Be strong! You will see the power of rhythm manifest very quickly. They say the Germanic world view was chaos versus order. Rhythm is just that.

Now for the not so fast part - homeschool laws vary from state to state. It is much more popular to homeschool now than ever, a few searches should bring up who to contact locally to make sure you don't have any state involvement where you don't want it. An ounce of prevention is better than dealing with truant officers and wasting your time with courts. Most states are very simple and easy to work with. I totally empathize with parents who insist on their rights to raise their children, but this modern law system is just as damaged as the educational one. The last thing any of our folk needs is to have their families interfered with because they were trying to do their best, but

sidestepped the law. Always follow your state guidelines before fully proceeding with homeschooling.

Once you are registered, you are free to make your own curricula or buy premade ones. The latter tend to be very expensive, but you can find used versions on ebay or tap into your local homeschool community to buy/swap materials. You can begin and end the day and the school year whenever you want. We always worked until lunch and then my kids went outside for the rest of the day. We usually started in September, took the whole Yuletide off and finished the year in May. You also don't need to work for six hours straight each day. This amazed me at first, but it's true. Even if you have more than one child, your attention on them surpasses even private school teacher:student ratios.

Don't feel overwhelmed by the curriculum. In a nutshell, you are going to show:

- 1. Where your child started the year**
- 2. What your child learned over the year.**

As long as your child had increased their knowledge and ability, you're doing it right. That's it! Parents get so stressed about what the minimum standards are, whether their children should be reading by age three, etc. Trust me, it is not worth the stress! You can do this! The federal and state standards are not that high. Anyone who has asked a high school student working at a store for exact change without using a cash register can attest to this.

There is so much more to share. Who was Rudolph Steiner? What about multiple children? Where can I find used curriculum? How do I not burn out? What about special needs children? How do I keep track of it all? All of these questions and more will be covered in upcoming articles. I would like to give you sample lesson plans and ideas that worked for our family. I hope this gave you some food for thought and some points to reference. Our folk depend on strong, healthy families with sharp minds and skills to bring us through this age we inhabit.

Together we can create strong family bonds and lives that would make our ancestors proud.

Blessings to all the families and folk, until next time

~ Kate

FOLKISH HOMESCHOOL HOLIDAY SEASON

While this article is written for homeschooling, please bear in mind that your child's first school is always the home. Every family homeschools.

The beauty of being home with your children is especially joyful during the holidays. Our European heritage still dominates this time of year in many ways. I am dismayed, of course, by the materialist infiltration of this very sacred and special time of year. As parents, we instruct our children about our values everyday. The special rituals we have are the symbols of a deeper meaning. That is why it is so important to go into the Yule season with specific intent about how we want to pass on our traditions, create new traditions or revive old forgotten ones.

In my first article on folkish homeschool I mentioned the Waldorf or Steiner method as a framework for your homeschool with folk - centric lessons. One of the BIG tenets of Waldorf is an emphasis on hand made. If you and your children are at home, there is no reason to stress! Gifts from the heart made by loving hands are always well received, easy on the wallet and are a great way to gather your family and friends in the spirit of the season. Even if you don't homeschool, you can set aside a weekend (or two) for crafting and baking for festivities.

If you are homeschooling, know that this season is bound to be sparse in formal school work. If you put a little creativity into your lesson planning though, all of your holiday related arts, crafts and traditions can be a part of your curriculum. Read classic literature relating to the season and histories of the old ways. Make note of the scientific opportunities with the solstice and weather patterns or notice how wild animals adapt to the changes of season.

Crafts and baking are full of mathematical opportunities. But the focus should remain on the special qualities of this time of year.

Again, you should have your intention in mind for how you want your family to remember the holidays. Have it in mind before they begin for best results. Our traditions have been plagiarized, warped and reinterpreted to where we can hardly recognize them. The rebirth of culture begins in the home, with the family. This, truly, is the most important education we can give our children: who they are, where they came from and where they can go. Begin by making the holiday (holy-day) real again. Commit to spending time with your family and friends, not at the store.

Handmade gifts can be as simple or elaborate as you want. Some ideas include: cookie trays, jams & pickles, wassail, candies and the classic fruit cake (which needs to be made in advance to cure - but don't worry there's always next year). And don't forget seed cookies for the birds! People always welcome food gifts because of the increase in guests and busy days. Many young children easily learn fiber arts such as knitting, crochet or felting.

Water felted soap is an easy, fun and relatively quick craft that even small children can do.

In the darkest time of year, candles are a welcome gift. Hygge, the Danish art of being cozy has become a fad, although many of us naturally tended to turn inward during the change of light, anyway. Candles are always used to make the atmosphere more cozy! Beeswax rolling kits are available on line and children love to see their artistic expression as the centerpieces for feasts. Plain candles can be bought and embellished with dried or pressed flowers, ribbon, seashells or whatever you can imagine. The yule log is an old tradition worth working on as a gift for family and friends. Gifts like a homemade candle in a teacup with a jar of honey or jam is not only fitting, but fun to make!

I look in thrift stores for baskets or old tea cups for gift presentation. Even old oatmeal containers can be trimmed, covered with pretty paper

or fabric and used as gift boxes. Have you ever seen the price of art at a gallery or fair? You and your children can make beautiful artwork as well. Whatever medium you choose: painting, pastel, pencil drawing, etc. can all be framed or mounted for display. You can also get artwork made into greeting cards or calendars and more. Any craft skills you have can be used. Does Dad like woodworking? That could be a photo frame project. Hands on skills can be used for a lifetime. Pottery throwing, sewing, even poetry writing, when done thoughtfully and with artistic flair, can be amazing gifts. Youtube, Pinterest and your local library should all have material to spark your imagination.

In closing, what does all of this mean, how does it relate to our lives? Family, blood, friends, kindred - from the past, present and future is what it's about. The rebirth of the sun from seemingly hopeless forces, the continuance of our people despite seemingly insurmountable odds are stories worth telling and retelling. A people whose immensely creative and spiritual ways of interacting with nature and each other have been leached and then perverted by the world. Let us, the sons and daughters of the original authors of Yule, take the reigns and guide our people; one child, one family, one community at a time to what we know to be right. Cast off the worthless, peddled version of this wonderous season and teach your children the valuable traditions you desire. In truth, they have always been ours.

Blessings to all the families and folk, until next time

~ Kate

Lebkuchen

German Honey Biscuits

History



Lebkuchen (Life Cake) is a traditional German honey biscuit which has its tradition traced back to 1296 in Ulm. Similar cakes can be traced all the way back to the Romans and Greeks, who like our Germanic ancestors believed honey to be a gift from the Gods. Not only did they believe the cookies had magical and healing properties to them but they also wore them around their necks as protective talismans. Would you like to make Lebkuchen for your Yule festivities?

Lebkuchen

Modern German Honey

Biscuits Recipe



INGREDIENTS

3/4 cup Unblanced Almonds
1/2 cup Candied Orange Peel
1/2 cup Candied Lemon Peel
3 cups Sifted Flour
1/4 tsp Baking Soda
1 tsp Cinnamon
1/2 tsp Allspice
1/2 tsp nutmeg
1/2 tsp cloves
2 Eggs
1 cup Granulated Sugar
1/2 cup Honey
1/3 cup Powdered Sugar
1 tbsp Water
1 tsp Lemon Juice

DIRECTIONS

Finely chop almonds, orange and lemon peel; set aside.
Sift flour, baking soda and spices together; set aside.
Beat eggs and Granulated Sugar together until thing and fluffy.
Beat in Honey.
Gently fold in dry ingredients in fourths.
Mix in almonds and candied peel.
Turn batter into 10 x 15 jelly roll pan, spreading to corner.
Bake at 350 F / 180 C for 25-30 minutes until a wooden pick comes out clean; cool.
Blend powdered sugar, water and lemon juice over top of cooled cookies.
Cut into bars or other shapes.
Store in a tightly sealed jar or tin.
Biscuits will keep up to six months.
Yield: 2 1/2 dozen biscuits

Lebkuchen

Medieval Nürnberger
Biscuit Recipe



INGREDIENTS

700 g / 1.5 lb. honey
240 g / 0.5 lb. brown sugar
930 g / 2.1 lbs. Whole wheat
flour
4 tbsp cinnamon
1 tsp nutmeg
1 tbsp cloves
3 tbsp ginger
(Optional)
blanched almond halves

DIRECTIONS

Step 1

In a bowl combine the flour and spices, set aside.
Mix honey and sugar in a pot and bring to a boil.
Pour the hot honey over the flour mixture.
Stir well and let sit for 30 minutes to 1 hour.
Roll out dough to a half inch (1 cm) thickness and cut into
rectangles with a sharp knife.
Place almond halves on top if you are using.
Let the Lebkuchen rest overnight.

Step 2

Heat oven to 350 F / 180 C.
Bake for 20 minutes.

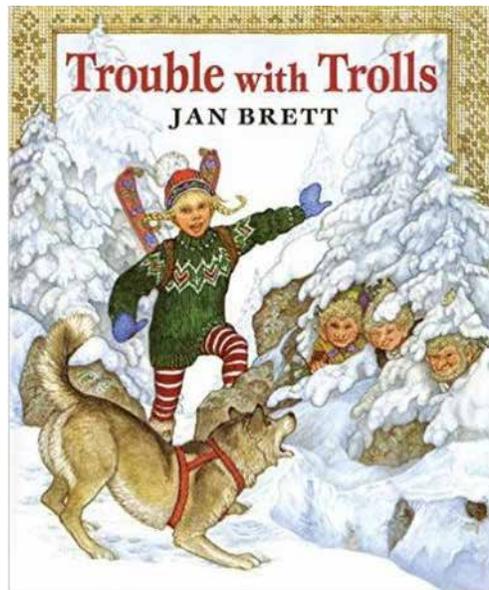
BOOK RECOMMENDATIONS

Jan Brett

When I asked our Folk what books they would recommend to the AFA community there was a common theme that kept popping up. Jan Brett's books! Quite truthfully I had planned to include one of my favorite Jan Brett books in this issue already but with the inspiration of our other Mamas I will include some other favorites. If you've never had the pleasure to read one, her books are a visual treat. They contain richly coloured and intricately drawn folk art styles. Without further delay, here are some of our favorites that we hope you and your family will enjoy as much as we do.

BOOK RECOMMENDATIONS

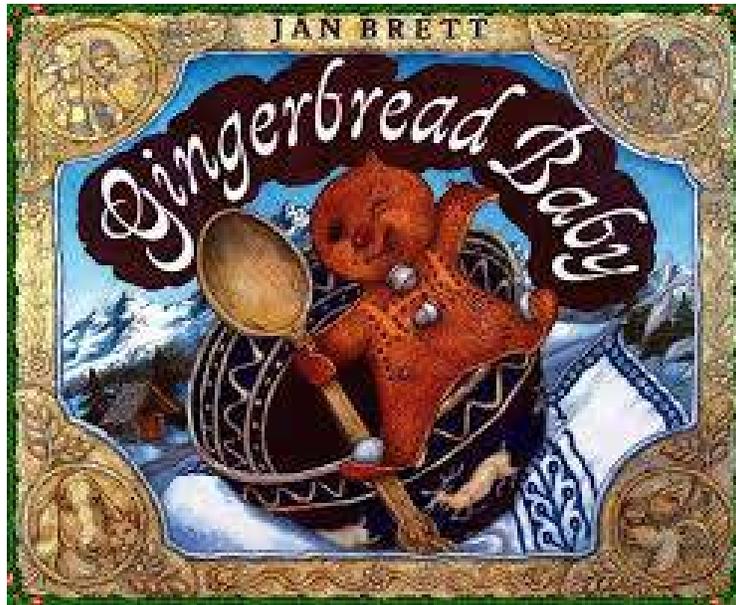
Trouble with Trolls



Trouble with Trolls is a story about a smart girl who sets out to visit her family on the other side of the mountain. With her skis and loyal dog she begins the climb but soon runs into trouble as trolls try to steal her dog! She manages to trick these naughty little critters and get her beloved dog back. Trouble with Trolls is a story of friendship and teaches us about an important virtue in Asatru, Cunning.

BOOK RECOMMENDATIONS

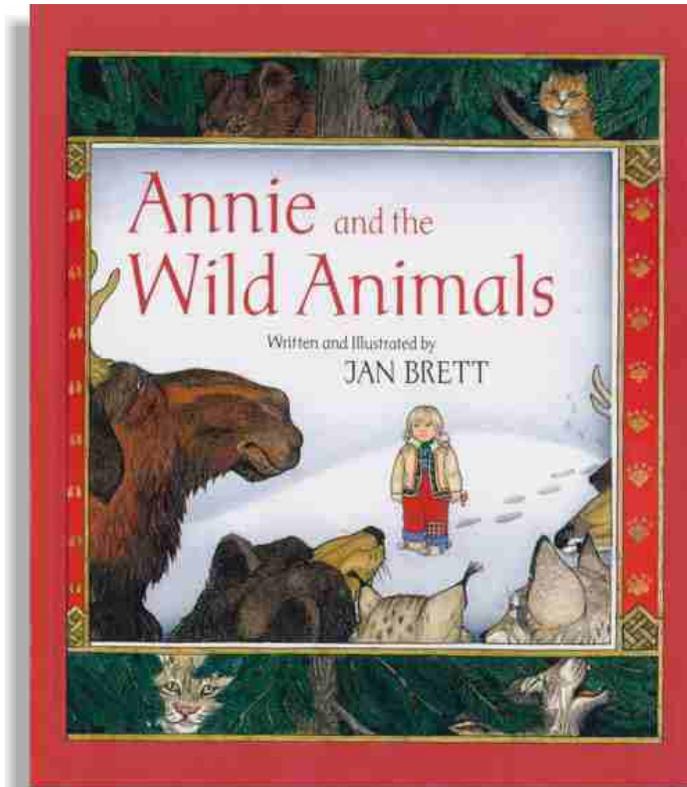
Gingerbread Baby



This is Jan Brett's take on the classic story of the Gingerbread Man. Instead of letting her gingerbread baby get gobbled up by the mean old fox she lets this silly little baby get up to all sorts of fun. Beautifully illustrated as ever this is a fun winter tale. In the following pages I will share with you the original Russian Folktale these stories were based on.

BOOK RECOMMENDATIONS

Annie and the Wild Animals



Another tale of a child's kindness toward animals which leads to unexpected results. Annie is sad because her cat ran away from home (or so she thinks). She wants a new friend to play with so she makes some food to entice a small creature from the forest to be her pet. Just wait until you see what happens!



Колобок

A Russian Folktale

As I mentioned previously the Gingerbread Man story of American Folklore has its roots in a Russian Folktale called *Kolobok* (The Little Round Bun). I will present the original tale here with charming pictures, the original Russian and an English translation.



Once upon a time there lived an old man and an old woman who were very poor and had nothing at all to their name. And they kept getting poorer and poorer till there was nothing left to eat in the house, not even bread.



“Do bake us a bun, my wife! If you scrape out the flour-box and sweep out the bin, you’ll have enough flour.” Said the old man.



Взяла старуха крылышко, по коробу поскребла, по сусеку помела и наскребла муки горсти две. 4

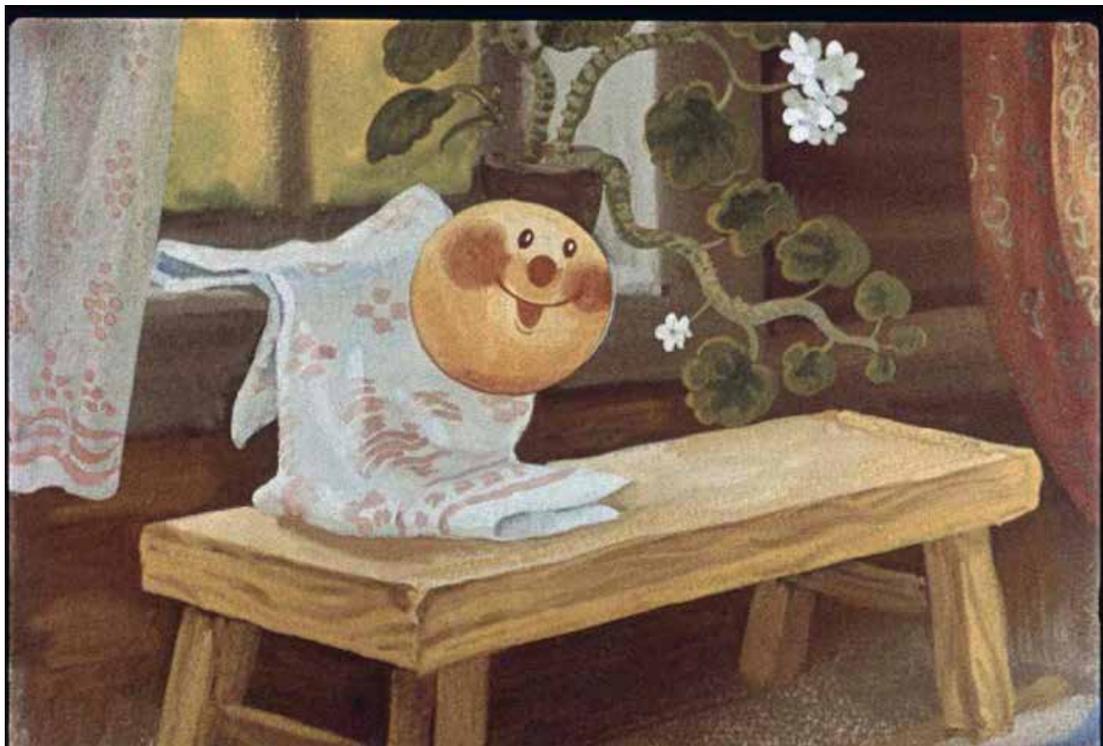
So the old woman scraped out the flour-box and swept out the bin.



She made some dough and she shaped a little round bun out of it.



She then lit the oven, baked the bun and put it on the window sill to cool.

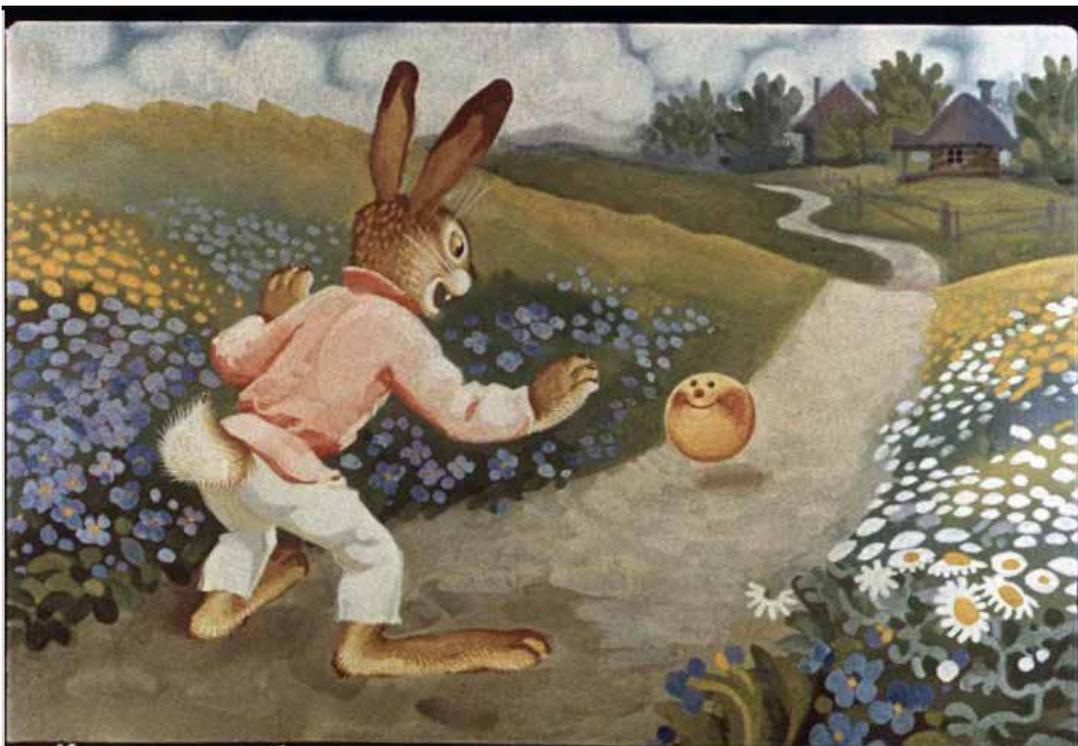


But the bun jumped out of the window and onto the bench outside, and from the bench onto the ground.



со двора за ворота, дальше и дальше. 13

And away it rolled along the road!



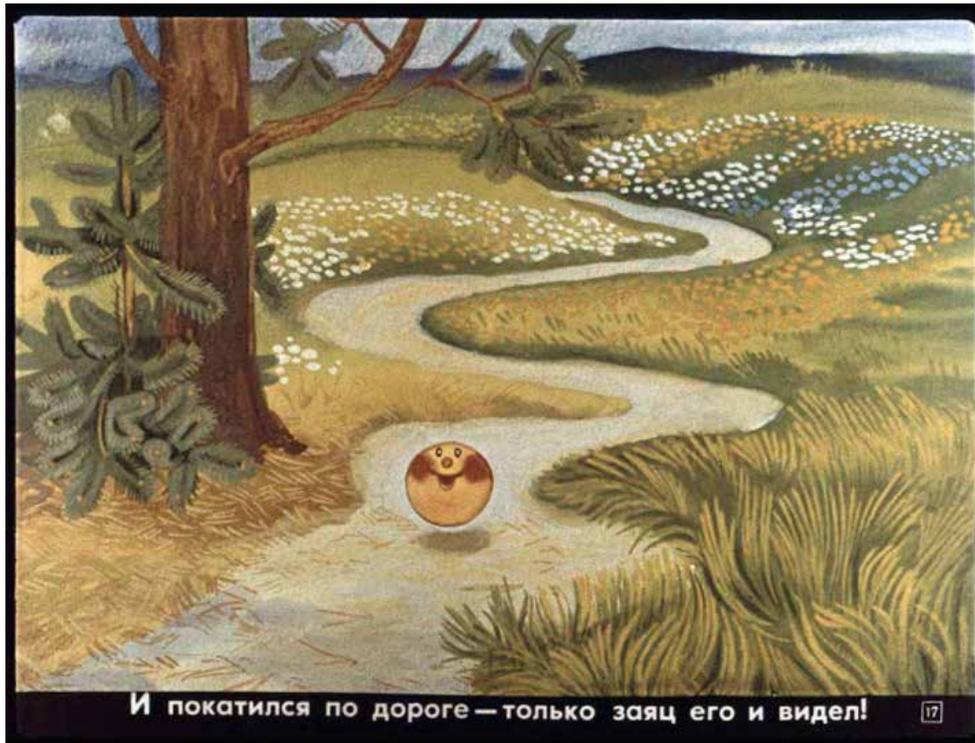
On and on' it rolled, and it met a Rabbit coming toward it.
“I’m going to eat you up, Little Round Bun!” called the Rabbit.
“Don’t do that, Fleet-Fleet, let me sing you a song instead,”
said the Kolobok.



“All right, let’s hear it!” Said the Rabbit.
“I was scraped from the flour-box, And swept from the bin
And baked in the oven, And cooled on the sill...



I ran away from Grandpa, I ran away from Grandma,
And I’ll run away from you, this minute I will!”



And off it rolled away.



By and by it met a Wolf coming toward it.
“I’m going to eat you up, Kolobok!” called the Wolf.
“Don’t do that, Brother Wolf, let me sing you a song instead.”

«Не ешь меня, серый волк, я тебе песенку спою:

*Я колобок, колобок,
Я по коробу скребён,
По сусеку метён,
На сметане мешён...
Я от зайца ушёл,
От тебя, волк, и
подавно уйду!»*

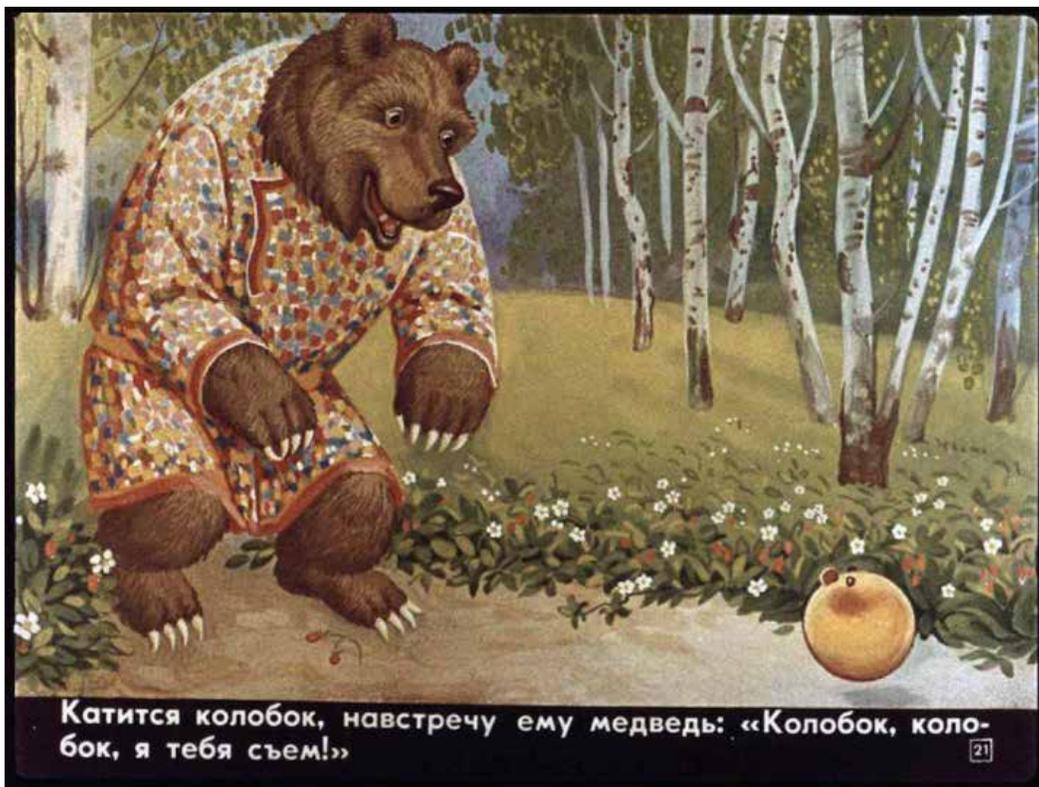


“All right, let’s hear it!”

“I was scraped from the flour-box, And swept from the bin
And baked in the oven, And cooled on the sill.
I ran away from Grandpa, I ran away from Grandma,
And I’ll run away from you, this minute I will!”

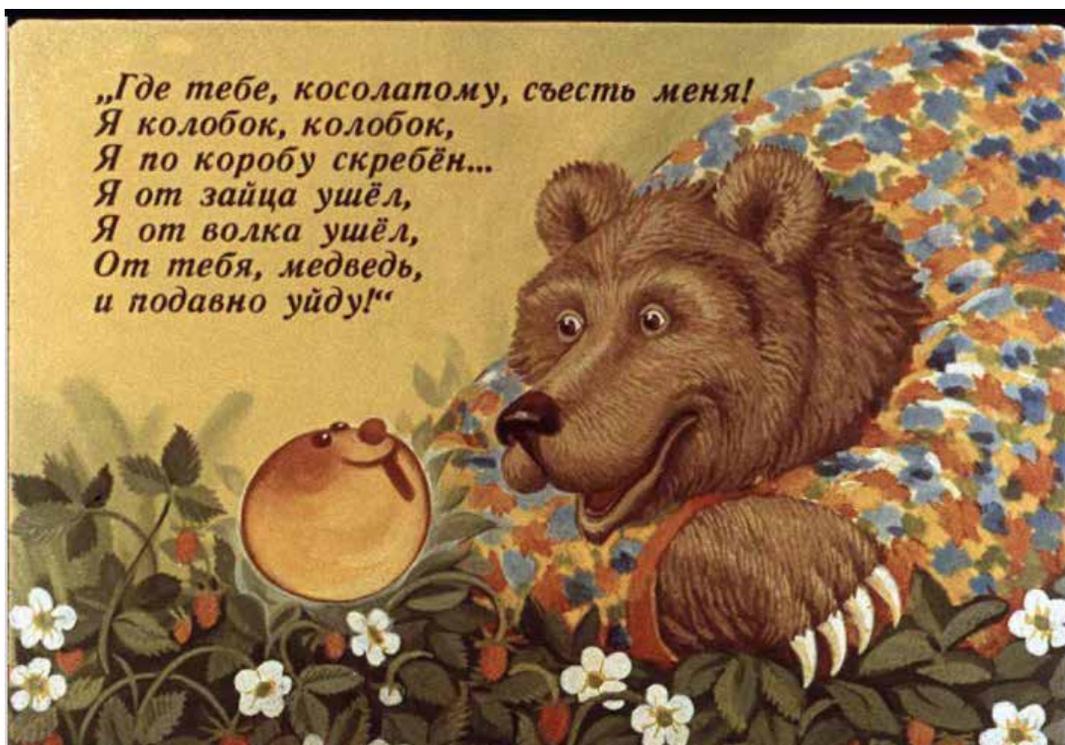


And away it rolled.



Катится колобок, навстречу ему медведь: «Колобок, колобок, я тебя съем!»

By and by it met a Bear coming toward it.
“I’m going to eat you up, Kolobok!” called the Bear.
“Don’t do that, Brother Bear, I’ll sing you a song instead!”



„Где тебе, косолапому, съестъ меня!
Я колобок, колобок,
Я по коробу скребён...
Я от зайца ушёл,
Я от волка ушёл,
От тебя, медведь,
и подавно уйду!“

“I was scraped from the flour-box, And swept from the bin
And baked in the oven, And cooled on the sill.
I ran away from Grandpa, I ran away from Grandma,
And I’ll run away from you, this minute I will!”



И опять покотился — только медведь его и видел!

And then it rolled away!



Катится колобок, навстречу ему лиса: «Колобок, колобок, куда катишься?»

By and by it met a Fox coming toward it.
“I’m going to eat you up, Kolobok!” called the Fox.
“Don’t do that, Sister fox, I’ll sing you a song instead.”
“All right, let’s hear it!”



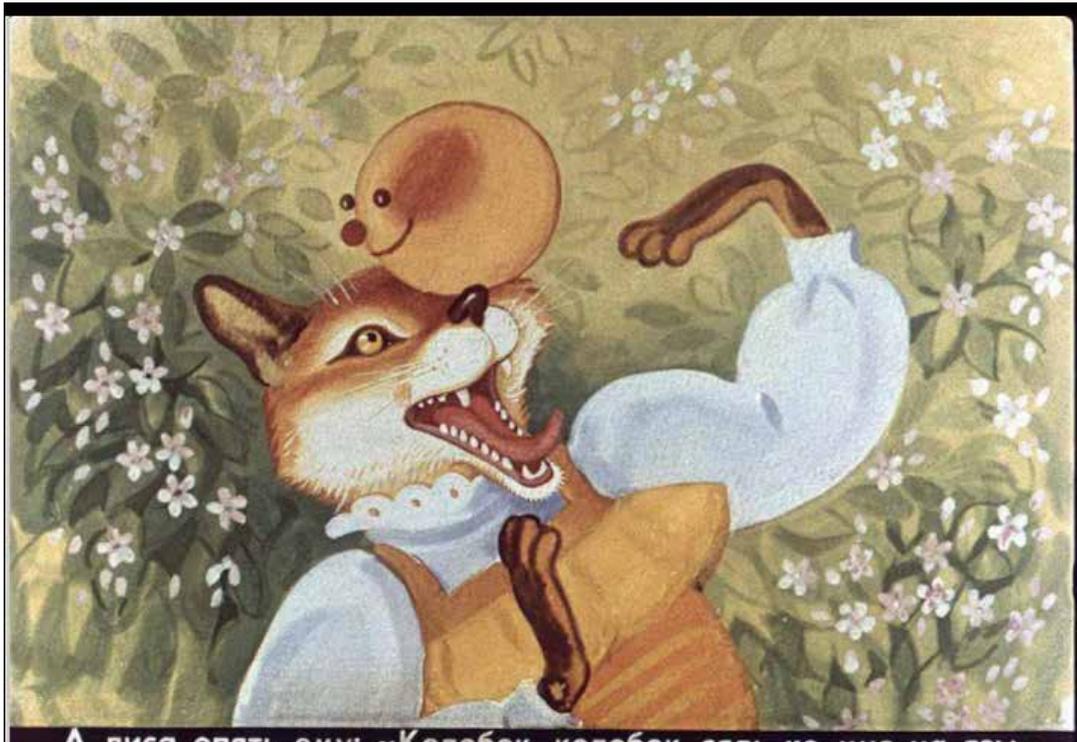
„Я колобок, колобок,
Я от зайца ушёл,
Я от волка ушёл,
От медведя ушёл,
От тебя, лиса,
нехитро уйти“.

“I was scraped from the flour-box, And swept from the bin
And baked in the oven, And cooled on the sill.
I ran away from Grandpa, I ran away from Grandma,
And I’ll run away from you, this minute I will!”



А лиса и говорит: «Ах, песенка хороша, да слышу я пло-

“Sing some more, please, don’t stop!” the Fox said.



“Hop onto my nose, I can hear you better.” Kolobok jumped onto the Fox’s nose and began to sing:

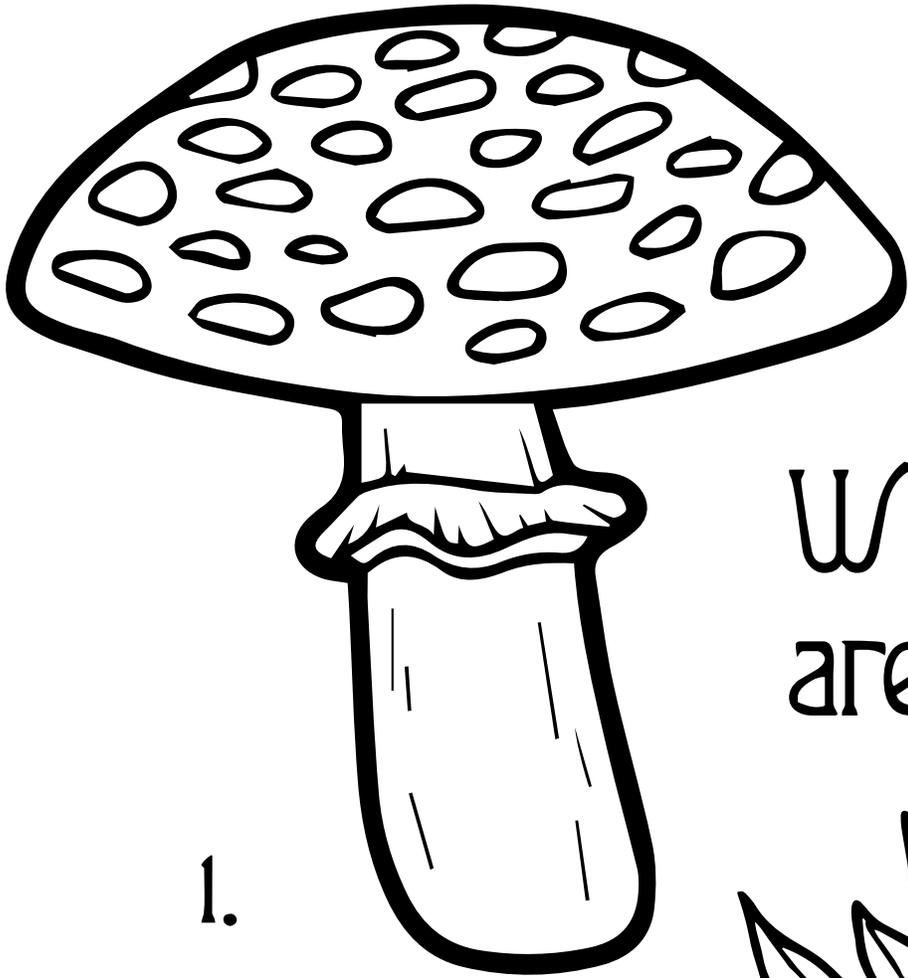


“I was scraped from the flour-box
And swept from the bin-”



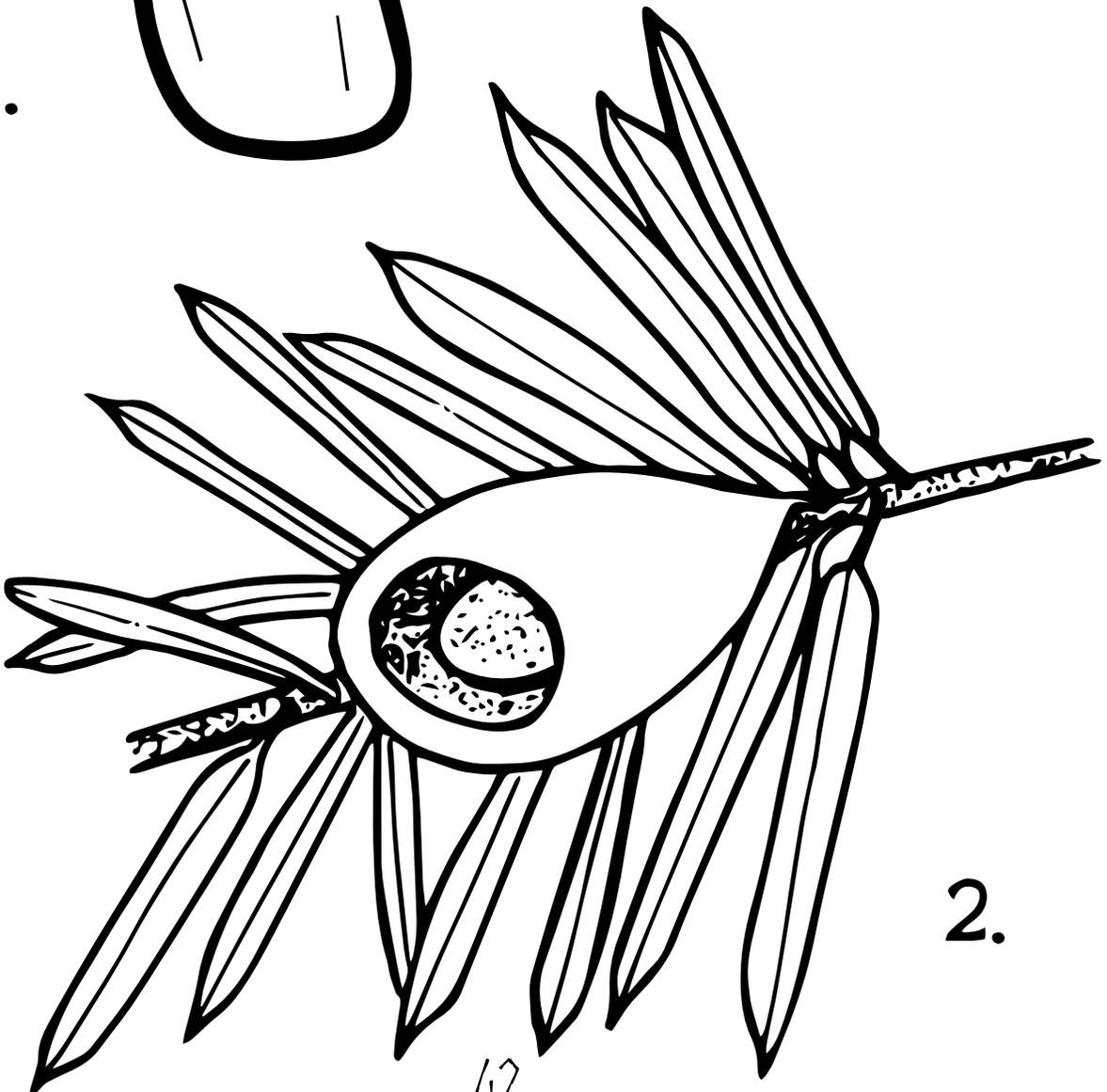
But before it could go on, the Fox opened her mouth and - Snap!
She gobbled it up and the Kolobok was gone.

The End



1.

What plants
are these?

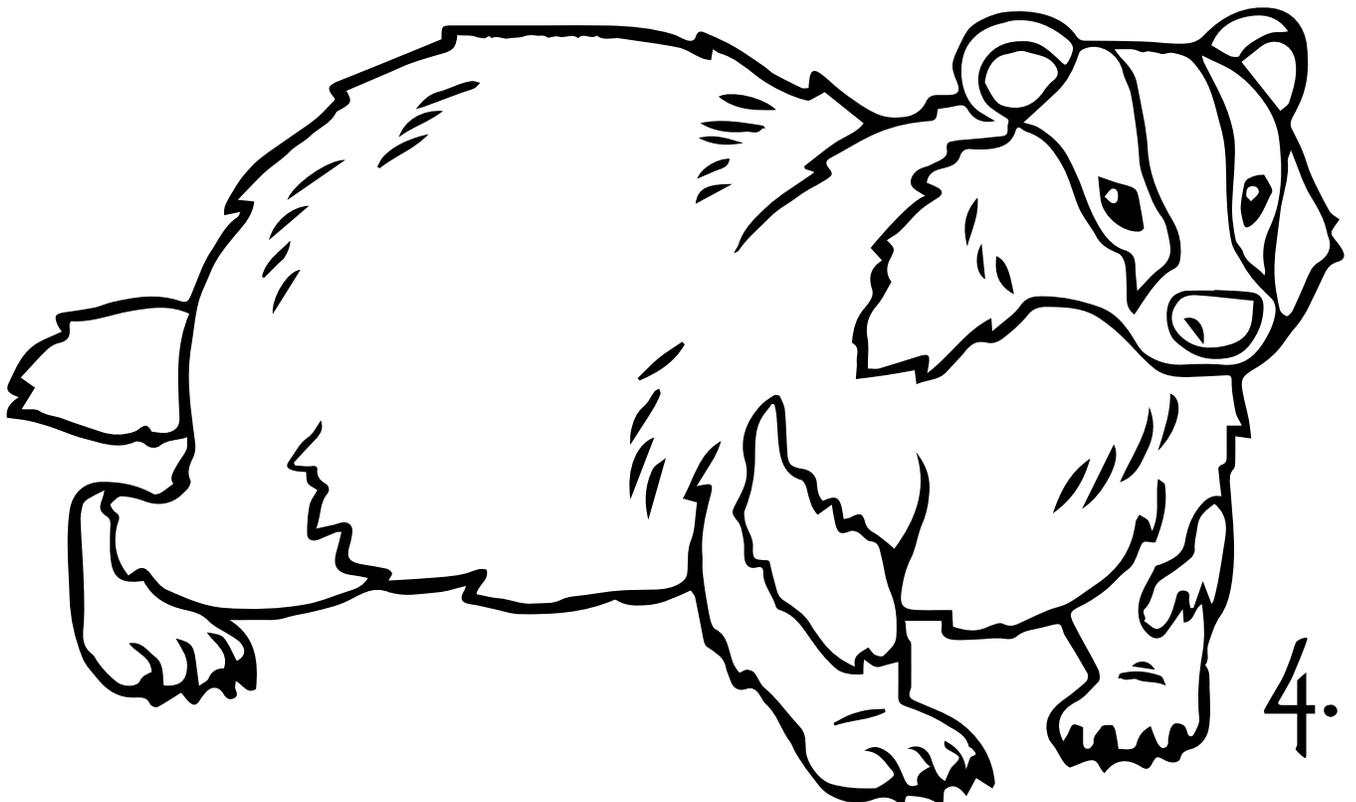


2.



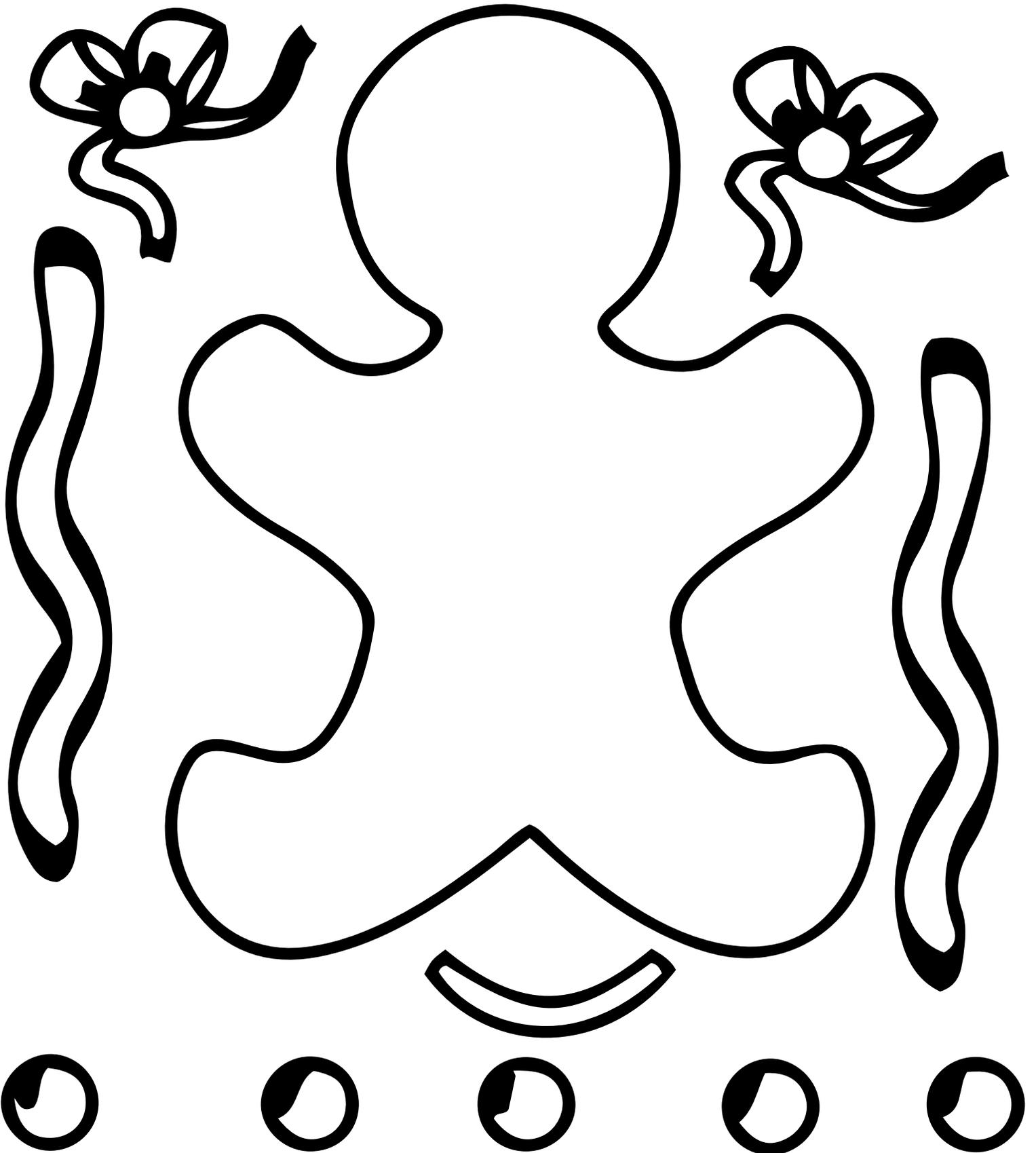
3.

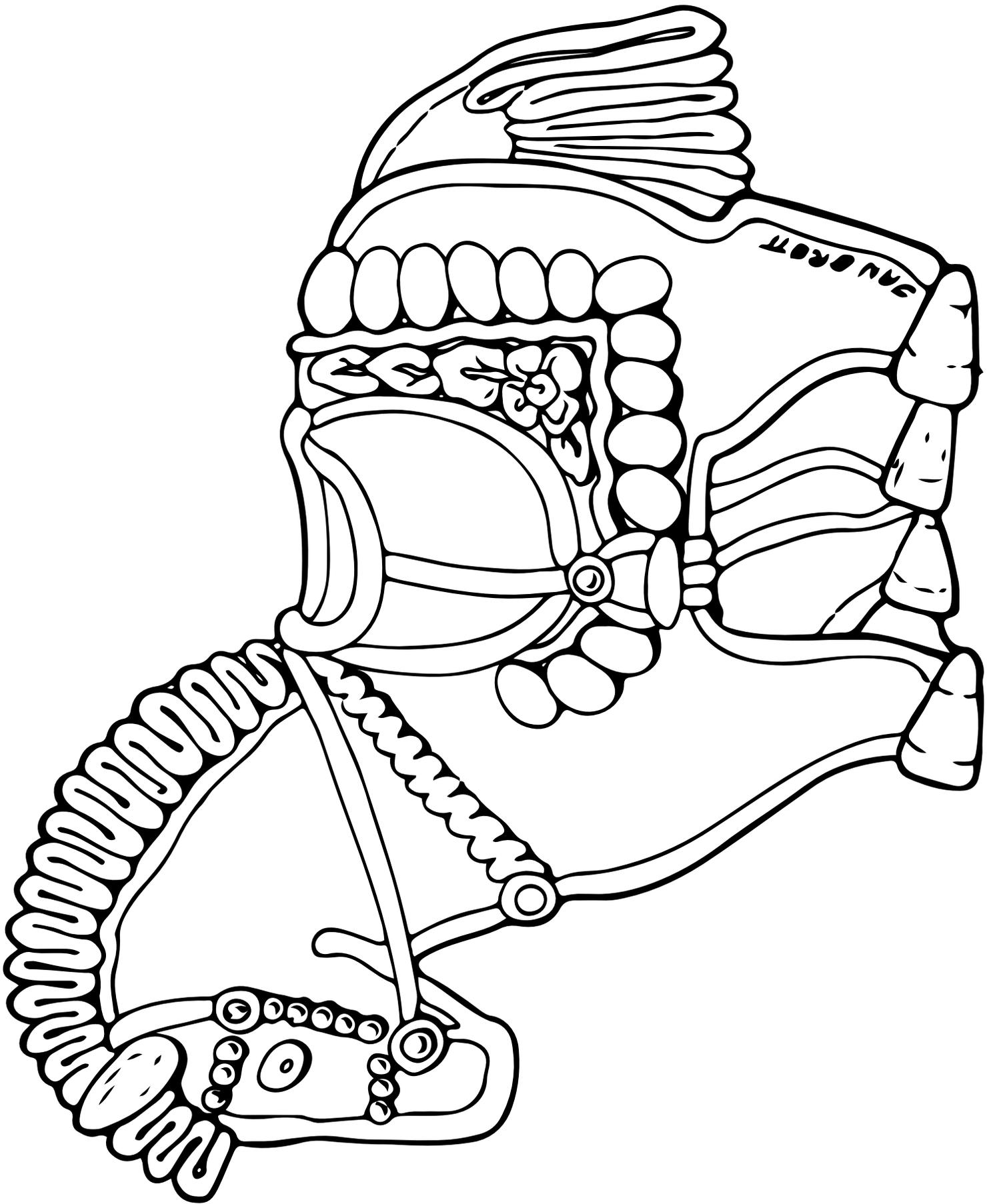
What animals are these?



4.

Decorate a Gingerbread Man





KRAMPUS



Have you heard of Krampus? If you haven't you are lucky! He is a half demon, half goat that comes out near Yule and beats naughty children. If you have been very very bad he may even carry you off in his bag and eat you up! That doesn't sound too pleasant does it?

Who is he and where does he come from? There are many theories on where Krampus came from but most agree that he has pre-Christian (pagan) roots in Central Europe. Many believe his image was taken from a Horned God and turned into the symbol of the Devil.

However he came about he is a truly terrifying character and I have been wanting to see a Krampus parade for much of my life. Finally living in Europe my family will have the opportunity to do just that. Hopefully my children haven't been too naughty this year. Have you been good?



In the Czech Republic Krampus also goes by the name *Čertík* meaning Evil Man/Devil. My daughter found this *Perník* (gingerbread) at our local grocery shop (of course we had to buy it) which got me thinking about all the lovely sweets here and especially the delicious gingerbread. I thought I would try my hand at making a gingerbread pastry and I will share that recipe with you on the following page.

Let me know what you think!

CZECH PERNÍK KOLÁČE



This recipe is a combination of two Czech pastries: *Kolace* (meaning circle) & gingerbread. My daughter made us Kolace with her classmates for Old Halloween Eve and it was delicious.

I figured we could mix it up and combine the best of both worlds. So this is not a traditional recipe (as far as I know) but tasty just the same!

If you don't have a way to access some of these ingredients feel free to improvise a bit. Instead of the poppy seeds you can use plain jam. Plum jam is typical for this recipe but we also like cherry jam.

CZECH PERNÍK KOLÁČE

Gingerbread Pastry Recipe

INGREDIENTS

For the Gingerbread Dough:

7 cups flour
2 teaspoons baking soda
1 teaspoon ground cloves
2 teaspoons ground cinnamon
2 tablespoons ground ginger
1/2 teaspoon ground coriander
1 teaspoon ground allspice
1 teaspoon ground nutmeg
1/2 teaspoon ground mace
1/2 teaspoon salt
Lemon zest from one large lemon
Orange zest from 1 medium orange
1/2 cup unsalted butter, softened
1 cup firmly packed dark brown sugar

1 cup unsulphured molasses
1 cup water

For the Poppy Seed Filling: (leave out the poppies if you arent using them)

1 cup whole poppy seeds
1 cup whole milk
3 tablespoons granulated sugar
1 tablespoon plum jam
1 teaspoon vanilla extract
1/4 teaspoon salt

For the Streusel Topping:

1/4 cup white flour
1/4 cup granulated sugar
1 teaspoon salt
1/4 teaspoon ground cinnamon
2 tablespoons unsalted butter

DIRECTIONS

To Make the Gingerbread Dough:

In a medium bowl, whisk together the flour, baking soda, and spices.

In a separate bowl beat together the butter and brown sugar until smooth and creamy.

Slowly add in the molasses until incorporated.

Slowly begin adding 1/3 of the flour mixture until incorporated. Then add 1/2 of the water and mix. Add another 1/3 of the flour and mix. Add the remaining water and mix. Add the remaining flour and mix.

Cover the dough with a sheet of plastic wrap and refrigerate for 1 hour or longer. Longer is better and can be refrigerated up to 3 days.

To Make the Poppy Seed Filling:

Grind the poppy seeds in a spice grinder or blender. Combine the poppy seeds, milk, sugar, plum jam, and salt in a medium saucepan. Simmer over medium heat, stirring occasionally, for about 30 minutes or until the mixture has thickened.

Add the vanilla and let cool for 5 minutes.

To Make the Streusel:

In a medium bowl, mix together the flour, sugar, salt, and cinnamon. Use a fork to cut in the butter until fine crumbs form.

To Bake the Pastries:

About 30 minutes before baking, set an oven rack in the middle of the oven and preheat the oven to 350 degrees. Line two cookie sheets with parchment paper and set aside.

Remove the dough from the refrigerator. Form balls of about 1 tablespoon each for small pastries. Place each ball on the prepared baking sheet about 2 inches apart. Use your thumb and press down in the center of each ball to create an indentation about 1 inch wide and 1/2 inch deep.

Spoon 1/2 teaspoon of filling into each hole. Sprinkle the streusel evenly over top of the cookies.

Bake the cookies for about 8-10 minutes or until puffed and set. They will still be soft but will harden slightly as they cool. Let cookies cool on the pan for 5 minutes and then use a spatula place the pastries on a wire rack.

BUILDING COMMUNITY: BABY BLANKETS FOR AFA BABIES



Do you have a baby? One on the way?

The **Ladies of the AFA** want to include you in
The Baby Blanket Project!

We're committed to ensuring all new babies born within the AFA are gifted a hand made - knit, crocheted, sewn or woven baby blanket! It just our little way of celebrating our new folk!

If you would like a blanket for your newborn, or would like to donate to help with yarn cost (yarn is expensive!) please notify your Folk Builder!

RUNEPEBBLE SUBMISSIONS

**Want to see something in the Runepebble?
Submit your ideas!**

We need folks like you to help us create content for the Runepebble youth publication.

If you are a parent, child or teen your participation is *greatly* appreciated. Our children are our future and we need to give them the best future we can.

By helping Runepebble with articles, art, stories, pictures, insights, etc.. you are helping our young folk grown within them a strong sense of who they are and encouraging a connection to the AFA community.

Please send any submissions you may have to:

carrie@carrieoverton.com or message me on facebook.

I would like to give a hearty thank you to Kate for the wonderful new Folkish Homeschooling sections she is writing for us!

Answers for Activity Pages:

1. Amanita Mushroom - Found through most European Folk Art (Look up European Folk Art and get some ideas for making your own artwork).

2. Yew - The berries are very poisonous but our ancestors believed these trees to be very sacred. Runes were often carved in them and they were always found in Heathen sacred places. Often you will see Yew trees in church yards in Europe because the church was built over the ruins of a Pagan holy site. If you see this in your travels. Talk to the land wights and tell them you know this place was once sacred to them. Do a ritual to “re-sanctify” the land to the old ways and to the spirits of the land. :)

3. Hedgehogs, found snuffling about at nighttime in European countries. They are a popular character in Folk Art.

4. The European Badger, also often depicted in Folk Art.