



# The North Wind

Newsletter of the  
Barony of Lions Gate

Issue #335  
July AS XLV  
(2010)  
ISSN: 0316-6953



photos by Alivia Spencer, Safiye al-Konstantiniyye, and James Wolfden



# The Baron's Column

*Baron Griffin ap Bedwyr*

At the Lions Gate Baronial council on June 24<sup>th</sup> Caitrin and I announced that we would not be going for a second term as Baron and Baroness. We have enjoyed the time we have spent as the Baronial couple and hope that the feeling has been mutual. Our reasons for this are many, and though three years does not seem quite so long, six certainly does. There are still many things we wish to do and goals within the SCA we want to achieve that we couldn't, or wouldn't, strive for that we can now work towards. We have not ruled out taking the job again sometime in the future if needed (and if you still want us).

We are looking forward to seeing who will step up to take our place and wish the best of luck to those who are willing to try. For the most part Baron and Baroness is not a hard job but it does have its moments. It can be very fulfilling, whether it is watching the populace come together to produce something beautiful and wonderful from a single idea or the joy of being able to recognize and reward deserving individuals. Of course anyone taking the job must know, and keep in mind always, they are a servant of the crown and responsible to the people. The Barony is not there to make you

more important rather you are there to make the Barony better. We hope that in some way we have done that. Thank you all for giving us the opportunity to serve you and Lions Gate.

Now after all that we are still Baron and Baroness until Nov 6<sup>th</sup> so there is still work to be done. The next Lions Gate event will be Tournament of Armies. I am very excited about this one and I know that it will be a fun and exciting event. There should be something for everyone at this event and with a long weekend and a beautiful site it should not be missed. We will see you there.

July 4<sup>th</sup> 1187, Saladin defeated the combined Crusader armies of the Kingdom of Jerusalem at the Horns of Hattin. It was this victory that paved the way for Saladin's reconquest of the city of Jerusalem, ending almost 100 years of Christian rule .



**Just Another Reason To Run For Baron and Baroness (photo by Safiye)**

## About the North Wind

This is the May 2010 issue of The North Wind, a publication of the **Barony of Lions Gate**, of the **Society for Creative Anachronism**, Inc. (SCA, Inc.) The North Wind is available from the Chronicler, James Welch (HL James Wolfden, OGGs), [jameswolfden@yahoo.ca](mailto:jameswolfden@yahoo.ca) and is also available from the Barony's website <http://lionsgate.antir.sca.org/public/>. It is not a corporate publication of SCA, Inc. and does not delineate SCA, Inc. Policies.

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## Council Highlights

June 2010

### Event Schedule Shake-Up for 2011

Lions Gate will reduce the number of events it hosts to 5 events in 2011 to reduce burn-out among event stewards and provide more room on the calendar.

In February, an event to chose the Bardic and A&S Defenders will be held. This replaces Day of Dance, A&S Days, and May Bardic.

Archery, Heavy, and Rapier Defenders' Tournaments will be combined into a single event scheduled to run late July on the sam weekend that Seagirt is running their Sergeants' Trials. This decision was made with the consent of Seagirt.

Tournament of Armies will once again take place on the August Long Weekend.

Sergeants, Yeomen, Gallants, and Courtiers Trials will run in its usual spot in August.

Baroness' Tournament and Banquet will combine into a single event in November with the Tourney during the day and the banquet in the evening.

SeaLion War will be hosted by Seagirt in 2011 but swing back to Lions Gate in 2012 to provide a sixth event per year. In addition, Lions Gate will be expected to defend its right to NOT own Point Roberts at Warren War run by Shittimwoode.

This will leave room to host more Principality and Kingdom events if desired.

### Financial Turnaround?

Tough times call for tough decisions! The Financial Committee analyzed the revenue and expenses for the year and determined that Lions Gate was indeed in tough times.

Decisions were made that included cancelling the Bransles for the summer and reducing the Rapier and practises by one hour.

Those two decisions alone accounted for over a \$1000 reduction in our expenses to the end of the year.

In addition, Rapier practise picked up its attendance in June with many fighters contributing extra each week to bring it finances back in the black.

With four events still to go in the year, we are not out of the woods yet. If they all break even, then Lions Gate will have eliminated its projected deficit.

### Baronial Scribe Steps Down

Miles FitzHubert, the Baronial Scribe stepped down from his office that he held since December, 2006.

During his tenure, Miles coordinated the efforts of many people in Lions Gate in the creation of a more than 150 scrolls including

- 6 Knott Yetts
- 33 Lions Fangs
- 36 Lions Claws
- 78 Baroness' Champions.

### Baronial Scribe Steps Up

Aelana Cordovera has stepped up into the Baronial Scribe office. Aelana was Miles' deputy working on many of the scrolls and organizing painting sessions.

Aelana Cordovera was the first recipient of the Ordre de L'Etoile d'Argent given for arts and sciences efforts done to further the Principality of Tir Righ. She is the current Scholar of Tir Righ.

For more information on what was said at Council, check out the Council Minutes for May 2010 now posted at the Barony's website - <http://lionsgate.antir.sca.org/public/council.minutes.shtml>



## Calendar of Events

July-2010							Event Listings for July-2010		
S	M	T	W	T	F	S	Date	Branch	Event
				1	2	3	2-4		<a href="#">AnTir - West War</a>
							16-18		<a href="#">July Coronation</a>
4	5	6	7	8	9	10	30-31		<a href="#">Tournament of Armies (Jul 30 - Aug 2)</a>
11	12	13	14	15	16	17	Mon		Cloverdale Practice - <a href="#">5</a> , <a href="#">12</a> , <a href="#">19</a> , <a href="#">26</a>
18	19	20	21	22	23	24	Thu		Baronial Council - <a href="#">22</a>
25	26	27	28	29	30	31	Wed		North Wind Deadline - <a href="#">28</a>
							Thu		Rapier Practice - <a href="#">1</a> , <a href="#">8</a> , <a href="#">15</a> , <a href="#">22</a> , <a href="#">29</a>
							Thu		Dance Practice - <a href="#">1</a> , <a href="#">15</a>

  

August-2010							Event Listings for August-2010		
S	M	T	W	T	F	S	Date	Branch	Event
1	2	3	4	5	6	7	1-2		<a href="#">Tournament of Armies (Jul 30 - Aug 2)</a>
							14-15		Lions Gate Sergeantry Trials
8	9	10	11	12	13	14	27-29		<a href="#">Tir Righ August Investiture</a>
15	16	17	18	19	20	21	Mon		Cloverdale Practice - <a href="#">9</a> , <a href="#">16</a> , <a href="#">23</a> , <a href="#">30</a>
22	23	24	25	26	27	28	Thu		Baronial Council - <a href="#">26</a>
29	30	31					Wed		North Wind Deadline - <a href="#">25</a>
							Thu		Rapier Practice - <a href="#">5</a> , <a href="#">12</a> , <a href="#">19</a> , <a href="#">26</a>
							Thu		Dance Practice - <a href="#">5</a> , <a href="#">19</a>

  

September-2010							Event Listings for September-2010		
S	M	T	W	T	F	S	Date	Branch	Event
			1	2	3	4	3-6		<a href="#">September Crown</a>
5	6	7	8	9	10	11	24-26		<a href="#">Tir Righ September Coronet Tourney</a>
12	13	14	15	16	17	18	Mon		Cloverdale Practice - <a href="#">13</a> , <a href="#">20</a> , <a href="#">27</a>
19	20	21	22	23	24	25	Thu		Baronial Council - <a href="#">23</a>
26	27	28	29	30			Wed		North Wind Deadline - <a href="#">22</a>
							Thu		Rapier Practice - <a href="#">2</a> , <a href="#">9</a> , <a href="#">16</a> , <a href="#">23</a> , <a href="#">30</a>
							Thu		Dance Practice - <a href="#">2</a> , <a href="#">16</a>

\***Lions Gate Baronial Council** is where the "business" side of the Barony is run. All members are encouraged to attend council. Council is held on the 4th Thursday of the month, 7:30pm at the Sapperton Pensioner's Hall, 318 Keary Street, New Westminster (across from Royal Columbian Hospital)



## Ask Doctor Carus

Dear Dr. Carus:

*The other day, as I sat watching the sunset, and that big ball of fire slowly slipped down past the horizon, I found myself musing over whether the Earth is really flat after all. It certainly seemed to me that it ended abruptly just where the sun passed it. But then I started worrying about our allies in far off Drachenwald...are they out somewhere on the same disc as us? Are they on the flip-side and have to go about with their skirts over their heads, or are we actually all part of the same big ball? Sincerely, Terrance Ferma*

Dear Terrance Ferma,

Various ancient peoples have had various ideas about the shape of the World – for instance, the Hebrews at one time seemed to have held that we live on a raft of land at the bottom of a great bubble amidst infinite waters on all sides (a version of which may yet prove true, on a larger scale) – leaks in it purportedly produced the Deluge survived by Noah. However, it has long become the International Scientific Consensus™ that "she is a-round, like the apple" (C. Columbus, as reported by B. Bunny *Hare We Go Again*, MCMLIV), from sailors being able to see farther from higher up (Homer, 9<sup>th</sup> C. BC); and such other observations and deductions as these from Aristotle's *De Caelo et Mundo* (4<sup>th</sup> C. BC, S 297-298):

- that any corners or other substantial deviations from sphericity would collapse or flow to form a sphere;
- that during a lunar eclipse, the shadow of the Earth upon the Moon is always circular, no matter where the Moon is in the sky at the time, whereas a disk (for example) would often make an elliptical shadow;
- that as one moves north, the Pole Star steadily rises; and as one moves south, new stars appear, that are entirely unknown to northern lands.

Eratosthenes (3<sup>rd</sup> C. BC), by noting the difference between shadows cast at the same time in widely-separated cities in Egypt, obtained an estimate of the circumference of Earth within a few percent of the present value. Dr. Carus proposes that this distance be used as the basis for a new unit of measurement, which he calls the Metre (Pat. Pend.).

The Venerable Bede (8<sup>th</sup> C.) explained the unequal length of daylight from season to season as due to the roundness of the Earth: "For truly it is an orb placed in the center of the universe; in its width it is like a circle, and not circular like a shield but rather like a ball, and it extends from its center with perfect roundness on all sides" (*De Temporibus Ratione*, p 32).

Thus was the sphericity of the Earth expounded in the early chapters of standard texts like Strabo's *Geographica* (1<sup>st</sup> C.), Ptolemy's *Amalgest* (2<sup>nd</sup> C.); that also made clear that, with respect to the fixed stars, the Earth should be considered as a point without dimension – Book 1, Ch 5) and Sacrobosco's *De Sphaera Mundi* (= "On the Sphere of the World"!; c. 1230), and was alluded to by many classic and medieval authors. And so the scepticism that some of these expressed about the existence of Antipodeans (like Drachenwalders), was not because they would "fall off the Earth" (universal attraction to Earth's centre was also a general tenet – see last month's article on Gravitation), but for there being no positive proof of any land there, nor of any means for humans to get there from a single origin, especially across a theorized uninhabitable "torrid zone" at the equator (Augustine *The City of God*, 5<sup>th</sup> C., Book 16, Ch 9).

*"In the first place, the earth, when looked at from above, is in appearance streaked like one of those balls which have leather coverings in twelve pieces, and is decked with various colours..." Plato Phaedo (The Death of Socrates), c. 380 BC, p 110b.*

**Dr. Carus answers your questions on Medieval Science & Technology every month in the North Wind: email your question to either Dr. Carus at [darlingg\(at\)activematerials\(dot\)ca](mailto:darlingg(at)activematerials(dot)ca) or to the chronicler.**

## From A Woodworkers Shop

### Building a Ratcheted Strap Clamp on a shoestring budget

By Lord Adam Fairamay

The hobbies we most enjoy come as much from the fulfillment within the heart as it does from researching and completing a project. As with all hobbies, woodworking takes as many years to gather up all the right tools as it does to attain the knowledge, experience and idiosyncratic tricks of the trade.

This column is intended for woodworkers to share their projects and their tips and for less experienced woodworkers to ask questions of the more experienced woodworkers. There are as many right ways to do things as there are wrong ways. Nobody is claiming to be an expert here but just sharing what works for them. It all comes down to a matter of personal preference in the creation and eye for the finished product. What I will do though over time is share a couple of simple tricks I have figured out for myself with the hopes that they might also help you while your doing a projects of your own.

A couple of years ago I was looking through the Lee Valley catalogue (yes, every woodworkers dream store) and was introduced to the idea and use of the ratcheted strap clamp. Essentially a variation on the ratcheted tie down that we have all seen in use, or even used ourselves which has been modified to attach onto itself. In my opinion it is now one of the most invaluable tools in my collection, helping to save on much project time and frustration. A totally essential tool when clamping odd shaped or sized projects such as buckets and pails.



**Illustration 1: The Ratcheting Tie Down as purchased**

As wonderful as Lee Valley is though, inexpensive it is not and some times I need to figure out how to make my own tools to save on the pocket book. The most inexpensive way to make your own ratcheting strap clamp is simply to buy a cheap set of ratcheting tie downs (sometimes you can find them at the dollar stores) and do a few simple modifications. When you first buy the tie down it will come in two parts a) a long strap with a metal hook on the end and b) a ratcheting mechanism with a short strap attached to it and a metal hook attached to the other end of the strap.

Now comes the fun part, bend the metal hooks open and remove them from the long strap (do not cut the nylon strapping). Next if you look at the ratcheting mechanism you will see the short strap is attached to it will some kind of pin or in some cases a bolt; it is this pin or bolt that needs to be removed (in most cases you will need to destroy it to remove it) but be careful not to damage the ratchet mechanism or housing. I usually use my bench grinder to take off one end of the retaining pin, but bolt cutters or a



**Illustration 2: The Short Strap and Pin Have Been Removed**

backsaw will work just as well. Once that's done using a nut and bolt trap the loop from the long nylon strap in the ratchet where the removed pin was and now you have a very useful shop tool. On odd shaped projects where strap binding might become a challenge, simply put pieces of cardboard (I cut up shipping boxes) between the strap and the project wherever it might bind. It took me a few tries to get comfortable with the idiosyncrasies of this type of clamp but now I don't want to do without it, so if it doesn't work perfectly for you the first time just keep practicing and it will get easier.



**Illustration 3: Long Strap Attached**

There are many fine woodworkers within the populace of LG and I would encourage you to share the knowledge of how to do things. Don't worry if you don't think you can write a good article, that's what the chronicler staff is there to help with. If you have questions on anything to do with woodworking or have ideas you would like to share, please forward them to the North Wind chronicler.



## From Our War Correspondent That's Lady Sarah ferch Griffin, now!



photo by Alivia Spencer

Their Highnesses, Prince Ieuan and Princess Gwyneth, called Sarah ferch Griffin to come before them. Sarah raced down from the hillside to kneel in court and be awarded Arms. Huzzah!

## Victory on Heavy and Rapier Field

The Lions Gate Army took up swords, shields, polearms, and bows to defeat the Seagirtian invaders of the fields of the Aldergrove Bowl take the Heavy War Point at the SeaLion War this past month.

Tired from their defeat, the Seagirtians sent in their lightly armoured but nimble Rapier Fighters to see if they could succeed where their Heavy Army failed.

Lions Gate responded by sending in their best rapier forces to deal with the heathen invaders who proceeded to repeat the success of their heavy brethren in crushing the enemy and sending them scurrying back to their Island home.

## Aelana Cordovera Wins A&S Point for Lions Gate

At Sealion War this year the competition was "Military Encampments". It covered anything that could be found in a military encampment during the SCA period. There were four entries: a pottery tankard and bowl by Thomas of Appledore, a hand cart by

Adam Fairamay, an alchemists furnace by Dr. Carus, and portable icons by Aelana Cordovera. The judges were Baron Ming of Seagirt, Baroness Caitrin of Lions Gate, and Viscountess Safiye. The entries were all amazingly interesting. The winner was Aelana Cordovera with her portable icons.

## Lions Gate Archers Snatch Victory

It looked bleak for the Lions Gate Archers as many prominent archers in the community had been struck by illness and other woes.

Would Seagirt take the Archery War Point on sheer numbers alone on Lions Gate soil? The call went out and Lions Gate responded managing to outnumber the Seagirtians by just two archers.

Lions Gate ruled the Le Tir Beursault but Seagirt established dominance on the wand shoot. Lions Gate won the point on Mongolian Shoot.

## Seagirt Wins Bardic

The Bardic Competition was a close fought match as Bards sang the praises of their barony with Seagirt winning an overtime decision. The competition, "Whose Bard is That Anyways?", was loosely based on improv theatre.

Bards from both sides took up the boast "My Baron is so good...." with neither side budging an inch. This was followed by a poetry competition using words suggested by the audience including asbestos from good Dr. Carus.

A reverse filk had singers performing the period song, The Agincort Carol, to the more modern stylings of Rick Astley and Nickelback (pretending to be rappers).

Performers managed to avoid falling into the Bardic Fire during a puppet show featuring audience members as puppets and puppeteers.

Baroness Caitrin played Stairway to Heaven on a six string lyre but the judges had both teams tied at the end. The tie breaker went on for days before the exhausted judges started eliminating contestants for made up rule infractions leaving Lions Gate with an initial tainted victory. In the sober light of morning, that decision was reversed and the point was given to Seagirt.

Which somehow resulted in the war points being split even. So I guess the points did matter.

## Griffin Awarded Hafoc

His Highness Prince Ieuan addressed the populace at the SeaLion War, speaking of recognizing people who have gone above and beyond what was expected. He further spoke of one who embodies chivalry, respect on the field, passion and teaching and learning. So doing, His Highness asked his herald to call forth Sir Griffin ap Bedwyr, Baron of Lions Gate, and did invest him into the Order of the Hafoc.

The scroll was done by Mistress Agnes Cresewyke.

## L'Etoile D'Argent times deux

At Coronet, the Storm Thrones called forth another artisan for our fair Barony to be recognized for her contributions to the principality when Her Ladyship Aldgudana Gunnarsdottir was welcomed into the Order of l'Etoile d'Argent.

Some works of art you admire with your eye but some you admire with your other senses.

At the Avacal – Tir Righ War, brewmaster Uilliam mac Fearchair mhic Gille Aindraais was called forth, and invested into the Order. He quickly put his beer etoile talents that evening to deal with a keg malfunction.

## So Who Won AT War

AT War was fantastic! I had a great time. I just don't know who won. I do know that the event had the highest attendance so far.

I do know Avacal took the Archery Point even though Tir Righ won the populace shoot portion. There were 143 archers that shot in the populace shoot.

I do know Avacal was up going into the Bardic Point but I don't know if the Bardic Point really happened.

So who won?

## Long Live Tanist Alden and ban Tanist Katherine



photo by Safiye

At June Coronet, Sir Alden ap Owain, inspired by Mistress Katherine atte Moore, bested his former squire brother, Sir Saif ibn Owain, inspired by Lady Jocasta in best three out of five fights to become the next heir to the Storm Thrones.

Investiture is scheduled for August 26 - 29<sup>th</sup> hosted by the Shire of Lionsdale. The event site will be the Albion Fairgrounds.



# Tournament of Armies

Event Steward: Lord Callen Drakkar

Site: Name: Island 22 Equestrian Park, 45695 Cartmell Road, Chilliwack, B.C

Date: July 30<sup>th</sup> to August 2<sup>nd</sup> (site opens 3 pm Friday, closes 4 pm Monday)

Cost: Pre-registration Adults \$25 • Youth \$10 • Family Cap \$50

Gate Adults \$30 at gate • Family Cap \$60 • Day fee \$15

NMS of \$5 will be collected • Children 12 and under free

Website: <http://lionsgate.antir.sca.org/events/toa/>

The Barony of Lions Gate invites all disciplines - Heavy, Rapier, Archery, Arts and Science, Heraldry Bardic and service, to **A TOURNAMENT OF ARMIES**, from July 30th through August 2nd.

If you want to be named Warlord of Lions Gate, **you** must build your own army to enter the tournament. Be mindful that your army must be able to withstand attacks on all fronts: classic battles on the warfield as well as battles of wits and skill.

Who will flock to your banner to support you?

Or who will inspire you to support their quest for the title?

Sharpen your swords and your wits and be ready to display your prowess and declaim your glory before all!

On Saturday, after a fierce and colourful display of prowess by each army in Court by their Arts & Science contingent, all armies shall prepare to engage in a wide variety of combat scenarios on fields of forest, open plain, bog, obstacle, ravine and much more. Battle will rage on until there are only four armies left on the field.

On Sunday, the four remaining armies will continue in battles most glorious until there remain only two armies on the field.

**But only one can be victorious.**

While the combat units wage war on the field, the artisan units shall engage in battle in their own arena. Each shall seek to cow all others with a display of bardic, heraldic, scribal or other Arts & Sciences to be judged on craftsmanship, authenticity and elegance.

**But Wait There's More including**

**UTR Classes**

**Bardic Circle**

**Pas d'Armes**

**Rapier Tournament**

**Target Archery Tournament**

**and a Cut and Thrust Tournament**

# Salting Meat

by Tomas de Courcy

The preservation of food has always been a major concern of civilization. Modernly we tend to rely on refrigeration to preserve our foods. Cooling was also a method for food preservation in the middle ages, however, for obvious reasons there were limitations. Other methods needed to be devised to preserve foods, especially regarding meat. In this article I will be focusing on the medieval method of salting meats to preserve them for later consumption. The methods I describe are those which would have been used in England and France in the late medieval period.

The salting of meat was a common practice in the middle ages. This allowed for the preservation, storage, and transport of meat without refrigeration. According to *Food in Medieval England* "it was a routine procedure on big estates for deer to be hunted according to season, when the meat was at its best, and the venison prepared and stored in larders till needed, and in this case heavier salting would be necessary" (Woolgar, Serjeantson and Waldron 181). The salting of venison was common in great households, so much so that there were quite often men whose sole job was the preservation of food. They would accompany the huntsmen so as to make sure that the deer were treated properly and would be preserved properly (Woolgar, Serjeantson and Waldron 181).

There are several different ways of salting meats: lightly coating in salt, temporary packing in salt, partial packing in salt and long term packing in salt. The short term salting process seems to have been lightly coating the meat in salt, just enough to cover it, and then hanging it by a fireplace to fully dry, then it may be consumed. When I began researching food preservation I was living and working in Lytton B.C. This gave me the opportunity to talk with local First Nations Elders about their methods of food preservation. The food they primarily preserve is Salmon, however they do still preserve game meats from time to time. Nkixwstn James, an elder of the Nlaka'pamux Nation was my major source for this. She explained that the light salt coating is a form of drying using the salt to draw the moisture out quicker. This leads to a similar end product to air drying the meat, though it is quicker (James).

Temporary packing in salt seems to function as the main method of salting for most meats. In this method the meat is packed in salt in a cask. The term used for this cask in most existing manuscripts is the Latin term "doliis" (Ridgard 29) which is the same word used for wine casks. From this I assume then that they mean watertight casks such as would be used for wine. After a period of time running from one day to a month, they removed the meat from the salt and hung it by a fireplace, or other warm location, until fully dry. After that it may be hung in a dry place for one to four years depending on the type of meat (Woolgar, Serjeantson and Waldron 181-183).

Partial packing in salt was a method which I only ran across in *Le Menagier de Paris*, translated by Eileen Power: "it is appropriate to salt it in a wash-tub or bath ground coarse salt, and after dry it in the sun" (Power 164). This seems to imply that covering is not necessary if the meat is immersed in salt. That line of thought is continued by Daniel Myers in his experiments in salting which I used as the first basis of my salting process<sup>1</sup>.

The long term method appears to be packing the meat in salt, ensuring that the meat is fully covered, and in a water tight container. In *Lieber Cure Cocorum*, published first in 1430, it says: "Salt hit wyth drye salt, alle in fere. And do hit in a barel penne. Pe barel staf ful as I pe kenne, Stop wele þo hede for wynde and sone, For hit wylle payre þo venysone" (Morris 33-34). The meat would then be removed shortly before using, perhaps up to a week previous. This method keeps the meat from exposure to moist air, which all forms of salting seem to agree is bad for it. As I live in a very moist climate I decided that this is the most Food Safe method.

When salting it seems that two different kinds of salt were used: gross salt and white salt. Gross salt seems to have been what we today call sea salt, and appears to have been the cheaper variety (Woolgar, Serjeantson and Waldron 182). White salt appears to have been refined salt which cost more, but was of higher quality, and was a better salt for preserving meat. It would have taken a large amount of salt to preserve an animal the size of a

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<sup>1</sup>You may examine his results at <http://www.medievalcookery.com/recipes/saltvenison.html>

deer, with some records putting the amount at between ½ a bushel and two bushels depending on the size of the deer. Because of this the better white salt was normally mixed with the coarser gross salt in an attempt to keep costs down (Woolgar, Serjeantson and Waldron 182-183).

Before cooking salted meat most cookbooks in period recommend parboiling it in a mixture of wine and water or water and vinegar (Redon, Sabban and Serventi 83), likely wine vinegar, in an attempt to “draw out the salt” (Power 164).

## **Practical**

I have salted several different cuts of venison, and all seem to work in the same manner. Traditionally of course fresh venison would have been preserved, but when I have been unable to acquire it fresh I allow the meat to thaw in the fridge, and used a sink full of cold water to finish making sure that it was fully defrosted. I patted the meat down with paper towel to remove the moisture, as traditionally the meat would have been hung for a day or two, which would have removed most of the incidental moisture. I let the meat rest for a few minutes covered with clean dry paper towel. Whenever it looks like the paper towel is getting moist, I change it. This way the only moisture left on the venison is the moisture of the meat itself.

I use Pyrex baking dishes with an air tight lid for salting. I do this because it is cheaper than buying a water tight cask, and this way I can see how the salt is doing throughout the salting process (Meyers' attempts turned a reddish colour, which I think was from a combination of not patting the meat dry enough and the open top).

I use two kinds of salt, canning or pickling salt as the main salt, and sea salt in order to get a similar salt content to what would have been used during the middle ages. The sea salt (or gross salt) would have been the cheaper of the two in period, but today canning salt is cheaper. Because of this instead of the approximate one to one ratio, always hedging in the direction of having more gross salt than white salt, which seems to have been used in late medieval England, I use a two to one ratio in favour of the cheaper canning salt. I have also salted venison without sea salt without tasting much difference in the end product. I use canning salt because it is the closest salt we have to the white salt that was used in period.

I cover the bottom of the Pyrex dish with the salt, and place the meat on top of the salt, ensuring that the pieces of meat do not touch. I then cover the meat with salt, ensuring that each piece is fully covered on all sides with salt. I put enough salt in to ensure that there will be no air in the container. Then I put on the lid and place in a cool place, but not in the refrigerator or freezer, normally my pantry.

I keep an eye on my venison, and check it every few days without opening the lid. If there is a lot of liquid at the bottom of the container (a small amount is normal) I remove the venison, clean and dry the dish, add new salt and the venison and re-seal it. This is a food-safe precaution.

After about two weeks or more I take the meat out of the salt and wash it off. Then parboil it in water and red wine vinegar, I don't use expensive vinegar for this, I use No Name Red Wine Vinegar and it works well. I generally use about one part vinegar to three parts water, but adding more water doesn't seem to be too bad. An easy rule of thumb I go by is to use one bottle of the vinegar and enough water to cover the meat by about an inch. Once the meat has been boiled I then prepare the meat for whatever dish I'm making. My favourites are grilled, or baked in a pie.

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## Arts and Science Showcase

Sealion War hosted the Dirty Dozen Donation Derby and the North Wind's roving reporter, Alivia Spencer took some great photographs of the entries. We are going to show some this month and some next month. .



1. Norse Dangly Bits (Festoon Bits, if you prefer) by Aldgudana Gunnarsdottir
2. 14<sup>th</sup> Century Girdle Book Covers by Princess Gwyneth Gower
3. Pin cushions and Needlebooks by Elspeth Selwode
4. SCA Passport Books to record one's journeys by Isolde the Celt

The Dirty Dozen Donation Derby was organized by HL Aldgudana Gunnarsdottir to raise largesse for the Principality. It was huge success and will be repeated so think what you are going to do for it next year. It was also a contest which means it had winners

Winner was Fjordland's leatherworked items, handbound books and antler buttons

Lions Gate's choice was Mistress Kate's 14th century silver ring brooches

Seagirt's choice was Princess Gwyneth's girdle books

# Compendium



\* **Their Royal Majesties of An Tir** – King Owain ap Einar and Queen Adwen Wrenn (king@antir.sca.org, queen@antir.sca.org).



\* **Their Highnesses of Tir Righ** – Prince Ieuan Gower and Princess Gwyneth Gower (prince@tirrigh.org, princess@tirrigh.org).



\* **Baron & Baroness of Lions Gate** - TE Griffin Ap Bedwyr and Caitrin ni Cingeadh (griffcait@shaw.ca). 12159 – 222 St. Maple Ridge, V2X 5W4.

## Baronial Council

### Seneschale

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Deputy - Lord Callen Drakkar

Watch - Lord Garet Doiron

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Hmm, the chronicler mused. The July issue of the North Wind is 13 pages. July. 13. That's a good omen. Really!