



The North Wind

Issue #343
April AS XLV
(2011)
ISSN: 0316-6953



- Baron's Column - 1&2
- Editor's Letter - 3
- Upcoming Events - 4
- Calendar - 5
- Ask Our Alchemist - 6&7
- Scroll of the Month - 8
- Rules for Stomp the Herring - 9
- Baronial Council - 10





Baron's Column



The question has been asked. What have I done in my first 100 days of being the Baron of Lions Gate to bring honour to the Baronial Coronets.

The question is valid.

I did not take on this task lightly. I am aware of the legacies of my predecessors – of the wordfame of Gerhard, of Devon, and of Griffin. They all brought honour to the Coronets. They made decisions that grew the Barony. They made decisions that people liked and they made decisions that people disliked.



At the same time, this is a three year commitment and I did not go into it with a goal for the first 100 days.

Still, what did I do in these first 100 days.

Margaret and I attended Antioch Invitational, Baronial Banquet, 12th Night, Lionsdale Winter Tourney, Lions Gate Winter Defenders, and the Tir Righ February Investiture. We also attended two bransles, Council meetings, numerous practises both at Cloverdale and Sapperton, and I attended a scribal workshop and a school demo.

At each of these, we have made the effort to talk with people, get advice, ask advice, and give advice. We surveyed people about changing the name of Baroness' Champions to Baroness' Inspirations as we felt that better described it. We have been asked about our feelings towards pirates in the SCA – I like period pirates but I would sooner watch Disney in the movie theatres – and many other things. Margaret had a meeting with her Sergeants about what they feel their role is.

I had great fun at Antioch since I volunteered to run the archery portion. One of the goals of Antioch was to publicize the local groups and recruit new members. This was successful. The Maple Ridge Times had a nice picture of me showing a young girl how to shot a crossbow on the front page. Their website had even more pictures. Another young lady came to the event to find out what we do and bought tickets to the Baronial Banquet and also showed up at Investiture with a few more friends along.

I am very pleased by the attendance at the practises I have attended. The Cloverdale practise has had all three martial disciplines – archery, rapier, and heavy – taking place. One of the concerns raised by the rapier community was a feeling that they were the red-headed step-child of the Barony. Having all three activities present and visible to each other helps build respect for each of the disciplines. It also helps that we are starting to develop a number of double and triple threats out there – fighters who do rapier and heavy or even all three martial disciplines.

Between the great attendance at practise and the events the Barony has hosted including the high school demo, we are steadily improving our financial situation. The bransles still continue to lose money but we have made the decision to hold fewer of them in a year and we will experiment changing the venue to one that costs less. We are experimenting with themes and will hold a tavern night later in the year.

At Investiture, the seneschal of Lionsdale, Tomas, and I worked out a little schtick regarding Tournament of Armies and its site being located in their shire. In that schtick, I was proud to announce officially that Tournament of Armies will happen again this year. We have received many positive comments about the event and the way it was structured, Of course, we have also received some constructive criticism about it too which we will use to build an even better event this year. The same autocrat team as last year will be in place but we are looking for some shadow deputies to help, with the goal of taking over the event in 2012.

Margaret and I were concerned about our Summer Defenders Tourney being so close to Tournament of Armies. We were also wanting an event in May so that we could have an event six months from Baroness Tourney. Killing two birds with one stone, we moved Summer Defenders Tourney to the first weekend in May – the old May Bardic spot. We are pleased to state that we have an autocrat team and site lined up for this despite the late minute change.

The calendar has been a concern for a few years. We have been talking with Baron Ming of Seagirt and Tomas concerning issues with Sealion War and the Lionsdale Champions. Principality events have bumped some traditional dates and both sides have been jockeying around trying to find the best date. Unfortunately, sometimes that is the same date. It is looking very much like we will have a solution in place for 2012. We have also been in discussions with different parties involving Warren War, Summer Investiture, Autumn War, and SYGC.

In that 100 days, we have had some new defenders and some new officers. I am very pleased at everyone that stepped forward into empty positions whether it be chronicler, lists, exchequer, bardic, bransle deputy, master of blades, or seneschal. That appreciation also goes out to every person who challenged for Defender in rapier, A&S, or Bardic.

Wow. It has been a lot busier in that first 100 days then I realized. Well, 100 days done and 995 days to go – give or take.

Constructive criticism is always welcome. We will listen to all advice but we will act according to our hearts and what we believe is best for the Barony.

Have Fun. Play Fair.



Editor's Letter



Since Baron James' column is about his first hundred days as baron, I figured my letter this month would be about my first hundred days as Chronicler, since I became Chronicler around the same time James became Baron (funny that - he was Chronicler before me.)

Since becoming Chronicler I've produced four North Winds (including this one) and four sets of Council minutes. I've also amassed three separate sources of North Wind back issues, with the intention of starting to digitally archive them (I can't web publish them because of copy right of the original submitters, but I can at least work towards a complete archive.) I've also created and printed business cards for the Seneschale, the Chatelaine and myself so that we can promote our offices at events, and have an easy way to point people to further information about the SCA and Lions Gate.

I've attended Baronial Banquet, Lionsdale Winter Tourney, Lions Gate Winter Defenders, February Investiture (in March), Oasis War, Sir Eddy's and Art of War. I've done my best to promote the North Wind and the role of the Chronicler wherever I've gone.

I have future plans that include expanding the promotional, but I have to do some more legwork for some of the ideas first. I feel like I'm off to a bit of a slow start getting my own ideas off the ground, but I'm hoping I'll have some time to flesh more of them out.

I hope you enjoy this latest issue - and my apologies for it being a bit dry (no one seems to have taken pictures in April.)

In Service,
Wymarcha Hektanah Doiron
Chronicler for the Barony of Lions Gate

About the North Wind

This is the April 2011 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, Marissa Fischer (Lady Wymarcha Hektanah Doiron), blogtodiffer@gmail.com 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.

Copyright © 2011 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

Upcoming Events

Lions Gate Summer Defenders

Join the Baron and Baroness of our fair Lions Gate to witness combatants as they compete to be the next Defenders of Heavy, Rapier, and Archery on Saturday, May 7, 2011.

Summer Defenders is a one-day, indoor event that includes three tournaments run by our current Defenders: Arminius Scorpius, Callen Drakar, and Fiona the Archer. You could be the next one!

Also we shall have an A&S competition, a combat archery prize tourney, and a Heraldry table. Gate opens at 9am. Event closes at 10pm.

SITE FEES:

Adults: \$13.00 (No NMS!)
Youths (ages 13 - 18): \$5.00
Children under 13: No charge
Family cap \$35.00. Standard family rules apply.

Make checks payable to "Barony of Lions Gate".

SITE INFO:

Agriplex at Cloverdale Fairgrounds
Through the uprights on 62 Avenue
6200 – 176 Street (Google shows 17620 – 62 Ave)



Antioch 1.5



Shake off the rust and get ready for tourney season. Come to work on your projects and do some fighting! Lets make this a super fun demo for Tir Righ.

We have the one barn so the space will be full of interesting things to see and talk about. There will be space be available to use as an Arts & Sciences type area. Please bring your winter projects to work on and get ready for the coming season. Games and music will also be a part of the day.

There will be fighting throughout the day. Weather permitting there is also a rapier war practice planned for outside! Ideally the fully armored combatants can have one too!

Due to time and space restrictions we will unfortunately not be able to have merchants at this Antioch. In 2012 we are planning to invite them all back as they add so much to our game!

Site fee for SCA types \$5 for public \$10 (under 18 free)
23448 - 105 Avenue, Maple Ridge

Lions Gate Calendar of Events

May-2011						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Event Listings for May-2011		
Date	Branch	Event
6-8		Summer Defenders
20-22		May Crown Tournament
<hr/>		
Mon		Cloverdale Practice - 2 , 9 , 16 , 23 , 30
Thu		Baronial Council - 26
Wed		North Wind Deadline - 25
Thu		Rapier Practice - 5 , 12 , 19 , 26
Thu		Dance Practice - 5 , 19
Fri		Newcomer Information Session - 6

June-2011						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

Event Listings for June-2011		
Date	Branch	Event
3-5		Sealion War
<hr/>		
Mon		Cloverdale Practice - 6 , 13 , 20 , 27
Thu		Baronial Council - 23
Wed		North Wind Deadline - 22
Thu		Rapier Practice - 2 , 9 , 16 , 23 , 30
Thu		Dance Practice - 2 , 16
Fri		Newcomer Information Session - 3

July-2011						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Event Listings for July-2011		
Date	Branch	Event
29-31		Tournament of Armies
<hr/>		
Mon		Cloverdale Practice - 4 , 11 , 18 , 25
Thu		Baronial Council - 28
Wed		North Wind Deadline - 27
Thu		Rapier Practice - 7 , 14 , 21 , 28
Thu		Dance Practice - 7 , 21
Fri		Newcomer Information Session - 1

Ask Our Alchemist



Dear Dr. Carus,

Do you know what may have been used in Period to help cure infection?

(signed) Penny Shilling

My Lady Penny,

The idea that some diseases were caused by minute living organisms that could grow in one person and spread to another can be found as far back as the Hindu *Atharvaveda*, 12th C BC, Book 19, Hymn 34. This Germ (= "Seed") Theory of disease competed with Humoral Theory (such as in the later Ayurvedic system; see also last month's column; arguably applicable to diabetes) and Miasma Theory (such as how cholera was supposedly caused by the bad smells of human sewage, but was really by the contaminated water that went with both; and malaria – literally "bad air" – by the mosquitoes that equally float in through the open window; but it still fits emphysema). Varro (*On Agriculture*, 36 BC,

Book 1, Ch 12) advised against building near swamps "because there are bred certain minute creatures which cannot be seen by the eyes, which float in the air and enter the body through the mouth and nose and there cause serious diseases". The contagious nature of certain skin diseases (along with lies, violence, and all kinds of other evils) was recognized by the Bible (*Leviticus*, 5th C BC, Ch 13) and its commentators (Maimonides *The Guide for the Perplexed*, 12th C, Ch 47); Thucydides (*History of the Peloponnesian War*, 395 BCE, Book 2, Ch 47-54) observed firsthand the heartbreaking epidemic (possibly Ebola-type fever) of 430 BC that carried off a third of Athens and ended the Age of Pericles, where physicians "themselves were among the first victims, because they oftenest came into contact with it"; Ibn Sina (Avicenna; *The Canon of Medicine*, 1025) described transmission of tuberculosis and gonorrhea, and observed worms causing other diseases; Ibn Al Khatib (*On the Plague*, ca 1360) recognized that "he who establishes contact with the afflicted gets the disease, whereas he who is not in contact remains safe" – though this was already common knowledge since Bubonic Plague's first introduction into Europe through biological warfare at the Siege of Caffa in 1347 – Venice instituted the first quarantines in 1374; smallpox burst into Europe with the Moorish invasions of the 8th C, and was traded for Great Pox from the Americas at the turn of the 16th: both were obviously and frighteningly person-to-person. Deliberate inoculations of ergot (a disease of rye that brings hallucinations and gangrene to the consumer – "Saint Anthony's Fire") and brucellosis (contagious abortion) between feuding farmers might have been the disturbingly feasible reality behind those aspects of maleficia (evil witchcraft) that most alarmed the secular powers. Germ Theory only became complete with the observation of "animalcules" by Van Leeuwenhoek in the 17th C, and their cultivation by Koch in the 19th.

In principle, what is alive can be killed, kept out or driven away. This is the basis for the benefits of boiling, fermentation, use of non-porous glazed or even silver dinnerware, and cleansing and bandaging of wounds to exclude dirt and dust (with wine or vinegar, according to Hippocrates; or an ointment containing antiseptic turpentine: Ambroise Paré, *Oeuvres*, 1585). Easy enough before an invasion, but how afterwards to separate the wheat from the tares? (*Matthew*, 1st C, Ch 13 – also alluded to in Roman law – still more biowar!) Sometimes infected tissue can be cut away, through amputation, or debridement (sometimes with maggots, from antiquity to the present day: *Gladiator*, 2000; *Sharpe's Eagle*, 1993). Or, through general care and treatment of symptoms, the body could be kept alive long enough that its own defenses (perhaps stimulated by vaccines etc, but that's another story) might eventually throw off the infection. Otherwise... maybe... poison?

Certain herbs like Comfrey (*Symphytum officinale*), St John's Wort (*Hypericum perforatum*) and Oak-

gall extract (*Quercus* sp.) were effective as topical antimicrobials; the Egyptians also dusted with malachite (cupric carbonate), and the Greeks with verdigris (cupric acetate). Paracelsus ("it's the dose that makes the remedy or the poison") and others prescribed mercury and its salts against syphilis from the 16th to the 19th C, but the side-effects were severe. Other synthetic substances were eventually invoked, but the breakthrough came in 1928 when Sir Alexander Fleming (Nobel Prize, 1945) observed that bacteria were dying around a patch of mould in a petri dish – *Penicillium* sp., from whose juice was eventually isolated the first antibiotic, "Penicillin".

Life is harsh in the dirt, and the moulds there defend themselves and their little turf of rot from pesky procaryotic bacteria by secreting substances toxic to the latter but not to themselves nor other eucaryotes – just the "magic bullet" the world had been looking for (though other mycotoxins are not so harmless to humans: *Aspergillus flavus*'s Aflatoxin B₁ is highly carcinogenic; *Stachybotrys chartarum* causes Sick Building Syndrome – possibly the "house leprosy" of *Leviticus*, 5th C BC, Ch 14; *Fusarium* sp.'s T-2 is the chemical warfare agent "Yellow Rain"; *Claviceps purpurea*/ergot I've mentioned). Fleming's was the first "mould juice" ever to be isolated and mass-produced, but history has precedents: the same *Atharvaveda* mentions elsewhere (Book I, Hymns 23-24) a "branching black plant" (some mould, or lichen?) that fights disease; the use of mouldy substances on surface wounds was described by Imhotep of Egypt (27th C BC), scholars of the Zhou Dynasty of China (1st millenium BC), the Jewish *Talmud* (6th C), and John Parkinson of London (1640), and was widespread in shamanistic and folk medicine, from Mongolia to Australia to French Canada, until recent times; Nubian beer (5th C) contained tetracycline, and was used as mouthwash, dressing, enema and douche.

Infection in modern times is less a hazard than it used to be. But with our invisible enemies repeatedly mutating to resist current antibiotics, it is the constant struggle of latter-day alchemists to come up with new moulds and their products and derivatives to stay ahead in this deadly arms race.

Armelagos G "Take Two Beers and Call Me in 1,600 Years - use of tetracycline by Nubians and Ancient Egyptians" *Natural History*, 2000 May, Vol 109, #4, p50-54, http://findarticles.com/p/articles/mi_m1134/is_4_109/ai_62324477 .

Forrest RD "Early History of Wound treatment", *J. Roy. Soc. Med.*, 1982 Mar, Vol 75, p 198-205, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1437561/?page=1> .

Wainright M "Moulds in Ancient and More Recent Medicine", *Mycologist*, 1989, Vol 3, #1, p 21-23, <http://tinyurl.com/3jll8qg> .

Wainright M "Moulds in Folk Medicine", *Folklore*, 1989, Vol 100, #2, p 162-166, <http://www.jstor.org/pss/1260294> .

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



Scroll of the Month



Sargeant scroll for Dalibor, scribed by Miles.

Stomp the Herring: A Goliard Game

Dr. Carus of Burn Abbey 2011-04-03

The Goliards were the hippie-monks of the 12th and 13th centuries. They protested contemporary war and corruption (and boring homework – many were students at the universities) with satirical poems, songs and horseplay; the popular 1935 cantata by Carl Orff, *Carmina Burana*, was based on a Goliard manuscript rediscovered at a Bavarian monastery in 1803.

"At St Rémy [an abbey of Reims; today a UNESCO World Heritage site] in France they [the monks] made a procession to Mass on Maundy Thursday [others make it Spy Wednesday], each trailing a herring on a string. The game was to tread on the herring in front and save one's own herring from being trodden." Reported from the 13th to 15th centuries, this activity also celebrated the approaching end of Lent and winter, when people were getting pretty tired of eating dried and salted fish – other European cities also held various anti-herring events around this time. It also fit in with the silliness of April Fools' Day (Fr. Poisson d'Avril = "Fish of April" – a common trick was to tape a paper fish to another's back unnoticed). See: Bishop, Morris *The Middle Ages*, 1968, p 174; <http://www.france-pittoresque.com/spip.php?article455>.

Here is Dr. Carus's version, for 6 or more players, children or adult.

1. Cut 12 inches of ribbon; bring the ends together and tie a knot to make the tail of the herring (or "hair-ring"); for a bit smaller and livelier herring, tie a second knot.
 2. Cut a piece of string the length of your leg from toe to waist, and tie one end to the "nose" of your herring. Hold the other end by the very tip, between thumb and forefinger (do not tie it to your hand, which would risk injury). With your arm hanging down, your herring should now follow behind with the string at a 45° angle. Trim the string if necessary: shorter string can make a more responsive herring, but it must still stay in touch with the ground.
 3. Everyone line up in random order and single file with herring in tow, except the Leader, who carries a tankard.
 4. Start the game with the Leader marching forward, ideally whilst singing and waving the tankard (preferably French, Period, drinking and/or monk songs: ex. "Chevaliers de la Table Ronde", "Plantons la Vigne", "Frère Jacques", "Charlie Mops/Beer, Beer, Beer"). Everyone follow the Leader (and sing! if only "La-la-la"), while trying to step on the herring of the person in front, and to prevent their own from being stepped on by randomly jerking it forward and from side to side (but not up).
 5. Stepping on a person's herring will pull the string out of their fingers: they must stop to pick it up again. You may pass such a one, but not someone still holding their string (stomp their herring!), nor the Leader (else the game degenerates into a mere race).
 6. The course may be a straight line from A to B, or one or more circuits of a room, perhaps around or over or under obstacles; the Leader may vary the pace at will. Whoever (after the Leader) is the first to cross the Finish Line is the Winner, then Second, Third, etc. The Winner becomes the Leader in the next game.
- Have fun, play nice, and play safe.
And Happy Easter!



Their Royal Majesties of An Tir - King Skeggi and Queen Taisiia
(king@antir.sca.org, queen@antir.sca.org).



Their Highnesses of Tir Righ - Prince Niaz Kheron Azov and Princess Kenna of the Clan MacDonald
(prince@tirrigh.org, princess@tirrigh.org).



Baron & Baroness of Lions Gate - Their Excellencies James Wolfden and Margaret Hamilton
(baronandbaroness@lionsgate.antir.sca.org)

Baronial Council

Seneschale - Ceara inghean ui Mhadadhàin, seneschal@lionsgate.antir.sca.org.
Watch - Garet Doiron, garetdoiron@gmail.com

Chancellor of the Exchequer - Asny Ravnsdottir exchequer@lionsgate.antir.sca.org
Deputy Exchequer - Ylas Anasdoter, deputyexchequer@lionsgate.antir.sca.org
Chamberlain - Edrik, chamberlain@lionsgate.antir.sca.org

Sable Loat Pursuivant (Herald) - Caemgen mac Garbith, herald@lionsgate.antir.sca.org

Minister of Stables - Dalibor Krivoklatsky, stables@lionsgate.antir.sca.org

Archery - Delwyn verch Ynyr, archery@lionsgate.antir.sca.org
Acting Mistress of Blades (Rapier, and Cut & Thrust) - Malie Rennick, blades@lionsgate.antir.sca.org
Lists - Elena de Maisnilwarin, lists@lionsgate.antir.sca.org

Chronicler - Wymarcha Hektanah Doiron, chronicler@lionsgate.antir.sca.org
Librarian - Maeda no Kiko Mariko, librarian@lionsgate.antir.sca.org

Minister of Arts & Sciences - Myrrim de Lancaster, artsandsciences@lionsgate.antir.sca.org
Contingency Deputy - Doctor Carus
Bardic Arts - Sionann in Ui Fhlaithbheartaig, bardicarts@lionsgate.antir.sca.org
Dance - Rhiannon ap Gwynedd of Clan McBeighn, dance@lionsgate.antir.sca.org
Gamesmistress - Mary Ostler, games@lionsgate.antir.sca.org

Chatelaine - Sage McLeod of Canna, chatelaine@lionsgate.antir.sca.org
Pied Piper - VACANT, piedpiper@lionsgate.antir.sca.org

Baronial Scribe - Aelana Cordovera ,scribe@lionsgate.antir.sca.org
Deputy - Miles FitzHubert

Baronial Webminister - Malie Rennick, webminister@lionsgate.antir.sca.org
Deputy (Webspinner) - Rothgar, webspinner@lionsgate.antir.sca.org