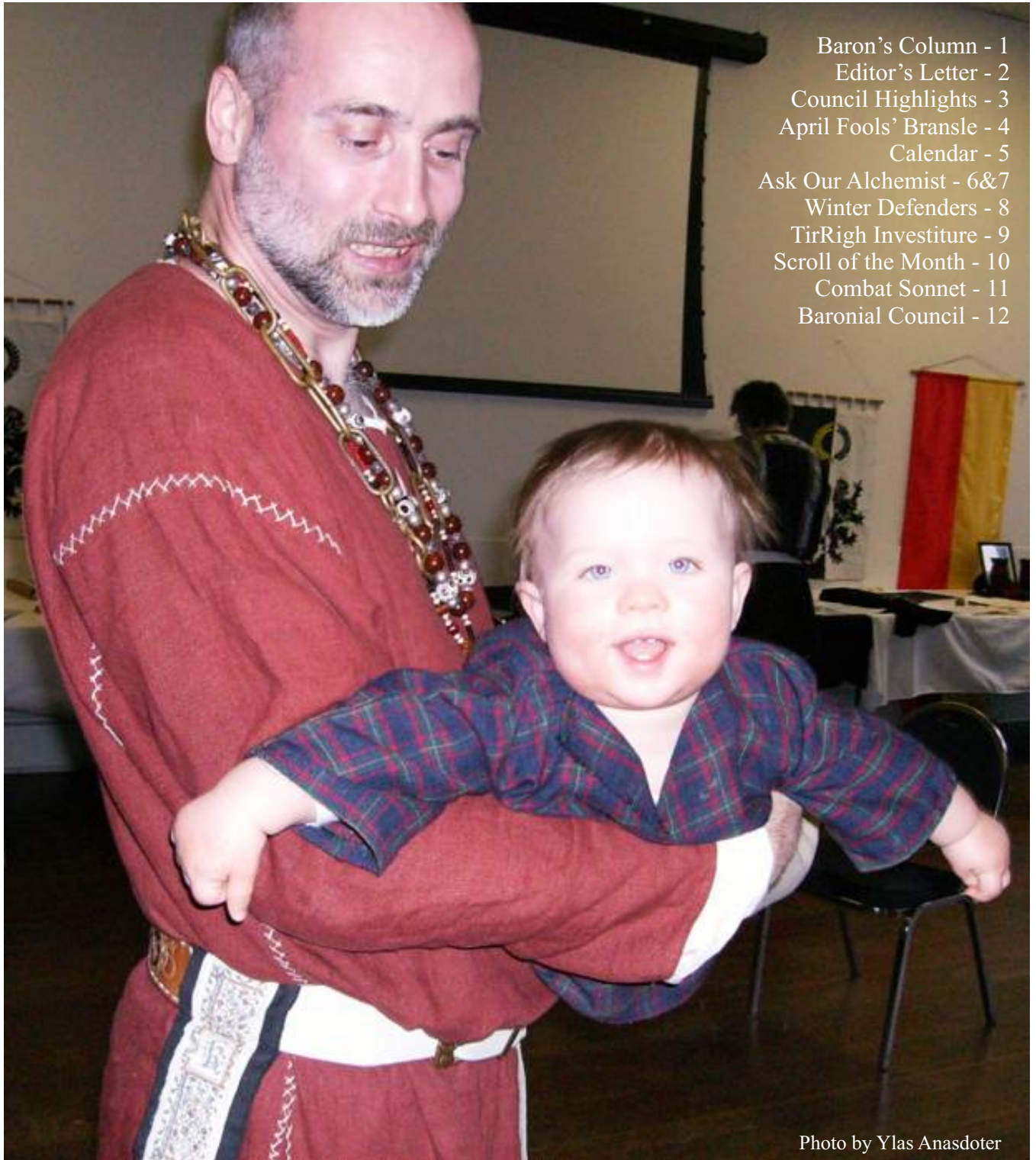




# The North Wind

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Photo by Ylas Anasdoter



# Baron's Column



We called it Winter Defenders because it was still winter!

The snow did accumulate enough Sunday morning that our Rapier Wit Tourney was cancelled. We did get one marshal and one fencer out. The snow did not prevent us from choosing two new Defenders in A&S and Bardic.

Congratulations to Sir Cairacan Na Traga and Lady Johanna Van der Velte as our newest defenders.



It was back to back events as Lions Gate also hosted February Investiture (in March). This was a nice laid back event for me as we didn't have any court business. It was a little different for the Baroness as she was the co-autocrat with Morweena.

And we have a relic, sort of. A napkin stained with the blood of our murdered Princess Katherine killed by the blade of Prince Alden. While the Baroness and I were shocked at Alden's actions, Katherine had decided that she was not going to step down and would rule forever forcing Alden's hand.

Long Live Prince Kheron and Princess Kenna who took over the Storm Thrones!

There were lots of awards handed out by both Their Highnesses and Their Majesties. Many Silver Pillars, Gouttes, Jambes, and Awards were presented. Uilliam MacAndrew was made a member of the Order of the Pelican for his service to both Lions Gate and our Kingdom over the years .

We have a Bransle coming up on April 1<sup>st</sup>. We are going to hold it at the Sapperton Pensioner's Hall instead of the Masonic Hall. We have decided that while we are going to continue holding Bransles, we are trying to shake them up a bit and see if we can make them more interesting for people to come out to. We will only do four a year and we are looking at themes. Yes, we will be looking at doing a tavern at one of these.

We have moved up the Summer Defenders Tourney. It was scheduled the weekend before our Tournament of Armies and I didn't feel comfortable holding two events back to back. Instead, the Summer Defenders Tourney will happen in the first weekend of May. All three martial defenders will be decided at this time. This also means that Baroness' Tourney in November will be more of a fun tournament and both Heavy and Rapier will be fashioned along the original Heavy Tournament lines. There are some concerns about combining Banquet and Baroness' Tourney but I have seen other groups do this and I want us to give it a try. If it fails, it fails.

And, yes, we will be doing Tournament of Armies again this year! It will be similar to last year with some tweaking based on what worked and what didn't. We received quite a positive buzz from last year's event and the way we incorporated the different disciplines into the war without making it just a point for A&S, and a point for archery.

As always we are looking for autocrats or even deputy autocrats. Being a deputy is perfect for somebody that wants to learn the ins and outs of autocratting an event.

Wait - did I say autocrat? I meant event steward. Really, I did.



# Editor's Letter



**B**etween cracks in the internet swallowing emails, my birthday, acquiring a head cold from a very congested princeling (featured on the cover), traveling to Oasis War, full-time work, part-time school, and oh, yeah, did I mention Lions Gate hosted two events this month? I seem to be falling further and further behind in March.

It's been a great month though – new Defenders, new prince and princess – and I got a new pair of gloves and an encyclopaedia of Heraldry at Oasis War. Speaking of heraldry, I am in the process of pulling stuff together to submit my device, and I'm changing and registering my name at the same time. From now on I'm going to be Wymarcha Hektanah, which means roughly (glorious + battle/warrior) (the small/the little/little one). I will be officially registering that name, although informally I will be Wymarcha Hektanah Doiron, since the latter is simply another by-name that my persona would have acquired much later on. Anyway, you may call me either “Wendy, as per usual”, or “Wy,” since either seems a reasonable and acceptable diminutive.

Despite coughing my lungs out, I've finally finished the North Wind for March. I hope you enjoy the new issue, and will send me your feedback.

Also, a note about this month's Scroll of the Month. Last month's Stone of the Month, was a scroll made by Wulfstan, given to Thora. This month it's a scroll made by Thora, given to Katherine – So maybe next month I'll have to feature something made by Katherine given to someone else? Hurm.

I've also got two large batches of North Wind archives, and I'm hoping to start a “Blast from the Past” excerpt section as soon as I get some time to scan some of them in. I've got many exciting plans for the North Wind – so stay tuned!

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

## About the North Wind

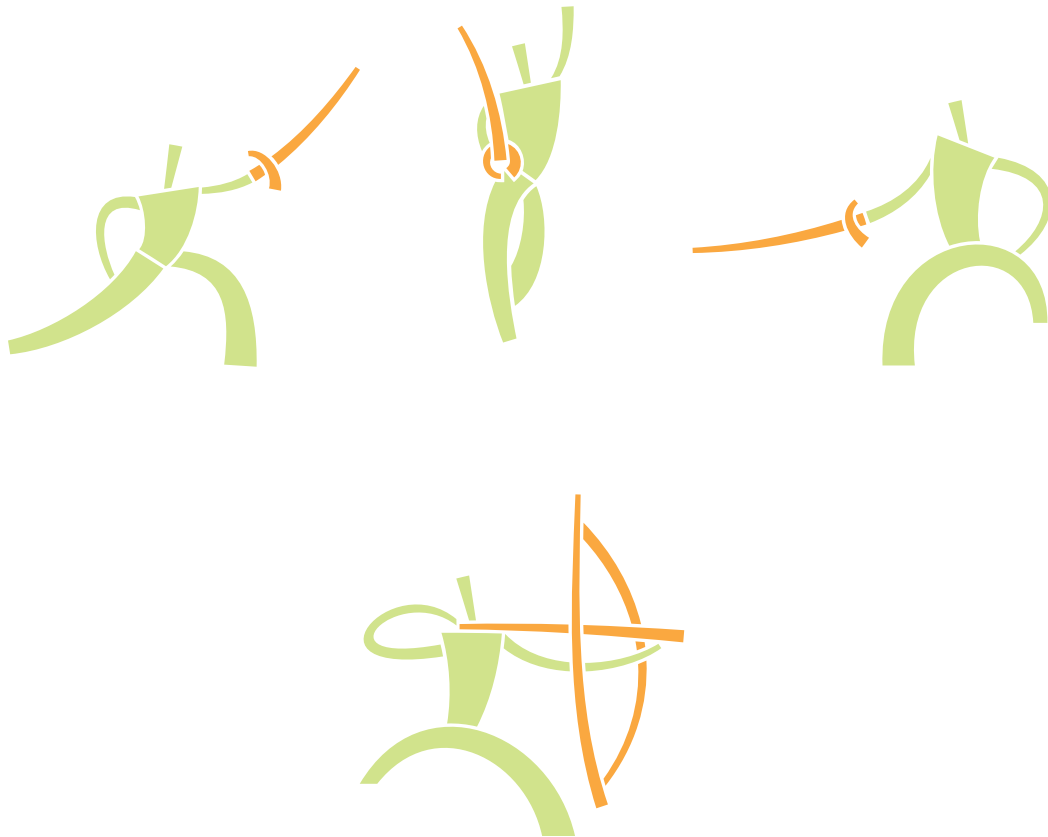
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# Council Highlights Nov. 2010

## Monday Night Cloverdale Mega-Practice!

Looking for something to do Monday nights? Come out to the practice everyone's been talking about! Monday nights at Cloverdale we have a little bit of everything going on - Heavy, Rapier, Archery, even some A&S up in the bleachers! Just \$5!



## Tea and Cocoa At Practice

Just a reminder that tea and cocoa is available at every Monday night - Cloverdale practice, so bring your mugs and your loonies and start (or end) your practice with a nice warm-up!



# April Fools Bransle!

**A**ttention all bards, story-tellers, filkers, punners, jugglers, game-players, performers and entertainers – April 1st is your night to play! Impromptu performances (child-friendly, please) in a non-competitive environment. Try out a new piece or polish an old one.

Join the Barony of Lions Gate at the April Fool's Bransle in New Westminster in a new location, the Sapperton's Pensioner's hall, from 7:30–10:30 pm, on Friday, April 1st.

Bring your projects to work on, instruments to play, or games to challenge others. The bransle is a relaxed event for socializing and enjoyment.

\$5.00, children 12 and under, free. No NMS.

The Sapperton Pensioner's Hall  
318 Keary St,  
New Westminster, BC

Pot luck snacks: Please bring a finger food snack for the pot luck table.  
Hot coffee, hot chocolate and tea will be available, as will an assortment of pop, for a modest sum. Proceeds to Lions Gate.

Access by Transit: The hall is only two blocks away from the Sapperton Skytrain Station on the Millenium Line.

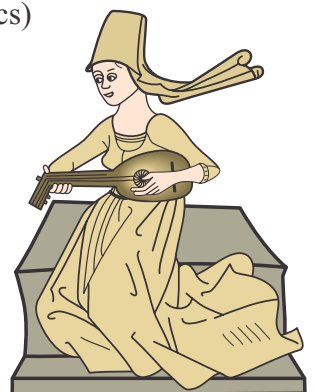
Access by Car and Parking: Please note nearby parking is extremely limited. There are 11 spaces accessible from the lane behind the Hall. Two of these will be reserved. If you have limited mobility, please email me and I will reserve a space for you. (SCAJaqueline@shaw.ca)

Keary street has a few pay meters; free in the evening. Most of Keary street is designated residents only parking, or is a loading area. Simpson street and Columbia street also have on-street parking. Please obey the residential restrictions. There is pay parking near the hospital two blocks from the Hall: an Impark lot is on Keary street, just east of Columbia.

Allergy alert:

Though the Hall is non-smoking, the resident caretaker does smoke and lives in an adjacent apartment. This can sometimes be detected in the hall itself.

New comers heartily welcome, and there will be Gold Key (tunics) available to borrow.



# Lions Gate Calendar of Events

April-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	3	4	5	6	7

## Event Listings for April-2011

Date	Branch	Event
1		<a href="#">Bransle</a>
<hr/>		
Mon		Cloverdale Practice - <a href="#">4</a> , <a href="#">11</a> , <a href="#">18</a> , <a href="#">25</a>
Thu		Baronial Council - <a href="#">28</a>
Wed		North Wind Deadline - <a href="#">27</a>
Thu		Rapier Practice - <a href="#">7</a> , <a href="#">14</a> , <a href="#">21</a> , <a href="#">28</a>
Thu		Dance Practice - <a href="#">7</a> , <a href="#">21</a>
Fri		Newcomer Information Session - <a href="#">1</a>

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		<a href="#">Summer Defenders</a>
20-22		<a href="#">May Crown Tournament</a>
<hr/>		
Mon		Cloverdale Practice - <a href="#">2</a> , <a href="#">9</a> , <a href="#">16</a> , <a href="#">23</a> , <a href="#">30</a>
Thu		Baronial Council - <a href="#">26</a>
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>
Fri		Newcomer Information Session - <a href="#">6</a>

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		<a href="#">Sealion War</a>
<hr/>		
Mon		Cloverdale Practice - <a href="#">6</a> , <a href="#">13</a> , <a href="#">20</a> , <a href="#">27</a>
Thu		Baronial Council - <a href="#">23</a>
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>
Fri		Newcomer Information Session - <a href="#">3</a>

# Ask Our Alchemist



Dear Dr. Carus,

I have been feeling a little run down. My barber offered to cut me with his razor so I could bleed. Does this crazy stunt work or should I get myself a new barber?

(signed) Lord Squeemish of Squamish

Dear Squeemish,

Ever since Cain and Abel (Gen 4:9), "bloodshed" has meant murder or other bodily harm, since often enough people saw that leaking blood on the battlefield or in childbirth makes one weak, then unconscious, then dead: "the blood is the life" (Deut 12:23); massive exsanguination is also how they killed animals for food, since meat drained of blood keeps longer.

Yet, down to the early 20<sup>th</sup>C, deliberate "bloodletting" was a common treatment for many medical conditions, from

acne to yellow fever, and even wounds (i.e. Lost some blood? Lose some more!).

Like other early medical practices, it can be traced to ancient Egypt, and an exorcistic rationale. Eventually, Hippocrates in 5<sup>th</sup>C BC Greece worked it into his theory of "Humours" – bodily substances whose plethora caused disease, which therefore could be cured by "restoring the balance", whether through diet, or more drastic means.

Typically, a large vein in the arm was pierced through the smallest possible wound, without damaging nerves or tendons, and before the patient could jerk away. The very earliest tools for this were arrows from small bows or crossbows – still how the African Maasai draw blood from their cattle for food. Eventually, a hand-wielded, double-edged blade arose, called fleam (from Greek "phlebotome" = "vein-cutter") or lancet, that became a symbol of Medicine ("The Lancet" is one of the oldest and most prestigious of medical journals; see also the "lancet arch" of the Gothic Cathedral); elaborate machines with springs and gears became popular in the 18<sup>th</sup> and 19<sup>th</sup> centuries; warmed cups and other suction methods were sometimes added, or leeches (*Hiduro medicinalis*).

From around 1200, priests and deacons were formally constrained from "cutting or burning" of the sick, and monks and nuns from leaving the cloister to practice medicine for pay; and though by then Salerno and other universities were also graduating secular medical professionals, yet even these were enjoined by still earlier traditions to "not use the knife... but leave this to those who are trained in this craft" (from the Hippocratic Oath): thus, from then until the 18<sup>th</sup>C, the "book-learned" physician would often direct such surgery to a layman, who typically would also be the local barber (and dentist); thus, the Barber Pole, originally a dark staff gripped by the outstretched arm of the patient, wound around with the white and red bandages that first raise the veins of the arm before the cut, then bind the wound after; thus, the Barber Basin, to catch and measure the trickling blood, and that was worn as a helmet by Cervante's mad knight errant, Don Quixote (1605). However, your back-alley hairdresser should *not* be offering diagnoses, *nor* the same instrument that he uses for shaving – get an examination and prescription from a University-trained Doctor, and have it filled by a Guild-licensed Barber-Surgeon.

Some possible benefits have been proposed for such a persistent practice: lowered blood pressure might mitigate the harmful effects of hypertension, or allow leaking blood vessels to seal and so limit internal bleeding and forestall gangrene; draining excess fluids from sufferers of "dropsy" (i.e. oedema, such as from congestive heart failure) might ease difficulty in breathing; decreased availability of iron and other nutrients might slow certain infections; bleeding near to the point of syncope (fainting) might calm an agitated patient; diluting "thick" blood might improve circulation in critical areas.

Today, all of these can be achieved in other ways with lower risk and fewer side-effects, and so therapeutic phlebotomy is now only used in rare cases of excess blood cells or iron, or (with leeches) to maintain circulation in crushed tissue.

Shee laid the blood irons to Robin Hoods vaine  
Alacke, the more pitye!  
And perct the vaine, and let out the bloode,  
That full red was to see.

And first it bled, the thicke, thicke bloode,  
And afterwards the thinne,  
And well then wist good Robin Hoode,  
Treason there was within.

(From Anon "Robin Hood's Death", at the hands of his malpracticing cousin, the Prioress of Kirklees: 15<sup>th</sup>C, in Child FJ *The English and Scottish Popular Ballads*, 1888, #120A, [www.sacred-texts.com/neu/eng/child/ch120.htm](http://www.sacred-texts.com/neu/eng/child/ch120.htm)).

Further Reading:

Greenstone G "The history of bloodletting", *BC Med J*, 2010 Jan-Feb, Vol 52 #1, p 12-14, [www.bcmj.org/premise/history-bloodletting](http://www.bcmj.org/premise/history-bloodletting).

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Newman, PB "Healing", in *Daily Life in the Middle Ages*, 2001, Ch VII.

Thanks also to Her Ladyship Tanikh for helpful comments.

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.



# Winter Defenders



(left) Sir Cairacan Na Traga is sworn in as Lions Gate's newest A&S defender. (right) Sir Cairacan's leather shoe A&S entry. (Photos by M. Agnes Cresewyke)



(left) Lady Johanna Van der Velte competes in the bardic competition. (Photo by Ylas Anasdoter) (right) Lady Johanna is sworn in as Lions Gates' newest Bardic Defender. (Photo by M. Agnes Cresewyke)

# TirRigh Investiture



(From left to right, top to bottom) The gradual and gentle demise of the Princess Katherine atte Moure, at the hand of Prince Alden ap Owain. (Photos by Elisabeth Ataide)



(Right) The successors to the Storm Thrones - Prince Niaz Kheron Azov and Princess Kenna of the Clan MacDonald. (Photo by Elisabeth Ataide)

# Scroll of the Month



Princess Katherine atte Moure's scroll for induction into the Order of the Ladies of Valorous Estate. Scroll by HE Thora Golvik, words by THL Wulfstan Hrafnsson. The scroll tells the story of the princesses of TirRigh, who helped plan, design, and build a city and a castle together.

# Combat Sonnet

Wymarcha Hektanah Doiron  
Dedicated to Lady Johanna Van der Velte

*At Defenders, Johanna challenged me to write a sonnet about combat. This was written in about a half-hour while I was very tired.*

Into silence walks a single woman.  
All around her, the vast hush of the plain.  
She holds in her hand a blade of rattan,  
across the field her friends, the foes, lie slain.

The aftermath of a fierce battle waged,  
blunted blade vying with duct-taped plastic,  
air filled with horse cries until it turned beige,  
with thick dust – it makes breathing fantastic.

Fighters faced each other on either side,  
yet at days' end, none but she stands at all  
for living enemies she can't abide,  
onwards they've been sent to Valhalla's hall.

For in the end the last man to be left,  
though no man, is yet not gonads bereft.



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

Chancellor of the Exchequer - HL Anika Steif, exchequer@lionsgate.antir.sca.org  
Deputy Exchequer - Lady Ylas Anasdoter, deputyexchequer@lionsgate.antir.sca.org  
Chamberlain - HL Edrik, chamberlain@lionsgate.antir.sca.org

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

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

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

Chronicler - Lady Winifryd Euphemia Doiron, chronicler@lionsgate.antir.sca.org  
Librarian - HL Maeda no Kiko Mariko, librarian@lionsgate.antir.sca.org

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

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

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

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