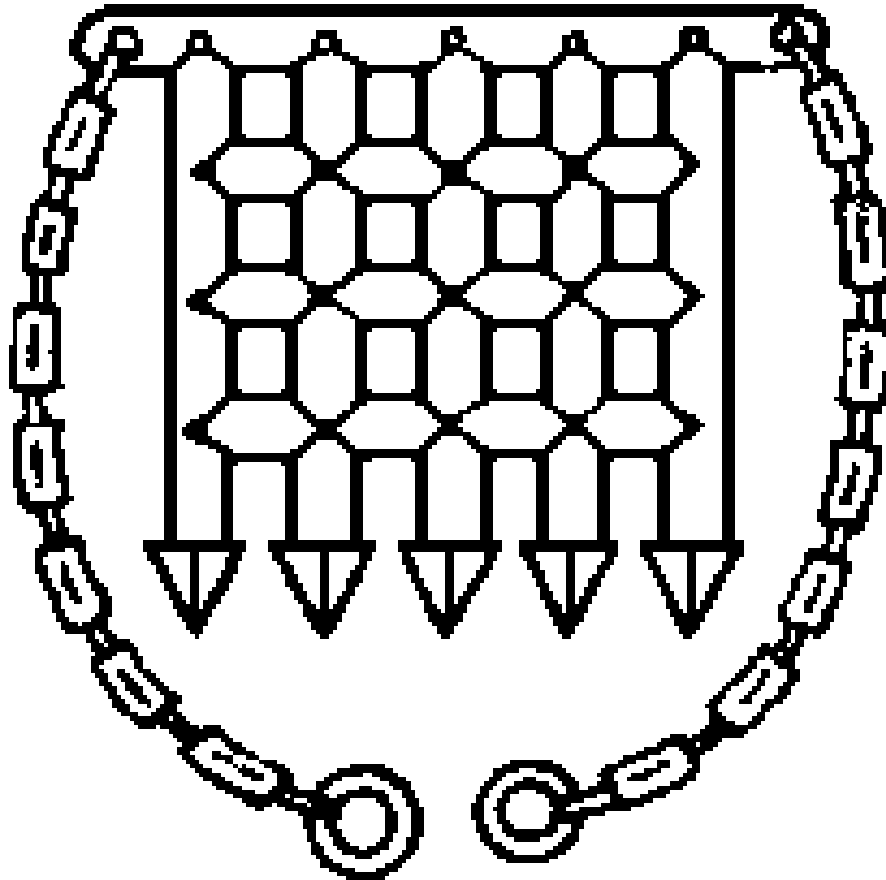


The Portcullis



Shire of Cold Keep
(Prince George, BC)

June 2005

Volume 4 Issue 3

Royalty

Kingdom of An Tir

Their Royal Majesties of An Tir
Skeggi Hrafensfuri and Taisiia of Ma Elring

Sean Holland
53302 North Frazier Road
Benton City, WA 99320

king@antir.sca.org

Danielle Repp Holland
53302 North Frazier Road
Benton City, WA 99320

queen@antir.sca.org

Their Royal Majesties maintain one mailbox. Please send only one copy of your message.

Their Royal Highnesses of An Tir
Uther Schiemann der Hount and Angharad Drakenhefd

Tony Lynch
36417 Colbert Street
Newark, CA 94560

prince@antir.sca.org

Alisoun Lamb
3611 - 71st Ave NE
Marysville, WA 98270

princess@antir.sca.org

Their Royal Majesties maintain one mailbox. Please send only one copy of your message.

Principality of Avacal

Their Highnesses of Avacal
Gunther Rorikson and Eyoddi Lokadottir

Damon Steadman
Box 3197
(Street Address: #16, King Cres.)
Humboldt, SK S0K2A0

avacal-prince@antir.sca.org

Jodi Steadman
Box 3197
(Street Address: #16, King Cres.)
Humboldt, SK S0K2A0

avacal-princess@antir.sca.org

Their Highnesses maintain separate mailboxes. Please send separate copies of your message, if appropriate.

Tanist and Tanista Avacal
Einar Vikingson and Ifatahoyo al-Jenne

Ivan Williams

avacal-tanist@antir.sca.org

Chriss O'Toole
524 Queensland Dr SE
Calgary, AB T2J 4G6

avacal-tanista@antir.sca.org

Officers of Cold Keep

Seneschal (Acting)

HL Brigit ingen Meic Thíre Ruaidh
celticwolf@telus.net

Exchequer

Lord Eggbert the Ready
goldingspg@shaw.ca

Master of Stables

Lord Brennen MacDonald
dnd18@shaw.ca

Chatelaine

Gregoran
georgemackay@shaw.ca

Herald

Khudukha
khudukha@telus.net

Arts and Sciences

Bantiarna Niamh ingen Raigillig
niamh_heather@shaw.ca

Captain of the Bow

HL Vladimir Andreivich Aleksandrov
chornem@navcanada.ca

Chronicler/Webminister

Lord Brynach ap Rhys
archer77@telus.net

Champions of Cold Keep

Heavy

HL Vladimir Andreivich Aleksandrov

Rapier

Argan Greygrove of Lionsdale

Archery

Lord Brynach ap Rhys

Arts and Sciences

Asa Sviensdottir

Gatherings

Council Meetings

Third Monday of each month at Lord
Eggbert's house at 7:30pm

Fighter Practice

Tuesday and Thursday at 7pm and Sunday
at 1pm in Fort George Park

Archery Practice

Prince George: Sunday at noon off the
Hart Highway at the end of Perrin Heights
Vanderhoof: Check the Cold Keep Forum

Socials

First Wednesday of each month at Lord
Eggbert's house

Cold Keep Web Site

http://www.geocities.com/trad_archer77/ColdKeep/ColdKeep.htm

Wolfpack Web Site

<http://www.varghala.com/>

Calendar

July		
1-3	Quad War	Borealis
1-4	An Tir-West War	Pr. of Summits
8-10	Troll Stomp	Frozen Mountain
15-17	July Coronation	Vulkanfeldt
22-24	Hidden Treasures	Montengarde
23	Celtic Games	Myrgan Wood
22-24	Holmgang X	Krakenfjord
22-28	Clinton War Week	Lions Gate
29-31	Avacal-Inlands War	Wealdsmere
29-1	Clinton War	Lions Gate
August		
12-14	Avacal Investiture	Montengarde
20	Silverwolf	Borealis
26-28	Archery Extravaganza and Champions	Sigelhundas
26-28	Forest War VI	Coill Mhor
September		
2-5	September Crown	Aquaterra
9-11	Harvest Feast	Bitter End
24	Fall Equinox	Cold Keep

Asa's Herbs

Asa Sveinnsdottir

Yarrow (*Achillia millefolium vulgare*)

During the Middle Ages, Yarrow was often referred to as Milfoil, Nose-Bleed, or Thousand-Leaf. Common Yarrow, or *Achillia millefolium vulgare*, was, as the name suggests, common throughout the British Isles. Much like our common North American Yarrow, *Achillia millefolium*, it prefers dry sites like meadows and pastures. Achilles Yarrow is the Yarrow often referred to in Greek myth, and is native to Greece and the surrounding areas. Preferring rich loamy sites and warm weather, it was a stranger in Medieval England.

As the name Thousand-Leaf suggests, the plant does appear as if it has a thousand leaves. Culpeper describes the plant as having "many long leaves spread upon the ground, finely cut, and divided into many small parts. Its flowers are white, but not all of a whiteness and stayed in knots, upon divers green stalks which rise from among the leaves". The Yarrow native to our area is almost identical to the one described by Culpeper. It is almost always white, although soil conditions can have an affect on flower colour. If Yarrow grows close to rotting birch, the flowers will take on a pink hue. Wild Yarrow can be found throughout our region, and is now becoming so common, that it's not unusual to see it in abundance in local ditches.



Yarrow is a very useful herbal remedy and was used extensively throughout the Middle Ages. The fresh leaves of Yarrow were often applied to bleeding wounds, or nose bleeds, as an effective way to stem the bleeding, especially right after a battle when the only help around were the few weeds that had survived the trampling. Yarrow was believed to have helped or cured hair loss, gonorrhea, the terms in women, stomach upsets, green wounds, ulcers, fistulas, and tooth aches. Many of these claims have been proven accurate, with the exception of curing hair loss. Modern herbalism hasn't yet substantiated that claim.

Today, Yarrow is a standard remedy for helping the body deal with fevers and the common cold. It stimulates digestion and is an excellent urinary antiseptic (it is indicated in infections such as cystitis). It is also considered a specific in thrombotic conditions associated with high blood pressure as it lowers blood pressure through the dilation of the peripheral blood vessels. As for stopping the terms in women, don't we wish? It does seem to help with pain and cramping if taken at least two weeks in advance. But be warned, if a woman takes it too close to the beginning of her period, it will have the opposite effect, causing excessive blood loss and fatigue.

Yarrow is most often taken as a tea, especially for the treatment of colds, fevers, and internal upsets. Steep one teaspoon of dried Yarrow (leaves, stems and flowers) in one cup of boiling water for five minutes. Add a little honey and drink three times a day until your symptoms subside. Yarrow can also be taken as a wine tonic. Simmer one teaspoon of dried herb to each cup of white wine for about ten minutes. Strain the wine and bottle. Take a half cup three times a day. This is an affective way to take Yarrow, but can be a little hard to handle during a fever or internal upset. For external bleeding, make a compress from fresh or dried

leaves and apply to the wound until the bleeding stops. For wounds such as bruises or burns, you can either bath the affected area in a decoction of Yarrow (boil 1 tsp of Yarrow to each cup of water for ten minutes. Cool and strain), or apply Yarrow as an ointment to the area. Yarrow can be administered to children, but in much smaller doses. Consult an herbalist before giving Yarrow to a child.

So where can you find this great remedy? The best place to start looking is on the hillsides, in local open areas, and in the ditches. Be careful to not take Yarrow from areas that have been treated with herbicides (most parks and road sides have been sprayed). Be sure to find a photograph of Yarrow, or take someone along that knows what it looks like, if you are unsure of its appearance. There aren't really any plants that look like Yarrow, but it is better to be safe than sorry. Many of our local medicinal herbs do have poisonous look-alikes. Now (end of June, early July) is the time to go looking for Yarrow in the wild as it is just coming into flower. Pick plants that have all their flowers open. All aerial parts of the plant are used, but the leaves and flowers have the highest concentration of active ingredients. If you can't find it in the wild, Richter's Herbs sells the seeds for both the common Yarrow, and the coloured varieties. Mama Maria's Market and Ave Maria both sell the dried herb, as do many other reputable health food stores.

If you have found Yarrow in the wild, remember to pick only what the site can sustain. Always leave a few plants in any area that you pick from. If the population seems a bit thin, leave it alone and find someplace where it is more plentiful. Once you have the herb, you can either dry it in a dehydrator set to low (about 35 degrees Celsius), or hang it in small bunches (flowers down) in a well-ventilated room out of direct light. Once the herb is completely dry, store it in a glass jar or tin with a tight fitting lid in a cool dark place. Try not to break up the herb too much. Leaving it in big pieces helps to retain the essential oils. Just prior to use, crush it in your palms or with a mortar and pestle (you'll notice the fragrance will be quite strong). This is important, as it will help to release the oils and active ingredients in the herb. Yarrow combines well with Peppermint or Wild Mint as a cold remedy, and much improves the flavour of the Yarrow!

If you have an herb related question, feel free to email me at [kirstinrs\(at\)fsjames\(dot\)com](mailto:kirstinrs@fsjames.com). I will be conducting Herb Walks in July and August for anyone interested. I'll post dates, times, and locations on the Cold Keep Forum when I figure them out. They will be free of charge for SCA members.



Canada Day Demo

Wanted! Heavy and rapier fighters for a demo in Fort George Park during the Canada Day celebration. The demo will take place from 11am to 4pm. Water bearers, marshalls, field heralds, and people to answer questions are also needed. As we would like to show off as many aspects of our game as possible, arts and science projects are more than welcome.

Summerfest Demo

Wanted! Heavy and rapier fighters for a demo on August 27-28. Further information to follow.

Ask Uncle Vlad

HL Vladimir Andreivich Aleksandrov



Greetings, Gentle Readers,

I'm afraid that I have no time for my regular introductory greetings and comments, for between the hot breath of the evil Grand High Lord Editor on my neck, and the rude and smelly Mongol hordes barking and yipping at my gates, I feel a certain pressure to keep my opening remarks brief. In fact, I really should be getting around to answering your questions, which after all is the purpose of this column. It most certainly is not merely a platform for me to inflict my opinions and personal

complaints upon all of you Gentle Readers, oh, no. That would be a completely different column - perhaps it could be called "Be told by Uncle Vlad" or "Uncle Vlad complains about various things that he feels do not fit his personal vision of reality". But this column, dear readers, is all about you, and answering your questions about why things do not fit my personal vision of reality. Er, I mean your personal vision of reality, of course. Mayhap we should just get right to this month's question:

Dear Uncle Vlad,

Why is it that transparent gauze is considered acceptable garb at Clinton, but I get sneered at and called 'naked' if I wear jeans?

Calvin of Klein

My Dear Calvin,

I feel your pain, I really do. Few things are more annoying than having a half-naked man wearing only a 19th-century kilt, with a katana slung on his back, come up and tell you that you are not wearing period clothes. I mean, who are we kidding here? Hello, kettle? This is pot calling.

What you have to understand is that this is primarily a symptom of Clinton War, and Clinton War is not really an SCA event. Clinton is a big party where SCA-type things happen, and people dress funny. It attracts a whole crowd of, well, let's call them people, who wouldn't be caught dead at a real SCA event, like Crown Tourney. These people are there to drink and camp and drink and dress funny and drink and have no moral restraints on their behaviour and drink. They come from all walks of the outer fringes of society - Goths (and not the real kind of Goth, like the ones who sacked Rome), fairies, witches, Ren Faire attendees, and friends of actual SCA folk who Just Don't Get It. None of these people are there to do real SCA things - they are just there to party. And at Clinton they are allowed to do just that.

Overall, SCA folk are pretty polite and pretty open-minded. All we really ask is that attendees make some attempt at period clothing. Unfortunately, our openness leaves us too accepting at times. Thus someone can walk around in transparent gauze and we don't say a word. However, our openness has certain funny limitations, and one of those limitations is when people dress in completely modern clothes.

You see, in the SCA we are trying desperately to create a false reality - we reject objective reality and

substitute our own. Part of that is that we are trying really hard to create a ritual space where objective reality doesn't intrude, or at least we try to limit it's intrusion. Since we are primarily a visual species, it is often very important that things look right. And when it comes to rejecting objective reality, looking right really means "not looking modern". The sight of blatantly modern clothes slaps us in the face, reminding us that An Tir isn't actually a real place, and therefore the guy on the throne isn't really a King, but rather a computer programmer from Seattle, etc etc. and the next thing you know it starts feeling silly to call your gaming buddy "my lord" instead of "butthead" and then the whole thing comes crashing down. I bet you didn't know a pair of jeans could do all that.

Strangely, this emphasis on `not being modern' over `being period' means that we tend to be more accepting of people who are just dressed `funny'. Someone in jeans and a t-shirt gets jeered at, while the folks in the vampire outfits pass by unnoticed. Is it right? Of course not! Is it human nature? Probably. As long as it doesn't remind us jarringly of our regular lives, people can dress up in day-glo fake fur loincloths and we will just look and laugh and go back to our game of Magic: The Gathering. But a t-shirt with a corporate logo on it drives us into a frenzy. We can somehow accept the ridiculous, probably because we are dimly aware that we all look vaguely ridiculous ourselves in the SCA, no matter how perfectly period our garb is. But the mundane is a crime we just cannot tolerate, so we are required to condemn the jeans-wearing offender as `naked', and gesture at them disgustedly with the Coke cans in our hands.

Personally Uncle Vlad would much rather see a person wearing a t-tunic over a pair of jeans, trying to genuinely participate in the SCA, than he would a lady (and Uncle Vlad sincerely, desperately hopes it is only ladies wearing this) wearing nothing but see-through gauze, who by her dress is obviously not serious about participating, but is only there to get drunk and carouse. Even if it is an attractive lady. Even if it is a very attractive lady. Even if it is a very, very..well, let's not get carried away.

Until next time, keep sending in those questions, and I will give each the consideration to which it is due.

Uncle Vlad

Those Pesky Calendar Forms

HL Brigit ingen Meic Thire Ruaidh

There are three main forms to be aware of when setting up events: the Date Reservation form, the Event Information form, and the Principality Event Bid form.

The *Date Reservation form* is just what its name implies - a form to reserve a date for your event. This should be completed and submitted to the Calendar Deputy at least three months prior to the event. At February Curia, all the branches of Avacal have the opportunity to set their "no conflict" event, so they have at least one date on the Avacal Calendar. Any others must be submitted to the Calendar officer for approval.

The Date Reservation form must be completely filled out, including the seneschal's signature and alternate dates, in order to be valid. The completed form may be faxed or sent as an email attachment for the sake of speed, but the original signed form **must** be mailed to the Calendar Deputy to go into the files.

Date Reservation forms may be completed and sent in at any time, as long as there is at least three months before the event. If the requested date is not already booked by another group, it will go onto the Calendar;

however, if the requested date is already booked, the second date choice will be given (as long as it is not also booked). It is important to give at least one alternate date, preferably two, to avoid event conflicts.

Once a date is booked for your branch, it will appear on the Avacal Event calendar, in the Crier, in the Avantgarde and on the Kingdom calendar. No event copy is attached to this listing.

The *Event Information form* is required to have your event copy published in The Crier or on the Kingdom website. It must be completed in full, with the signatures of the autocrat, the seneschal and the warranted officer responsible for the event, as well as site address, autocrat's contact information and the sponsoring branch information. The original completed Event Information form, along with the event copy, must be mailed to the Calendar Deputy, though a faxed copy or email attachment can be sent if there are time constraints. The original signed form is still required for the Calendar files.

In Avacal, the Event Information form and event copy are sent to the Principality Calendar Deputy, **NOT** to the Kingdom newsletter as instructed in the Crier. The original form must be received by the 15th of the month, two months prior to the event: for example, for an event scheduled for July 24th, the Event Information form must be received by the Calendar officer no later than the 15th of May.

The newest one is the *Principality Event Bid form*, and it has only been in use for a few weeks, but is the standardized way all Principality Event Bids must be made. It includes such information as the number of toilets and showers on site, who the surgeon is, how many fields and their size. This information is important for a proper evaluation of every bid. The Principality Event Bid form does not take the place of the Event Information form or of event copy - these must still be submitted in the usual way once the bid has been accepted.

Both the Date Reservation form and the Event Information form can be found on the An Tir website, under Forms - Autocratting. The Principality Event Bid form is not yet on either the Kingdom or the Principality website, though it should be available there soon. In the meantime, contact the Avacal Calendar Deputy for a copy of this form.

Of Note

Some clip art used is from Lord Kyl's Clipart Web Page: <http://clipart.lordkyl.net/>

From the Chronicler Lord Brynach ap Rhys

The Portcullis is written by and for the members of the Shire of Cold Keep. Thank you to all the contributors, regular and new.

Sincerely,

Brynach ap Rhys
Cold Keep Chronicler and Webminister

Seneschal Wanted!

The Shire of Cold Keep needs a Seneschal:

- to act as chief administrative officer of the Shire (Modern equivalent is "President".)
- to serve as the principal legal representative of the Society within this Shire
- to assist the populace in matters of Kingdom Law and Corpora
- to receive copies of all Shire officer reports
- to hold regularly scheduled Council meetings

If you are interested, please contact HL Brigit at celticwolf@telus.net

Other Vacant Shire Offices

The **Master of Blades** is the rapier officer for the Shire. The responsibilities of the Master of Blades shall include: facilitating the education of the populace in rapier combat with the aim of encouraging authentic, safe, fair and chivalric combat to the greatest extent possible; enforcing the rules for period rapier combat; and enforcing standards for safety and equipment for period rapier combat.

The **Chirurgeon** is the chief first aid officer for the Shire. The responsibilities of the Chirurgeon shall include: providing voluntary first aid at Society events including, but not limited to, tournament combat; and notifying attendees of health and safety concerns at Society events.

The **List Minister** responsibilities shall include: maintain a listing of all authorized fighters and marshals in the Shire; and organize and coordinate the Lists.

The **Pied Piper** is the officer in charge of encouraging opportunities for entertainment and education of SCA participants under the age of 18. Duties include: serving as an information officer for safety issues effecting children and teens at events; organizing activities for children at Shire events; educating children on age related topics on aspects of the Society and our historical period of study; and sharing knowledge with interested persons on children's activities.



Disclaimer

This is the June 2005 issue of *The Portcullis*, a publication of the Shire of Cold Keep of the Society for Creative Anachronism, Inc. (SCA, Inc.). The Portcullis is available from the chronicler at Council meetings or by request, and can be downloaded and printed off the Shire of Cold Keep web site. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Any opinions expressed are not the opinions of the chronicler.

Copyright © 2005 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the chronicler. Please respect the legal rights of our contributors. Except where otherwise noted, all articles may not be reprinted without permission from the original contributor. Contributions must be received by the second Monday of each month.