

The Scarlet Letter

Shire of Loch Ruadh



March/April
(A.S. XLII) (C.E. 2008)

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Subscription and Submission Information

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Submissions must include a written statement (email is fine) stating that permission is granted to publish in electronic and print format the article, photograph, poem, artwork, etc.

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Loch Ruadh Web Page:

<http://www.lochruadh.org>

Note: All Loch Ruadh meetings, practices, and gatherings are posted on the Loch Ruadh online calendar at www.lochruadh.org, and reminders are sent out on the the Loch Ruadh email list.

The email list is maintained on the Kingdom of Ansteorra web server and can be accessed at www.ansteorra.org. Both of these contain address information with online map links for directions. If you don't have computer or email access, please contact the Seneschal or any other Officer for directions.

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Exchequer

Seneschal

Greetings to you all,

There is much news from Red Tape in January. I have tried to condense the information.

The Background Check policy went into effect February 15, 2008. Officials who are required to have background checks include, but are not limited to; youth activities officers at all levels, adults acting as youth marshals for any martial activity excluding archery and equestrian, and persons organizing/in charge of youth activities for events.

The Kingdom calendar will be changing. Coronation and Crown Tournament will be switching places. This means that the Crown Tourney that would normally occur in October will instead be held two weeks after the July Coronation of the Heirs. This will allow Ansteorra to have Heirs at Pennsic who can be fully involved in Gulf Wars planning.

The changes have been designed to have minimal impact on the calendar. No perpetual calendar dates should be affected by the changes. Also, rotation of the hosting group for Crown will change. Winter Crowns will be held in the Southern or Coastal regions and Summer Crowns will be held in the Northern or Central regions.

On a different note... save your cans!! We are going to begin saving cans again to raise money for the Shire. Gruffydd has graciously agreed that if you bring your bags of cans to Populace meeting he will take them and turn them in for cash. So, Save the environment, Save your cans, and aid your Shire all at the same time!

The Spring Tourney season is fast approaching and the next few months are filled with events to attend. Those of our Shire attending Gulf War – please travel safe. We who are unable to attend look forward to hearing your War stories upon your safe return home.

Finally, planning for Lughnasad has begun! Volunteer early and volunteer often to help make our event a success!

In Service,
Brigid Nic Seward

Greetings Loch Ruadh,

The old year has passed and so has all of the required reporting. A new itemized budget is in place and all expenditures will be according to the new budget. Of course, items can be voted on by the populace as needed. Plans for the next Lughnasad are in place along with that budget. As always, I appreciate the efforts that are made to spend wisely.

Your exchequer,
Antonia Visconti

Minister of Arts and Sciences

A&S currently does not have any classes scheduled due to March being Gulf War month, however I would like to find and schedule an A&S activity in April, so be alert for announcement. Our March Scribes and Illuminators has been moved to April 21 due to Gulf War and other scheduling conflicts.

Right after Gulf War is the time to begin preparing for Lughnasad! Look elsewhere for my missive on Lughnasad, but as A&S Minister I would like to urge you to begin you're A&S projects to enter as soon as possible. Honorable Lady Bice de Pietro will be coordinating our A&S at Lughnasad this year, and has stated to me that she plans to have a conventional A&S competition, our "OOPS (out of period, sorta)" competition, and a childrens competition.

I would also like to encourage everyone to check the calendar for our March and April monthly bardics and to encourage everyone to attend.

Let me sum up by urging everyone to enter any of the many upcoming A&S competitions at the many events in April and May, and as always, don't hesitate to contact me if needed.

Terrence ad te Syke
Minister of Arts and Science



Chamberlain

We have stuff!

I am still working on the Library Inventory. The purchase of bookshelves has been approved. The plan is to buy them and put them together before Gulf War. While Aingeal & Caerell are at the War I will have 10 days to get the books placed on the shelves. I'm sure they will be glad to have the space in their garage back.

Yours in service,
Dana, keeper of the stuff

Hospitaler

Greetings Loch Ruadh,

Now that the Holidays are over, we will be prepping for a new tourney season. Please watch for newcomers at the activities as the weather warms up. I ask each of you to watch for unfamiliar faces at activities, be sure to welcome them and invite them back. Below is an interesting story that was given to me and I believe it can help all of us to remember what it is like when you are new to the group.

In Service,
Aingeal

The Member Who Never Came Back

It amuses me now to think that your organization spends so much time looking for new members -- when I was there all the time. Do you remember me?

I am the fellow who came to every meeting, but nobody paid any attention to me. I tried several times to be friendly, but everyone seemed to have his own friends to talk and sit with.

I sat down among some unfamiliar faces several times, but they did not pay much attention to me.

I hoped somebody would ask me to attend other activities or to somehow participate and contribute. -- no one did.

Finally, because of illness, I missed a meeting. The next

month no one asked me where I had been. I guess it did not matter very much whether I was there or not. On the next meeting date I decided to stay home and watch a good program on television. When I attended the next meeting, no one asked me where I was the month before.

You might say that I am a good guy, a good family man, that I hold a responsible job and love my community.

You know what else I am? **I am the member who never came back.**

Knight Marshal

Unto the populace of Loch Ruadh,

For those of you that missed practice last Sunday, you missed a gorgeous day at Z Boaz park. Practice was moved due to the parking at Dutch Branch was just a little too soggy for most vehicles. Anyway, I have the loaner gear from Ld Kaz. It is in need of a lot of TLC to bring it up to a level I would feel comfortable putting a new fighter in it. So, at some point in the future, we will need to have an armor repair day to bring it up to snuff. I hope to continue scheduling practice at least twice a month. If anybody has any ideas on how to get participation at practice back up, please let me know. In the meantime, keep swinging and having fun.

YIS,
Rolf Sewardson

Archery

We have purchased a 3D deer target for archery. After the first practice, we now know that if necessary we the archers could provide meat for the Shire's next feast. Provided a deer wondered up to about 20 yards away, stayed still for about 30 minutes while we zipped arrows passed him until someone gets lucky and accidentally hits a kill spot. And no, Rolf, nose shots don't count.

There will be a practice on March 2nd. The one for March 16th will be canceled, unless, you would like to meet somewhere around Shreveport LA. War, March 9th to 16th. We will have two archers going from Loch Ruadh.

Gruffydd Mawr ap Roddri,
Archery Marshall, Loch Ruadh.

Gulf War Gate

Chronicler

Greetings Loch Ruadh! War is fast upon us. I have been looking forward to war for a long time now, and I am sure all of you have too. Be sure and bring back lots of stories for the next issue of the Scarlet Letter!

In Service,
Floria Blackdragon

Lughnasad

Greetings! As Lughnasad Co-autocrat, I'd like to bring up the subject and gently prod everyone to volunteer help liberally to make this year's Lughnasad a fun time for everyone, as in the past.

Currently we have several positions that are needed. Our Loch Ruadh officers will be running the events of their respective offices, and filling positions for Knife, Axe, and Spear competition and Merchant coordinator has been discussed, but we also need volunteers to run our silent Auction and I am sure our Feast-o-crats would be happy with any volunteers they can find. We also are seeking donations for our prize baskets and silent auction. We might also find room if anyone would like to organize an additional fundraising activity.

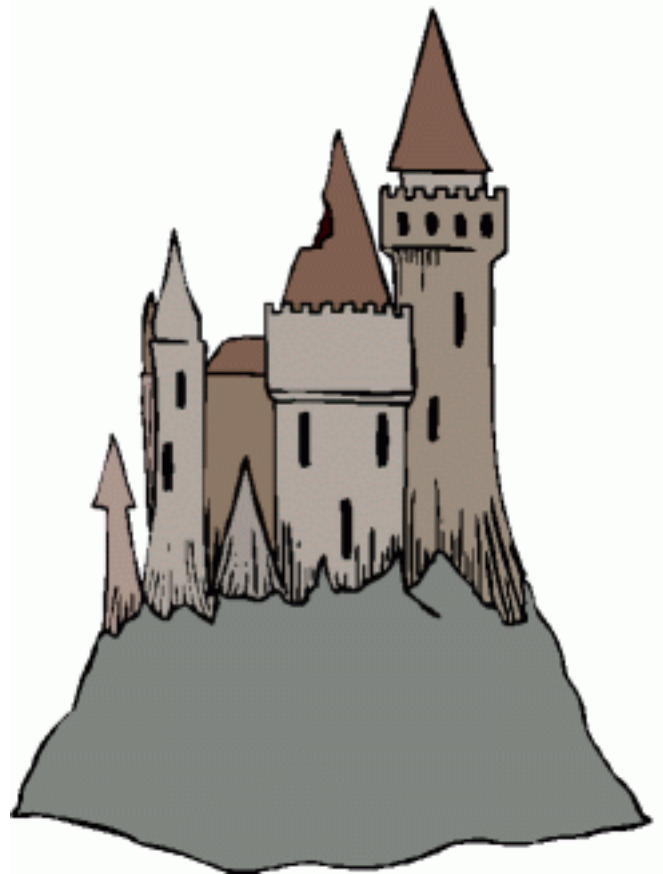
Currently I have asked Lady Aingeal to assist in Lughnasad planning, versus having an autocrat in training (Lady Aingeal has been Lughnasad autocrat in past years) and I am sure she will be of invaluable help. We also have our site tokens design approved and I will soon be hard at work making the originals and casting site tokens.

Our own Lady Vivian was gently volun-pressured into being our prize reeve, so if you find any prize donations, please contact her. If you have other questions, please contact Lord Padraig or myself.

Thank you,
Terrence ad te Syke
Lughnasad Co-autocrat

As of this writing we have not yet set a date to work on the Gulf War gate. We are hoping to complete the gate on our next trip, but we can't do this without YOU! Volunteers are needed that can climb ladders, mix concrete, and help with the all around work and construction. We are currently discussing a date in mid to late May and we may have the date picked in time for the March populace meeting.

I'm hoping all of you have seen the e-mail posted online from Lady Diana of the Isles about the gate and her assurance that completing the gate in May would be fine. I am hoping that we will not have to extend the completion of the gate any further and that we won't be placed in this situation again. As well as completing the gate we are also supposed to construct wing-walls alongside the gate and make or paint the name of the group to the gate, however, the completion of the wing-walls was not required until after the gate is completed. Please be considering this and lets bring all our resources to bear on completing this project.



Medieval Medicine

http://en.wikipedia.org/wiki/Medieval_medicine

The healers

A distinctive feature of this period is the variety of healers. Unlike other professions there was no controlling elite, indeed almost no profession -- as there was no consensus as to standards or methods, many practitioners were part-timers, and all integrated a number of roles into their work-lives rather than that of just 'doctor'. Those offering healing encompassed both sexes, all religions, and people at every level of society from serf to the most educated and wealthy academics. To many practitioners -- nurses, dentists (dubbedent or adubedent), apothecaries, midwives, etc. -- their work was a trade. Not until the 16th century did various bodies begin to be granted a legally enforced dominance over medical practices. It is attractive to categorize these medical practitioners into two rough categories, noting the vague and porous nature of the boundaries. The major split is between the clerical and elite university-educated personnel and tradespeople.

The ordinary practitioner sold medical assistance and potions. They worked either as guild members, with a license from local authorities, or attached to a major household or perhaps monastery. They were paid either for their services on a case-by-case basis or with an annuity, payments were often in kind -- food or clothing -- rather than cash.

Clerical medicine, often called monastic medicine, was provided as part of a religious duty, with payments and income made via a church rather than directly. The Rule of St Benedict states that "before and above all things, care must be taken of the sick, that they be served in very truth as Christ is served." Virtually every monastery had an infirmary for the monks or nuns, and this led to provision being made for the care of secular patients. Almost a half of the hospitals in medieval Europe were directly affiliated with monasteries, priories or other religious institutions. Many of the rest imitated religious communities, formulated precise rules of conduct, required a uniform type of dress, and integrated worship services into their daily routine.

Physicians, who studied the works of the Greek masters at Universities, were the self-proclaimed elite of the medical profession. It was an uncommon role, in a study of 13th century Worcester there were just three physi-

cians amidst 10,000 other taxpayers, and few people other than the well-off or the nobility had regular access to these. Physicians diagnosed their patients by close examination of their blood, urine and stools, and determined their complexion or balance of humours. They could prescribe medicines, or bloodletting from various parts of the body to rectify the balance of humours. Physicians could also attempt surprisingly complex operations like trepanation of the skull, to relieve pressure on the brain, or the removal of eye cataracts.

Folk Healers passed on their knowledge from master to apprentice, and were more accessible to the peasant or labourer than physicians. Unregulated, but knowledgeable on herbs and folk-remedies, they were gradually excluded from the medical system.

Saints

Saints were also used to heal the sick. Although healing by saints (miracles) would not be considered medicine today, in medieval times, this method was just as valid as any other form of healing. Approximately 2/3 of the people who went to saints for healing were peasants (as defined by R.C Finucane). Saints were often called upon when other remedies would not be found in time (for instance, accidental death). They were rarely called upon for longtime illnesses, such as birth defects. In these cases, saints were often used when all else had failed. Once canonization was established, the church would only recognize canonized saints as legitimate miracle makers, however, this did not always stop people from going to non-canonized "saints".

Female physicians

Women practised all branches of medicine during the Middle Ages. Women During the early Middle Ages, it is probable that there were as many women involved in the practice of medicine as men. However, the professionalisation of medicine in the later medieval period, and the development of university faculties of medicine excluded women from the profession. Abbess Hildegard of Bingen wrote the *Liber simplicis medicinae* (Simple Book of Medicine) around 1160. Another famous woman physician was the Italian Trotula of Salerno, whose works on women's ailments spread across Europe, her name being Anglicised in England to Dame Trot. A Sister Ann is described as a *medica* at St Leonard's Hospital, York, in 1276.

Even after the fourteenth century women continued to function as midwives. A midwife generally learned her trade apprenticed to a more experienced midwife, or else was taught by a father or husband who was a physi-

cian. The only qualification needed was a statement from a parish priest declaring that she was of good character.

Women also served as nurses in the monastic orders, although there were also some secular nurses, caring for the physical needs of patients.

Events in Loch Ruadh

March

Sat 1 - Gulf Wars Equipment Load
Laird Caerell & Lady Aingeal's 10:00 am

Sun 2 - Archery & Fighter Practice
Dutch Branch Park 2:00 pm

Wed 5 - Populace Meeting
IHOP on Quebec 8:00 pm

Sun 9-16 Gulf War
Lumberton, MS

Wed 19 - Officer's Meeting 8:00 pm
IHOP on Alta Mesa

Sat 22 - Bardic
Lord Padraig's 7:00 pm

April

Wed 2 - Populace Meeting
IHOP on Quebec 8:00 pm

Sun 6 - Archery & Fighter Practice
Dutch Branch Park 2:00 pm

Wed 16 - Officer's Meeting 8:00 pm
IHOP on Alta Mesa

Sun 20 - Archery & Fighter Practice
Dutch Branch Park 2:00 pm

Mon 21 - Scribes & Illuminators
Lord Alric & Lady Fiona's 7:00 pm

Sat 22 - Bardic
Guardian of the Tor

Loch Ruadh's Meeting Places

Populace Meeting
IHOP
5920 Quebec Street
Fort Worth, TX 76135

Officer's Meeting
IHOP
3700 Alta Mesa
Fort Worth, TX 76133

Archery & Fighter Practice
Park Road
Dutch Branch Park
Benbrook, TX 76126

Lord Alric & Lady Fiona's
108 NE Rosamond Street
Burleson, TX 76028
817-426-4631

**Lord Padraig Ruad
O'Maolagain**
3808 Arroyo Dr
Weatherford, TX 76087
817-559-4192

**Laird Caerell &
Lady Aingeal's**
2604 Creekwood Ln
FortWorth, TX 76123
817-294-8136



Kingdom Calendar

March

- 29-2 Academy of Defense 3 - Bjornsborg
(San Antonio, TX)
7-9 Out of Kingdom - Gulf War XVII (9-16) -
14-16 Gleann Abhann
21-23 Out of Kingdom - Calontir Coronation - TBD
28-30 Emerald Tourney - Emerald Keep (Waco, TX)

April

- 4-6 Crown Tournament - Elfsea (Ft. Worth, TX)
11-13 Defender of the Flame - Glaslyn (Denton, TX)
Shadowlands Spring Thing - Shadowlands
(Bryan/ College Station, TX)
18-20 Stargate Baronial - Stargate (Houston, TX)
Wiesenfeuer Baronial Championship -
Wiesenfeuer (Oklahoma City, OK)
25-27 Champions of Bonwicke - Bonwicke (Lubbock, TX)
Bordermarch Baronial Champions XXXI -
Bordermarch (Beaumont, TX)
Guardian of the Tor XVII - Dragonsfire Tor
(Stephenville, TX)

May

- 2-4 Elfsea Springfaire - Elfsea (Ft. Worth, TX)
9-11 Squires & Cadets - Loch Soillier & Stargate
(Houston, TX)
Namron Beltain - Namron (Norman, OK)
16-18 Eldern XXX - Eldern Hills (Lawton, OK)
23-25 Steppes Warlord - Steppes (Dallas, TX)
30-1 Lysts at Castleton - Bryn Gwlad
(Austin, TX) Multi-group event
Castellan - Northkeep (Tulsa, OK)

June

- 6-8 open
13-15 King's College TBA
13-22 Out of Kingdom - Lilies XXII - Calontir
(Kansas, MO)
20-22 open
27-29 Ansteorran Heraldic and Scribal Symposium -
Westgate (Houston, TX)



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