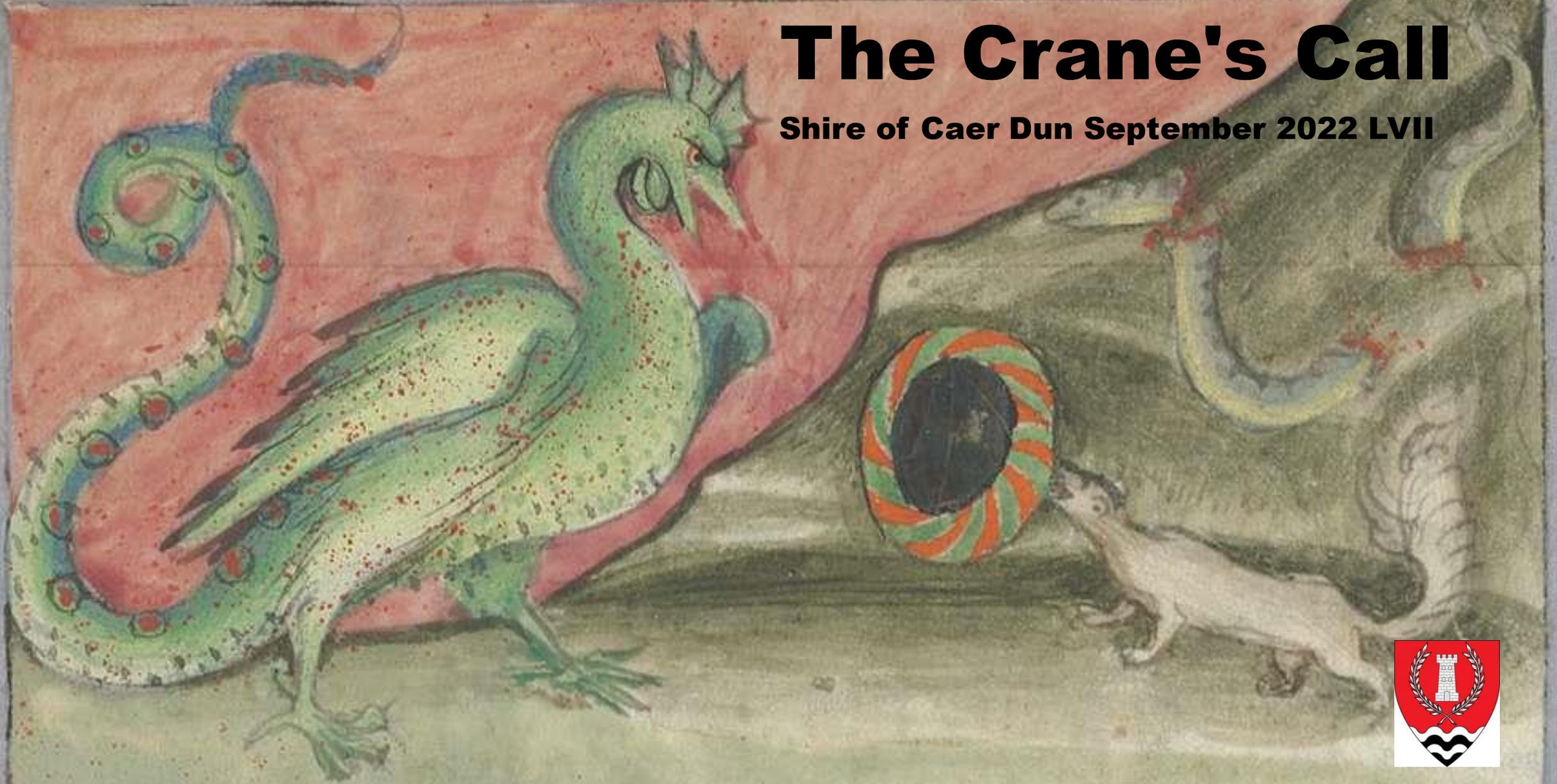


The Crane's Call

Shire of Caer Dun September 2022 LVII



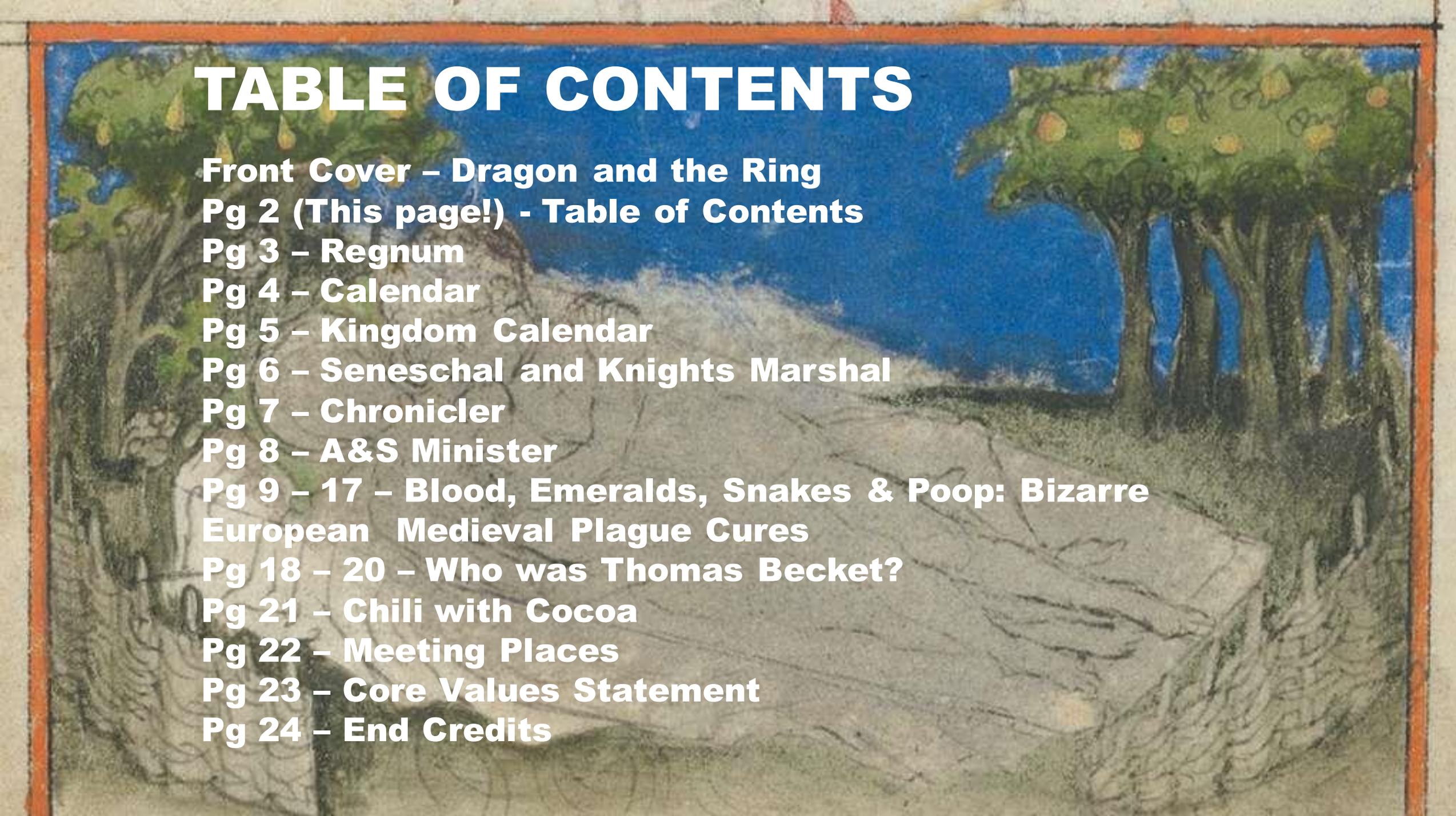


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REGNUM

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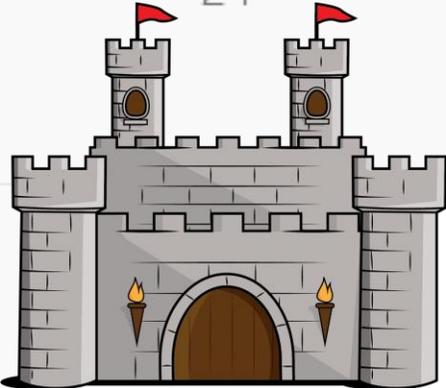
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September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9/1	2	3
4 Fighter Practice		6	7	8	9	10
11	12	13	14	15	16	17
18 Fighter Practice	19	20	21	22	23	24
25	26	27	28	29	30	
			Business Meeting			

The banner features a red background with the text 'Kingdom of Gleann Abhann' in a black, gothic-style font. To the left is a decorative illustration of a dragon-like creature. To the right is a small red shield with a white emblem. The banner is flanked by two gold-colored rectangular panels with decorative borders.

Kingdom of Gleann Abhann

September 2 – 5, Diamond Wars XXXIV: Diamonds Are Forever. The Castrum 300 Valley Dr., Lafe, AR.

September 16 – 18, Gleann Abhann Arts & Sciences. Saint Patrick's Episcopal Church 310 N Cleveland Ave, Long Beach, MS.

September 30, Slay The Dragon. Bistineau State Park 103 State Park Road, Doyline, LA.

***For further information please consult the Kingdom Event page.**



Seneschal & Knights Marshal



Rain and more rain. It's rained out all of our practices this month. Fortunately, it can't rain all the time! I'm sure this next month we will have some relief from it. With that being said, we will have Fighter Practice on September 4th & 18th. For now they will remain at Sandhill Ranch at 3pm. We are looking for an alternate covered or indoor site. Thankfully the rain has no effect on our business meetings. We will have our Business Meeting on September 28th at 630pm at Aunt Jenny's Catfish House. Sept 17th will be Kingdom A&S sponsored by the Barony of Seleone. They've supported us in many things. They deserve our best assistance and support for this event. If you may be of help please contact the autocrat to offer. I'll see you all there!

**YIS Ld Karsas Sarmatae
Seneschal and Knights Marshal**





CHRONICLER

Greetings to the Shire. Well Summer is winding down and soon Fall and Winter shall be upon us. I hope that everyone who can, will attend Kingdom A&S in the Barony of Seleone and help out as much as possible.

I am always in need of fun and fantastic things for the newsletter. If you have anything please send it. Would also like pictures and stories from A&S for next moth.

Until another time, be happy, be kind and be safe!

**HE Devin ODonnabhain
Chronicler for the Shire of Caer Dun**





Minister of Arts and Sciences

Greetings Lords & Ladies. I'm sure you are aware of the upcoming Kingdom A&S Competition, date is 16 - 18 September 2022, at St Patrick's Episcopal Church, 310 N. Cleveland St., Long Beach, MS. You are asked to register (complete instructions are in the GA newsletter, The Ambassador).

In addition, if you are able while attending please assist the Seleone staff where needed. I anticipate there will be many attending and much to be done.

This will be a fun and informative event. Mistress Daphne will have a display of past tokens. And, all A&S entries will be on display. Wonderous items made by folks you know and admire.

**Best Regards,
Baroness Bailey Rose Marsh
Shire of Caer Dun A&S Officer**



**Blood, Emeralds,
Snakes and
Poop: Bizarre
European
Medieval Plague
Cures**



Originating in China in the 1300s, plague arrived in Europe aboard a ship, bringing fearsome death in its wake. The Black Death ravaged Europe between 1347 and 1351, carrying away at least a third of its population, about 25 to 30 million people. The black buboes or black and swollen lymph nodes of plague victims gave the disease its name. Throughout the medieval period and well into the 17th century, localized outbreaks kept decimating populations in Europe.

Desperate medieval plague times called for desperate plague cures. The bubonic plague is caused by *Yersinia pestis* bacteria carried by rodent fleas. But this was not known until 1894. Thus, in medieval Europe plague outbreaks were attributed to a variety of causes, some sort of scientific, some religious, and some that were just weird! In equal measure, the strange plague cures and preventions were absurd and revolting. They are unlikely to have done the sufferers any good; the majority, in fact, are likely to have caused harm.

Thieves Used Vinegar Potions When Robbing Plague Homes

Vinegar potions acquired popularity in France as one gang of thieves who looted the houses of the dead never got sick because of their special potion. It consisted of vinegar, garlic, and medicinal herbs.

Rubbing the body with vinegar alone was also supposed to grant protection against the plague. Coins were cleaned in vinegar before being exchanged. Given the disinfecting properties of vinegar, known from Greek times, with the added anti-microbial properties of herbs, spices and garlic, this would have to count as one of the saner responses to this terrifying illness.

The Raw Onion Plague Cure

Rubbing a cut raw onion on the body was another popular way to prevent or stop the plague. It was hoped that this would draw the infection out as well as counter the miasma. While medieval European societies and citizens may have been wrong in attributing the plague to noxious fumes or miasma, they were not entirely off the mark in thinking that breathing played some part in its spread. The pneumonic plague, as opposed to the bubonic plague spread by the bite of infected rat fleas, is spread by respiratory droplets.

Onions may not have provided a cure, but the treatment was innocuous enough. A floundering and frenzied world resorted to many far more bizarre and potentially harmful measures that would only have hastened the passage into the next world.

Plague: The Four Humors and Bloodletting

Based on the Greek physician Galen's (lived 129-210 AD) theory of the four bodily "humors," black bile, yellow bile, phlegm and blood, and the need to maintain a balance between them for good health, bloodletting was a common medical procedure for all diseases. Although the Persian physician Ibn Sina (Avicenna; 980-1037) had come up with germ theory as far back as 1025, it was discounted in favor of Galen's concepts when it came to the plague.

So, when the plague struck, physicians turned automatically to their favorite remedy. Special bloodletting knives called "fleams" were wielded liberally or else leeches were applied to drain the excess blood from a plague patient and restore their body to its humoral balance. Alas, the results weren't uplifting or effective. The bloodletting served only to weaken a plague-stricken body further and perhaps spread more infection through unsterilized instruments.

London Plague Belief: Smoking a Pipe Would Help!

The belief that miasma or a highly unpleasant or unhealthy smell or vapor caused or at least contributed to the plague gave rise to another preventive measure that was widely resorted to during the Great Plague of 1665-66 in London. To "clean" the air large bonfires were kept burning, on the order of authorities day and night. And within homes too citizens didn't let their fires go out. And that's not all!

To keep "clean" germ-free air going into their lungs, many Londoners took to smoking pipes and forced children to do so as well!



Vicary Method: Plague Bums and Feathers!

One of the most outlandish plague cures was the Vicary Method, so named after Thomas Vicary, the quack who devised it. It consisted of plucking the feathers off a live chicken's bottom and tying it to the patient, rump touching the buboes!

The logic behind this weird cure was the medieval belief that chickens breathed through their bottoms and so their feathers would be able to draw the toxins out. If the patient died during the cure, so be it. If the chicken died first, another chicken simply replaced it. The additional bacteria released by the chicken would only have spread more infection to an already weakened body.

Human Excrement Smearred On Plague Buboes

By far the most loathsome of plague treatments called for the buboes to be cut open and treated with a poultice of human excrement which could be the patient's own, if they were in a state to be particularly mixed with other things. The results are not pleasant to imagine.



Some Believed Reptiles Could Remove Plague

Acting on the principle of like attracts like, snakes were chopped up and applied to the plague buboes in the hope that the evil sickness would be drawn out by the venomous beasts.

Likewise, a dead, desiccated toad hung around a person's neck, even after they had died, was also believed to be an effective way to draw toxic vapors out of a patient's breast.

For the Plague Rich: Emeralds and Gold!

For the rich, apart from flight to their country estates, where they often spread the disease further from the big cities, there were many expensive cures to choose from. Crushed emeralds and potable gold were two of them.

Then there were "so-called" unicorn horns that were ground into a powder called alicorn and mixed with water for the gullible rich to drink. It is thought to actually have been made from narwhal or rhinoceros tusks.

Severe Beatings to Get The Plague Out!

Arising from the belief that the plague was a visitation from God for the sins committed by man, groups of flagellants would walk the streets stripped to the waist, whipping themselves as public penance. The whips were often many tailed and knotted with nails.

The pope eventually banned flagellations as being ineffective and upsetting to the public but by then the flagellants had done much to spread the plague everywhere they went. As did religious processions and mass petitions for God's mercy.

Religious charms, amulets, prayer, and fasting may not have aided the spread of the disease but they proved equally useless in combating the plague.

The Horrible Plague Abuses of Migrants, Jews, and Misfits

Jews, cripples, gypsies, and other marginalized communities were often blamed for the plague based on the accusation that they had poisoned public wells with the disease. They were either driven away or tortured and killed.

It was only saner voices like Pope Clement VI who pointed out that since many Jews had themselves contracted the plague, they couldn't be held responsible for causing it.

Meanwhile, raw sewage and rubbish continued to be disposed of in the open. And the bodies piled up in the streets before being carted off to mass graves. Conditions were perfect for rats to proliferate and multiply and for the plague to rage on until it burnt itself out, to visit again as soon as it found a fresh unexposed population. It was only in the late 17th century that repeated cycles of plague finally came to an end, perhaps as conditions became more hygienic. An effective cure in the form of antibiotics came much later. In 2021, about 5,000 poor people across the globe died from the plague!



Top image: The Black Death or the Bubonic plague killed millions and was completely impossible for "doctors" to understand let alone treat. But they invented all kinds of cures for plague from sensible ones to totally insane ideas! Source: illustrissima/ Adobe Stock. By Sahir Pandey. Used with permission from <https://www.ancient-origins.net/>

• Who was Thomas Becket?



• Becket was a second-generation French immigrant, born around 1120 in Cheapside, in the City of London, to Gilbert and Matilda, who had left Normandy following the Norman Conquest. His father was a well-connected merchant but the family were neither excessively wealthy nor powerful. Becket was sent to school at Merton Priory and, after a few years studying in Paris, he eventually gained employment through one of his father's friends as a clerk for Theobald, the then Archbishop of Canterbury. Becket was described by his contemporaries as intelligent, charming and authoritative and, in 1155, he got his biggest break. Recognizing his talents, Theobald suggested that Henry II appoint Becket as Chancellor of England. He and the king quickly became close friends, hunting, gaming and travelling around England together. Becket embraced life in the royal court: he is said by his contemporary biographers to have enjoyed vast wealth, throwing lavish parties, decorating his residences with beautiful furnishings and making numerous journeys to France on his own ships.

• Given his lifestyle and reputation he was an unlikely candidate but the king had other ideas. Henry was keen to appoint his close friend to the role but, crucially, he wanted him to continue as Chancellor. With Becket in both positions, Henry saw an opportunity to exercise greater authority over the Church as well as the state. Becket was appointed Archbishop on 23 May 1162 and consecrated (officially blessed) on 3 June. However, at some point during the rest of that year, and against the king's wishes, Becket resigned as Chancellor. His actions drove a wedge between him and the king which would never be repaired. From this point on, Becket's relationship with Henry began to deteriorate. A series of disputes ensued regarding the division of power between the Crown and the Church. By 1164, tensions were at an all-time high and, in October, Becket was summoned to appear before the King's council and ordered to forfeit all his personal property. He refused to accept the terms of his punishment and, fearing further repercussions from the king, he fled to France.

- **Life in Exile**

- Becket remained in exile in France for six years. During this time Henry flexed his power in England. His most blatant snub of his old friend's authority was his decision to have his son, Henry the Young King, crowned in June 1170 by Becket's long-standing enemy, the Archbishop of York. Becket appealed to the Pope and, under significant pressure, Henry agreed to reopen negotiations. Following this, the Archbishop and the king spoke privately for the first time since 1164, and Henry promised to restore Becket's rights as Archbishop of Canterbury. Becket was reassured that it would be safe to return to England. However, his final act was to punish those involved in the unauthorized coronation. Before leaving France Becket issued three letters expelling (excommunicating) the Archbishop of York and two bishops from the Church. This act was to have devastating consequences upon his return to England.

- **The Lead up to the Murder**

- Becket returned from exile on 1 December 1170. Contemporary reports record that he was greeted on his journey back to the Cathedral by cheering crowds and rejoicing monks, but he faced increasing hostility by the authorities loyal to the king. Meanwhile, the Archbishop of York and the Bishops of London and Salisbury, furious that they had been excommunicated, travelled to Henry's royal court in Normandy where they relayed Becket's actions to the king. Henry was outraged and, although it is unclear whether he ever specifically ordered retribution for Becket's actions, his furious outburst prompted four knights – Reginald Fitz Urse, William de Tracy, Hugh de Morville and Richard le Bret – to travel to Canterbury in search of Becket. One of Becket's biographers records Henry's words as:

- *"What miserable drones and traitors have I nurtured and promoted in my household who let their lord be treated with such shameful contempt by a low-born clerk!"*



As Grim recounts, Becket held tight onto one of the Cathedral's pillars to prevent them seizing him, and it was at this point that one of the knights raised his sword for the first time, bringing it down on Becket, slicing off the crown of his head. Two of the other knights then started to attack Becket and most of the monks fled. The third blow brought the Archbishop's life to an end. Gruesomely, by the end of the attack, Becket's crown had:

"separated from the head so that the blood [turned] white from the brain, and the brain equally red from the blood."

The Lives of Thomas Becket, ed. and trans. by Michael Staunton (Manchester: Manchester University Press, 2001), p. 203.

The murderous knights were accompanied by a clerk, who, because of his involvement, became known as 'Mauclerk' or 'evil clerk'. Following the attack, this Mauclerk:

put his foot on the neck of the holy priest and precious martyr, and, horrible to say, scattered the brains with the blood over the pavement. "Let us go, knights", he called out to the others, "this fellow will not get up again.

The Lives of Thomas Becket, ed. and trans. by Michael Staunton (Manchester: Manchester University Press, 2001), p. 203.

The Aftermath

Chaos ensued following the murder, and with none of those present knowing what to do next, the body remained where it had fallen for several hours. Some individuals dipped parts of their clothes in his spilled blood, or collected it in small vessels to take away in anticipation of Becket's future sanctity. After spending the night on the high altar of the Cathedral, he was buried by the monks the next day in the crypt. Reports immediately circulated of miraculous healings connected to Becket. Facing increasing pressure from the people of Canterbury, the monks opened the crypt of the Cathedral so pilgrims could visit his tomb. An extraordinary wave of miracles was recorded and, in recognition of this, Becket was made a saint (canonized) by the Pope on 21 February 1173. It was one of the fastest canonizations in history. Becket's reputation as a miracle-working saint spread quickly and people from all over Europe started to flock to Canterbury in the hope that they would be healed. As well as visiting the tomb, pilgrims could also purchase a mixture of his blood and water, called St Thomas' Water, which was bottled and sold by opportunistic monks in small lead vessels called ampulla. Henry II, in a public act of penance for his involvement in the murder, visited the tomb in 1174, granting royal approval to Becket's cult.



Chili with Cocoa

A close-up photograph of a bowl of chili. The chili is a dark, rich brown color and is topped with a generous amount of shredded yellow cheddar cheese. A dollop of white sour cream is visible on the left side of the bowl. The bowl itself is white and sits on a red surface.

Ingredients

- 2 lbs. ground beef (90% lean meat)
- 2 chopped yellow onions
- 1 tablespoon plus 2 teaspoons chili powder
- 1 tablespoon ground cumin
- 2 tablespoons unsweetened cocoa powder
- 3 cloves minced garlic
- 2 seeded and minced jalapeño peppers
- 2 (15 oz) cans undrained ranch-style beans
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 2 (15 oz) cans drained and rinsed kidney beans
- 1 (15 oz) can diced tomatoes
- 4 cups tomato sauce
- 2 cups beef broth

Directions

In a large Dutch oven over medium-high heat, add the ground beef and cook for 2 minutes. Next, add the onions, chili powder and cumin, and stir together. Add the cocoa, garlic and jalapeños, mix together and cook for 2 minutes. Next, add in the ranch-style beans, cayenne pepper and oregano, and cook for another minute. Add the kidney beans, diced tomatoes, tomato sauce and broth, cover and simmer for 1 hour, stirring occasionally.

Garnish with sour cream, shredded cheese and chives if desired.

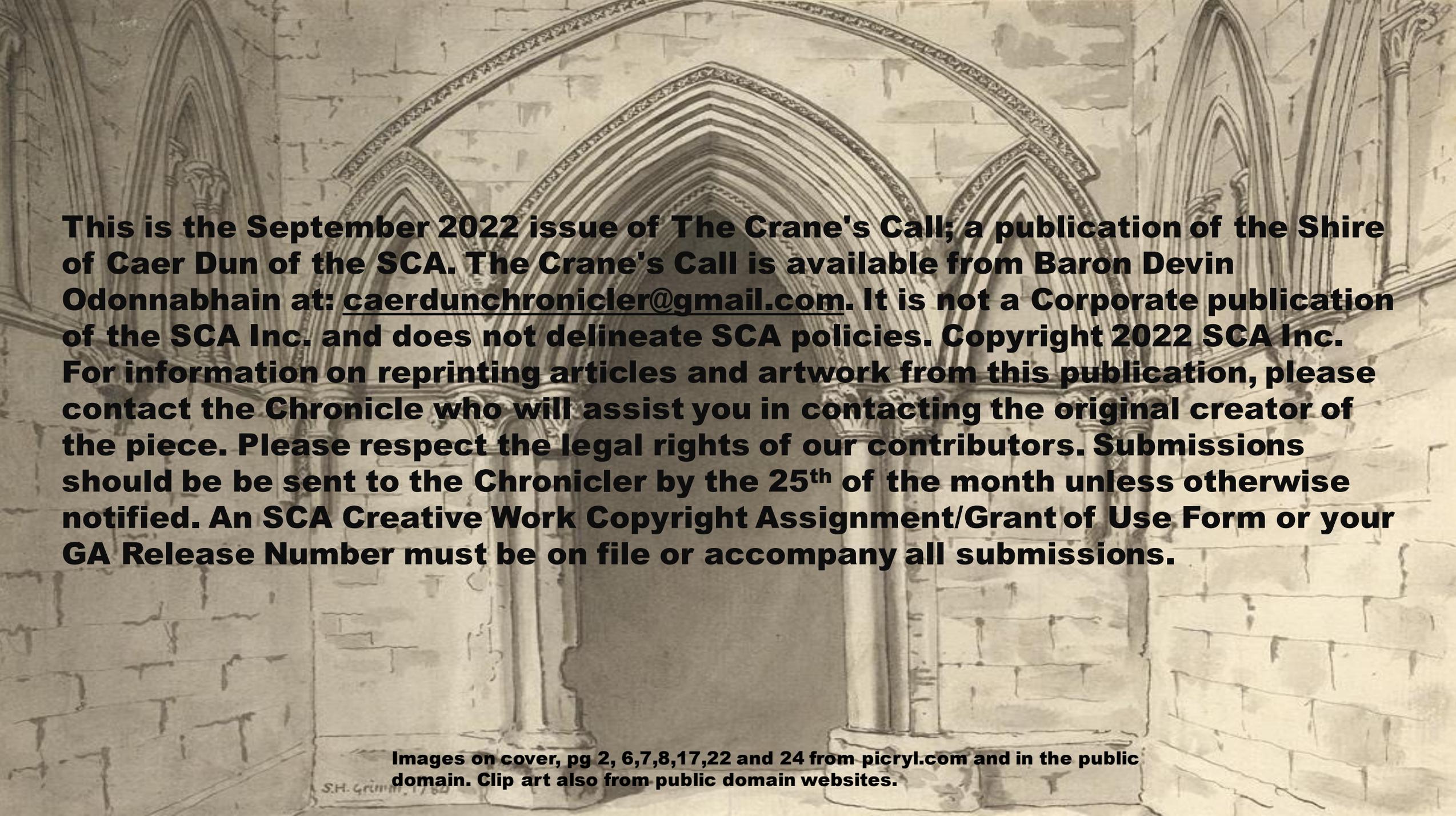
Meeting Places

Business Meeting; Held the 4th Wednesday of every month at Aunt Jenny's Catfish Restaurant, 1217 Washington Ave. Ocean Springs, MS. Meeting begins at 6:30 pm.

Fighter Practice; Held at Sandhill Ranch, 13000 Mt. Pleasant Rd., Vancleave, MS. Begins at 3pm every other Sunday. Check calendar for dates and the Shire Facebook page for any updates.



Updated Statement of Core Values At the Board of Directors July 2018 meeting, the following policy was approved and is to be considered effective immediately: SCA Statement of Core Values In pursuing its mission, the SCA is committed to excellence in its programs, communications and activities and to act in accordance with the chivalric virtues of honor and service; value and respect the worth and dignity of all individuals; practice inclusiveness and respect pluralism and diversity; promote a safe and respectful environment for all SCA events; act with transparency, fairness, integrity and honesty; be a responsible steward of SCA resources; and, be committed to maintaining the trust of its members and participants. It is the expectation of the SCA that its members and participants, in all events and activities of the SCA, will conduct themselves in accordance with these tenets. Comments are strongly encouraged and can be sent to: SCA Inc. Box 360789 Milpitas, CA 95036 You may also email comments@lists.sca.org. This announcement is an official informational release by the Society for Creative Anachronism, Inc. Permission is granted to reproduce this announcement in its entirety in newsletters, websites and electronic mailing lists. Office of Diversity, Equity and Inclusion <https://www.sca.org/dei-office/><https://www.sca.org/dei-office/dei-resources/><https://www.sca.org/wp-content/uploads/2019/12/DEI-handbook.pdf><https://www.sca.org/wp-content/uploads/2020/01/DEIMissionVision>



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