



The Noble Hearts Newsletter



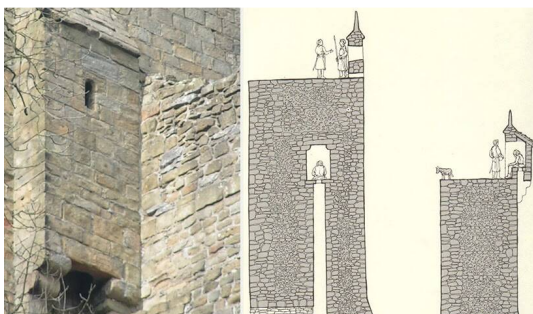
October, 2022

Welcome to the first issue of my Noble Hearts Newsletter!

Hi all! I'm excited to launch the Noble Hearts Newsletter, where we'll chat about recent projects and all things medieval. During the process of doing research for my romantic adventures set in 12th-century England, I often come across interesting (and sometimes bizarre!) snippets of info that I'd like to share with other medieval adventure fans. To my

surprise, not everyone is fascinated with medieval toilets and moat maintenance! If you have questions about medieval life, please write to me at luerickson.author@gmail.com, and I'll do my best to answer them.

Life in a Medieval Castle



Is a garderobe similar to a wardrobe?

Well, I suppose you could find some similarities, but you definitely don't want to store your clothes in a garderobe. A garderobe is a medieval toilet, especially one found in a castle. If you click on the above drawing and photo, you can see that the garderobe was usually built into the outer wall of the castle and vented directly over a moat or cesspit (a good reason not to swim in the castle moat!).

The garderobes were accessed by narrow passages and lit by light coming in through small windows called arrow loops (small enough to shoot an arrow through without being vulnerable to return fire). The garderobe seat was made from a slab of stone or wood with a hole cut in the middle. On the outside wall, the seat was supported by stones projecting out from the face of the wall and supported by corbels.

The word garderobe has the same genesis as wardrobe in the sense of being a small cabinet or closet. Medieval garderobes were quite close and dank, and castle inhabitants were not likely to linger doing their business.

The Medieval Castle Moat

As we know from history class (or period films), a moat is a body of water surrounding a castle, designed and built to keep attackers out.

Couldn't the invaders simply take a boat across? you ask. Not without having arrows or hot oil rain down upon them from the defenders manning the castles battlements. The moat also prevented siege weapons, such as siege towers and battering rams, from getting close enough to the castle's walls to be effective. A water-filled moat also stopped invaders from tunneling under castle walls, solving a fatal weakness in early castle design.

We generally think of moats being filled with water, but many moats were constructed to remain dry. Dry moats were often studded with wooden stakes and other obstacles to make them difficult to cross. While rumors of moats being stocked with alligators and crocodiles are untrue, the Český Krumlov Castle in the Czech Republic actually had bears roaming its moat at different times during its history, and presently has four bears calling the castle moat home!

The White Ship Tragedy



In November of 1120, embarking from the Normandy coast near Balfleur, three hundred people boarded the White Ship to set sail for England. The passenger list included many of the sons and daughters of English nobility, most importantly William Adelin, the heir to the English throne. Before the ship sailed, the passengers had a rollicking good time ashore. Wine flowed most freely, and the passengers and crew imbibed to excess.

The ship that carried King Henry I had already set sail, and the revelers, deep in their cups, ordered the captain of the White ship to overtake the King's ship. The White Ship was sleek and fast, and the captain and crew were confident they could out sail the King's ship. But by the time they set off, night had descended and the crew were hopelessly drunk. About a mile from shore, the crew ran the White Ship into a submerged rock. The ship quickly capsized and sank.

Prince William climbed into a small boat to escape but turned back when he heard the cries for help from his sister, Matilda. As he neared her, others, struggling in the water to save themselves, tried to climb into the boat and swamped it, drowning William along with themselves.

Of the three hundred, only one person, a butcher from Rouen, survived by clinging to the rock and was later able to relate the details of the shipwreck and its aftermath. The story goes that when the captain of the White Ship surfaced and learned that Prince William had drowned, he let himself be sucked under rather than face the King's wrath.

King Henry lost three of his children that day, his heir and two of his illegitimate offspring. According to the chronicler Orderic Vitalis, "So sudden was the shock, and so severe his anguish, that he instantly fell to the ground, but being raised up by his friends, he was conducted to his chamber, and gave free course to the bitterness of his grief."

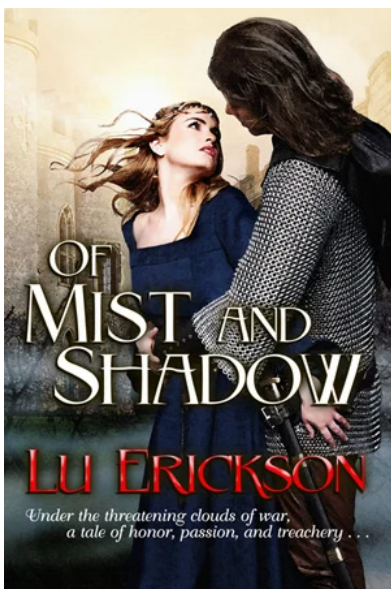
The death of the prince threw the country into a crisis of succession that lasted for nearly twenty years.



That's about it for my first newsletter!

I hope you've enjoyed this brief trip back in time. As you can see, medieval life was challenging, and even more so for those not of the privileged class. I'll go into that more in upcoming newsletters. Cheers! And happy reading!

Lu Erickson Books



Of Mist and Shadow, Volume I of the Noble Hearts Series, a medieval romantic adventure

Of Mist and Shadow is the first volume of my Noble Hearts Series.

Gwendolyn Greyson's life is about to change in unimaginable ways. Her beloved father has recently died, and rebel knights threaten her home. Into this confusion rides the dashing Aidan Blakeslee, who informs her that, by order of the king, her land now belongs to him.

England is in great turmoil, and the king has gifted Aidan, his most able and trusted knight, with the small estate of Lockshire to root out rebel spies. With their fates joined, Aidan and Gwen will face danger at every turn as past rivalries turn deadly, and

Gwen will discover that the true threat Aidan poses is not to her property but to her heart.

[Buy Now](#)



The Arrangement, Volume 2 of the Noble Hearts series, a medieval romantic adventure

The Arrangement, the second volume of my Nobel Hearts Series, continues the story of the exuberant Blakeslee family. Kevin, no longer in his older brother's shadow, is perfectly content with his life as the second son, free from the responsibility of managing an estate and producing an heir.

Fiercely loyal to his King, Kevin has sworn to fight any battle, storm any castle, take any risk, no matter the danger. But to his utter dismay, Kevin

learns that it's not his prowess on the battlefield his King now requires but his skills as an accomplished lover.

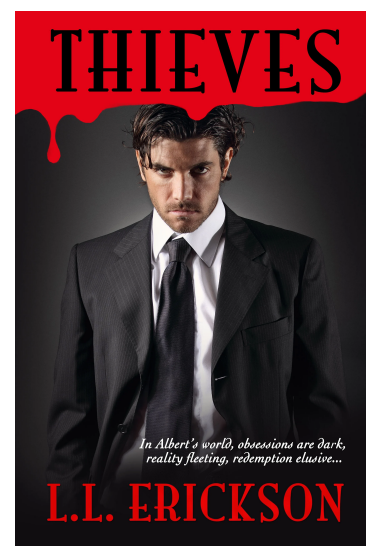
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Thieves - A compelling psychological thriller of madness and salvation...

To the Sacramento art community, Albert Metzger is the handsome, successful owner of a cutting-edge gallery. But Albert has secrets he dare not tell.

Beneath the floorboards of his gallery lies a hidden room. Albert clandestinely converts the space into his private gallery and enlists Jerry, a homeless veteran, to help fulfill a deathbed promise made to his father. Together, they steal thirteen masterpieces, including one painting that depicts a captivating young man to whom Albert finds himself inexplicably drawn.

As Albert's perfect plan crumbles, so does his grasp on reality. The young man startlingly comes to life, stepping from the confines of the painting to invade Albert's carefully managed life.



Can Albert's fragile mental state withstand the trauma of a shattered love affair, his growing doubts about Jerry's loyalty, the dogged pursuit of a criminal investigator, and most importantly, the malevolent power of the mesmerizing young man from the painting?

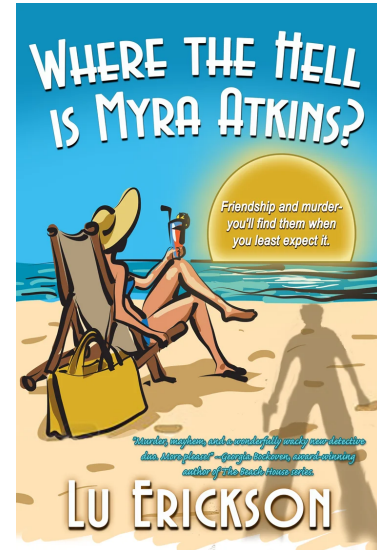
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A missing boss, a murdered client, and two improbable friends to the rescue!

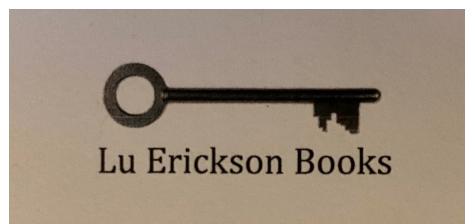
When Myra Atkins, a life-hardened, aging vamp of a detective, goes missing, her secretary, proper English import Esther Humperstone is panic-stricken. She enlists new-hire Henry, an earnest yet slightly off-center twenty-two-year-old, to help find her beloved boss.

What Henry and Esther don't know is that while they're taking a crash course in private detecting, Myra, caught up in a mid-life melt-down, has actually escaped to Maui with smooth-talker Ray Garnetti for a little sun and romance—and a *lot* of vodka martinis. The stakes are raised when Gordon Winston, a prominent Sacramento businessman, and the last person Myra saw before she disappeared, turns up dead.

In the process of seeking answers to their boss's disappearance, Esther and Henry will unwittingly solve the mystery of who murdered Gordon Winston, take giants steps outside of their respective comfort zones, and discover that life's a richer journey when you're in good company.



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