

4 PAGE
PULL OUT

NORWICH CASTLE

THE PEOPLE'S PALACE



MYTHS AND LEGENDS

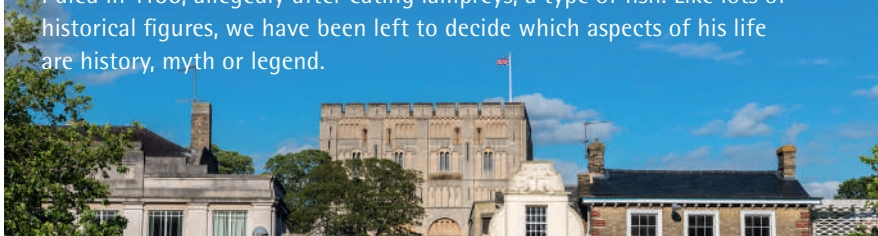
EDITION FOUR

SEPARATING FACT FROM FICTION

At a time when you cannot enjoy visiting Norwich Castle, the EDP and Evening News have teamed up with Norfolk Museums Service to bring you four entertaining pull-outs.

Norwich Castle has been at the centre of our medieval city for 900 years and for the last century it has been the region's premier museum, telling the history of Norfolk. For each of our pull-outs, we are featuring a different aspect of medieval life. Today we focus on myths and legends - entertaining stories passed down the generations that are often rooted in history but transcend reality.

We know Norwich Castle Keep was built during the reign of Henry I and writers at that time described him as a peace-making, witty and genial king. But modern historians have judged him as cold, greedy and ruthless. Henry I died in 1135, allegedly after eating lampreys, a type of fish. Like lots of historical figures, we have been left to decide which aspects of his life are history, myth or legend.



AN ILLUMINATING READ

Many of the medieval tales of myth and legend are preserved in the writings of the time. Scribes and monks would master the craft of calligraphy to create wonderful books, often illuminated with detailed pictures.

Here we have a manuscript, liturgical psalter, and breviary combined. The book is bound in calf leather and was written in East Anglia for Norwich Diocesan use in the 15th century. The text is written in Latin, the language of the clergy throughout the middle ages, and contains numerous illustrations which are bright and detailed. These served to highlight specific scenes of the events unfolding throughout the book.

On the page shown here on the right, Jesus is depicted sitting upon a throne surrounded by the Tetramorph - a symbolic representation of the Four Evangelists, where a winged lion and winged ox represent St Mark and St Luke, and a winged man and an eagle, at the top, represent St Matthew and St John. Interestingly, this 15th century book contains pages written hundreds of years before, which reveals how old and potentially damaged manuscripts could be used to supplement newer editions of similar books.



The final page, shown on the right, depicts the 'Arma Christi' or 'Instruments of Christ'. These include a red shirt which Jesus wore; the dice his Roman captors gambled with for possession of Jesus's shirt (hence the dice depicted on the shirt); a pelican feeding its blood to its chicks, a symbol of Christ's sacrifice; the cockerel that crowed after Peter's third denial of Jesus and a towel and basin - a reference to Pontius Pilate washing his hands of guilt. Though these may seem like mundane items to many modern visitors, during the Middle Ages they were steeped in symbolism and would have been instantly recognisable to rich and poor alike.



We hope to reveal the fascinating history contained within the pages of this manuscript and many others through the meticulous digitisation of their contents. This will allow visitors to explore manuscripts far too delicate to handle, while preserving them for future generations.

MAGICAL OBJECTS OF MYTHICAL TIMES



Knights ride into battle against horned monsters (Bibliothèque Nationale, France)

EXCALIBUR

Excalibur is a sword of legendary renown and there are numerous tales of how King Arthur came to possess it. The story of the sword in the stone originates from an epic poem dating back to the 12th century, entitled 'Merlin'. In the poem it is said that whoever pulls the sword from the stone would gain the British throne. However, the more famous tales of King Arthur, written by Thomas Malory, say that Arthur was awarded Excalibur by the Lady of the Lake after being defeated in a duel by King Pellinore.

THE NECKLACE OF THE LADY OF THE LAKE

The Lady of the Lake tested the honour of Sir Pelleas by disguising herself as an old peasant woman, seeking assistance to cross a flowing river. Without hesitating, Sir Pelleas helped the old woman in need and she revealed herself to be the Lady of the Lake. She rewarded Sir Pelleas with her magical necklace - it makes anyone who looks upon the wearer fall in love with them.

RETHO'S PELT

Retho was a giant who wore a cloak made of the beards of all the kings he had defeated. When Retho faced Arthur, he demanded the king shave off his beard and donate it to his collection in return for his life. Arthur refused to shave and defeated the giant in battle, claiming the beard-cloak as a trophy.

DURENDAL

Durendal was the sword of Roland, the legendary knight of King Charlemagne. It was believed that this sword was indestructible and could slash through giant boulders with ease. The story goes that Roland came to possess the sword after stealing a horse and, armed with only a wooden rod, charged at a Saracen Prince named Aumon. Roland defeated Aumon in battle and took the legendary sword as his prize.



A knight defeats a giant (The Alphonso Psalter, 1284-1316, British Library)

1. LEGEND: The wise monk was called Simeon Stylites. Stylites was the name given to anyone who chose to live atop a pillar.
2. MYTH: Believe it or not, this tale was a quest that Sir Menw, one of King Arthur's knights, failed at. He was attacked by the pig and lived in a weakened state forevermore.
3. LEGEND: King Henry I actually had his body buried in France and his heart removed and buried in front of the high altar of Reading Abbey.
4. MYTH: It was a common belief that painters were rainbow coloured, had sweet breath and that its only enemy was the dragon - but it was far from true.
5. LEGEND: The town of Beauvais in France was besieged in 1472 and was saved by a peasant girl by the name of Jeanne Laisne. She picked up a wood cutting axe and fought off the attacking troops and is now immortalised as a statue in the town square.

MYTH OR LEGEND ANSWERS:

MAKE A FIRE-BREATHING DRAGON!



YOU WILL NEED:

Scissors, a toilet roll, coloured paper or card, tissue paper, felt tip pen and glue or double sided tape

1. Cut a piece of coloured paper the same size as the toilet roll. Wrap it round the tube and secure it with glue.
2. Cut two long triangles from coloured paper for the dragon's ears. Then cut two smaller triangles of white paper for the dragon's horns.

3. Cut out two small D shapes to make the dragon's nose – add some black circles in pen to make his nostrils. Cut out two larger D shapes to make the dragon's eyes and add detail using circles of white paper and black pen.

4. Fold the bottom of each of these shapes to make a tab and attach them to the tube using glue or double sided tape. The ears and horns can be attached to the inside edge of the tube, the eyes to the middle of the tube and the nose at the opposite end to the ears.

5. Take a couple of sheets of coloured tissue paper and cut into thin strips. On the end with the dragon's mouth, place glue or double sided tape around the inside of the end of the tube. Stick the ends of the strips of tissue paper all around the inside of the end of the tube.

6. When it is dry, take a deep breath and blow through the end of the tube where the dragon's ears are and watch the flames blow!



WORD SEARCH

FIND THE 18 MEDIEVAL WORDS

DRAGON	EXCALIBUR	WITCHES
KNIGHT	VILLAINS	MANTICORE
QUEST	BATTLES	MORALS
ADVENTURE	TREASURE	TOWERS
PERIL	LEGENDARY	CAMELOT
WYVERN	MAGIC	FAIRIES

E X C A L I B U R R E S D S O
V F H B T E P Q W I T C H E S
I X A L D N G U W C R M E D K
L M I I Q A W E J J T M V C C
L X V T R E Y S N V B N C N A
A B M Z M I V T I D J O M N M
I A A G N R E T R E A S U R E
N T D C G I R S Z T V R L A L
S T V J N T N W C M O I Y N O
D L E M W M P E R I L W I M T
R E N O M A N T I C O R E D U
A S T R D G C B E P S I M R Y
G K U A F I K N I G H T I O S
O Y R L J C R F T P O R M T L
N V E S D W Q J R N X G A X I

MYTH

OR

LEGEND

The Middle Ages were a time of myth and legend. Many of the mythological tales were fictional stories, often with characters defeating nightmarish beasts, and contained morals for the reader to learn from. There were also legendary events where real people achieved incredible things, defying the odds and being immortalised in history. Can you decide which of these events were parts of mythical stories or incredible real events?

1. A wise monk who lived on top of a pillar for 37 years straight.
2. A knight who was given the request to get a comb from a pig in the forest.
3. A king whose body was buried in one country and his heart in another.
4. A rainbow coloured creature with hypnotic, sweet breath whose only enemy is the dragon.
5. A soldier who fought with an axe and single-handedly defended their town.

TICK THE BOXES BELOW

MYTH LEGEND

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

? HOW DID YOU DO?
 See the bottom of page 2 for the answers!

norwichcastle



CHECK OUT OUR INSTAGRAM PAGE @NORWICHCASTLE

GET INVOLVED

WE'D LOVE TO SEE YOUR MEDIEVAL MAKES!

Post your comic strips or your fire breathing dragon on Twitter and Instagram using #NCPeoplesPalace and we'll share our favourites!

CREATE YOUR OWN LEGENDARY COMIC STRIP

All you need is a piece of paper, a pen and some colouring pencils.

Firstly, on a separate piece of paper carefully plan your story. Work out what the characters will say, what the scene might look like and the action taking place. Think about how you can break the story up into different scenes. Once the planning is done, draw out a series of boxes and fill them with scenes from your story. You could include speech bubbles to show the characters speaking and even sound effects. Your story might include monstrous beasts, magical swords or knights with super powers.

Share your adventures on Instagram – @norwichcastle



A ROYAL PALACE REBORN

At the heart of all good myths and legends are tales of extraordinary events, amazing quests and remarkable feats. At Norwich Castle we have a five-year-long mission of our own – to present spectacular events and activities and invite you to join us in creating new tales of bravery, comedy and beauty inspired by the medieval world and Norwich's iconic medieval royal palace.

ACTIVITY PROGRAMME – KEEP LEARNING!

The Keep redevelopment project will conserve the building's medieval fabric, and its interiors will be furnished to reflect the relative luxury of life in a 12th century castle. With support from the National Lottery Heritage Fund, and many other generous contributors, the project is equally ambitious in what we want to provide for our visitors of all ages. We have designed a showcase of activities and experiences which will be held away from the Castle during the refurbishment, and at the Keep once it reopens. Our 'quest' is to support your enjoyment of medieval facts, myths and legends – and to make new stories which will still be told in years to come.

"I am looking forward to a series of enlightening activities which are going to bring the medieval world to life in new and creative ways."

Lee Warden, Project Learning and Engagement Officer

COMMUNITIES AND FAMILIES

The activities we are planning will bring the remarkable details of medieval history and culture to life via a range of different channels. And we've already started – this partnership with the EDP is our most recent way to share medieval stories with our audiences.

For early years' children and their caregivers, the next episode of our 'Snappy at Home' videos takes you on a hunt for treasures and includes some precious objects which will be displayed in the new galleries. Looking to the future, we will respond to the city's medieval heritage in new ways, including working with sound artists, theatre companies and street artists.

But we also realise that for some people, quieter environments are much more comfortable. Our planned activities – once circumstances allow – will also include relaxed performances and small group sessions, where we can welcome audiences who wouldn't enjoy the pressure of large-scale events. The health and wellbeing of local people will be supported through a new community café project and the known mental health benefits of engagement with cultural collections will be harnessed in a pioneering social care scheme, developed in partnership with Norfolk County Council Public Health and NHS partners.

OPPORTUNITIES FOR SCHOOLS

A priority for Norwich Castle Museum & Art Gallery is supporting the learning of school children and their teachers. In fact, many of you reading this article will probably have been to the Castle on a school trip. Our award-winning Learning Team is busy devising new programmes to share with schools in the redeveloped Keep. In addition, new dedicated learning spaces will open up creative possibilities – from art and performance workshops, through science and



technology challenges, to history-sleuth sessions, our schools programmes will give children the chance to learn from and be inspired by the medieval past.

A CITY-WIDE AND INTERNATIONAL APPROACH

Norwich is a multicultural city, with communities of migrants from a number of different countries. The history of migration, multiculturalism, international trade and diversity of faiths are key parts of the Norwich story. Medieval Norwich was a culturally rich urban centre and we are looking to draw on personal stories from the past to illuminate and witness the tales of people who have experienced migration in recent years. This strand of work will culminate in an event which harnesses international collaboration and locates East Anglia's importance in the medieval world.

The activity programme gives us all an opportunity to reflect on the contemporary relevance of the medieval world, to challenge stereotypes, and to share authentic and inclusive experiences which last in our collective memory for years to come. Our ambition is to involve as wide an audience as possible, whilst also meeting every supporter at a place where they are comfortable and ready to engage.

We're ready for the 'quest' to begin – are you?

KEEP IN TOUCH:

museums.norfolk.gov.uk [NorwichCastleMuseum](https://www.facebook.com/NorwichCastleMuseum)
[@NorwichCastle](https://twitter.com/NorwichCastle) [@norwichcastle](https://www.instagram.com/norwichcastle) [#CastleReborn](https://www.instagram.com/norwichcastle)



Norwich Castle
Royal Palace Reborn



GET INVOLVED

Did you know you can adopt one of our medieval objects – and become part of Norwich Castle's 900-year-old story?

Choose from an array of amazing medieval objects, from arms and armour to precious jewellery – each with its own fascinating history. With your adoption, you can help restore Norwich Castle's past to secure a glorious future. www.adoptanobject.co.uk

We gratefully acknowledge the support of



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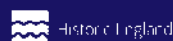


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