

Handbook of Winterology

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Compiled by

**The
WinterConsul
Service**

in association with:

**E SLEEP
EASY Z**

**Hiber
Tech**



SKILLZERO
PROTOCOL APPROVED

NightPal

Welcome to the Winter

Congratulations on starting your new career as a Winter Consul

While not a profession noted for longevity, you will find - so long as you survive your first winter - that Winter Consuling is a rich and rewarding occupation. You should be aware that the citizenry as a whole may never thank you, nor be anything more than vaguely aware of your existence, but you can be secure in your heart that you are now part of a notable tradition that has been defending the sanctity of the sleepstate for over six centuries. This Handbook has been split into sections for easy reference. Good reading!

- Section 1: The Winter and Hibernation**
- Section 2: Overwintering Health and Wellbeing**
- Section 3: Who are the WinterConsuls?**
- Section 4: Cold weather survival procedures**
- Section 5: Villains, Womads, and other troublemakers**
- Section 6: Who else Overwinters?**
- Section 7: The WinterConsul and the Law**
- Section 8: The Mythical WinterVolk**
- Section 9: Issues with Megafauna**
- Section 10: Dealing with Hibernatory Narcosis**
- Section 11: Dormitorium and other Hibernating locales**
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Section 1: The Winter and Hibernation

1.0.1 Definitions:

What is the Winter?

The winter is defined as a single month, 59 days either side of the Winter Solstice, 118 days in total. What we term 'Slumberdown' is the 28th November, with 'Springrise' fixed on the 1st January, a fraction under seventeen weeks later.

For more info go to 1.1.1

Why do we Hibernate?

Like most mammals, humans have evolved to achieve greatest winter survivability by sleeping through at an ultra-low metabolic state, typically using one twentieth of energy requirements than if active and awake.

For more info go to 1.2.1

How do we Hibernate?

A cocktail of enzymes are released by the hypothalamus, usually triggered by seasonal temperature and day length. Under ideal conditions a human can be in full hibernation within six hours. Body temperature is down to twenty-two degrees, breathing no more than once every thirty seconds, heart rate fewer than twenty-six beats per minute.

For more info go to 1.2.2

What are the risks of Hibernating?

Hibernation is never without risk. If the minimal synaptic tick-over that took care of nominal life functions was halted for any reason, you'd suffer a neural collapse and be Dead in Sleep. If you ran out of fats to metabolise into usable sugars, you'd be Dead in Sleep. Sudden drop in temperature, Vermin predation, CO₂ build-up, bone calcium migration and twenty-seven other potential complications, Dead in Sleep.

For more info go to 1.3.1

How can I reduce the risks while Hibernating?

Pile on the pounds from Fat Thursday (Eight weeks before Slumberdown) and go to sleep as large as possible to keep you well nourished in the winter. A constant temperature also helps - not too warm or else you'll 'false dawn', but not too cold because you'll burn too much energy generating body heat - and potentially 'sleep yourself out'.

For more info go to 1.3.2

What is a 'False Dawn'?

An anomalous waking, usually due to a Dormitorium overheat. Cooling will generally get the victim back to sleep, or if not, then a Drowsy might have to intervene.

For more info go to 1.3.3

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Section 3: Who are the WinterConsuls?

3.0.1 Definitions:

What are the Winter Consuls?

The Consul is the body of people tasked to look after the sleeping citizenry; to defend at all costs the sanctity of the sleep state, and strive to ensure the most favourable outcome is enjoyed by the majority. They do this by constant surveillance of their sleeping charges, and a proactive approach to potential threats.

See Section 3.1.1

What do I eat?

By long tradition and given the high calorific nature of Consul work and the risks of Seasonal Affective Narcosis, comfort food. This is defined by, but not restricted to: Mini rolls, bread and butter and jam, Tunnock's tea cakes, Wagonwheels, beans, fishfingers, cake (all types) Bara Brith, Scones, ice cream, custard, biscuits, etc.

See Section 3.1.1

What is Skillzero?

Due to the random nature of Dying in Sleep events, skill retention can be a problem, so the Skillzero protocols are to ensure that all systems are designed to be intuitive and easily mastered by anyone with no more than a pass in General Skills.

See Section 15.3.1

What is Hydra?

Hydra is closely related to SkillZero in that it allows the continued smooth-running of all departments if a specific member of the team dies. It is expected that you will know how to do all the jobs below you, and all of them above, including that of Chief Consul.

See Section 15.5.2

What level of extreme weather will I experience?

You will have been instructed in cold weather protocols, but always take precautions when venturing out. Temperatures of minus 60 degrees centigrade have been recorded, and losing fingers, toes and even limbs is commonplace.

See Section 2.3.3

Are Megafauna awake during the Winter?

Generally speaking, no. Mammoths and Woolly rhinos migrate South across the Great Salt Marsh to Europe where it is warmer and fatloss is lower, but occasionally lone specimens who have become lost or confused may still be around - and hungry.

See Section 9.2.1

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Section 8: Who else Overwinters?

A list of the various people that you might encounter during the Winter:

1: Winter Consuls: In overall command of the citizenry over the winter.

See section 3.0.1

2: Porters Usually male and a eunuch, they run the Dormitoria and do everything to ensure that the occupants survive until the Spring.

See section 11.5.1

3: Infrastructure Support: Engineers employed to maintain the infrastructure systems in order to effect a speedy and efficient return to full service at Springrise.

See section 8.4.1

4: Bondsman/women/person. Usually ex-consuls, they lend money and arrange insurance in the Winter. Best avoided. The imprudent use of winter loans is the No.1 cause of personal bankruptcy amongst overwinterers.

See section 8.5.1

5: Night Shaman An anachronistic standover from when Hibernation was wrapped up in religion and superstition, a Night Shaman these days is usually also a Porter or someone who runs a Winter Haven, an open-all-year eatery.

See section 8.6.1

6: Insomniacs. Divided into two camps, those who are awake for medical reasons, and the loathsome sleepshy who surf the winter on a froth of chemically induced dreaming.

See section 8.7.1

7: Nightwalkers (See section 12)

8: HiberTech Employees. HiberTech, the suppliers of **Morphenox** maintain a skeleton crew during the winter to maximise the time available for their research work.

See section 8.8.1

10: Drowsies. Although the term is considered mildly offensive, Drowsies are tasked with easing those who have anomalously woken back into slumber. Poetry and stories usually suffice, with lute-playing and more intimate means as fallback options.

See section 8.10.1

11: Footman/Footwoman/Footer A general freelancing dogsbody, they will do pretty much anything if you pay their daily rate, and blow with the prevailing cashflow.

See section 9.11.1

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Section 10: The Mythical WinterVolk

Although mythical and of unproven existence, WinterVolk can still be of danger to sleepstate as sleeping residents (especially non-Morphenox or natural sleepers) might regard them as real, and often that is enough to cause hibernatory-related issues in the form of night-terrors, panic-induced insomnia and anomalous waking.

1: **Gronk:** One of the more recent additions to the pantheon of WinterVolk, the only reports are from Sector 12 (Wales) in which the Gronk is said to 'feed upon the shame of the unworthy'. Has an odd habit of folding linen, aggressive domesticity and a peculiar love of Rodgers and Hammerstein. Is said to live in the recesses of a host's mind during the Summer, so might be considered parasitical in nature.

Panic Factor: * * *. For More details see section 10.5.1

2: **Thermalovours:** Small, about the size of a hairless guinea-pig. They are said to enter the rooms of sleepers and cuddle up close to draw out the heat to use as nourishment. Victims describe the experience as "waking up to a bed full of cold stones".

Panic Factor: * *. For More details see section 10.6.1

3: **Dorweevil:** An invisible beast that enters the sleeping mind and feeds off memories. In rural areas mostly, poor memory after waking is termed 'an attack of the Dorweevils'. They are also believed to excrete memories in other people's heads, leading to a superstitious explanation for Post-Hibernatory cross-memory syndrome.

Panic Factor: * * * *. For More details see section 10.7.1

4: **Chancer:** Usually appears as a cross between Jacob Marley and Giacometti sculpture, the Chancer feeds off your fat as you slumber, leaving you an empty bag of bones.

Panic Factor: *. For More details see section 10.9.1

5: **Tonttu** The little people of the winter, who are the most numerous in number, and the most feared. Their antics are wide and inexplicable, and range from creeping into your room at night to steal your teeth to reindexing record collections.

Panic Factor: * * * * *. For More details see section 10.10.1

6: **Winter Sirens.** Winter Sirens are spirits of the winter who call you from your bed with the promise of song and dance and dreamy bundles but leave you dead of exhaustion and spent of all moisture. Victims are usually found frozen to death outside, yet smiling.

Panic Factor: *. For More details see section 10.11.1

7: **Gizmo.** Usually in the form of a scarab beetle that creeps into your ear and lays eggs that hatch into worms that feed off your dreams.

Panic Factor: * *. For More details see section 10.12.1

8: **Nightwitch.** Usually blamed as the source of night-terrors, in the past many men had been burned at the stake for entering the heads of sleeping residents and causing trouble. Are often seen with a familiar, and are reputed to have cloven hooves.

Panic Factor: * * * *. For More details see section 10.13.1

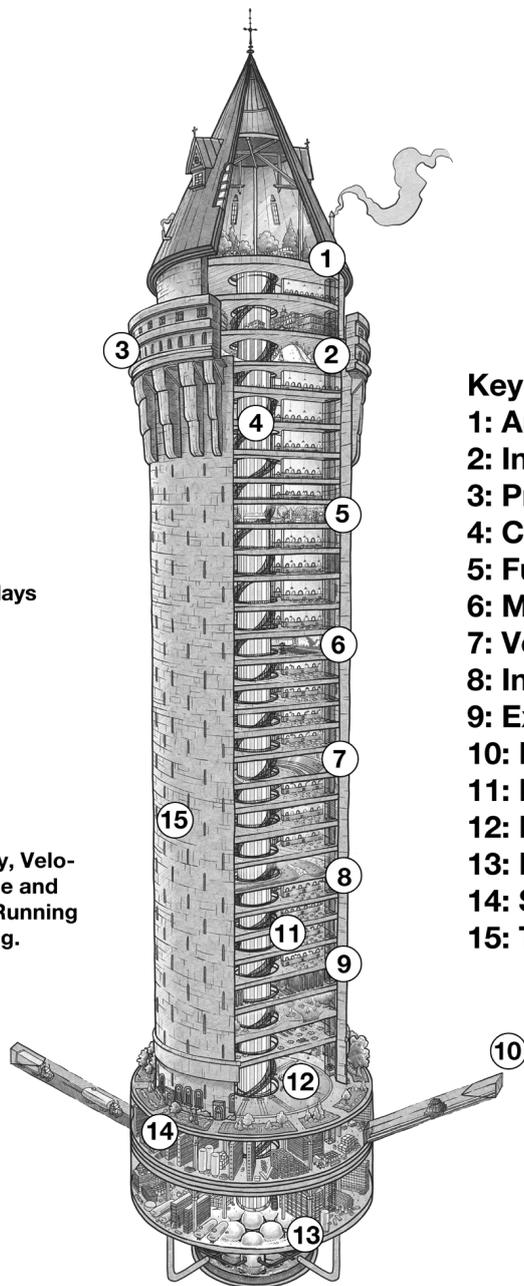
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Section 11: Dormitoria and other Hibernating locales

1: The Dormitorium

The Dormitorium (Plural Dormitoria) as we know it has changed only in size, thermal efficiency and method of heating since Constantine approved the first 'Social Sleeping Tower' in 310 BCE. The cutaway below is of a modern Mk27b 'tallboy' design, standard in more than 87 nations.

Height: 480'
Width: 120'
Floors: 38
Sleeps: 8000
Staff: (Summer) 322
Staff: (Winter) 2
Heating: Nuclear pile convection plus heat exchangers for hot water.
Years until fuel replacement: 30 years
Shielded: Yes
Material of tower: Perpetulite
Design Glacier Height: 70'
Cost: £780M
Projected life: 500 years
Numbers built: 13,987
Food storage: 42,000 person-days of Spring pantry
Parking: 300 cars
Residential Split:
First Class: 2000
2nd Class: 1000
Dormitory: 5000
Ventilation: Convection, plus emergency forced
Facilities: Cinema, Lido, Library, Velodrome, Funfair, D&D room, Hide and Seek (International Standard) Running track, restaurants, indoor skiing.
Business: Two floors allocated



- Key:
- 1: Arboreal roof garden
 - 2: Indoor skiing
 - 3: Promenade
 - 4: Central 'heatwell'
 - 5: Funfair
 - 6: Multiplex cinema
 - 7: Velodrome
 - 8: Indoor Lido
 - 9: Extensive library
 - 10: Basement entrance
 - 11: Living quarters
 - 12: Lobby
 - 13: Nuclear Heating Plant
 - 14: Stores and parking
 - 15: Thermal cladding

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Section 12: Dreams

12.0.1 Definitions:

What are dreams?

For those who have never dreamed, they are the illusion of events created in the sleeping mind. They are often surreal, may reflect current events, and are not controllable.

For more info go to 12.1.1

Do dreams mean anything?

The accepted view of dreams is that they mean absolutely nothing, and are simply the unconscious mind attempting to create a narrative from jumbled thoughts and emotions.

For more info go to 12.1.2

Who dreams these days?

Anyone who is *not* on **Morphenox**. Due to the difficulty in producing the drug, usage has to be rationed, generally along the dividing line of Greater Social Usefulness.

Note: For clarity, it must be pointed out that 'Morphenox' is manufactured by HiberTech, a sponsor of this handbook. For more info go to 12.2.3 or 'Morphenox and You' by HiberTech, publication No. 4198K

What if I have a dream and I am on Morphenox?

You should see the duty MediTech as soon as possible.

For more info go to 2.6.43

What does Morphenox do?

In 1967, HiberTech scientists discovered that the dreaming process uses a considerable amount of energy. By quashing dreams, a sleeper can enter Hibernation lighter than normal and survive until the Spring with pounds to spare. It is estimated that the usage of the drug has saved about five millions lives worldwide.

For more info go to 12.1.4

Are there any drawbacks to Morphenox?

Very Few. A moderate increase in Hibernational Narcosis on waking has been noted, along with a 1 in 2000 chance that a Morphenox user will emerge from their sleep as a Nightwalker. Since these represent the SleepPop that would have died anyway, the matter is of little consequence to the individual.

For more info go to 12.1.5

What is a Nightwalker?

A Nightwalker is the term given to someone who has suffered a neural collapse during hibernation, is brain dead, but retains basic motor functions. They can wander around due to a vestigial sense of survival, and are not fussy what they eat. Some may retain more complex skills that they have retained from a previous life, but this should not make you feel that they are in any way human. They can turn cannibalistic in the absence of other protein, but are neither fast, nor smart. Feeding leads to instant pacification.

For full details about Nightwalker management and procedures, Section 5.3.1

7.5.2 Sector Winter Manifests

A manifest has to be undertaken every week during the winter so an up to date record of who is present on sector for food and policing reasons. The facsimile list below is typical and reflects the inhabitants of Sector 12 during the end of week two of the 2003 winter.

Subject: Sector Twelve Overwinterer Manifest
Date: Winter 2005
Compiled by: L Strowger
Approved by: Sector WinCon Chief A.D.Toccata

HIBERNATING

Asleep across 60 Dormitoria (See appendix a)	14,236
Sleeping 'Au Naturelle' (See appendix b)	128
Sleeping in private Dormitories (See appendix c)	2,232
Less reported dead in sleep	-4
Nightwalkers	2

AWAKE

WINTER CONSUL DEPT

1: Sector Chief Winter Consul Toccata	
2: Deputy Sector Chief Melanie Jones 'Jonesy'	
3: Winter Consul George Landau 'Fodder'	
4: Laura Strowger (Clerical Supernumary)	
5: Deputy Consul Jim Treacle (Also Bondsmen)	
6: Winter Consul Danny Pockets	
6a Deputy Consul Charlie Worthing (Late arrival)	7

HIBERTECH

1X Notable Charlotte Goodnight	
1 X HiberTech Security Head Aurora	
1 X HiberTech Security Deputy Head Hooke	
12 X Other HiberTech Security Staff	
120X Assorted HiberTech staff	
18 redeployed Nightwalkers (only counted for Pantry purposes)	143 (own food)

OTHER

Porters	62
Night Shaman (AKA Shamanic Bob)	1
Insomniacs (Permitted)	5
Insomniacs (Claiming Winter Asylum)	49
Footman	1
Hydro Power Workers	2
Catering	2

WASTAGE

Nuclear Engineer	-1
Railway Infrastructure Support	-2

TOTAL AWAKE	274
TOTAL ASLEEP	16,596
WASTAGE THIS WEEK	7
WASTAGE OVERALL THIS WINTER	26