



Barony of Ramshaven Herald

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Welcome to the Ramshaven Herald!

Greetings and Hello from your Local Office of the Chronicler and welcome to the new look of the Herald. I hope you will all provide content so that our quarterly newsletter can expand into a regular and exciting publication. I would like to thank everyone that has helped so far with their input and submissions. If you have any questions, comments, submissions or ideas, then feel free to email them to me. A special thanks to Odette de Saint Remy for a wonderful recipe that I know I can't wait to try!

Ceolwyn æt Fealhdun, Chronicler

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Greetings from their Excellencies

Unto the Populace of Ramshaven do Their Excellencies, Kolbjorn gothi and Brehyres Wencenedl send Greetings:

The language of learning and letters during the middle ages was Latin, no matter where you were from and what language you spoke at home. And it is in Latin that this phrase was first recorded:

nanos gigantium humeris insidentes – dwarfs standing on the shoulders of giants

We in the 21st first century probably know it best from the letter Isaac Newton wrote to Robert Houke in 1676 where he wrote, "If I have seen a little further it is by standing on the shoulders of Giants." However, Newton was at that point referencing an already well known quote. In 1159 John of Salisbury wrote, "Bernard of Chartres used to say that we are like dwarfs on the shoulders of giants, so that we can see more than they, and things at a greater distance, not by virtue of any sharpness of sight on our part, or any physical distinction, but because we are carried high and raised up by their giant size."

We would draw you attention to these words during these short, cold days of winter because they stand as a model for us. In studying and seeking to emulate what is best and brightest from the middle ages – and also learn from the mistakes they made – we, too, stand on the shoulders of giants. However, we should not take this vantage point for granted. Do something with it. Teach someone else a skill. Craft something to beautify your kit and by extension the whole barony. Plan to take part in Forward into the Past in March and Fruits of our Labours in May.

Your Baron and Baroness look forward to seeing the results of such endeavours.

From our Seneschal

Winter is upon us, despite what the weather the past few days has been suggesting, with the mild temperatures and melting snows. It's a good time to reflect on the achievements and strengths of Ramshaven as a whole. We have held some very successful Kingdom events.

Fall Coronation was held in Tavistock. The weather goddesses blessed us with glorious sunshine and the weather could not have been more perfect for an event which had a lot of outdoor space. The atmosphere was great and even better is that lots of people showed up and had a good time. Having a well organized event, in perfect weather, so close to home was lovely. I know I had a great time!

Kingdom A&S was hosted by Bryniau in New Hamburg. This turned out to be a great event, with its Fall Fair theme. The space was huge, allowing fighting to happen while not interfering with the Arts and Sciences displays at the other end of the arena. The lunch stalls with a variety of different foods were well received. The tea table with its wonderful teas and warm drinks was a brilliant touch for a cool day.

On the more serious side, members of Der Welfengau banded together to make sure that there was enough executive committee to keep the canton viable for the present and are working diligently on rebuilding the group. This is a worthy cause and their tireless efforts are to be applauded. Theirs is a job well done and very much appreciated.

Looking to the future, we have several events upcoming in Ramshaven. Fool 3, tentatively known by the name "It's All Fun and Games" will be on the May 21-24, in Ayr. We will be introducing archery, rapier and armoured combat activities to round out the Arts and Sciences class roster, and are looking for a variety of classes to be taught. Being a long weekend, help will be required for shifts at gate, site upkeep, teaching classes and of course participating.

In the fall, we are hosting the Crown Tourney. This event will need a variety of help for gate, set up and site cleanup. Please seriously consider supporting these events by attending, bringing a friend and volunteering to help out. As the saying goes, many hands make light work.

Thank you all for helping make Ramshaven a wonderful barony in which to live.

Odette de Saint Remy
Seneschal of Ramshaven

From the Baronial Herald:

Greetings!

When I stepped up as Baroness there was no one available to take on the position of Baronial Herald. I have continued to fill the administrative duties of this post (i.e. filing reports), although obviously, I cannot be my own herald in court. I have tapped several of you to be my voice on those occasions. However, this state of affairs is not meant to be permanent and I have been gently reminded by Trillium, Principle Herald of Ealdormere, that it is high time I find a replacement.

If you are interested in a way to serve your barony and think heraldry might be for you, please contact me directly (my contact info is at the end of this newsletter). As Baronial Herald you would be responsible for:

1. Filing quarterly reports on the state of heraldic matters in the barony with Trillium (currently Mistress Nicolaa de Bracton).
2. Keeping the Order of Precedence (a listing of awards received by members of

- the Barony) up-to-date.
3. Either serving as our Court Herald, or finding someone to do so at events where His Excellency & I hold court.
 4. Filing a report of business conducted in our courts, following those events.

You would have two heralds reporting to you, the Canton Pursuivants of Bryniau and Welfengau. In addition, one of the perks of the job is that you would be one of only three people (myself and the Baron being the other two) who actually gets to wear the Baronial coat-of-arms. Don't let a lack of knowledge about heraldry hold you back, I'm more than willing to train you in what you need to know.

Thank you,

Wencenedl - Baroness and (hopefully) out-going Baronial Herald

Of Medieval Mushroom Pasties

By Odette de Saint Remy

When medieval food is mentioned, people often bring up clichés like medieval food was heavily spiced to mask the spoiled meat. Medieval food was spiced differently than we commonly use today, but the use of spices was a conspicuous show of wealth, rather than to hide off flavours. Spices like cinnamon, cloves and ginger were often considered savoury spices rather than the sweet additions in modern cooking.

Another consideration of medieval food is that the term covers hundreds of years and many cultures, plus the view of food changed through the middle ages. Early food may have been more interesting than we expect, with evidence of fish stuffed with herbs, fruit stewed in wine and oyster pies, along with the roasted meats and pottages that we expect. As the middle ages progressed, food became more complex, as there were meat days, fish days and lent to consider. Food was intertwined with the medical view of the days requiring balance of the humours to keep the body healthy as well. Reading and reproducing a medieval recipe is often like having a set of directions with only the minimum of details. Recipes were intended for people who already knew how to cook, understood amounts needed and common cooking methods of the times. Of course we must also translate from the original language and even if the recipe is in a language we understand, we may still need to create terms for techniques, names of foods and amounts.

An excellent example of this is the Ménagier de Paris. This book was written in the 14th century, by a fairly wealthy, older gentleman from Paris, for his very young and inexperienced wife. It included everything she would need to run his household, such as a variety of recipes. In the recent edition of the 1928 translation, The Goodman of Paris, A Treatise on Moral and Domestic Economy by a Citizen of Paris, C1393, under the heading of pasties is included the following recipe:

Mushrooms of one night be the best and they be little and red within and closed at the top; and they must be peeled and then washed in hot water and parboiled and if you wish to put them in a pasty add oil, cheese and spice powder. Put them between two dishes on the coals and then add a little salt, cheese and spice powder. They be found at the end of May and June.

Having experimented with this recipe, I've found that parboiling is preferable to sautéing the mushrooms and the addition of spices makes a difference. When made with English herb thyme, the pie becomes sweeter and much less robust than made with ginger and pepper. You can vary the cheese can according to your preferences. While the original recipe suggests small pies, it works extremely well in a 9 or 10 inch pie shell.

Here is my recipe for Mushroom Pie:

Mushroom Pie

- makes 1 9 1/2 in - 10 inch pie
- 1 single pie crust
- 700 grams mushrooms (about 1 1/2 lbs)
- White mushrooms or a mixture of your favourite varieties.
- 1 tbsp oil
- 1 cup grated cheese
- 1/2 tsp salt
- 1/2 tsp ginger
- pepper to taste
- 2 tbsp plain bread crumbs

Parboil the mushrooms. Drain well. Mix in the oil, cheese, spices and bread crumbs. Pour mixture into the pie shell. Bake at 350° F for about 40 minutes or until crust is done.

Notes –

* You can sauté the mushrooms but I found they release more liquid requiring more breadcrumbs than when I boiled them. It only takes a minute or so in boiling water and far longer to sauté.

* I used Old Cheddar cheese but I imagine that many other cheeses would work. I'm thinking brie would be awesome! With a soft cheese like brie, I would just chop it into little pieces and mix it in with the mushrooms.

The recipe is based on one from Le Ménagier de Paris.

Eileen Power, translator, The Goodman of Paris, A treatise on Moral and Domestic Economy by a citizen of Paris, c 1393. The Boydell Press, Woodbridge, Suffolk, UK. 2006.

Boke of Gode Cookery, <http://www.godecookery.com>

Baronial Regalia

Good People of Ramshaven:

Some of the baronial regalia is in need of an update. We have a new court banner (Thanks Brigid!), a relatively new banner stand (Thanks Draco!), and new high seats are in the works. However a few other things folks could pitch in on include:

1. **Silk Banner** - the lovely silk banner that was presented to us (with matching ones presenting to the other baronies and great households) a few years ago was unfortunately damaged at that same Pennsic. There is nothing quite like a silk pennant snapping in the breeze, so if anyone has the skill and know-how to make one of these, it would be appreciated.
2. **Tablecloth** - We have two tablecloths at the moment: both are stained and one has the heraldry of both Trinovantia Nova (no longer our canton for a great many years) and the defunct canton of Afon Afar (Stratford). A "Perugia towel" style tablecloth, white with woven bands at the ends, would be the most period style, perhaps with the bands woven in red with some kind of ram motif (Historic Enterprises sells them with blue bands and a lion motif). However, anything not fraying or stained would be nice. Let your creativity run wild!
3. **Cushions for the new High Seats** - Contact Baroness Wencenedl for measurements.
4. **Cloaks of State** - The current cloaks are wonderfully warm ... but heavy and not particularly pretty for court. Perhaps someone might consider taking on the project of crafting new cloaks for the Baron & Baroness (to be passed on to the next Baron & Baroness, and so on) which would be more suitable for indoor use and dressy events like Coronations.

5. **Viewing Gallery** - We have a wonderful and large baronial sunshade for use by the populace at outdoor events. However, sometimes what we need is something smaller. There are plans on this website that would be suitable, either in natural canvas, with the baronial heraldry painted on, or in red fabric, or some combination of red, white and green (the baronial colours) <http://www.mastercharlesoakley.com/shade.html>. There may be need to fiddle with the design to make it break down to a size that could fit in a car for those who don't have minivans (8' poles are a little difficult to manage).

Baronial Regnum

The Baronial Regnum can also be located at the [Baronial website](#).

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In Our Barony....

Saturday, March 27th, 2010: "Forward into the Past"

Hosted by the Canton of Bryniau Tywynnog (Kitchener, ON) <http://www.fitp.ca>

Friday, May 21st to Monday - May 24th 2010: FOOL at the End of the World

Hosted by the Barony of Ramshaven

Saturday, October 23rd, Crown Tourney

Hosted by the Canton of Bryniau Tywynnog

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