



The Cataract



The newsletter of the Barony of Rising Waters, the SCA chapter for the Niagara Region

May/June 2015, A.S. L(50)

<http://baronyofrisingwaters.org/>

Baronial meetings are open to anyone, not just officers. The officers would love to have more input from the populace! Meetings are at 39 George Street, St. Catharines. Mini-events in June & August are at Finally Oaks, 1468 Krick Road, Smithville. Come in garb, bring fighting equipment and snacks to share. Finallyoaks.ca

May

1: Happy SCA New Year! A.S. L (50)

1, 8, 15, 22, 29: Fight practice, Harriet Tubman Public School, 84 Henry Street, St. Catharines, 6:30-9:30

2: Septentria Baronial Investiture, Lindsay Rugby Club 67 Vince Jones Rd., Lindsey

9: A&S Day & Potluck at Lady Yllaria's, 122 Dufferin E, St. Catharines. Felting re-visited. 10:00-5:00

12: Coffee & Chat Night at the Fine Grind in St. Catharines, 37 James Street, St. Catharines 7:00 - 9:00pm.

15 - 18: Fruits Of Our Labours, Canton of Bryniau Tywynnog (Ayr, ON)

21: Scribal Night at THL Sciath's, 39 George St, St. Catharines, 7:00-9:00

23: Spring Crown Tourney, New Hope Church 2360 First St. Louth St. Catharines, (Barony of Rising Waters)

31: Baronial Meeting, 39 George St, St. Catharines, 2:00 - 5:00pm.

June

6: Pikeman's Pleasure XXV, Canton of Petrea Thule, (Little Britain)

11 - 14: Murder Mêlée XXXII, Ben Dunfirth, Binbrook Conservation Area, 4110 Harrison Rd., Binbrook, ON

18: Scribal Night at THL Sciath's, 39 George St, St. Catharines, 7:00-9:00

26 - 28: Known World Heraldic Symposium, Eoforwic, Four Points by Sheraton Toronto Airport, 6257 Airport Road, Mississauga, Ontario

28: Mini Event & Baronial Meeting,, Finally Oaks, 1468 Krick Road, Smithville. 12:00 - 5:00pm.

July

Baronial Meteting, TBA

1-3: War of the Trillium, Canton of Ard Chreag. TBA.

24 - 31, Pennsic Wars 44, Cooper's Lake Campground, 205 Currie Road in Slippery Rock, PA

August

1- 9, Pennsic Wars 44, Cooper's Lake Campground, 205 Currie Road in Slippery Rock, PA

23: Mini Event & Baronial Meeting,, Finally Oaks, 1468 Krick Road, Smithville. 12:00 - 5:00pm.

September

3-7: Known World Metal & Glass Symposium, McGowan's Farm, 20001 T-198, Mankato MN USA 56001

4-7: Baron's Howe,(Ubershire of Brennestein Vatn),TBA

12: Lady Mary Tournament, (Barony of Rising Waters) Finally Oaks, 1468 Krick Road, Smithville



King Steinnar and Queen Liðr

Report from the Coronation of Ealdormere in Spring *by Sciath ingen Chaennag*

The coronation of Prince Steinnar and Princess Liðr will be an event to remember for some time. The dawning of Their Majesties' court was set with the dim light of dawn. A fire was burning in the room, as we witnessed the coming storm of Prince Steinnar and Princess Liðr. The Oracle read the bones for King Trumbrand the Third and Queen Kaylah, Third of her Name. The message was that Winter might finally depart, and Ealdormere would once again welcome the warmth of Spring, if their Highnesses were crowned. However, war was also on the horizon. With this prophesy, Their Highnesses were asked into court. With their own hands, King Trumbrand and Queen Kaylah crowned their successors.

Long Live King Steinnar and Queen Liðr, the first of their names! Emissaries from distant lands came to greet Their Majesties, and give them best wishes from afar. The day was celebrated on the fields of valour - contests in armour (Duke Tormot Quilliam) and rapier combat (winner - Lord Jobjorn Lethrablaka), and on the range - contests with axe, knife (winner: TH Lord Daniel of Whitby) and arrow (winner: TH Lord Graeme de Liste de Cherbourg). Champions of these contests were presented to Their Majesties, and they will defend the realm.

All Hail, King Steinnar and Queen Liðr, upon the Lupine Thrones of Ealdormere

Photo credit: Kyle Andrews

Officer Reports:**BARON & BARONESS**

Dmitri and Gema, Baron and Baroness send you all warmest greetings.

Recently we were able to attend two great events, Winter War and Ice Dragon. Both were fantastic events filled with much heavy fighting, A&S and unforgettable sights. We would like to welcome our cousin Baroness Eibhlin of Ben Dunfirth, she looked splendid in black and gold. We were fortunate to witness the Knighting of Sir Tiberius at Winter War.

Upcoming is the Coronation of Steinnar and Lyda, we hope that many of the Barony will be able to join us in welcoming our new King and Queen. A week later please join us in welcoming our new cousins from Septentria, Dafydd and Mahild. Baroness Gema plans to attend FOOLs with Hror-ikr, teaching resist dye classes. It is Baron Dmitri's hope to accompany Baron Richard Larmer to have a presence of our Barony at Aethelmearc War Practice.

May 23th we host Spring Crown Tourney, it is our hope to see you all out cheering on the combatants as they compete to become Prince and Princess of Ealdormere. We will be holding court at this event, and hope that you please send in your award recommendations as soon as possible so we can honour our Baronial members properly.

Our pride grows as our people gather to create wonderful gifts, learn to fight heavy weapons and compete in A&S. We stand for you, singing of your great work for all of Ealdormere to hear. Thank you.

In Service to the Barony

Dmitri and Gema, Baron and Baroness of Rising Waters.

SENE SCHAL

Greetings good gentles!

I should like to begin with a caveat that the Society no longer authorises ACCEPS for electronic payment registration of Society events. More news to follow.

Our recent meeting on April 19th was both productive and enjoyable; meetings are presently being held at our home, 39 George St., in St. Catharines. As mentioned before, I would encourage everyone to come out to the Baronial meetings; they are an excellent way to learn what happens in the Barony, and are not just for officers

There is an updated calendar of events, activities and A&S days in this issue of the Cataract, as well as on the website. If you have any questions, please don't hesitate to contact myself or for that matter any of the Baronial Officers.

Ieuan ap Gwilym

Seneschal of Rising Waters

CHATELAINE

Greetings Good Gentles All,

As the warm weather approaches we have much more flexibility regarding Chat/Social meeting places. Would

anyone like a social meeting in a park or another location? If you have a suggestion, please let me know. I can be reached at chatelaine.risingwaters@gmail.com.

As far as demo's are concerned we have had no requests, so if your group wants one, go to the Baronial webpage (baronyofrisingwaters.org) and request a demo, we look forward to hearing from you.

Your Friendly Chatelaine,

Annabelle Makmyllane

HERALD

Hael and Well-Met!

It has been fantastic to feel the warm sun, now that it has returned to us. The plans for the 2015 Known World Heralds and Scribes Symposium is developing nicely, and the website is now open for registrations: June 26th to 28th

Location: Four Points by Sheraton Toronto Airport
6257 Airport Road, Mississauga, Ontario L4V 1E4 Canada

Site Fee: \$55 pre-reg \$5 Non-member Surcharge

Site fees will include lunch on Saturday mid day as well as a CD of the proceedings, and a full Marion of Heatherdale concert on Saturday night. Participants wishing to attend the concert only, need pay only a \$10 fee.

You can check for updates to the KWHS Symposium here, <http://eoforwic.ca/kwhss2015/>

If you wish to join in the fundraiser auction for the Symposium, you can check out the in-progress auction here: <https://kwhsauction.wordpress.com/auction-items/>

In other news, a special April letter from Laurel announcing the authorization of the Order of Defense as the fourth order of peerage in the Society for Creative Anachronism. The regalia for the Order is (Fieldless) A white livery collar, bearing the badge of the Order of Defense

When you feel inspired to put pen to paper and put together a submission for name or device, feel free to contact me, or Jowan nyn Ranell, our Deputy Herald. You can reach me via email at herald.risingwaters@gmail.com, and we'll get to work.

Your Humble Herald,

ban teirna Sciath ingen Chaennaig

SIGNET

Greetings to the Wonderful People of Rising Waters from your Baronial Signet.

We are nearing the end of the time available to complete our contribution for the kingdom gift of scrolls to the Kingdom of Avocal. I have received eight scroll blanks so far, and would like to have an additional. We decided to make a contribution, and I would ask any in our Barony interested in joining us in this effort to contact me.

The dates for our Scribal Nights are tentatively set as:

May 21 & June 18.

We will take a short break over the summer months so that we may all enjoy the opportunities that the Known World

Heraldic and Scribal Symposium and Pennsic War.

I am seeking a deputy for the scribal office. The deputy has the opportunity to gain an insight on the role and responsibilities of the signet. This is a position that works closely in collaboration with many Baronial Officers, including their Excellencies.

And finally, if you are interested in learning Calligraphy and/or Illumination, or if you're interested in making scrolls please let me know. If you want to get in touch with me, send me an email at signet.risingwaters@gmail.com or call me to be added to my list of contacts.

In service to the Barony,
ban teirna Sciath ingen Chaennaig

MARSHALLATE

Greetings good people of Rising Waters.

Weather is nice out. Soon we hopefully will be outdoors once things dry up.

I have the repair shop for a month or so more. Should you need something built or repaired, time is nye.

We have had some loaner gear donated and some stuff has been built and restored.

So feel free and recruit unsuspecting civilians to come out and play with us.

This ends the Baronial Marshal rant for this month.

Yours in Service ,
Lord Hidetoro

ARTS & SCIENCES

Greetings to all.

Things have been very busy since my last letter. A&S classes have been going on apace with much success - the perogies class was a smash success (as always), thanks to Yllaria for hosting it again. This month has also seen the creation of the

Heraldry Submission Status Report

Accepted (February LOAR)

Hrorikr zem Himel. Name
In Development

Hrorikr zem Himel. Device. Argent, in pale two spears in saltire gules and a cauldron purpure. Resubmission for administrative reasons

Susanna Thomsoune: Device (resubmission)

In Commentary (March iLoI)

Richard Larmer: Augmentation of Arms - Gules, a boar's head couped Or and on a chief ermine, three gouttes de larmes, and for augmentation, on an escutcheon sable a goblet Or, suspended from a chain sable



Berendina Greensleeves: name
Þóra Hallbjörnsdóttir: name

Rising Waters Arts and Sciences Facebook Page to promote A&S discussion and posting of ongoing projects. It has been a bit of a rough start, largely due to my utter inexperience with Facebook but I still have high hopes for its potential.

We have had a bit of a lullaby in the class schedule but there are a few class ideas in development. I will be hopefully posting new classes soon.

Kingdom A&S was very fun and the range and quality of entries was incredible. I look forward to hearing about everyone's ongoing or new projects and look forward to the next QPT and Kingdom A&S.

Yours in service,
Valdr

CHRONICLER

Greetings one and all:

In addition to putting this newsletter together I have taken on the duties of Baronial Editor for the Kingdom blogg the Gazzette. If you have anything that you would like to submit for the Gazzette you can send them to me and I will take it from there.

YIS, Rohais

WEB MINISTER

Glorious Greetings one and all,

If you have any information you want updated or changed on the website, please let me know at webminister.risingwaters@gmail.com I cannot change anything unless I have been made aware that a change needs to be made. Please help keep the website the best it can be. Thank you.

Your Friendly Webminister,
Annabelle Makmyllane

Desiree Gabriel de Laval: device – Per pale wavy Or and purpure, two crosses crosslet fitchey conterchanged.



Grimr Gandalfson: name
Hidetoro Shigamitsu: name

Rohais de Guildeford. Device - Azure, a rose and on a chief urdy Or three compass roses azure



Yvette de Sancier: name

In Commentary (January LOI)

Da'ud al-Basir: Device - Per pall inverted sable, argent and gules, two crosses of Jerusalem counterchanged and a falcon striking argent



The Travels of Gilroy**Gilroy's Winter War Adventure**

March, 7, 2015 By Hrorikr zem Hime

*Jowan nyn Ranell sits with Gilroy at Winter War*

This March Gilroy got to enjoy the hospitality of the Shire of Trinovantia Nova at Winter War. This was his first event. He got to enjoy watching the fighting, both fencing and heavy weapon fighting. He was able to meet some very important people including the Princess. Now for Gilroy's thoughts of the event.

The first thing that Gilroy would like to talk about is the heavy weapon fighting. This is a translation of what he is saying "The fighters look well, most of them look all shiny and ready for the battles that they were about to partake in. As the fighting went on the fighters showed great honor and even some discipline to the arts of sword play, or what other weapons they used for it." He thinks that it is an interesting activity. details that he left out because he well was doing duck like thing was the winners of the tenement Duke Quilliam, there were more but do to memory Gilroy cannot remember the other I hope they will forgive Gilroy. That is Gilroy experience of the heavy weapon fighting.

The second is the fencing which he got to see more than me so I will tell you about it to the best of my abilities or his he might know more than me. This is a translation of what he is saying as I stated before "The fencers looked different the fighters but all done they showed that they still were a great spectacle to watch the skill they had along with grace made it fun to watch. The winners of the tourney

I cannot say that this moment but they showed great skill and fortitude on the battle field that day." He most defiantly enjoy watching the different peoples fighting stiles and hope to see them more and more.

The third and last thing that he would like to talk about is the fun and important people that he got to meet. There are a lot of people that he met and even helped him that day that are good and great people. So he would like to thank them all. "The first people that I got meet are the Baron and Baroness of Ramshaven they had a lot of rams and sheep for little people to have fun. The second very fun person that I meet is the Princess of the realm Lyda . There are more people that I got meet and there were all great, except the one that tried to eat me that was not fun not at all. Thank you all'.

That was Gilroy's great and fun adventure at winter war. Thank you Trinovantia Nova for that fun event and I hope that Gilroy can get out to more fun events.

Thank you for reading.

*This little guy gets around here is his selfie from Ice Dragon*

Photography for this article by Gema Krasil'niKova

Disclaimer and Information

This is The Cataract, published by and for the members of the Barony of Rising Waters of the Society for Creative Anachronism, Inc. The Cataract is not a publication of the SCA Inc., nor does it delineate SCA policies.

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Call for submissions:

This publication is only as interesting as its content. Please consider making a contribution in the form of photographs, articles, art work, event reports, medieval recipes, items of historical interest etc.

If you have an idea that you would like to share, please contact: Rohais de Guildeford
chronicler.risingwaters@gmail.com

Medieval Cook's Corner:**Almond Milk** by Caleb Reynolds

Milk was an important ingredient in medieval cookery. The problem with animal milk (milk from cows, goats and sheep) was that it had a very limited shelf life. Also, the taste and quality of milk changed with the seasons and with the feed of the animals. Add to that the fact that animal milk was prohibited on fast and lean days. To get around these issues, medieval cooks turned to other sources for milk. Almonds, as well as hazelnuts and walnuts, can be turned into a milk-like substance.

Like animal milk, almond milk can be churned into butter, can thicken sauces and carry fat soluble flavors. Since it contains no animal products, almond milk could be enjoyed on fast and lean days and during Lent. Almond milk also had a more consistent flavor than animal milk and does not spoil easily. It could be made as needed and any excess could be stored for several weeks. While it was an ingredient in many dishes, almond milk was also consumed just like animal milk; by the glass. It was recommended, by physicians, as "blessed with qualities that were very close to the healthy human temperament"[1] and was prescribed for those who were sick or had digestive problems.

Sources:

From Du fait de cuisine:

28. And again, flans of almond milk: according to the quantity of flans which you are making take the quantity of almonds, have them well and cleanly blanched and washed and then have them very well brayed; and take very clean fair water and let him strain his almond milk into a bowl or a cornue which is fair and clean according to the quantity of flans which he should make....

From Le Viandier de Taillevent,

Take peeled almonds, crush very well in a mortar, steep in water boiled and cooled to lukewarm, strain through cheesecloth, and boil your almond milk on a few coals for an instant or two.

The redaction from A Boke of Gode Cokkery

1 cup ground almonds

2 cups boiling water

Combine almonds and water. Steep for 5 minutes, stirring occasionally. Sieve the mixture to remove coarse grains OR (preferably) blend mixture in electric blender until grains are absorbed. Yield - 2 cups almond milk.

The redaction from Medieval Cookery

2 cups blanched almonds

3 cups hot water

Grind almonds until fine, almost like flour. Pour hot water into almonds, mixing well. Allow to soak for 10 to 15 minutes, stirring occasionally. Pour through a fine strainer into a bowl, discarding solids (they can be used again with more water, but the resulting almond milk will be thinner and won't work as well in recipes).

My method is as follows:

1 cup whole, blanched almonds

2 cups boiling water

Grind the almonds by hand, using a mortar and pestle: grind until you end up with a gritty paste. This will take a while, but the finer the paste is, the better the end result will be. Once you have achieved paste, set two cups of water to the heat and bring it to a rolling boil.

Once you have a rolling boil, add the almond paste and take the water off of the heat. Let the mixture steep for ten minutes, stirring every few minutes. After ten minutes, Strain the mixture through cheesecloth, make sure to squeeze all of the liquid from the cloth. Be careful, the liquid will hot. Cover the almond milk and let it cool on the counter. Once cool, feel free to drink the milk or use it for cooking. In a sealed container, your almond milk will last about a week on the counter, or up to three weeks in the 'fridge.

Observations:

By following this method you will end up with something with the taste and consistency of almond-flavored skim milk, and while it can thicken a sauce like milk or cream, it doesn't do it as well or as quickly. Also, the almond flavor doesn't cook out. Also, almonds have no sugar, so almond milk isn't sweet like cow or goat milk[2]. Modern, mass-produced almond milk is not the same thing as our period product: they are vitamin fortified, with extra fat, sugar and emulsifiers added to give them the flavor, and mouth-feel, of cow milk.

A purely modern method would be to put a cup of blanched almonds in a bar blender with two cups of hot water and blend until smooth. The bar blender will whip air into the mixture and pulverize the almonds, releasing more of the drupe's[3] natural emulsifiers, thickening the liquid. Like modern almond milk, the bar-blender method would give you almond milk closer in mouth feel to cow milk than what you would attain with hand grinding the almonds.

You can use the same method to make milk from hazelnuts, walnuts and pecans, but I do not know of any documentation for pecan milk before the American revolution.

[1] Master Chiquart, Du Fait du Cuisine

[2] I've never had sheep milk before.

[3] Almonds are drupes, not nuts.

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May 23, 2015

Site Opens 9:00 am and Closes 11:00

Spring Crown Tournament

Hosted By the Barony of Rising Waters

Reservations Steward- Lady Rosalind Pax of Castle Rising (Cheryl Hobley) rozpax@ymail.com

Fees:

Site Fee \$15.00 adult \$5.00 per youth 5-16 under 5 is free Family Cap \$40.00

NMS \$5.00

Feast Fee \$15.00

Please make cheques payable to SCA-Barony of Rising Waters

Lunch available for purchase offered by Valdr

Event Stewards:

Richard Larmer (Andrew Lowry) alowry2002@yahoo.ca mobile 1-647-393-2031

Aibhilin fra Skye (Leslie Falzone) exchecquer.risingwaters@gmail.com

Feast Stewards:

Countess Ragni Dzintara of Amberhall (Ruta Muhlberger) rutamuhlberger@gmail.com

Directions:

From points West of St. Catharines,

Take your best route to the Queen Elizabeth Way (Ontario QEW) heading east to St. Catharines.

Take Exit 51("34 Seventh Street")

Turn Right to go South on "34 7th St. Louth" for 4.2 km

Follow * below

From points East of St. Catharines,

Take your best route to the Queen Elizabeth Way (Ontario QEW) heading west to St. Catharines.

Take Exit 49 ("406 Pt. Colborne, Third St., N. Service Rd"), Stay to the right for Third St.

Turn Left at Stop Sign to go South on Third St. for 4.3 km

*Turn Left onto St. Paul St, W. Regional Road 81

Turn Right onto First Street Louth

Drive ~ 700 m to the site on the left side (East) and before Rykert St.

Unloading and gate at West entrance, parking in North Parking lot

New Hope Church 2360 First Street Louth, St. Catharine's Ontario L2R 6P7

Kingdom Regnum

King Steinnar Aggarson (Nicolas Burke), 416-305-7601
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No calls before 9 a.m. or after 9 p.m. unless by prior arrangement.

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Combat Champion: To be Determined
Archer Champion: To be Determined
Thrown Weapons Champion: To be Determined
Rapier Champion: To be Determined
Youth Combat: To be Determined
A&S Champion: To be Determined

No calls before 9 a.m. or after 9 p.m. unless by previous arrangement.

Baronial arms & achievement by Reynard de Foch. Free clip art by becuo.com