

THE CITADEL

OCTOBER A.S. LIX

THE LONG HOT SUMMER



OF CYNNABAR

[Pictured: Michigan Celtic Festival, July 2024: The feats of arms at this annual Cynnabar Demo put a smile on our faces. Photo: Godhit of Cynnabar.]

This is the October 2024 issue of The CITADEL, a publication of the Barony of Cynnabar of the Society for Creative Anachronism, Inc. (SCA, Inc.). The CITADEL is available from Godhit of Cynnabar (Cynnabar.Chronicler@midrealm.org). It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2024 Society for Creative Anachronism, Inc. For information on reprinting photographs, articles, or artwork from this publication, please contact the Chronicler, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

IN THIS OCTOBER 2024 ISSUE:

- Words of Their Excellencies
- Cynnabar weekly schedule
- Chronicler's Editorial
- The CITADEL Index 2005-2015
- Michigan Celtic Festival: Cynnabar's Favorite Annual "Demo"
- The First Baronial "Missives"
- Recipe of the Issue: Mint Cake
- Officers of the Barony

HEAR NOW THE WORDS OF THEIR EXCELLENCIES CYNNABAR, BJARKI AND VALKA

Greetings to the Barony!

The weather is beginning to cool as we return back to the Tower after War. It was hot, as always, with a few notable storms bringing much rain and even hail. We are reminded of our fortunes in a camp site as we emerged unscathed, while other camps were completely flooded.

The Cynnabar camp was light on attendance this year, but the company was good and hearts were buoyant despite the weather. We are proud of the many contributions Our Barony made to the War.

Sir Jasen participated in the Belted Champion's battle on Sunday. Forester Dillon represented the Barony as our archery champion in the Knowne World Baronial Archery Tournament. Sir Gregoire, Lorenza, and Morwen all had displays at the Knowne World Arts & Sciences Display. Sunday was also Ceara's Pelican/Protege Meetup, which was once again very well attended.

Monday saw the troops processing out to the battlefield escorted by the drums and music of Master Aaron Drummond, Mistress Jadwiga, Martin, and Cassandra. Mistress Giovanna and THL Ceara came to the field as signal corps for all the battles. We fielded 14 in armor: HE Bjarki and HE Valka, Sir Charles, Sir Straum, Sir Jasen, Sir Gerhart, Sir Martel, Sir Gregoire, Mihal, Wilhelm, Klaus, Tairdelbach, Jorun, and Sir Crispin. Before we left camp, Sir Straum read a letter from Duke Dag that accompanied a Cynnabar tabard for Sir Gerhart, and he was awarded a Defender of the Tower by HE Bjarki on the battlefield.

After battle on Tuesday, Sir Jasen was awarded a Dragon's Tooth in the battlefield court for valor and strength on the field against many foes.

Cynnabar's Knowne World Baronial Armored Champions Tournament went well with much support and help from many: Wilhelm and Klaus worked on set up, Tairdelbach with tear down; Simone helped prep refreshments, and Dame Hannah made quiches and muffins for the assembled Baronages, served by Ceara and Appolonia. Sir Jasen was the Marshal in Charge and Herald, and Sir Gregoire made Us proud as the Baronial Champion. He represented our Barony well both in his bouts and his heartfelt responses. The winner by acclaim of the other Champions was Sir Timbrien. Thank you to all that helped make the Tournament happen!

On Wednesday evening, as is tradition, Cynnabar gathered for a feast, followed by court, heralded by Lord Johannes. We were happy to recognize the new fighters, and give them pottery made by Gilebert. We recognized the musicians for the courage their music provides processing with us to the battlefield. We also recognized Forester Dillon, as he has made many contributions to the Barony and stood as Our Archery Champion for War. We are fortunate to have his knowledge and abilities in our militia. Mihal received an Elephant's Heart, as we recognize the enthusiasm and

energy he brings to the fighter community. Sir Straum received an Elephant's Heart, as thanks for all his years of work running the Cynnabar camp. We also thought it fitting Tairdelbach receive an Elephant's Heart in recognition of his work with the Michigan Celtic Fest. Following court many people ventured out to see the wares at the Midnight Madness.

The presence of the Barony was known throughout the site. Ulfrun the Barefooted had her work shown at the Laurel Show and Tell, Cynnabar taught classes, played and danced for the Ball, fought with rapiers, and volunteered. On Thursday was the Midrealm Court, where Gilebert was put on vigil for Laurel.

As the war wound down, the troops completed one last procession to the field on Friday, accompanied once again by our musicians, despite drizzly rain. Lord Yaacov and Lady Caryn were there taking pictures. They captured many moments and memories for the Barony, and we are glad to have the images to look back on as we remember the valor and the fun had.

Once again many hands made relatively light work as we struck camp and prepared for the journey homeward. Whether it was the impromptu rain singing, the elephant cloud sailing across the moon, the camp combining efforts to right the cook tent and then standing soaking wet to see a double rainbow, Cynnabar's people has made the elephant's heart brim with thanks for the esteemed companions who stand by us in our quest to live the dream. Huzzah Cynnabar!

As the sun recedes and we hasten to complete our summer's work, we head now toward the coming home of the Vikings, for music to dispel the chill of fall at St. Cecilia, to close the Archery Range for the winter, and for the clash of swords and rapiers once again at the Grand Day of Tournaments.

In Service,
Valka and Bjarki

FURTHER WORDS OF THEIR EXCELLENCIES
[posted to Baronial email on September 16, 2024]

“Good morning, Cynnabar!

We had a great weekend at Vikings Come Home. The new site was lovely.

Congratulations to Throckmorton for receiving an Evergreen, Æsa for receiving a Purple Fret, and to Mihal for throwing the atlatl the furthest. Thank you to all the Cynnabar scribes who contributed their work!”

[posted to Baronial Email on September 23, 2024]

“Greetings to the Barony,

Thank you to everyone who contributed to St. Cecilia! We know there was a lot of coordination and planning that went into it, and it was worth it because that concert was stunning! The amount of skill and talent on that stage was simply amazing. We are so proud of how much of that skill and talent resides right here in Cynnabar. Well done everyone!!

Directly before the concert we had a court where Sir Mieczko was given an award of the Order of St. Barbara, and Ambrose was given an Elephant's Heart.”

CYNNABAR WEEKLY SCHEDULE

See the most current Calendar at

<https://www.cynnabar.org/>

Armored and Rapier Practice all Thursdays 7-9pm

Social Gathering held on first Thursdays 7-9pm

All Meetings and Practices:

Peoples Presbyterian Church

210 Smith Street

Milan, Michigan 48160

CHRONICLER'S EDITORIAL By Godhit of Cynnabar

The current SCA Chroniclers Policies (ie, Handbook) states, regarding the purpose of a “local newsletter”:

“A local newsletter ... exists to serve the needs of a local group or organization, to inform and educate that group of people about the SCA community in which they live, and to further the educational purposes of the SCA. It is crucial that the members of a local group communicate with one another, and a newsletter is an excellent method of communicating with the populace.” (Sec. III-A, p.17)

But with the explosion of “social media,” especially Facebook, the usefulness of a “newsletter” is open to argument.

- Practices are announced on Facebook and in email. Cancellations are announced nearly exclusively via Facebook.
- Kingdom events are most current via the “midrealm.org” website calendar (<https://midrealm.org/events-calendar/>).
- Events are promoted and discussed on Facebook primarily, especially those in adjacent branches or regions.
- Our most current event calendar is on our official website.
- Want help getting to and surviving Pennsic? Half a dozen groups on Facebook.
- Need to contact SCA Officers, local or Kingdom or Society? Facebook or a website.
- Want to learn how to carve a spoon? Put garb together? Brew mead? Facebook groups or YouTube.

As a barony we are required by the SCA, Inc., to publish a newsletter “no less frequently than” quarterly. One could very reasonably ask: With all this social media-facilitated communicating between members within and beyond the confines of the immediate branch, and “furthering the educational purposes of the SCA” mostly conducted via social media as well ... of what real use is a “newsletter”? Well, as a “news” letter, none. “News” goes on Facebook or X or Twitter faster than any “printable” medium like a born-digital .pdf. That’s just reality.

But as an archive of history – as a “chronicle” – the CITADEL still serves its purpose. May you find the following historiographical material enlightening. And have a slice of mint cake with a cup of tea as restorative!

CYNNABAR'S CELTIC CONNECTION – ANNUAL DEMO AT THE MICHIGAN CELTIC FESTIVAL

By Godhit of Cynnabar, Chronicler

Chances are that somewhere back in your pre-“SCA career” you came across Highland games, or heard bagpipes, or knew you were Irish or etc. Seasonally, in the US and Canada, you cannot help but take notice of Saint Patrick’s Day celebrations in March. Maybe you go all-in for Halloween, that is, the Celtic festival of Samhain, with a jack o’lantern or two ... In my own family-of-origin I grew up learning the Highland history of my last name (Calhoun, from Colquhoun) although later genetic testing has revealed some Hiberno-Norse ancestry as well.

So it’s perfectly understandable that a branch of the Society for Creative Anachronism might wish to participate in a Celtic festival for “demo” purposes. And since the inception of the Saline, now Michigan, Celtic Festival – established in 1996 as an observance of the 30th anniversary of the Saline, Michigan/Brecon, Wales Sister City partnership (<https://www.mi-celtic.org/about>) – indeed, the Barony of Cynnabar has done just that. In 2024, that’s 27 years, with Baron Tairdelbach ui Connail (Art Sinclair) being primary liaison for the last 21.

Baron Tairdelbach himself, when I asked to interview him about the story of Cynnabar at “Celt Fest,” quickly noted to me that it was Baron Daibhid “Ruadh” MacLachlan, aka David Hoornstra and legacy member of Cynnabar (the Shire and Barony), who made connections with “Celt Fest” in the long ago.

Baron Tairdelbach offered this memory of the initial muster of Cynnabar to Celt Fest:

“As for how we got there in the first place... If I recall we were practicing at West Park on Seventh St. when a member of the original festival board was walking past and saw us. He stopped and talked to Baron Daibhid saying he thought we'd be a great addition to the festival as entertainment. That first year (maybe the 2nd year as well, I don't recall) we would come out between rounds of the Highland Games and do demos. The festival was quite small then, just the games and almost nothing else.”



[Pictured above: a pipe band marches by ... followed by more pipe bands ... and then more pipe bands ... in July, 2011. Photo by Godhit of Cynnabar]

This original Saline Celtic Festival staged at Saline's Mill Pond Park, in the northwest corner of the city, on the second Saturday in July. Over the years it added aspects, from Gaelic Football to international "Celtic" sport competitions, but also had to make budget cuts and "downsize" (<https://annarborobserver.com/celtic-festival-downsizes/>) when income did not match expenses and expectations. Nevertheless, the event proved popular enough over the years to justify its continuation – despite red ink.

The COVID pandemic resulted in a Celt Fest hiatus for summers 2020 and 2021. The 2022 event, the 25th, was also the last at Mill Pond Park. With 2023 the festival moved from its original location to the Washtenaw County Farm Council Fairgrounds as the originally-organized festival officially concluded its relationship with Saline: "As agreed, in January of 2023, The Saline Celtic Festival and the City of Saline officially parted ways, the city appointed Executive Committee was dissolved and its members assumed positions on the Friend's Festival Advisory Committee. The Friends of the Festival took over as the official ruling body of the Saline Celtic Festival as a whole." (<https://www.mi-celtic.org/about>)

The Farm Council Fairgrounds offered an expanded and boisterous bourse of merchants under tents, more merchants in the Farm Council livestock display buildings, livestock petting opportunities, live craft demonstrations, Corgi races, faeries on horseback, the usual dancing and "living history" re-enactors, plus a substantial increase in parking acreage. Expanded as well were opportunities for dining and "making merry" with beer, ale, and etc. And! Bands. That is: amplified Celto-rock-n-roll.

In 2024 it also re-branded as "Michigan Celtic Festival."

The Barony of Cynnabar has, over the years, had a consistent participatory presence that involves static displays of Arts and Sciences, with scheduled combat demos. For a couple of festivals at Mill Pond Park it also opened archery and thrown weapons "hands-on" to attendees (with waivers signed), with ballistic netting backing up against the Saline River for safety. A search of YouTube for "Saline Celtic Festival" videos will turn up various members of the populace actively demonstrating their crafts.

And many of us "repeat volunteers" at this demo have colorful stories of notable Celt Fests. Baron Tairdelbach commented, "[E]very year seemed to have its way of standing out." Tairdelbach noted, "The years with 'Great Torrential Rains' [this is a "thing"!] were likely the most memorable. In particular, the year when we used to parade from the Liberty School [north of Mill Park by two miles] thru town to the park and it rained buckets the whole way. It rained so much that the rawhide edging on my shield was so sodden that it was more like a wet dishrag."

Tairdelbach noted occasions of oppressive heat. I recall the Celt Fest attendee – an elderly man – who wobbled into the Cynnabar tent showing obvious symptoms of dehydration, including the tell-tell salt ring around his mouth. Volunteers present got him cooling with ice packs and liquids while Security was summoned. There have been Friday night set-up's under tornado watches, a crowd of nearly 200 people trying archery over the demo day, and the year members of the Star Wars 501st Garrison non-profit brought Darth Vader and Stormtroopers in kilts to try ax throwing



[Pictured above: Left: the List field awaits. Right: Baron Daibhid prepares to engage a worthy adversary. Pictured below: Baron Tairdelbach, left, readies for ax combat. Photos by Godhit of Cynnabar, July 2024.]



Baron Tairdelbach, in his correspondence with me about how Cynnabar came to be involved with Celt Fest, was happy to report that he has passed the cabar on to His Excellency Cynnabar Bjarki and Baron Finn Finnegan o'Flynn. I would venture to say: such a Hiberno-Norse duo will no doubt see Cynnabar keep the heid at Michigan Celtic Festivals of the future.



I am most sincerely obliged to His Excellency Tairdelbach ui Connail, Third Baron of Cynnabar, for his discussion and contributions to this article.

The CYNABAR.ORG Online CITADEL Article Index,
by Godhit of Cynnabar, Chronicler.

Cynnabar has a collection of digitized CITADELS, the baronial newsletter, from April/May 2005 through July, 2024. Full issues from Spring 2015 through the current issue (October, 2024) are hyperlinked on cynnabar.org to take a reader to the actual pages of the issue.

Baron Ermenrich, Baronial Chronicler from 2010 through 2014, undertook a project to digitize many CITADEL issues from 2005 to Winter, 2015; but due to SCA, Inc. copyright and grant-of-use regulations, these issues cannot be accessed. However, the index of issues available on the website is a valuable resource of Cynnabar history – the requirement for Creative Releases does not apply to officers' reports and "official" statements. I hope to be able to reprint the historic "Words of Their Excellencies" in future issues.

Reign of Straum and Ute [Baron Straum and Baroness Ute reigned from June 1998, when Cynnabar was created a barony, to 2005.]

April/May 2005

- "Baronial Changeover News" from Baron Straum and Baroness Ute
- "Baronial Candidate Introductions" by Each B&B Ticket
- "Concerning Magic" by Lord Korok Starbear

June/July 2005

- "Baronial Changeover Update" from Baron Straum and Baroness Ute
- "A nefarious plot revealed" by Baron Daibhid MacLachlan
- "Quick Pennsic FAQs" by Lady Tigwyn
- "News from the Canton of Kastenstadt" by Quagmire Bushelfoote
- "Candied Ginger Slices in Two Versions" THL Johnnae Ilyn Lewis, CE

• ***August/September 2005***

- "Pensic Heat!" by Lady Tigwyn of the Ochils
- "Medieval Monsters" by David Thomas Chappell
- "An Ode to the Pennsic Gate" by THL Jaan de Breuer
- "Exchequer's Report" by THL Rosalyn MacGregor
- "News from the Canton of Kastenstadt" by Quagmire Bushelfoote
- "How to do Pennsic at Home" THL Jaan de Breuer

Reign of Gregoire and Giovanna [Reigned 2005/2010]

• ***October/November 2005***

- "Baronial Missive" from our new Baron and Baroness
- "Websites for New Members" by THL Johnnae Ilyn Lewis, CE
- "Language As a Living Being and Endangered Species in Medieval England: A Review of Melvyn Bragg's *The Adventure of English: The Biography of a Language*" by Deborah Schultz
- "Medieval Coinage" by Jehan de Pelham, esquire and servant of Sir Vitus (reprinted with permission)
- "Autumn Moons and Holidays" by THL Johnnae Ilyn Lewis, CE
- "Why Go to Crown?" by THL Johnnae Ilyn Lewis, CE

- **December 2005/January 2006**

- "Baronial Missive: Wassail!" by Baron Gregoire & Baronessa Giovanna
- "Wassail Traditions" compiled by THL Johnnae llyn Lewis, CE
- "Online Sources for Recipes & Culinary Texts: A Selective List" by THL Johnnae llyn Lewis, CE, for the Librarians of St. Catherines
- "Don't Fear the Fabric Store" by THL Rosalyn MacGregor

- **February/March 2006**

- "Baronial Missive" by Baron Gregoire & Baronessa Giovanna
- "Demos, They Are Part of the Fun, Too!" by Lady Halima bint al-Rabii'
- "Online Sources for Recipes & Culinary Texts—A Selective List for Sugar and Dessert Sites" contributed by THL Johnnae llyn Lewis, CE
- "Don't Fear the Fabric Store" (part 2 in a 3-part series) by THL Rosalyn MacGregor
- "New Society Mission Statement"
- "A New Baronial Award!"

- **April/May 2006**

- "Baronial Missive" by Baron Gregoire & Baronessa Giovanna
- "May Anniversaries" by THL Johnnae llyn Lewis, CE
- "What is a Member of Cynnabar?" by Master Midair MacCormaic
- "May Day" by THL Johnnae llyn Lewis, CE
- Upcoming Demos
- Pennsic Deadlines

- **June/July 2006**

- "Baronial Missive" from Baron Gregoire & Baronessa Giovanna
- "PENNSIC WAR XXXV Update" the Pennsic Land Agents
- "Summer Food Safety" by THL Johnnae llyn Lewis
- "Don't Fear the Fabric Store, Part 3" by THL Rosalyn MacGregor
- Another New Award: Elephant's Tusk!

- **August/September 2006**

- "Baronial Missive—Draco Invictus!" from Baron Gregoire & Baronessa Giovanna
- "Pennsic Land, Pennsic Heat..." or "What I Did on My Summer Vacation" by THL Jaan de Bruer
- "Fall Demo Season" by Lady Halima bint al-Rabii'
- "Cordials, Beer and Wine" by Lord Aelfric Greensword
- "Orange & Lemon Drinks of Summer" by THL Johnnae llyn Lewis
- "Book Places Worthy of Special Mention" by THL Johnnae llyn Lewis
- Demos, awards, workshops...*and much, much more!*

- **October/November 2006**

- "Baronial Missive—Havest Time!" from Baron Gregoire & Baronessa Giovanna
- "Michaelmas" by THL Johnnae llyn Lewis
- "Days of the Dead" by THL Johnnae llyn Lewis
- "The 30 Days of November or September" by THL Johnnae llyn Lewis
- "On the Road Again" by THL Johnnae llyn Lewis
- New Student Group, Scribal College, Garb Workdays, recent awards, workshops...*and much, much more!*

[Editor's note: no issues of the CITADEL are available from December 2006 through May 2009.]

June 2009

- "On Gardens" by THL Johnnae Ilyn Lewis
- "The Continuing Tale of St. Cynnabarius"
- "Strawberrie Season" by THL Johnnae Ilyn Lewis
- "Pennsic Tourism In and Around Pittsburgh" by THL Johnnae Ilyn Lewis

July 2009

- "Preparing for Pennsic: Online Sources" by THL Johnnae Ilyn Lewis
- "How Not to Get Food Poisoning at Camping Events" by Fernando Juan Carlos Remesal and Luveday Tyreman
- "The Continuing Tale of St. Cynnabarius"
- "Put What Youâ€™ve Got in a Pot; Or, A Pennsic Meal"
- "From the Exchequer's Desk"
- "On the Activities of a Proper Housewife" by THL Johnnae Ilyn Lewis

September 2009

- "Baronial Missive" from Their Excellencies Gregoire and Giovanna
- "The Saints Cynnabarius" by THL Johnnae Ilyn Lewis
- "Online Sources for Recipes & Culinary Texts: A Selective List" by THL Johnnae Ilyn Lewis

March 2010

- "Baronial Missive" from Their Excellencies Gregoire and Giovanna
- "A Feast During the Time of Chaucer" by THL Johnnae Ilyn Lewis
- "The Lay of Sto'Mach as told by Verrix Vercitissignos Cattidanios

Reign of Tairdelbach and Hannah [Reigned 2010-November 2014]**June 2010**

- "Baronial Missive" from Their Excellencies Tairdelbach and Hannah
- "The A&S 50 Challenge" by THL Johnnae Ilyn Lewis, CE
- "Easy Quiche Lorraine" by Anonymous Cook
- "Most Suitable for a Summer: Fruit and Vegetable Subtleties & Carving Sources " by THL Johnnae Ilyn Lewis, CE

July 2011

- Missive from Their Excellencies
- Letter from the Chronicler
- Letter from the Chatelaine
- A Recap of Local Happenings
- Pennsic Packing List - Baroness Hannah Schrieber
- An Interview with New Members - HL Ermenrich von Duisburg
- Cynnabar Fight Song
- How to Build a Trestle Table - Genoveva von Lübeck
- Beef Ribs Recipe - THL Johnnae Ilyn Lewis, CE

Fall 2011

- Missive from Their Excellencies

- Letter from the Chronicler
- Letter from the Seneschal
- Letter from the MOAS
- Cynnabar At War
- Identity Theft Wars on Pennsic Fighters - Master Midair MacCormaic
- Meet a Member - An Interview with Their Excellencies
- Stalwart Homeguard Undertakes War-time Parley with Celts - Godaeth
- Autumn's Apples - THL Johnnae llyn Lewis, CE

Winter 2012

- Missive from Their Excellencies
- Letter from the Chronicler
- Cynnabar in Brief
- Taking it up a notch: Improving your garb, step by step, by Mistress Melisant Saint-Clair
- Experiencing Anachronisms Creatively by Mistress Alina of Foxwood
- In Thanks for the Book: A Few Words of Appreciation by Master RanthulfR AsparlundR
- Saint Cynnabarius and the Missing Baron by Master Midair MacCormaic
- Courtesy 101 by Mistress Margarete of Stirlingshire
- Using Great Weapons in the SCA by Sir RanthulfR AsparlundR
- Pancakes and Shrovetide by Johnnae llyn Lewis

Spring 2012

- Missive from Their Excellencies
- Upcoming Events
- Cynnabar in Brief
- Shining in the Torchlight: A Recollection of Garb Workday by HL Ermenrich von Duisburg
- Water, Chilled and Cooled by THL Johnnae llyn Lewis
- Serving a King's Table by Baroness Kay of Tre Asterium

Fall 2013

- Missive from Their Excellencies
- Upcoming Events
- Cynnabar in Brief
- From Your Seneschal
- From your Minister of Arts and Sciences
- From your Archery Marshall
- Passion - A Poem by Sugawara no Tokihira
- The Tale of Ermenrich, the Night Watchman, by Ermenrich von Duisberg

Winter 2013

- Missive from Their Excellencies
- Letter from the Chronicler
- Wassail and Wassailing
- Listing of Period Holiday Songs
- Letter to the Editor - Is St. Cynnabarius a Frost Giant?
- Roasted Winter Squash Soup
- Venison

Spring 2014

- A Letter from Their Excellencies
- From your Chronicler
- A Fighter's Diary
- Shakespearean Insults
- Funny Bunnies, Hares, & Rabbits

Summer 2014

- Letter from Their Excellencies
- Letter from the Chronicler
- Cynnabar in Brief
- Baronial Letters of Intent
- Past Repasts for Pilgrims
- 2014 Pennsic Tourism in and Around Pennsylvania

Fall 2014

- Missive from the Baron and Baroness
- Letter from the Seneschal
- Apple Time

Winter 2014

- Missive from the Baron and Baroness
- A Word from the Chronicler
- "Justice" - Master Midair MacCormaic
- The Birthday Party - Dorothea of Caer-Myrddin
- Molded Cookies for the Holidays - THL Johnnae Ilyn Lewis
- The New SCA Heavy Fighters' Orientation Book - Primer - Sir RanthulfR AsparlundR

Reign of Ermenrich and Kasha [November 2014-November 2019]***Spring 2015***

- A Missive from Baron Ermenrich
- A Letter from the Chronicler
- An Announcement from Sir Gregoire, Kingdom Earl Marshal
- The Fools of April - THL Johnnae Ilyn Lewis
- Greetings from Finn Finnegan O'Flynn, Baronial Seneschal
- Cookery in Spring - THL Johnnae Ilyn Lewis

Summer 2015

- A Letter from the Chronicler
- Pentamere Dirty Dozen Donation Derby - Birke de Jaegerin
- Medieval Architecture, Letter from Hamelin - Mistress Clare
- Summer Cookery - Johnnae Ilyn Lewis

Autumn 2015

- Ypocras and Spice - Johnnae Ilyn Lewis
- Bills of Fare for Christmas - Johnnae Ilyn Lewis

Winter 2015

- On Our English Dogs - Johnnae llyn Lewis
- Adventures in Spiced Gin - Kay of Tre Asterium
- Hand Sewn, Apparently - Kay of Tre Asterium
- My First Garb - Kay of Tre Asterium

[Note: CITADEL issues are available on-line as of the Spring 2016 issue.]

The Cynnabar “Baronial Missive”:
Formative Years, 2005-2006,
By Godhit of Cynnabar

At the time that the royal shire of Cynnabar was elevated to the status of barony in 1998, the CITADEL, its newsletter, had been in publication for nearly seventeen years. Once created a barony, Cynnabar continued the CITADEL as required of baronies by SCA/Kingdom law. In the beginning, the publication format changed little: the CITADEL was a compilation of center-stapled 8 ½” x 11” pages distributed by a USPS mailing list, through 2003 or so.

In time, the paper version gave way to what we now call a “born digital” format, ca. 2004. If any of the Populace wanted a copy of this digital item, the Chronicler had to print out the digital document and send that copy, USPS, to the requester.

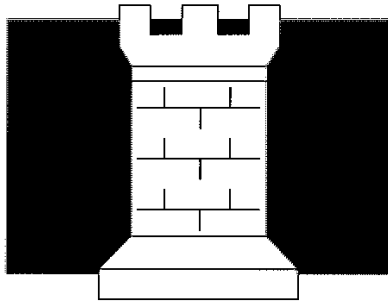
As of the issue for February/March 2005, Baron Straum and Baroness Ute penned what became an ongoing dialogue, baronage-to-Populace. This first was titled “Baronial Changeover News: A Missive From Their Excellencies.”

(There were no such missives from Their Excellencies 1998-2003, and we don’t have issues for 2004. There may have been missives in 2004 but we don’t know from the collection of CITADELs that Cynnabar currently has.)

In the October/November 2005 CITADEL, Baron Gregoire and Baroness Giovanna addressed the Populace in Their first “baronial letter.” And from that time, nearly every issue of the CITADEL has featured a missive or letter or words from Their Excellencies to the Populace.

What follows is a scanned collection of these first baronial missives. In later issues I will offer those missives of Baron Tairdelbach and Baroness Hannah, Baron Ermenrich and Baroness Kasha, and Barons Olaf and Malachy.

NOTE: some redacting will have occurred to minimize personally-identifiable information. Along with the missives will be the front matter of the CITADEL issue itself, often containing event notices and court reports.



The Citadel

News from the Barony of Cynnabar, Pentamere

FEBRUARY/MARCH 2005

Baronial Changeover News: A Missive from Their Excellencies

Unto the Greatest Populace in the Known World (in our opinion): We send you New Years greetings!

We have told everyone that we would post the timetable for the Baronial changeover process as well as any other useful information when it became available. Our timetable was set by Their Majesties and agreed to by Their Highnesses within this past week. It is our pleasure to pass this information along to you. At the request of the Crown, we will run the Baronial changeover process with help of Lord Tairdelbach who will help us run question and answer Baronial meetings.

The nomination period: Now through March 15th. We have two couples who have already declared their intention to run for this position, THL Oscad and Lady Gazelle, and Lord Wyllyam and THL Rosalyn. We thank these two couples for their willingness to take on this position. (*Editor's note: At the time of publication of this missive there were only two nominations. Since then, Lord Gregoire de Lyon and Lady Giovanna Adimari have also accepted a nomination for Baron and Baroness.*) We encourage others to run as well. Please contact either of us if you are interested in running for Baron and/or Baroness. We have two and a half months until you need to answer. So, by all means, if you are even the least bit interested, talk to us!

Within the next few months, we need to decide on a list of questions that each ticket will answer. These answers, along with the candidates pictures, will be published in the Citadel and online through a link to the Cynnabar web site. We will start with the questions we came up with last

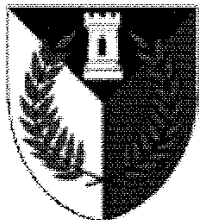
time. We will discuss these questions during meetings starting on January 24th and plan to have the questions firmed up by mid-February to give the candidates some time to think about and submit their answers and pictures. We would like to have these answers and pictures no later than March 25th so they can be published in the (hopefully early April) *Citadel* and online.

This moves us forward to the question and answer time period. We would like you to know these dates as much in advance as possible, keeping in mind that these dates may need to change because they are being set so far in advance. We would like to see 4 formal question and answer periods and 3 social events where the candidates will be present to answer questions and mingle with the populace. Here are the tentative dates:

- April 2 – Terpsichore: Official announcement of the candidates to the populace and informal questions/ mingling with the candidates throughout the day.
- April 4 – Candidate Q&A period at the Canton meeting
- April 11 – Candidate Q&A period at the Baronial meeting
- April 17 – Candidate Q&A period at the Baronial meeting
- April 24 – Business meeting

continued on page 5

LOCAL UPCOMING EVENTS



February 12
**Val Day &
Tournament
of Chivalry**

Three Hills
(Kalamazoo)

February 25-26
**Golden
Seamstress
2005**

Hosted by the Barony
of Roaring Wastes
(Morrice, MI)

March 12
Ides of March

Iron Oak –
Northwoods
(Morrice, MI)

March 19
**Archer's
College**

Northwoods
(East Lansing, MI)

Baronial Changeover Missive, Continued from page 1

Late April/

Early May – a Revel on a Friday night (exact date and place TBD) and a cookout at our place on a Sunday (exact date TBD, but probably May 1st or 8th). Both of these events are intended for informal meeting and discussion with the candidates.

May 2 – possible second Q&A period at Canton if needed

May 9 – Last Q&A meeting with the Barony

Week of May 16th or 23rd (?) Polls sent to members only. Non-members have some time now to become members if they wish to vote. The new Baronial rules that we are following (which will become law Midrealm law in February) require membership to vote. If you live outside Cynnabar borders and are an SCA member and consider yourself a member of Cynnabar, you can ask Straum, Ute or Tairdelbach for a ballot. These ballots will be counted, but can be weighed differently by the Crown at Their wish. Also, parents will be given the discretion about their own children voting. As far as polling goes, The Crown has made it easy for us by defining many of these polling issues that the Barony had to develop ourselves during the last process.

The other important change is that there will be only one poll. This change is being made by the current Crown to remind the populace that the polling process for Baron/Baroness is similar to a peerage polling process (with some differences, of course). The idea is that you, the people of the Barony, have your voices heard by the Crown in the form of a poll. The Crown takes those polls, and then selects a ticket from those submitted (usually). Remember, at the whim of the Crown, they could select anyone in Cynnabar to be Baron and Baroness. However, this is very unusual and we highly doubt Their Highnesses, who will be Their Majesties at the time, would do that.

The rest is pretty simple. The Crown will name our new Baron and Baroness by the end of June (we hope) and they will get the chance to follow in our foot steps for a month before Pennsic, during Pennsic and for awhile after Pennsic. We hope the changeover will take place sometime in September. We can either hold an event of our own or have the changeover take place at a neighboring event where the Crown is present. As for day-to-day operations from the end of June through September, everything will remain the same. We will still be your Baron and Baroness and we will have a new Champion (the suspense is building for 12th Night) at our side. The Baron and Baroness

elect may be asked to help us with some duties as their schedule permits, but they will have no official duties until the changeover takes place. This is the same as all Baronial changeovers in the Midrealm.

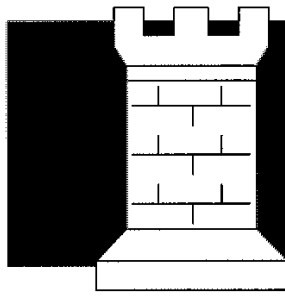
Another thing we would like to mention at this time is the use of electronic communication for this process. Eight or nine years ago when this process began, the Barony only had an e-list that was hardly used, we did not have a web page, and certainly not a forum. But the point is that electronic communication has increased dramatically since our reign began. Most of this communication has been positive. However, some of it can be very negative.

Therefore, we would like to discourage discussion of individual candidates anywhere electronically. For anyone who was around 7-9 years ago, you know how heated the question and answer periods can be in a contained meeting. In an electronic format, these discussions could go completely out of control and could severely damage the feelings of the candidates. This is why we are having so many opportunities for all of you to talk to the candidates at Baronial and Canton meetings (Mondays), at an event the Barony is hosting (a Saturday), at a revel (hopefully a Friday night) and at a cookout (on a Sunday). Most of the intervention and personal problem solving we have had to do as Baron and Baroness has started because of a miscommunication in an email or some sort of electronic format. All that being said, we would like to keep the forum thread about what qualities people would like to see in a Baron and Baroness and add one where we can make updates about the Baronial changeover process as it goes along. However, the forum (www.cynnabar.org/forum) is still only in a trial stage. We would encourage everyone to post Baronial qualities and questions about the process both to the email list and forum since not everyone reads both.

If you are interested in asking questions and really cannot make it in person to any of these events, please send your questions to Straum, Ute or Tairdelbach and we will ask them (with your name) in a Q and A period and give you the answers.

At this point, we know we have probably left something off, so please ask questions if you have them. We want this process to run as smoothly and openly as possible.

In Service to the Crown,
Baron Straum and Baroness Ute



The Citadel

News from the Barony of Cynnabar, Pentamere

APRIL/MAY 2005

Baronial Change Over Events

**Saturday, April 2nd
TERPSICHOE AT THE TOWER**
Formal announcement of all candidates during Court (which will start around 6:30) and informal questions from you to candidates all day.

**Monday, April 4th
CANTON MEETING Q&A**
This session will run from 7:30 pm or 7:45 pm (as soon as the Canton business if finished) until the library closes at 8:45 pm. Baronial members are welcome to attend, but priority will be given to Canton members with questions.

**Monday, April 11th
FIRST BARONIAL Q&A**
7:30 pm – 9:30 pm (or earlier if finished)

**Monday, April 18th
SECOND BARONIAL Q&A**
7:30 pm – 9:30 pm (or earlier if finished)

**Sunday, May 1st
BBQ AT STRAUM & UTE'S PLACE**
Informal gathering, 4 pm

**Friday, May 6th
DESSERT REVEL AT THE
GRANGE HALL**
Informal gathering, 7 pm

**Monday, May 8th
FINAL BARONIAL Q&A**
7:30 pm – 9:30 pm (or earlier if finished)

**Week of May 15th
BARONIAL POLLS
SENT TO MEMBERS**
(assuming the timing works out with the Kingdom changeover office). Non-members and members living outside the borders should pick up a poll at the meeting on the 15th or 22nd.

Baronial Changeover News: A Missive from Their Excellencies

Unto the Great Populace of The Barony of Cynnabar do we, Straum and Ute, Baron and Baroness Cynnabar, send springtime greetings:

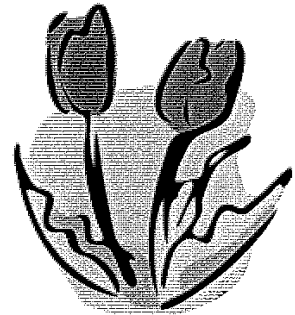
As you all know, this Spring will be a time of change for all of us. We would like everyone to take this as a great new opportunity for the Barony and participate in the Baronial Changeover events. This is the only way that Their Majesties will be able to make the best choice for our most wonderful and beloved Barony for the next four years. So, we ask all of you to attend at least one question and answer period and ask at least one question (we know you can all come up with at least one) and attend at least one social event. Please be sure to review the schedule at the left and mark your calendars!

Please let Straum, Tairdelbach or I know if you have ANY questions about the Baronial changeover process. We want this process to be free and open to all who consider themselves part of the Barony. However, please remember that only members who reside within our borders will receive polls. If you are a member who lives outside the Barony

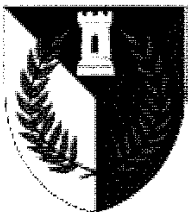
or a non-member, you may request a poll, but these polls will be weighted differently by the Crown. Whether or not you are a member and whether or not you live within our borders, if you consider yourself a member of Cynnabar, we would like you to ask for and complete a poll.

We are honored to have six strong tickets running for this position listed in this *Citadel* in order by the Lady's first SCA name. We know that any of these tickets would make a great choice for our Barony. However, it is YOU, Our Populace, who will help guide The Crown to make the best decision for Cynnabar.

In Service
to the Crown,
Straum
and Ute



LOCAL UPCOMING EVENTS

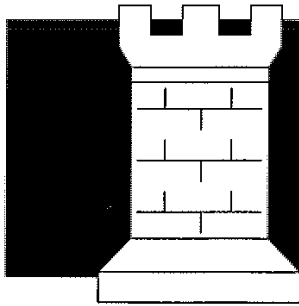


April 16th
**Pentamere Regional
Dance Practice
with the Saltatoris
Dance Guild**
Ealdnordwuda -
Northwoods
(Dimondale, MI)

April 23rd
**Collegium
Artium Vulgarum
and Pentamere
Regional A&S Faire**
Donnershafen
(Gaylord, MI)

May 13th – 15th
Baron Wars VIII
Marche of the
Marshes
(Perrysburg, OH)

May 20th – 22nd
Tyger Hunt
Hawkland Moor
(Brighton, MI)



The Citadel

News from the Barony of Cynnabar, Pentamere

OCTOBER/NOVEMBER 2005

CONGRATULATIONS TO GREGOIRE AND GIOVANNA, CYNNABAR'S NEW BARON AND BARONESS!

Greetings to you, the greatest populace in the Known Worlde!

May these words find you in good health and prepared for the coming harvest.

With Our first baronial letter, Her Excellency and I would like to begin by expressing Our gratitude to you and Their Majesties, Alaric and Noelle, for elevating us to the thrones of Cynnabar. Also, We would thank Their Excellencies Straum and Ute for all of their hard work and service to the barony. They have left us very large shoes to fill indeed! Finally, We would thank the other Baronial candidates for their efforts and continued presence in the group. They are all leaders of our community.

Now that the Eastern Tiger has been driven back to its den and harvest time approaches, it is time to focus more on the hearth and home. Those of you working the looms, tending the pots, brewing the beer, making arms and armor do not be silent! I implore you to seek out Our Minister or Arts and Sciences and let her know what you are creating so that the news might travel to Our ears.

We look forward to seeing many of you at Our upcoming Newcomer's Revel, as well at our local meetings and practices. As your Baron and Baroness We plan to venture forth throughout Pentamere and the Middle Kingdom to spread the fame and glory of our Barony. It is Our hope that each of you would also make pilgrimage to other locales, to let all who witness your presence know of the greatness that is Cynnabar.



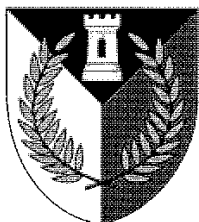
BARON GREGOIRE AND BARONESS GIOVANNA TAKE THEIR OATH TO THE MIDDLE KINGDOM AT THE HAVOC IN HASTINGS CHANGE-OVER.

Photo thanks to Adele Desfontaines

Finally, We will close this missive with a request. Upon their departure to the contested lands, Sir Straum and Lady Ute took with them many loyal officers of the Barony, leaving Our court empty and vulnerable to the malfeasance of our enemies. If you would be able to fill the role of Our most worthy Senschal, Chatelaine, Exchequer or Chirurgion please make yourself known.

In Service to the Midrealm and the populace of Cynnabar,
Gregoire and Giovanna

UPCOMING LOCAL AND BARONIAL EVENTS



October 8
**Newcomer's
Revel**

Cynnabar
(Ann Arbor, MI)

October 22
**Crown
Tournament**

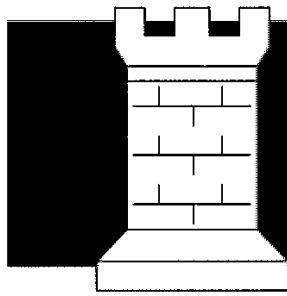
Andelcrag
(Ionia, MI)

November 5
**Dancer's
Revolt 10**

Fasach Mor
(Berkley, MI)

November 19
**Canton Revel &
Newcomer's
Event**

Kasenstadt-Cynnabar
(Plymouth, MI)



The Citadel

News from the Barony of Cynnabar, Pentamere

DECEMBER 2005/JANUARY 2006

CONGRATULATIONS

to our new
Baronial officers!

With the Baronal change-over came a lot of officer changes as well. Please join us in thanking the following people for stepping up to fill these open positions with our Barony.

Incoming Seneschal
Lord Slyme

Deputy Knight Marshal
THL Rosalyn MacGregor

Minister of Arts and Sciences
Thea de Nes

Chirurgeon
Danica Roheis

Chatelaine
Lady Halima bint al-Rabif'

Exchequer
Aelfric Greensword

Deputy Exchequer
Baroness Ute von Munchen

*Also remember to thank our
past officers for their service to
the Barony in these roles.*

Wassail!

Baronessa Giovanna and I hope that this missive finds you well amongst your family and friends. Truly, the dark winter months would be most unbearable if not for the warmth of the Yule log burning upon the hearth and uplifting merriment that comes with a gathering of loved-ones around hearty food and drink. One such gathering is nigh upon us – the Baronial winter revel. We shall be holding a court there both to reward Our most worthy subjects and pass along praise from Their Royal Majesties. If you have business to bring before Us, or feel that Our eye should be turned upon a gentle most loyal and deserving to Us, contact Our chamberlain, The Honorable Lady Rosalyn or Our court herald, Baron Daibhid. It would do Us great pleasure to see each and every one of you there.

As We have said, it is right and good to be amongst friends. Furthermore, it is most pleasing to Us to see our populace mingle with and compete with the members of Our most dear cousins in neighboring lands. To wit We have placed a calendar noting where Our persons might be found upon the Baronial announcement board. Search there prior to embarking on pilgrimage or placing yourself in a struggle of arms, if you would have Our company.

As the new year begins and the feast of the Twelfth Night approaches, We would let you know the joy that We have experienced in seeing old friends and new attending Our courts, meetings, martial drills and practices of the fairer arts. It truly brings light to Our hearts to know that We govern over a land filled with such a talented and vibrant populace. Do yourselves, your Barony and your Kingdom proud in the coming months and continue on with this passion so that Cynnabar may become a crown jewel of the Known World!

Wishing you a safe and joyous holiday season,

*Baron Gregoire &
Baronessa Giovanna*



UPCOMING LOCAL AND BARONIAL EVENTS



December 10
**Northwoods
Wassail**

Hawkland Moor
(Washington, MI)

December 17
**Cynnabar
Wassail**

Cynnabar
(Ann Arbor, MI)

January 7
**MidRealm
12th Night**

Ealdnordwuda-Northwoods
(Lansing, MI)

January 8
**Pentamere
Open 6**

Roaring Wastes
(Ferndale, MI)



Greetings to the populace of Cynnabar,

The year of Our Lord 2005 has passed and left Us with many great memories; a victory over the enemies of the Midrealm at Pennsic, the final court of Their Excellencies Straum and Ute, Baron and Baroness Cynnabar, Our investiture, the arrival of many new members, and the beginning of fine new traditions! Looking back on this time We find that words escape Us to describe the pride We feel in leading such a fine group as yourselves!

Speaking further of new traditions and outstanding members of Cynnabar, in 2005 Lord Rollo Lackbeard proposed a series of monthly tournaments to be held at Our arms practice. Throughout the year, these tournaments took place, drawing worthy competitors to the lists from within Our Barony and from neighboring lands. In the end, We had twenty four worthy competitors, twelve from the fencing list, and twelve from the armored list (for a complete list of competitors, see pg. 10).

This past Sunday, upon the Feast of Saint Gildas, these twenty four able warriors met each other upon the field to compete for the highest honors. At the end of the day, His Grace Sir Eliahu was named champion of the heavy list and Martin champion of the fencing list. They were both awarded a lovely hand beaded necklace made by Thea de Nes, a bottle of mead brewed by Lady Gwendolyn and the Cynnabar Brewers Guild, sweets from the Low Countries and a small coffer. More importantly, they have been awarded the rights to call themselves Champions of the Cynnabar Grande Tourney!

It is Our sincere hope that the monthly tournaments and Grande Tourney of Cynnabar continue on in this new year, and become long standing traditions of the Barony. By showcasing the prowess of the Barony, both on and off the field, the reknown of each and every one of you can only spread further.

Looking to the future, We see a very busy spring and summer season before Us. Our cousin, the Baron of Roaring Wastes, has

been making false claims to Our lands and demanding payment of livestock. Baron Sir Garrahan has gone so far as to bring these so-called grievances

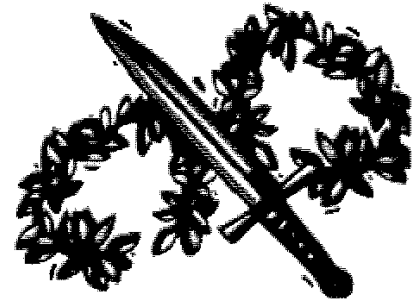
before His Majesty! We fear that this matter shall not resolve peacefully, as the tensions and moods escalate out of control.

Further from home, His Majesty's men tell me that enemies of the Dragon Throne are beginning to make preparations for the annual border skirmishes in the Pennsic region. To make matters worse, a legion of godless pagans and lordless mercenaries have declared a war upon all men who would bend their knee in fealty to a rightful lord.

These actions will call us from our hearths and homes, leaving our women and children behind. If we are to return happily to them, it is Our contention that we must develop our mental and physical prowess upon the field. Do not shy thee from any opportunity to test your prowess! Venture forth and challenge all comers at a crossroads, enter in tournaments and grand melees, practice in the yard with your squire-brothers and the men-at-arms of your lord! We shall be tested this war season and We shall prevail!

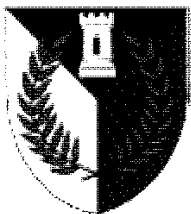
Again, We would thank all members of the Barony for making Our first five months as Baron and Baroness a fun, exciting and successful time!

In your service,



*Baron Gregoire &
Baronessa Giovanna*

UPCOMING LOCAL AND BARONIAL EVENTS



February 11
**St. Valentine's
Day Massacre**

Three Hills
(Kalamazoo, MI)

February 24-25
**Quest for
the Golden
Seamstress**

Roaring Wastes
(Dearborn, MI)

February 25
**Mich. Regional
Fighter College**

Pentamere
(Brighton, MI)

March 11
Ides of March

Iron Oak –
Northwoods
(Lansing, MI)



Hi Everybody!

We are going to do things a little differently for this issue of the *Citadel* — we are writing to you in mundane voice. While it is always fun to speak in persona, some topics are better addressed from the point of view of Greg and Anne, not Gregoire and Giovanna. Really, as Baron, I would never ask you to volunteer, it isn't very noble. I would expect it from you and punish you accordingly if you failed me. :)

Cynnabar is a dynamic and an exceptional Populace, and as two members deeply vested in its well being, we are continually pleased to see its growth and development. Recently we have been approached by several people asking us what makes a member of Cynnabar. It's a good question and one that bears examination.

The answer, in our minds, is quite simple. Participation! Cynnabar is not only a community of fighters, artisans, dancers, singers, musicians, there is a place for everyone. People who attend Baronial meetings, activities, and events, those who volunteer to help Cynnabar's fame and reknown grow...these are all people who are proud to call themselves members of Cynnabar. And you don't have to just live in the Ann Arbor area, we have some participants that live outside the "official" boundaries, but without whom the Barony would certainly not be the place that it is. They are members — they care about our group and work hard to see it grow and prosper. These are all Members of Cynnabar in our minds. So, regardless of a person's address, if they have made their home in Cynnabar, Cynnabar is their home. Cynnabar is a place where you should feel comfortable, a place where you want to be a part of the fun and exciting things that our Barony is known for.

What's that? I'm sorry? Did you say that you don't feel that your interest is served in Cynnabar?

If that is the case, please speak to Anne or I. We can't guarantee anything, but I would bet that if we know what the problem is, we will be able to help. For example, say you think that Cynnabar should have their own musicians playing at the Caroso Ball this

year, instead of an outside group. Well, we would be able to point you in the right direction to find the dance music, a place to practice, and help recruit other musicians to fill in your troupe. Honest — come to Terp and you will see the result of one such conversation in action at the ball! If relying on us isn't your thing, I suggest the Monday night meetings.

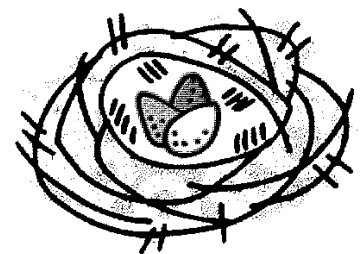
Yeah, Business meetings are occasionally long, but they are anything but boring. We have the workshop, social time, behind the scenes action, and of course the ever growing Applebee's After-meeting trip.

Not content to watch the baronial business happen around you? No problem! You too can be part of the behind-the-scenes action! As you'll see in another article in this issue (4 pg) Cynnabar used to run things a little differently than we do now - a privy council made the decisions for the group. Now days, we allow everyone's voice to be heard and add input to the decision making process. Yes, some voices are louder than others, but don't be intimidated — stick to your guns and you can help shape the future of Cynnabar. Volunteer to help at events, run demos or even be an autocrat — it all happens at business meetings!

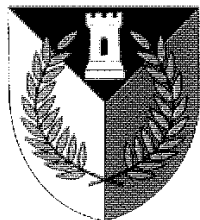
Spring is here and with it the excitement of outdoor activities and gatherings. It's going to be a busy season with numerous demos, camping events and more this summer and we hope to see all of you there. Coming up right around the corner is Terpsichore, our annual dance event — be sure to stop by and say "hi" to both of us. We are, once again, trying new stuff at court so be sure to come grab a seat and watch the show — you won't be sorry!

Until next time,

Greg & Anne



UPCOMING LOCAL EVENTS



April 8th
**Terpsichore at
the Tower XII**

Cynnabar
(Ypsilanti, MI)

April 22nd
**MidRealm
Coronation**

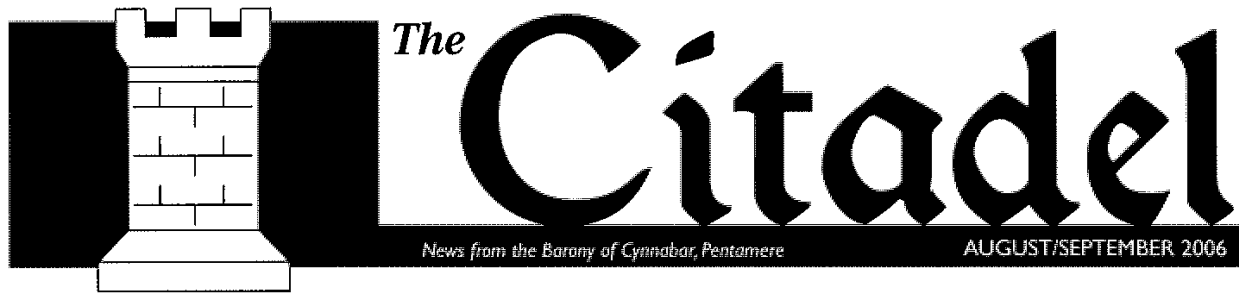
Andelcrag
(Portage, MI)

April 29th
**North Oaken
Regional A&S Faire**

Three Towers
(Mansfield, OH)

May 12th-14th
**Baron
Wars IX**

Marche of the Marshes
(Perrysburg, OH)



DRACO INVICTUS!!

That should be the cry from everyone's lips! The battle with the East has begun again; the Tyger forces massing on the borders of our lands, against our beloved Dragon. In the war, Gregoire and I are both very excited to see Our Barony stand against the forces of the East and their Allies, to boldly go forth, on EVERY field of battle. We shall lead you in the town, the woods, upon the field and across the flowing waters, swords and rapiers held high so that all may see the strength and bravery of the Tower. We shall lead you up the hill to the archery range to loose arrow and bolt in the Populace Shoot—please find the time to join Us. (We shall have our heralds cry the date throughout camp with ample time for all to prepare and join Us.) We hope that all will find time to support the war effort in whatever they can, please ask Us if you are looking for an activity and are at a loss. Whatever the outcome of the battles though, may the saints grant us the ability to comport ourselves with honor and bravery upon the field to better bring glory to our inspirations, and to the Middle Kingdom! Hopefully this year's war will settle the differences between the kingdoms for good and see His Majesty Felix dubbed Peace Maker.

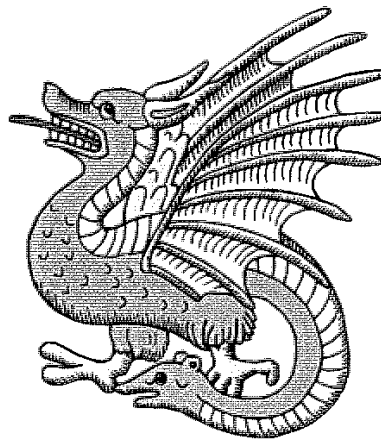
Additionally, Pennsic is about more than stopping the enemies of the Dragon Throne. As such, We encourage

you to seek out opportunities to dance, to sing, to engage in learning, to shop, to feast, to drink and be merry throughout your time at Pennsic!

Speaking of merriment, We hope that all will find time to join Us at Our Court at Pennsic. This lively occasion shall be held on Wednesday of War Week, and will begin with a "cocktail hour" around the hour of 5:00. Cocktails are all the rage in France these days, and We feel that it is only right to bring the latest fashions to Our court so that you may enjoy them. One such fashion is a new wine from Gascony, full of tiny bubbles. We are having several cases imported to share with you upon the day. Bring your glasses. Following the business and merriments of court, We invite all members of the barony to go forth with Us on a shopping trip through the alleys and bazaars of Pennsic. We plan to wander until the wee hours partaking of a certain Madness that has been known to afflict the people of the Aethelmarc near the hour of midnight.

In service to the Crown and the People,

*Baron Gregoire
& Baronessa Giovanna*



UPCOMING LOCAL EVENTS



September 1st–4th

Havoc in Hastings

Three Wall
(Hastings, MI)

September 8th–10th

Battle of the Inland Seas XII

Altenberg
(Ray Township, MI)

September 22nd–24th

Clinton Fall Festival

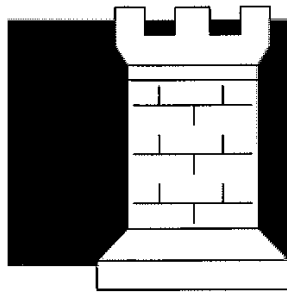
Cynnabar
(Clinton, MI)

September 29th–1st

Vikings Come Home XV

Donnershafen
(Kalkaska Twp., MI)

Winner, Commended Layout & Design
Master William Blackfox Awards, AS 40



The Citadel

News from the Barony of Cynnabar, Pentamere

OCTOBER/NOVEMBER 2006

Recent Awards

Congratulate the following folks next time you see them:

Pennsic Baronial Court (August 16, 2006)

Gilbert le Braccour de Di
AWARD OF ELEPHANT'S HEART

Helena Sybilla
AWARD OF ELEPHANT'S HEART

Inara of Cynnabar
AWARD OF ELEPHANT'S HEART

Jarvinia Leyna Baerin von Bamberg
AWARD OF ELEPHANT'S HEART

Straum von Bairzog
ORDER OF SILVER TOWER

UTE VON MUNCHEN
ORDER OF SILVER TOWER

Pennsic Midrealm Court (August 14, 2006)

Lodin of Cynnabar
AWARD OF ARMS

Odd of Cynnabar
AWARD OF ARMS

Katyeanna of Cynnabar
AWARD OF GROVE

Midair MacCormaic
AWARD OF GROVE

Straum von Bairzog
AUGMENTATION OF ARMS

Harvest Time!

Summer has finally past and a chill breeze blows across the lands of Cynnabar. We are gearing up for the pending harvest and the blankets of snow to follow. We will miss the warmth of the summer, and the fond memories of camping events and being outdoors. We would like to especially recall the happiness and gratitude we feel for those that made Our first Pennsic so special for Us. We were proud of Our fighters, Our artisans and all of those camping with Cynnabar for continually being gracious and flexible. We know the lack of space this year made things difficult, but everyone worked together to do what was necessary to make everyone comfortable and welcome. Thank you!

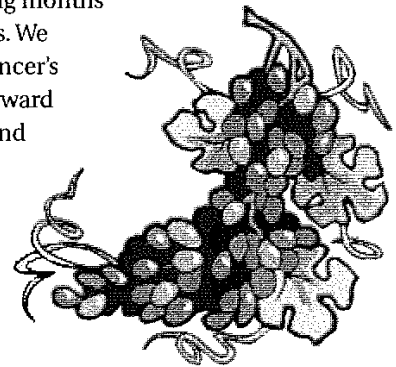
Cynnabar has been busy this fall! With the numerous demos, such as the Clinton Fall Festival, Newcomer's Revel, Mass Meeting and Festifall, there has been a fluster of activities, in addition to Our regular practices.

Welcome newcomers when you see them. Be gracious and open to those new to Our community for this will cause Cynnabar to grow and prosper. Answer their questions and let them find their place among us. Don't forget tell a story around a fire, share a cozy cup of tea with a friend, both new and old. Dance, sing, create and enjoy yourselves and revel in the holiday season.

We look forward to spending the upcoming months with you at meetings, practices and events. We will be attending Vikings Come Home, Dancer's Revolt and Twelfth Night. We also look forward to seeing you at Cynnabar's own Wassail and the Grand Tourney.

Yours,

*Baron Gregoire
& Baronessa Giovanna*



UPCOMING LOCAL EVENTS



October 7th
**Vineyard Raids
III**
Westmere-Andelcrag
(Paw Paw, MI)

October 14th
**Harvest of
Souls VI**
Stormvale
(Flushing, MI)

October 21st-22nd
**What In
Samhain?**
Three Walls
(Ionia, MI)

November 4th
**Dancer's
Revolt**
Fasach Mor
(Berkley, MI)

MINT CAKES: A WORK IN PROGRESS

by Johnnae llyn Lewis, CE

“S140. To Make Mint Cakes: Take a pound of sugar finely beaten, & put to it 3 or 4 spoonfuls of mint water, & boyle it up to a candy. then take some mint & shred it small & put it to yr candy and drop it as you did the rose cakes, & set them in ye sun or a stove to dry.”

Recipe 140 from *A Booke of Sweetmeats* dated 1580-1625, p.308***

And because the above recipe mentions the rose cakes recipe, here it is:

S138 To Make Cakes of Roses:

“Take roses & cut whites from them after they are pluckt, then stamp & streyne them with the damask rose water & ye juice of lemons. Then put it in a skillet with as much sugar as your juice will wet. Then set it on a soft fire & let it boyl softly till it be pritty stiff. Then drop it on a plate, & If it stand, it is enough. Then drop it in little cakes and set them in the sun to dry.”

Recipe 138 from *A Booke of Sweetmeats* dated by Karen Hess to be circa 1580-1625***

The English world of the Elizabethans and Jacobean certainly liked their sugary confections, and increasingly their manuscripts and printed books of cookery came to include recipes for sweetmeats and confections. The recipe given above is one of these recipes and appears in a handwritten manuscript of sweetmeat recipes which First Lady Martha Washington inherited through her first husband's English family. It seems to be a very simple recipe of three ingredients, but delving into the recipe and the subject of mint candies turns the simple in the thought provoking.

The editor of the manuscript food historian Karen Hess, summed this recipe up as, “This recipe is precisely for after-dinner mints.” Hess may have thought these were after-dinner mints, but even a brief examination reveals this recipe is not exactly a modern after dinner treat! (Or to paraphrase *Star Wars*, “These are not the mint candies you are looking for!”)

It's helpful to survey what these commonplace modern mints contain or do not contain as we investigate this relatively simple recipe of sugar, mint water, and shredded mint. The lack of butter, milk, evaporated milk, or cream, not to mention chocolate, keeps the recipe from producing anything like a contemporary creamy peppermint candy as found in the modern peppermint patties, thin mints, or junior mints. Lacking cream of tartar, flour, corn syrup and or cornstarch, it's also not like those Richardson after dinner soft yellow melting modern butter mints and/or pastel sugar wedding shower mints produced first and originally by Thomas Richardson in the 1880s.

It's also not one of those pressed mint tablets as found in Lifesavers or Polo mints. Nor is it the hard panned mints associated with modern packaged breath mints. (The ever-popular tinned Altoids, by the way, date back to the late 18th century.)

Nor does the recipe resemble those British mint cakes found today in UK sweets shops and on grocery counters. Britain still produces numerous 'mint cakes' based on 19th century recipes. The famous Kendal Mint Cakes from Cumbria are made of sugar, glucose (used to inhibit crystallization),

water, and oil of peppermint. Somewhat similar but not quite the same as this recipe. Sources point out the Kendal variety of mint cake candy is stirred constantly when cooking which helps to ensure that the resulting candy is opaque. I would describe the result as being a hard sugary chalk that tastes strongly of mint. It doesn't melt or become sticky, and it gained initial fame as being part of numerous polar and mountain climbing expeditions. It remains popular even to this day with hikers and climbers. It also doesn't melt while still providing the needed sugar boost for athletic endeavors.

Then there are the numerous candy canes and hard peppermint candies. The MWBOS mint cakes if cooked to a high enough temperature to set up into hard candies might resemble these common modern candies. Lastly, there are old fashioned candies known as French Creams or sometimes as Opera Creams where the sugar candy has crystallized with a soft center. These molded candies can still be purchased in various flavors, including peppermint and spearmint. There are even circa 1900 recipes for them, although you should be aware that there's also a French Cream which contains eggs or egg whites. This is a different recipe.

So having considered what the recipe is not, let's return to the manuscript recipe.

Again, S140, To Make Mint Cakes:

“Take a pound of sugar finely beaten, & put to it 3 or 4 spoonfuls of mint water, & boyle it up to a candy. then take some mint & shred it small & put it to yr candy and drop it as you did the rose cakes, & set them in ye sun or a stove to dry.”

The recipe here is fairly simple in terms of ingredients and equipment. One needs a suitable candy making pot in which to place the ingredients. I suggest using a stainless steel, deep pan of at least three to four quarts. Copper pans for sugar work are nice but expensive. I rely these days on digital thermometers. Thermapens are great. (<https://www.thermoworks.com/>) I also own a digital thermometer which can be programmed to chime when a cooking mixture reaches a certain temperature. Recording temperatures and timing is necessary when recording any recipe trials and experiments; those notes will allow you to replicate the recipe.

Also take a quick note at Harold McGee or the Exploratorium pages on candy making. Continuing: "One pound of cane sugar and 3 or 4 tablespoons mint water...Boil until it reaches candy height." Candy height is defined by an earlier recipe in this same manuscript, as namely:

“S5 To Know When Your Sugar is at Candy Height. When y^r sugar is at a candy height, which is the second height it comes to, it will draw between your fingers in great flakes like bird lime, and then it is at a just height eyther to candy or for any other things.”

Recipe 5 from *A Booke of Sweetmeats* dated 1580-1625***

Hess reckoned this to be 220 degrees F. Now you, the reader or cook, should be aware that 220 degrees F is just over boiling. Thread stage is 215-235 degrees F. 235 degrees F is in fact what is required for a soft ball stage for the fudges and fondants. So, we have the instruction “boyle it up to a candy” and then you add some shredded fresh mint. What exactly is meant by the term "candy"? Do we need to boil it to a higher temperature than 220 degrees? Was Karen Hess correct? Will it set up when boiled to only 220 degrees F? Hard Crack which is required for hard candies is over 300 degrees F! Cast sugar items are carefully boiled to 305 degrees F. I know. I routinely make cast sugar items which have been cooked to 305 degrees.

So as you proceed to create these mint cakes, you'll have to decide exactly what is meant by the term candy and to what temperature the mixture should be boiled. What sort of candy you end up with depends in large part on to what temperature the mixture was cooked to. Remember that the Rose Cake recipe mentioned:

"Then set it on a soft fire & let it boyl softly till it be pritty stiff. Then drop it on a plate, & If it stand, it is enough. Then drop it in little cakes and set them in the sun to dry."

This is a pretty standard instruction for the making of these sort of sweet cakes. The Countess of Kent notes in her recipe, "To make Apricock Cakes":

“

Take as many Apricocks as you please, and pare them, put as much Sugar as they weigh, take more water then will melt the Sugar, then boil the Sugar and it together till they be pretty stiffe, take them off, and put them in saucers.”

From: *A choice manual of rare and select secrets*. 1653.

So aim for a soft fire, pritty stiff mixture, and it should stand if dropped on a plate!

When attempting this recipe, one confronts personal aspects of nostalgia. Think back to all those "mints" I described at the beginning of the article. Do you want a hard sugary mint? A hard crystalline mint? How much or should one stir because if you stir or beat, you can force these cakes or the mixture to crystalize and become French cream like? Add the flavoring too late or too early or in this case add the shredded mint too early or too late, and any candy mixture may grain or crystalize. Do you want it to crystalize? This is a recipe to play with, and because there are no ingredients like glucose, cane syrup, vinegar, or lemon juice to act as anti-interference or anti-crystalizing agents, it is likely the mixture will grain or turn into crystals. Time to take advantage of that fact and see what can be achieved!

Mint?

“CHAP. 225. Of Mints. The Kindes. There be diuers sorts of Mints; some of the garden; other wilde, or of the field; and also some of the water. John Gerard.”

Then we come to the matter of the mint. Is this peppermint or spearmint or whatever your mint your garden grows because the problem with mints is that they cross pollinate easily and this generation or the next generation might not be a true type or what was planted the year before. Mints also spread easily and take over which might or might not be a problem. Peppermint, according to most sources, is said to be a natural cross between the watermint and spearmint, and it was identified maybe only in the seventeenth century. Fortunately, there's no problem with growing mints in Michigan. The state has long been a center for commercial mint production. My suggestion is to use whatever "divers sorts of Mints" is available and growing in your herbal beds or pots. Chop or shred it small.

Mint Water or maybe mint plus water

As to the mint water, I have not ever found a brand of commercial mint water which I like, nor lacking the ability to distill my own, I have never made a really good or good enough mint water for this recipe. But what we do have today are excellent mint flavorings, extracts, and oils. Using a few drops of these creates a great mint water. Oh, and I highly recommend purchasing spring water if your home water contains iron or is water softened. Lastly, the sugar should be 100% cane sugar! I've always found that for a pound of sugar (which is two standard American cups) using more water is

easier. Dissolve the sugar in enough water to make it wet. I'd suggest maybe half a cup for two cups of sugar.

So roughly start with two cups of cane sugar, half cup water, maybe 1 teaspoon mint flavoring (depends on brand or strength). Cook a first batch over medium heat 8-10 minutes until roughly 220 degrees F. Does it thread? Does it look thick? Remove from heat. Add a small amount fresh shredded mint. If you beat it or work it now, it will crystallize. And as a sort of crystallized cream, it can be molded or formed. Or take the batch to a higher temperature and see what you create. In any case record your attempts and amounts, the times and temperatures. Take out your phone and take a few photos. Have fun!

SOURCES

Recipes and Quotes are taken from:

****A Booke of Sweetmeats* can be found in *Martha Washington's Booke of Cookery*. Edited with introduction and commentary by Karen Hess. New York: Columbia University Press, 1981. The Tudor-Jacobean manuscript was dated by Hess as 1580-1625.

The herball or Generall historie of plantes. Gathered by Iohn Gerarde of London Master in Chirurgerie very much enlarged and amended by Thomas Iohnson citizen and apothecarye of London. London: Printed by Adam Islip Ioice Norton and Richard Whitakers, anno 1633.

Kent, Elizabeth Grey, Countess of, 1581-1651. *A choice manual of rare and select secrets in physick and chyrurgery collected and practised by the Right Honorable, the Countesse of Kent, late deceased*; London: 1653.

Additional Sources:

Hartel, Richard W. & AnnaKate Hartel. **Candy Bites. The Science of Sweets.** NY: Springer, 2014.

Kelsey, Mary Wallace. "Mints: The Stray Cats of Herbs," in Harlan Walker, ed., *Spicing Up the Palate: Proceedings of the Oxford Symposium on Food & Cookery* (1992: Saint Antony's College), 145. Blackawton, UK: Prospect Books, 1993 .

McGee, Harold. **On Food and Cooking.** Revised ed. NY: Scribner, 1984, 2004. Chapter 12 is on "Sugars, Chocolate, and Confectionery.

Mason, Laura. **Sugar-Plums and Sherbet. The Prehistory of Sweets.** Totnes. Devon, UK: Prospect Books, 1998.

Mason. Laura and Catherine Brown. **Traditional Foods of Britain. An Inventory.** Totnes, Devon, U.K.:Prospect Books, 1999.

Schaetzl, Randy. **Mint in Michigan**, Michigan State University, project.geo.msu.edu/geogmich/mint.html#:~:text=During%20the%2019th%20century%20Michigan,when%20harvesting%20demanded%20dry%20fields. Accessed 16 Sept. 2024.

Sheraton, Mimi. **1,000 Foods to Eat Before You Die.** NY: Workman, 2014.

Smith, Andrew F. **Encyclopedia of Junk Food and Fast Food.** Westport, CT: Greenwood Press, 2006.

Smith, Andrew F. *Sugar. A Global History*. London: Reaktion Books, 2015.

Stewart, Amy. *The Drunken Botanist*. Chapel Hill, NC: Algonquin Books of Chapel Hill, 2013.

Vaughan, J.G & C.A. Geissler. *The New Oxford Book of Food Plants*. Oxford: OUP, 1997.

Wilson, C. Anne. *Food and Drink in Britain*. NY: Barnes & Noble Books, 1974.

The academic collections *Middle English Dictionary*, *EEBO (Early English Books Online)* and *ECCO (Eighteenth Century Collections Online)* were also used.

Candy websites:

Richardson Mints history was at http://www.richardsonbrands.com/t-_richardson-mints-history.aspx and is now at <https://rosesbrands.com/pages/about>

Science of Cooking: Candy-Making Stages | Exploratorium,

www.exploratorium.edu/explore/cooking/candy-making-stages. Accessed 7 Aug. 2024.

Romney's Kendal Mint Cakes. <http://www.kendal.mintcake.co.uk/about.htm>

French Creams are sold by Amazon and Vermont Country Store. See <https://oliverscandies.com/product/the-original-french-cremes-large/>

Copyright 2024 Johnna Holloway

CYNNABAR BARONIAL OFFICERS: OCTOBER 2024

All officers email: [office]@midrealm.org



Seneschal

Maestra Giovanna
Adimari

cynnabar.seneschal

Social Media
Officer

Lady Beth of Cynnabar

cynnabar.socialmedia



Exchequer

Lady Diamanté Colombino

cynnabar.exchequer



Herald

Lady Æsa raudkinn
Sigridarsdóttir

cynnabar.herald



Chronicler

TH Lady Godhit
of Cynnabar

cynnabar.chronicler



Minister of Arts &
Science

Duchess AnneMarie de
Garmeaulx

cynnabar.moas



Rapier Marshal

TH Lord Thomas
Throckmorton

cynnabar.rapier



Armored Marshal

Sir Charles Gotzfürboter

knightmarshal



Chatelaine

TH Lady Daeg ingen
Aeda

cynnabar.chatelaine



Webminister

TH Lady Aeffe
Torisdottir

cynnabar.webminister {at}
midrealm.org