



THE CITADEL

Quarter I / APRIL A.S. LIX

In This Issue:

- Words from Their Excellencies Bjarki and Valka
- Baronial History: 2014-2023: Words of Excellencies Kasha and Ermenrich, Excellencies Olaf and Malachy
- New Research on Sugar Forms by THL Johnnae Ilyn Lewis
- Baronial Officer Roster

WORDS FROM THEIR EXCELLENCIES BARON BJARKI AND BARONESS VALKA

Greetings to the Barony!

We are so thankful for the warmth of the companionship that saw us through the cold of winter. We traveled to distant lands for Christmas Tourney, visited our cousins in Red Spears for Yule Feast and our neighbors in Andlecrag for Winter Revel. Northwoods hosted 12th Night celebrations for Pentamere. The Barony of Andlecrag's St. Valentine's Day massacre was well attended by Cynnabar. Many traveled to Winter War Manuevers in early March, and Cynnabar hosted Terpsichore at the Tower XXVIII.

Wassail was once again too rainy for a Yule Log, but the event steward THL Rosalyn provided delicious wassail and a beautifully decorated space with HE Kasha's assistance. Everyone provided food for a wonderful potluck dinner. In Court, heralded by Lord Johannes, we recognized THL Diamanté's service as Exchequer, and our incoming Exchequer HE Finn swore fealty. His Excellency Bjarki provided a mystery bag of items that were distributed to members of the populace, including tokens for the favorite dish of dinner, the most Wassails attended, and a sturdy sewing kit that only needs the cookies removed. Our wonderful Baronial musicians provided music throughout the day and for dancing that was held after dinner, and many people helped make sure the space was cleaned before leaving.

St. Valentine's Day Massacre saw many accomplishments for Cynnabar. The armored community celebrated the authorizations of Mara and Austin, and the re-authorization for Bjorn, joining us this year after relocating from the far lands of Atenveldt. Rapier fighters celebrated the authorizations of Phillip del Holme and Jake. Renzo, planning to make his new home in Baronial lands, and HE Bjarki re-authorized. Jake also authorized in dagger.

This year's ValDay included a Queen's Prize Tournament, which saw three entrants from Cynnabar; Morwen the spinner, Dillon ap Dillon, and Ulfrun the Barefooted. Dame Hannah also sponsored the entry of Helena Finkelstein from Northwoods. THL Rosalyn taught a class, and Mistress Alina taught dancing. Her Grace Annemarie hosted a bycocket salon with Mistress Gianna, and THL Ulfrun was also there fulfilling her role as regional signet for the Kingdom Court. Roaring Wastes also had their Baronial transition. We welcome our ousi and Soma to the their new role as Baron and Baroness. In evening court Mistress Claire was given a Purple Fret, and Duchess Annemarie was given a Willow.

Winter War Maneuvers was a notable event for Cynnabar. We fielded many fighters, including Sir Midair, Sir Gregoire, Sir Jasen, HE Tairdelbach, Lord Mihal, Ugrath, THL Ulfrun, and HE Valka. Ugrath, Valka, and Mihal competed in the Up and Comers Tourney, won by Mihal! Mihal, Ugrath, and Tairdelbach took the field in the 3v3 melee tournament, and Gregoire, Valka, and Ulfrun made a second team. Both teams saw success and represented Cynnabar well. Duke Dag, Ugrath, and Zygmunt also assisted with marshaling that day. At morning court, Sir Charles was granted a captaincy of the Red Company, and Zygmunt became Sir Zygmunt, as the knights of Cynnabar collectively begged a boon and he was knighted forthwith! Evening court saw Mihal granted with a Dragon's Tooth by Duke Edmond for valor upon the field. Then, Dame Hannah begged a boon for her dependent Ulfrun the Barefooted, who was placed on vigil for the Laurel! She will be elevated at Rose Tourney on April 19. Huzzah for Sir Zygmunt and Laurel Vigilant Ulfrun!

Cynnabar hosted the 28th Terpsichore at the Tower in March. It was well attended, and We received praise for the efforts of the Barony in putting on the event. Much fun and dancing was had, thanks to the wealth of knowledge of our teachers, including Mistress Alina, and our inestimable musicians, including Master Aaron, Mistress Monique, Ambrose, Lady Cassandra, THL Godhit, THL Aeffe, and Elsa. Dame Hannah ran the lunch tavern with the help of HE Tairdelbach, THL Godhit, THL Aeffe, Wanda, Dame Helena, and Lady Ilse. Sir Gregoire hosted a Crafter's Green, and many people donated their time for set up, tear down, gate, and the Dessert Revel, the centerpiece of which was an amazing Viking Longship created by Lady Magdalena, complete with Cynnabar shields! Master Midair made sure the ball ran smoothly, and Mistress Claire and Mistress Alina were co-event stewards.

We were proud to bestow an additional Elephant's Heart to Mistress Claire for her continued service to Cynnabar. We also gave HE Rannulf and Michaela of Northwoods an Elephant's Tusk. We recognized Mistress Felice Debbage for teaching, and Lord Alex for assisting at Pentamere's 12th Night. We also called up the many newcomers, thanked the populace from Northshield who attended, and chose a favorite dessert from the Revel.

We are excited to welcome Wanda Zajackowa to the role of MOAS, and We thank Her Grace Annemarie for being willing to take on the role, and assisting Wanda through that transition.

Now as winter somewhat reluctantly withdraws, we look forward to Spring Revel in May and St. Cecilia in June, along with the archery and melee season.

As usual, We look upon the deeds and populace of this Barony and are in awe of the breadth and depth of service, knowledge, and skills. We are thankful to know and learn from each and every one of you.

Huzzah Cynnabar, and Spring!

Valka and Bjarki

**“It was the best of times ... it was the worst of times”:
Words of Their Excellencies Kasha and Ermenrich 2014-2019
and
Their Excellencies Oláfr and Malachy 2019-2023
Compiled by THL Godhit of Cynnabar, Chronicler**

For the last few issues of THE CITADEL it has been my intention to compile a baronial history by way of the single most accessible primary source I know of: the outreach of Their Excellencies to the populace appearing as a feature of nearly every issue since February/March 2005, with the announcement by Baron Straum and Baroness Ute of the first baronial transition. In October/November 2005, Baron Gregoire and Baroness Giovanna continued with their “baronial letter.” The June 2010 CITADEL saw Baroness Hannah and Baron Tairdelbach offer a missive as well; and with Fall 2014 the title appears, “Missive from the Baron and Baroness.”

With the reign of Baroness Kasha and Baron Ermenrich, the formally titled “missive” appears in the Winter 2014 through Spring 2016 issues, then becomes “Words from Their Excellencies” with the Spring Interim 2017 issue.

Of the four CITADELs published in the reign of Baron Óláfr and Baron Malachy, 2019-2023, “Words from Their Excellencies” remained the formal title of the address to the populace featured in every CITADEL.

It is not often that re-enactors of any historical time period are obliged to experience, in real time and with mortal consequences, happily forgotten aspects of earlier ages. Five years ago a global pandemic touched practically every aspect of life everywhere. Millions died ... millions more experienced economic and political dislocation. Even today the ramifications of the COVID-19 pandemic are still iterating through our day-to-day lives. At the time, April of 2020, Barons Malachy and Óláfr wrote the following:

“Where were you when the siege happened? How did you fare?”

Documenting our lives and our stories is dear to Our hearts. We had hoped that Our first letter to the Citadel for Our term would be a happy one, looking forward to the many things We would do together this coming Summer. Instead, we all find ourselves in troubled times and a likelihood that all of us are to be confined to our manors throughout the season....

“We encourage all to remember that we are makers and storytellers. Our histories are built as we live our lives - and as we document them. Each moment you commit to memory, no matter how trite, is a moment that has a bit of its own life. Find yourselves a way to document your stories - whether that is set to paper, or set to screen.”

In that terrible moment these words rang true – as true now, as then. “Each moment you commit to memory, no matter how trite, is a moment that has a bit of its own life.”

The best of times; the worst of times; and now, OUR times, of Baron Bjarki and Baroness Valka, in the Barony of Cynnabar.



THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

Winter 2014 issue

A Missive from the Baron and Baroness

Chronicler
Lord Gavriil Petrovich
chronicler@cynnabar.org

Deputy Chronicler
Lady Ceara of Cynnabar

This is the Winter 2014, issue of the Citadel, a publication of the Barony of Cynnabar of the Society for Creative Anachronism, Inc. (SCA, Inc.)

Peace be upon all those who read these words in the Name of the Blessed and Good. May your life be lengthened and your happiness preserved. May you be shielded from your enemies. May your blessings be increased.

We, Ermenrich and Kasha, write to you this fifteenth day of the twelfth month from Our Barony of Cynnabar, by Merciful Providence in good health, prosperity, and joy. As the cold takes hold of Our Land, We ask that all people's find solace in the warmth of companionship and great deeds. Therefore We ask that all find suitable projects, be they armoring, costuming, or organizing revelry. Let none say that the Barony is idle when the Winter Winds howl.

Further, know that We are gladdened by the love and support given to Us over the past few months. We hope that it will be returned tenfold over the coming years through projects, recognition, and fun.

Since being invested with the care of the Barony on the fifteenth day of last month, We have begun meeting with all Baronial Officers in order to ascertain how We can best assist them as they perform their duties. We also taught a class on running Our Baronial courts, which was extremely well attended. (If you wished to attend, but were unable to do so, please contact Us: We are scheduling a makeup session sometime in the next month.) In addition, We have updated the Baronial website with Our contact information and schedule.

Upcoming events We plan to attend include:

- December 20: Wassail in the Barony of Cynnabar (Saline, Michigan)
- January 3: Twelfth Night in the Canton of Ealdnordwuda (East Lansing, Michigan)
- January 17: Twelfth Night in the Canton of Tree-Girt-Sea (Chicago, Illinois)
- February 14: St. Valentine's Day Massacre in the Canton of Three Hills (Kalamazoo, Michigan)
- March 7: Terpsichore at the Tower in the Barony of Cynnabar (Saline, Michigan)

We encourage you to attend these and other events, so that We may witness your praiseworthy deeds.

Through the Mercy of the Most Beneficent, We remain

[Ermenrich, Baron of Cynnabar]

[/Kasha, Baroness of Cynnabar]

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UPCOMING EVENTS JANUARY - MARCH 2014

January 3rd

Pentamere Twelfth Night
East Lansing, MI

January 17th

Tree-Girt-Sea 12th Night (Kingdom Twelfth Night)
Chicago, IL

January 17th-18th

Winter Revel (Canton of Three Walls)
Ionia, MI

February 18th

St. Valentines Day Massacre
Kalamazoo, MI

February 21st

Herald's Pointe & Scribal Collegium
Howell, MI

February 28th

Pentamere Academy of Defense
East Lansing, MI

March 7th

Terpsichore at the Tower XX
Saline, MI

A WORD FROM THE CHRONICLER

Greetings one and all, the Barony of Cynnabar's newest chronicler, Gavriil, bids the populous of our famously joyous Barony as well as all our kith and kin a merry holiday season!

In the last few months Cynnabar has witnessed much change. The clouds above the tower have been in flux bringing all manner of weather to our lands during the early winter weeks. The lay of the land had even changed, our borders expanded and we now have access to new lands and grow closer with our neighbours in the Barony of Roaring Wastes Within our walls we've experienced a different kind of shift, in the opening court of the Grand Day of Tournaments their Majesties Cadogan and AnnMarie named successors to Tairdelbach and Hannah as Baron and Baroness of Cynnabar who were rewarded for going beyond the call service during their reign by bestowing them both with silver coronets as symbols of their sacrifice and commitment to the Midrealm and the land they hold. On this day I also witnessed the elevation of our new Baron and Baroness Ermenrich von Duisburg and Kasha Alekseeva, who have already in the earliest days of their reign made all feel as welcome in their halls as in our own homes.

The weeks following were fraught with other changes as well, new officers, new peers, new quests, and new horizons for our barony which brings us to a new year. A new year for our camaraderie to grow and to experience new beginnings.

Within this issue of The Citadel you can read a short story from our Kingdom Seneschal, about the *true* details of his job within the SCA. Following this is an account of the first "SCA event" ever, otherwise known in the society as 'the birthday party' by Dorothea of Caer-Myrddin. After this anyone who enjoys holiday treats should read Lady Johnnae llyn Lewis' directions on creating shape molded cookies. The final article is a preview of what will be an orientation guide for new armored fighters in Cynnabar Sir RanthulfR AsparlundR.

In short, may your year prove even more delightful than the last and enjoy this latest edition of The Citadel.



THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

Spring 2015 Issue

A Missive From Baron Ermenrich

Chronicler
Lord Gavriil Petrovich
chronicler@cynnabar.org

Deputy Chronicler
Lady Ceara of Cynnabar

This is the Winter 2014, issue of the Citadel, a publication of the Barony of Cynnabar of the Society for Creative Anachronism, Inc. (SCA, Inc.)

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Unto the Barony of Cynnabar,

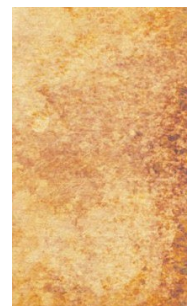
PAY HEED TO MY BARONIAL PROCLAMATION! Long have I, your Baron, heard of a fabled sixth color that squeezed its way into the perfect five part color wheel of red, orange, yellow, blue, and purple. This mysterious color known as green (or to heralds as vert) has eluded my observation. I have consulted with wise men and women, but none of these philosophers or mystics can show me the color green. Wherever they point I can only see red and so I name these false prophets as charlatans and fakirs. May their lies turn into pure red grass in their mouths! Do not listen to their tales of green.

THEREFORE let it be known that on this day, the First of April Anno Societatis **XLIX**, I declare that within the Barony of Cynnabar there is no such thing as green. All those who think they have vert upon their shields and livery should consult the nearest herald in order to address any divergency. Henceforth people of Cynnabar will be "red with envy" and know that "the grass is always redder on the other side." Anyone whose persona is Irish will now hail from the **Ruby** Isle, and Norse men and women were known to sail to the large island of **Redland**.

FURTHERMORE I am issuing this decree unilaterally without the consultation of my lady, your Baroness. On all decisions We consult, but so sure am I of the truth in this regard, that I felt no discussion between Us was warranted and I am sure Kasha, who is the wisest woman I know, will agree.

In Service to Barony,

[Ermenrich, Baron of Cynnabar]



A Missive from Their Excellencies [Spring 2016 CITADEL]

Ermenrich and Kasha, Baron and Baroness of the Glorious Barony of Cynnabar, unto Our beloved populace, greetings and wishes for eternal health and happiness!

With the advent of Spring comes many new beginnings, among them the appointment of two new Baronial Champions. At Spring Revel on April 17, Lord Einar became the newest Baronial Armored Champion. We also announced that Lord Harkin of the Moorlands will become Our next Baronial Rapier Champion. Both of these men are enthusiastic fighters and learners, and We look forward to working with them throughout the next year. We also wish to thank Lady Elß die Jägerin zum Birke and Lord Ionis Marteel, Our former Rapier and Armored Champions, for the outstanding effort they put forth this year, both representing the Barony outside Our borders and working inside the Barony to help others improve.

Also at Spring Revel, We conveyed two awards from Their Royal Majesties. Lady Elß die Jägerin zum Birke received the Award of the Purple Fret, and Lady Lucia di Bisaccia received an Award of Arms.

The other news from the Revel is that We have two tournament winners! As you know, the Barony is in the middle of the Quest for the Spear of Saint Cynnabarius, a weapon of Great Renown that we must prove our worthiness to win. With that in mind, we have embarked upon the Tasks of the Nine Worthies. The Challenge of Hector was completed in January when We received words of praise from several people in the Barony for those who have inspired them. At Spring Revel, Lord William of Cynnabar won the Challenge of Alexander the Great (with a “Gordian Knot” rapier tournament that was exhaustingly chaotic), and Master Midair MacCormaic won the Challenge of King Arthur (at a “Round Table” armored tournament that was incredibly fun to watch). Which Challenge will be next – Julius Caesar? Charlemagne? Judas Maccabeus? We await word from the Nine Worthies to find out. :)

The next event Cynnabar hosts is St. Cecilia at the Tower, which will be held on April 30 and May 1. On Saturday, in addition to beginner and intermediate music classes all day, there will be two performances. We are hosting a salon for solo and duet performances at noon; among others performing will be Cynnabar members Mistress Jadwiga Krzyzanowska and Cassandra of Cynnabar, as well as former members Lady Simcha bat Yona and Gyuri of Cynnabar. At 7:30 that evening, there will be a large concert; Cynnabar (the Baronial choir) will sing two Italian madrigals, and a group of seven Cynnabar members will perform a scene from Euridice, the earliest extant opera. If you can't come for the entire day, please try to come for one of these performances! You will learn a lot and have a fun time supporting your fellow Cynnabarians.

This summer, We will travel to events throughout the Region and Kingdom. It is a pleasure and Our pride to have a large contingent of Cynnabar members in attendance at any event, so We invite you to join Us as We travel and sit under Our shade fly at each event you attend. We would especially love to see a large Cynnabar presence at events featuring mêlée combat

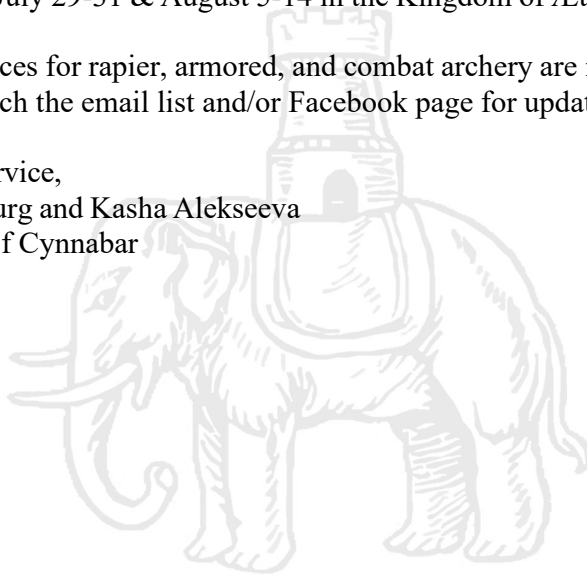
and archery. Also, We encourage everyone who wishes to learn combat archery to do so this summer – there will be plenty of opportunities to learn!

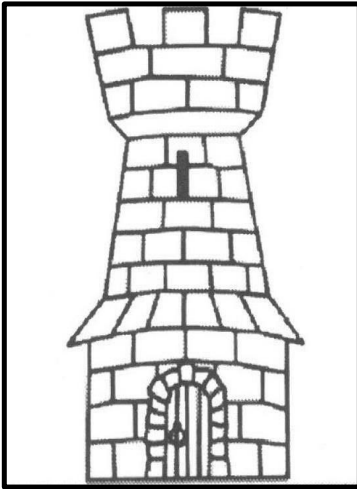
The summer events We plan to attend include:

- St. Cecilia at the Tower: April 30-May 1 in Our Barony of Cynnabar
- Midrealm Coronation: May 6-8 in the Barony of Shadowed Stars
- Battle of the Inland Seas: May 13-15 in the Shire of Altenberg
- Pentamere Archers College: May 21 in the Canton of Ealdnordwuda
- Midrealm Crown Tournament: May 28-29 in the Shire of Mynydd Seren
- Siege of Talonval: June 3-5 in the Shire of Talonval
- SCA 50th Anniversary Celebration: June 24-26 in the Barony of Sternfeld
- Saline Celtic Fest Demo: June 9 in Our Barony of Cynnabar
- Pennsic War: July 29-31 & August 5-14 in the Kingdom of Æthelmearc

Regional mêlée practices for rapier, armored, and combat archery are in the process of being scheduled. Please watch the email list and/or Facebook page for updates.

Sincerely Yours in Service,
Ermenrich von Duisburg and Kasha Alekseeva
Baron and Baroness of Cynnabar





Spring Interim

May/June 2017

The Citadel

News from the Barony of Cynnabar, Pentamere

In the Reign of William and Isolde, Rex et Regina Regni Mediterranci, Anno Societatis LII ...

WORDS FROM THEIR EXCELLENCIES BARON AND BARONESS CYNABAR:

In This Issue:

- **Words from Their Excellencies**
- **From the Chronicler**
- **Officer Changeovers**
- **New Deputy Chronicler: Meet Caryn of Cynnabar**
- **Student Group Update**
- **Getting to Know: Master Derian le Breton, Seneschal**
- **Lady Edonea (Eidy): Your New Chatelaine**
- **Recent Court Reports**
- **Herald Night Hiatus!**
- **“Of Foliate Heads and Green Men” by THL Johnnae llyn Lewis**
- **2016 Financial Statement**

Unto to the Populace of Cynnabar, Greetings!

The summer season is now upon us. Spring saw Our Great Barony hold events that celebrated the Arts and Sciences, but now We must look to glorious combat. At the Siege of Talonval, Cynnabar allied with Our neighbors to the east, the Barony of Roaring Wastes.

Soon We shall travel to North Oaken, where Our Armored Champion, Midair MacCormaic, will be elevated to the Order of Chivalry. We hope that as many of you as possible will make the trek to share in the celebration. And that is only the beginning of Our June Campaign!

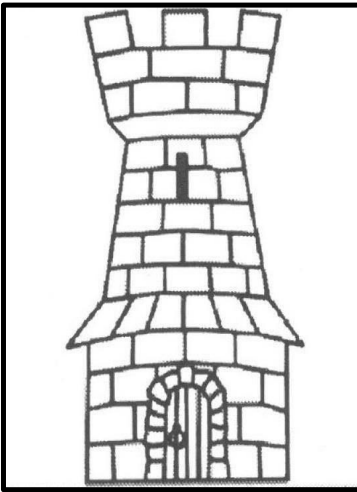
So make ready your armor, fill your quiver, and march with Cynnabar to the fields of Cleftlands, Andelcrag, and Red Spears!

For the Honor of Cynnabar,
Ermenrich and Kasha

[Note: this page has been modified from the original.]

Deadline for July/Summer Issue: June 15th ! Will publish: July 1.

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Summer Quarter

July 2017 / AS LII

The Citadel

News from the Barony of Cynnabar, Pentamere

In the Reign of William Dux Bellorum Et Rex, et Isolde Regina, Regni
Mediterranei, Anno Societatis LII ...

Words from Their Excellencies Baron Ermenrich and Baroness Kasha:

Unto all who call themselves Cynnabar, Greetings!

Wise sages have foretold of the moon overpowering the sun and blocking all of its light in the days to come. Even now, We find ourselves looking to the sky for portents of what this will bring. Scholars tell that it could be Fenrir eating the sun and heralding in Ragnarok! If this is true, let us not die in our beds or alone in our study. Let us gather together, fighting, creating, eating, drinking, and laughing as one great Barony. To this end, We have instructed Our stewards to make ready the Pennsic Camp for Our annual pilgrimage. We hope that as many of you as can come will join Us there, either as campmates, or as visitors during our revels. Pennsic is a great undertaking, and We ask that all who are taking an active role, let Us know so that all can know of your deeds. We have begun to note all the events that members of the Barony are participating in. This calendar may be seen on the [Cynnabar website](#).

We plan on holding all the standard Baronial events, including our traditional meal together, followed by Baronial "Drunken" Court. This year's theme for Court is, appropriately, RAGNAROK. If anyone has business to conduct during court, please let Us know so We may add your name to the docket.

*Sincerely,
Ermenrich and Kasha
Baron and Baroness*

In This Issue:

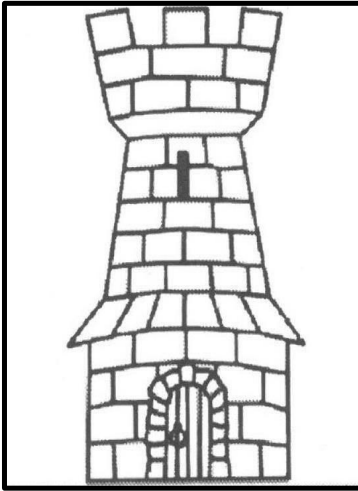
- **Words of Their Excellencies**
- **From the Chronicler, p.2**
- **Pennsic Pro Tips by Caryn of Cynnabar, p.2**
- **Court Report, p.2**
- **Pennsic Archery: What You Need to Know... by Caryn of Cynnabar, p.3**
- **Pennsic Tourism, by THL Johnnae Hyn Llewys, p.5**
- **Preparing for Pennsic: On-line Resources, by THL Johnnae Hyn Lewis, p.7**
- **Heat Exhaustion, a Lady's Account, by Lady Morwen, p.8**
- **The Book of Archery, by Forester Grey Oddson, p.9**
- **Baronial Officers Roster and Baronial Weekly Schedule, p.11**

Deadline for Fall Quarter:

September 15 to publish

October 1

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Fall Quarter

October 2017 / AS LII

The Citadel

News from the Barony of Cynnabar, Pentamere

In the Reign of Cellach Rex et Vukasin Regina, Regni Mediterranei, Anno Societatis LII ...

Words from Their Excellencies Baron Ermenrich and Baroness Kasha:

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- **Court Reports, p.3-4**
- **Herald Night Returns! p.4**
- **Cynnabar, the Event Year, by THE Godhit of Cynnabar, p.4**
- **What I Love About the Grand Day of Tournaments, by Meisterinne Geneveva von Lubeck, p.5**
- **Event Stewards! Heed the Exchequer!**
p. 7
- **On Peaches, by THE Johnnae Llyn Lewis, p.8**
- **Baronial Officers Roster and Baronial Weekly Schedule, p.14**

SKOL! The Fenris Wolf came and devoured the sun, but we were saved from Ragnarok. Our scholars tell us that this might very well be another miracle of St. Cynnabarius. In celebration of this divine act, We ask that all celebrate with Us at the forthcoming events held in the Barony.

The first of these celebrations will be at Cooks' Symposium where We look forward to having both our minds and stomachs filled. We encourage all to look at the class schedule and see what might interest you. Ermenrich plans to spend most of his day learning about fireside cooking. Perhaps future camping events will see him make use of new-found knowledge! That event day will end with a potluck-style feast, the likes of which you have never seen. It is Our intention to hold Court as well, so be checking with couriers for a possible summons.

In November, Cynnabar will hold a Grand Day of Tournaments. We do not believe that there is a finer display of Pentamere martial prowess than at this event. Their Majesties plan to attend, and at least one vigil will take place. This means a lot of fun to be had! Fighters, check your harness and weapons to ensure they are in good repair. Spectators, freshen up on your knowledge of statistics to ensure your day of gambling leads to winning a great prize! Speaking of prizes, remember that this event needs prizes to be donated, so please be thinking of what you would like to offer.

In December, We shall celebrate the end of another year with Wassail! (Drink Hael!) Work on this event is still ongoing, so please keep your ears open for more information in the months ahead.

Deadline for Winter 2017 Quarter:

**December 15 to publish
January 1, 2018**

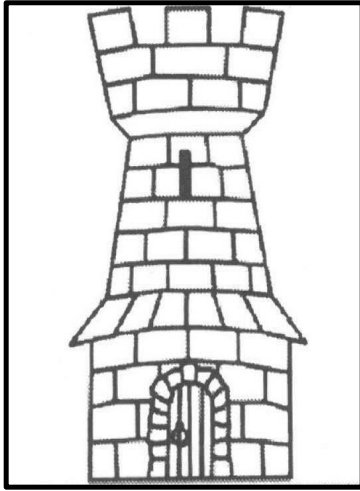
None of these events can happen without the love and support of the Barony. We ask that everyone volunteer their time and talent to ensure that those who travel to Cynnabar leave in awe of our hospitality and hard work.

With Love and Service,

Ermenrich and Kasha,

Baron and Baroness

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Winter Quarter

December 2017 / AS LII

The Citadel

News from the Barony of Cynnabar, Pentamere

In the Reign of Cellach Rex et Vukasin Regina, Regni Mediterranei, Anno Societatis LII ...

*Words from Their Excellencies
Baron Ermenrich and Baroness Kasha:*

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Unto Our Wonderful Populace,

As We write this, the snow outside has begun to accumulate, covering Cynnabar in white and forcing us indoors to sit beside the fire's gleam. Our hearts are warmed, however, by turning Our thoughts to food, fellowship, and the upcoming season of Arts and Sciences. We look forward to seeing many in the Barony entering in the Royal A&S Challenge at 12th Night. From there it will be just a short time to the Regional A&S Faire and then Kingdom A&S.

We too have been using the cold weather as a way to spend time working on our Arts. Your Baron has gotten out ink and quill to work on his calligraphy. He is a long way from writing up words worthy of a scroll, but he hopes that any letter penned by him will be seen as legible! Kasha has been singing, working on songs with both the Cynnabar choir and a piece to be sung at Kingdom 12th Night.

All around us, We have seen the Arts and Sciences being celebrated. Terpsichore and St. Cecilia are being planned for the spring. We have seen spoons carved, coins struck, gowns sewn, and the nalbinding of socks.

We wanted to thank Lord Gregor and Lady Benedicta for their service and our A&S and Archery Champions. Likewise We welcome as a part of Our household Lady Morwen as Our new A&S Champion and Lord Yaacov as Our new Archery Champion. In both of these gentles, We have seen not only a love of their respective craft, but that they inspire others around them to hone their skills.

In Warmth and Fellowship,
Ermenrich and Kasha

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THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

Spring 2018

*Words from Their Excellencies
Baron Ermenrich and Baroness Kasha:*

Chronicler

Lady Albina Gherardi

chronicler@cynnabar.com

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Unto the Great Populace of Cynnabar,

Even now as We look out at Our lands, We see the winter snows finally recede and the small hints that that spring is here. The first tentative shoots of tulips bring to Our minds the constant renewing cycle and the wonderful events that are to come. Spring in Cynnabar is often a time of Arts and Sciences. We look forward to seeing the Arts and Sciences entries from the Barony. Cynnabar has always acquitted itself well at such competitions, and We are confident that this year shall prove no different.

Likewise are We excited for Terpsichore at the Tower and St. Cecilia at the Tower. Both of these events are near and dear to Us. Before We ever knew that We would one day call Cynnabar home, We knew of Terpsichore and its Dance Book. Its legacy is one of the foundations of the Barony. Added to that legacy now is St. Cecilia, an event We are proud to say We have never missed since its inception. Every year the scholarship that both of these events provide is a service to the Society. We hope to see you all at the ball

Continued from cover page...

at Terpsichore and at the Concert at St. Cecilia.

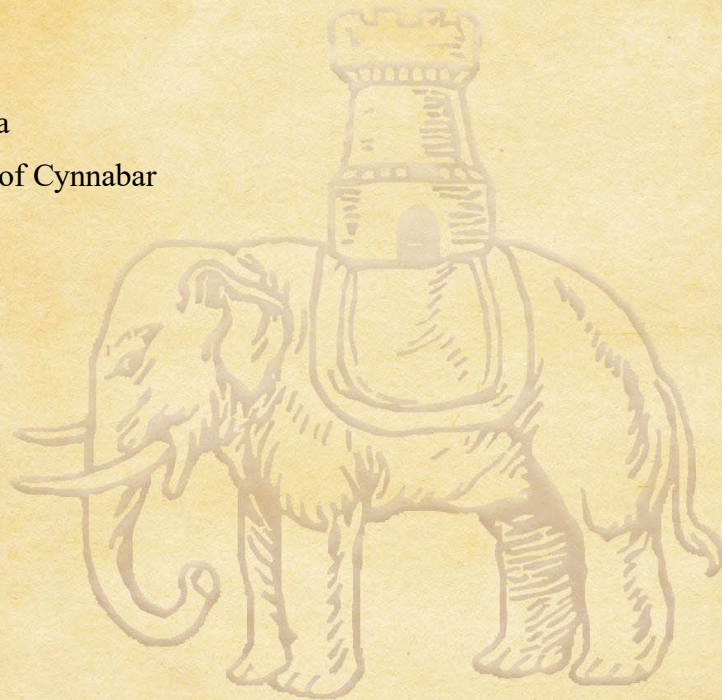
We would be remiss if We did not mention another tradition of spring, the Baronial Spring Revel. There is rumors of something new at the Spring Revel this year so make sure to bring the children, as it is something We are sure they will enjoy. We also plan to take Our annual group photo, so make sure to wear Red, Black, and White if you have it.

Lastly, We want to thank all of our Officers and Champions who have served the Barony over the past year. This is not a task that can be done by one person, and each of you help the rest of us by carrying part of that load.

Sincerely,

Ermenrich and Kasha

Baron and Baroness of Cynnabar





THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

Summer 2018

Words from Their Excellencies Baron Ermenrich and Baroness Kasha:

Chronicler

Lady Albina Gherardi

chronicler@cynnabar.com

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To Their most loyal and accomplished populace, Ermenrich and Kasha, by grace of Their Majesties Baron and Baroness of Cynnabar, send greetings, good health, and prosperity.

Many of you are aware that the Baronial seneschal is in the middle of negotiations with the caretakers of a potential new meeting site. In the meantime, brief business meetings are taking place before armored and rapier fighter practice on Thursday evenings at 7:00 pm in Community Center Park on East Clark Road in Ypsilanti (across the street from the Ypsilanti Township Community Center). The park has picnic tables, shady areas, and a playground, so please bring your family and join the Barony on Thursdays.

The beautiful summer weather also sees Us preparing for Pennsic War, which will be held from July 27 - August 12. His Excellency Ermenrich will attend for the entire two-week period. We will hold Baronial Court at Pennsic on Wednesday, August 8; this year's theme is Commedia dell'Arte and will feature a commedia performance, so dig out your masks and your most extravagant clothing. If you would

Continued from cover page...

like to camp with Cynnabar and have not yet done spoken with Sir Straum or Lady Tigwyn, please do so immediately.

Another event approaching quickly is Cynnabar's Ruby Jubilee on August 31 - September 2, when Cynnabar will celebrate its twentieth year as a Barony and fortieth year as an SCA group. This weekend camping event will feature a variety of activities and celebrations, as well as food and drinks for everyone, so please let Us know whether to expect you by registering at the Ruby Jubilee website.

Until then, may your serenity be well. And may your friends be well. May all those serving you always be well. And may your worthy houses thrive in peace and prosperity.

Written this twenty-eighth day of the sixth month, in the fourth year of Our investiture, in Our Barony of Cynnabar.





THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

Fall 2018

*Words from Their Excellencies
Baron Ermenrich and Baroness Kasha:*

Chronicler

Lady Albina Gherardi

chronicler@cynnabar.com

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Unto the Barony,

The summer season saw the coming together of friends new and old in so many wonderful ways, from the Sieging of Talonval to the campfire at Pennsic and the celebrations at Ruby Jubilee. It filled Our hearts to share in the old stories that were told and the new memories that were forged. The Barony, indeed the Society, is not immune from the various comings and goings in the mundane world. Still we are able to come together from different walks of life and share some time with each other. It is this recurring feat that keeps Cynnabar strong. It is not the work of a person, but of the people.

Now Summer gives way to Fall, and as the weather cools, we will find ourselves huddled closer to the hearth and seeking refuge in warm halls. We hope that all of you will join Us in continuing to share with each other: Share in time, knowledge, and friendship.

Furthermore, We look forward to hosting Their Majesties at Grand Day of Tournaments. Please sign up to help where you can, whether it is helping in the kitchen or serving as a retainer for the Crown. We are also looking for prizes. We take great pride in displaying how generous our populace is with their money, talent, and time!

Lastly, We wish to take this opportunity to thank all the officers of the Barony. Their hardwork and dedication allows the rest of us to have our fun. When you see one of the officers, be sure to thank them for all that they do.

Sincerely,
Kasha and Ermenrich



THE CITADEL

Newsletter of the Barony of Cynnabar in the Midrealm

Winter 2018

Words from Their Excellencies Baron Ermenrich and Baroness Kasha:

Chronicler

Lady Albina Gherardi

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This is the [WINTER] 2018 issue of the Citadel, a publication of the Barony of Cynnabar of The Society for Creative Anachronism (SCA, Inc.).

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Kasha and Ermenrich, by the grace of Their Draconic Majesties Baron and Baroness of Cynnabar, to the seneschal of Cynnabar and all provosts, bailiffs, ministers, the good people of Cynnabar, and all to whom in the future as well as the present this letter should come, greetings.

As the old year turns to the new, We are busily making plans for the upcoming twelve months.

We encourage you to accompany us to Pentamere Twelfth Night in the Barony of Roaring Wastes (January 5) and St. Valentine's Day Massacre and Tournament of Chivalry in the Canton of Three Hills (February 9). The next event the Barony will host is Terpsichore at the Tower on March 30. The success of all events depends on people showing up to have fun and volunteer, so please mark your calendars!

The annual retreat for the Baronial Armored Militia will be held on February 22-24. If you would like to attend and have not already received details, please contact one of Us. We have already begun meeting with militia leaders to brainstorm ideas for new equipment and training, so We are particularly excited for this summer's campaigns.

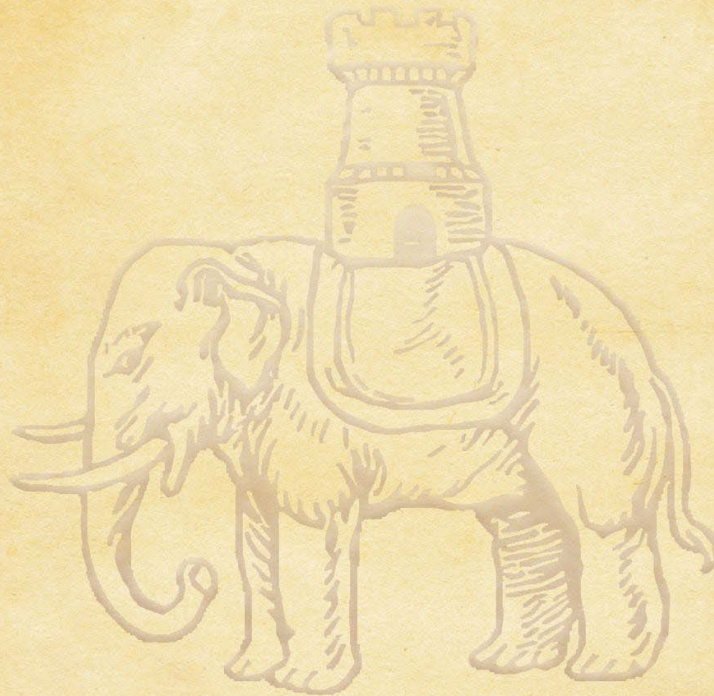
Other current projects that are important to Us include the creation of a photo inventory of Baronial regalia and other items of significance to the Barony, as well as several minor updates and repairs to these items. We also hope to replace those that are completely worn out, such as many of the Barony's banners and pennants.

The Barony's most urgent and immediate task is to find a meeting site that will accommodate all of the group's activities: fighting, dancing, crafting, and so forth. Please support each other as everyone looks for a site.

Finally, thank you for being so patient and understanding as We learn more about Kasha's illness and how to manage it. We appreciate the kind messages We have received and the assistance with various tasks. Please continue to contact both of Us (Kasha and Ermenrich) with anything you need, so that if Kasha is unable to receive your message, Ermenrich will be sure to see it.

We wish you all the very best during the new year.

Written this twentieth-eighth day of December in the fifty-third year of the Society, while traveling in the Barony of Andelcrag.



Words from their Excellencies

[August 2019 CITADEL]

Ermenrich and Kasha, by the grace of Their Royal Majesties Baron and Baroness of Cynnabar, to all who view the present letters, greeting.

Thank you all for such a lively and productive several months! Since Our last letter, the Barony has accomplished much: We've hosted two events and two demos, and Pennsic War once again saw Cynnabar out in full force. Volunteers have worked tirelessly to produce banners, tabards, and other much-needed supplies. Our new meeting site is a thorough success, bringing an increase in both participation and fellowship.

As you know, the Barony has now begun the process of transitioning to its new leadership. Two teams of candidates have volunteered themselves for the sometimes intense role of Landed Baroness or Baron. Please be understanding as We anticipate word from Their Royal Majesties about Their choice.

In the upcoming weeks, please prepare yourselves for two upcoming events: Fall Revel, on October 6, offers a chance to view the beautiful fall leaves and enjoy the crisp air. A Grand Day of Tournaments, on November 2, will be Cynnabar's Baronial Investiture. Please start thinking now about any prizes you would like to donate to the tournaments.

The past few months have reminded Us once again what a great Barony We represent. We remain, as always, very proud of you.

Written in Cynnabar in the eighth month of A.S. LIV.



Words from their Excellencies, an Introductory letter, April 2, 2020:

Dearest Barony,

“Where were you when the siege happened? How did you fare?”

Documenting our lives and our stories is dear to Our hearts. We had hoped that Our first letter to the Citadel for Our term would be a happy one, looking forward to the many things We would do together this coming Summer. Instead, we all find ourselves in troubled times and a likelihood that all of us are to be confined to our manors throughout the season.

The gentles in Our Barony, and our friends and family throughout the Society, have come together. Those in need of motivation for activity have not been lacking in it, nor have they been in want of contact among like minded souls. Many have shared their skills, their art, their song... and even their exercise programs. For several of us, the Island of Lost Projects will lose some of their children.

For some others, quiet and comfort has been needful. Please remember to reach out to your friends and family, if necessary. We're here for you.

We encourage all to remember that we are makers and storytellers. Our histories are built as we live our lives - and as we document them. Each moment you commit to memory, no matter how trite, is a moment that has a bit of its own life. Find yourselves a way to document your stories - whether that is set to paper, or set to screen.

When we happily get together after long confinement and for celebration, we'll have our stories to tell each other. We'll share the things we've learned. We'll take glory in tournament, feasting, music, and dance. And most of all, take joy in each others' company.

For the nonce, we must weather the siege. Keep yourselves safe, and keep yourselves happy as best you may.

Hopefully,

Malachy and Óláfr, Barons Cynnabar

Words from their Excellencies, May 2nd, 2021:

On this second of May, being the 56th year of the Society, we Malachy and Óláfr, Barons of Cynnabar, send Greetings to the Barony.

As we wind our way to Summer, there are signs that our activities may return to some semblance of normalcy and we may earn a respite from our siege. While we have sad news of the cancelation of Pennsic, we have missives from the Society that re-opening may be at hand. Their Royal Majesties and Their Curia have made it known that their words on re-opening shall be soon, and certainly before the first of June date that the SCA Board has chosen as its initial target for resumption of activities.

We understand that the resumption of activities will not be complete, nor might they be uniform across the Kingdom. The health and safety of our members remains paramount. Please be mindful that within the Barony that Master Nezhka shall remain the voice of the Kingdom in these matters.

The milestones set by the State of Michigan will likely be an example of our own re-opening. Shots in arms will be the main contribution many of us can make toward ending the pandemic and putting us on the path to normalcy. If you are able to get vaccinated, we urge you to do so. Immunity girds us to be the "shields of the weak" for those unable to do so. Let us help support those in the Barony who have served in the front lines in public health, or in roles that have supported society as a whole.

We see the Hope of the members of the Society in the Kingdom's calendar. At this date, many events are penciled in. Some may not come to pass, but some will. For those of you who've kept your skills sharp, we know you look forward to the things to come. For many of us who've needed our energies elsewhere, ourselves included, we'll be dusting off our kits a few steps behind you.

So, for this fair May, we wish you Happy SCA New Year. Things are looking up, and we're looking forward to seeing you all when we can.

- Malachy and Óláfr

Words from their Excellencies, January 2022:

Dearest Barony,

It's the quiet time between Twelfth Night and Candlemas. The Winter weather has been gentle to Cynnabar thus far. Being strong folk of the northern Midrealm, we know that Winter will have more for us before the flowers of Spring make their appearance.

It's thus that we have been weathering the latest round of our siege. We keep to our manors and while away the hours with craft and comfort until we can see each other again. And with good fortune, we've been able to step forth from our comforts on occasion to spend time in each other's company.

Many of our number joined our Cousins the Baron and Baroness of Northwoods at their Twelfth Night event. Their Majesties made the long journey from the Southern portion of the Kingdom for a day in the snow and around the fires. We took gladness from the companionship of our friends. We took joy as the seeds of the future were planted by the peers of our Barony as Sir Gregoire took Baroness Collete as a squire, and Mistress Hannah took Úlfrun as her first apprentice. We marveled at the works of the artisans of our Kingdom for the largesse tourney and celebrated Mistress Fionna winning the Queen's Choice award.











And we rejoiced when Mistress Hannah was raised to the Order of the Pelican.

We then returned home to the comforts of our manor, warmed by camaraderie. A drink from the cup of friendship to sustain us for the quiet times.

The Barony is currently in soft shutdown from Omicron. The health and safety of our populace is ever at the front of our minds. In the meantime, reach out to each other and take comfort that we are strong and will see each other soon in the warmer months.

- Malachy and Óláfr

Cynnabar Officers

	Seneschal	Master Nezkha Kiriena Petrova	seneschal@cynnabar.org
	Exchequer	Lady Diamante	exchequer@cynnabar.org
	Chatelaine	Bantiarna Ceara inghean Mhuirgheasa	chatelaine@cynnabar.org
	Knight Marshal	Baroness Jorun Arragunrsdottir	knightmarshal@cynnabar.org
	Fencing Marshal	Lord Thomas Throckmorton	fencing@cynnabar.org
	Archery Marshal	(Vacant)	archery@cynnabar.org
	Minister of Arts & Sciences	Lady Úlfrún Barefooted	moas@cynnabar.org
	Youth Officer	(Vacant)	
	Herald	Æsa raudkinn Sigríðarsdóttir	herald@cynnabar.org
	Chronicler	Lady Gabriella Hamilton, Esq.	chronicler@cynnabar.org
	Webminister	Master Aaron Drummond	webminister@cynnabar.org

Letters from the Officers [July 2023]

From Their Excellencies, Baron Malachy and Olaf

Dearest Barony,

We're entering the hot seasons of the year and hear the call of war drums from lands to our east. Their Royal Majesties, Louis and Sadb, have arranged that our upcoming Pennsic war shall be a friendship war fought for no war points.

We have a lovely summer event season coming up, and most of them the familiar ones of old. The plague was able to slow us down, but not stop us. We're thus looking forward to seeing everyone enjoying camaraderie, combat, feast and song with each other.

This issue of the Citadel is dedicated toward the Survival of Pennsic. Our main foe as we enter this season of war is primarily heat, and our own conditioning. Even if you have no intention of boiling your brains under a shiny helmet, you must still face heat and dehydration. To armor yourselves against these foes, we make some general recommendations:

- Checklists! Your friends will have many, and this issue shall contain accumulated wisdom of things to be mindful of in your preparation for events. Even if you have prepared the best of plans, if you forget something important it can add unpleasantness to your ventures. - Hydration! Of primary importance is ensuring you have enough water to sweat and keep yourself cool. You can't have too much water with you. Depending on the event, easy access to water may be difficult so always bring plenty.

- Shade! Many events will occur in places where some shade is available, but often it scarce or at a premium. Period shades are nice, but all shade is grand. Coordinate with your friends to share some and be generous with it if you have extra. Shading your head is also key to keeping yourself cool. Consider good head covering options that are appropriate for your persona. Straw hats are great options if you've nothing more appropriate.-

- Mind your conditioning! Even our combatants have need of minding their condition. You can be in excellent health, and yet still not be acclimated to hot weather.

Monitor your own health, and look in on your friends. If they're asking if you've had water, they're asking, "How are you feeling?" If you have medical conditions that complicate hot weather, let some friends know. These can be things that impact your ability to sweat or even make you more sensitive to the sun. Watch your health, and that of your friends. We look forward to time with you all.

Malachy and Olaf, Barons of Cynnabar

Cynnabar Events

Baronial meetings usually held at People's Presbyterian Church, located at [210 Smith St, Milan, MI, 48160](#) and weather permitting, are held outdoors.

By tradition, the second and fourth Thursdays (unless otherwise noted) are Baronial Business meetings.

The third Thursday is reserved for something usually A&S (Arts and Sciences) oriented.

Armored combat and Fencing practices are announced on the Cynnabar Facebook page.

Celtic Festival is happening again! It will now be at the Washtenaw Farm Council **July 7th and 8th, 2023** This is a fun demo that gives us the opportunity to show case our skills to the public. We get a small stipend, but we also get visibility and possibly recruit a new member or two.

Fall Revel is scheduled for September 17, 2023. This is a great way to wind down from the Summer months (and heat!) and enjoy the fall, crisp air while spending time with friends.

A Grand Day of Tournaments - October 28, 2023

To all Royalty, knights and gentles of cote armor, greetings. Know that upon the twenty eighth day of October in the two thousand and twenty-third year of our Lord, by leave of Their most noble majesties, a Grande Tournament will be held in the Barony of Cynnabar.

All gentles at arms are invited to present themselves in proper panoply for a day of festivities and combat à plaisance. There shall be many festivities and sport for both warrior and spectators alike - including our ferocious lion, youth activities, games, and the gambling pit.

Twelfth Night, Jan 6, 2024: Details to follow

For all these events, it takes people to make these things happen. Please think about volunteering a little bit of time to each of these upcoming events. It helps our Event Stewards a great deal, and makes the entire event a success. Thank you so much!

An Early Recipe for Sugar Figures

By

THL Johnnae Llyn Lewis

I have long had an interest in the edible sugary substance known in the Society as sugar paste. Countess Alys (Elise Fleming) in a long ago published article “Sugar Paste: A Cook's Play Dough” popularized sugar paste as being a cooks play dough. The article appeared in *Tournaments Illuminated*, Summer 1992 and is archived online. In a later *Tournaments Illuminated* article on the works published by or credited to a mysterious author known as Alessio, I talked about the 1555 printed appearance in Italy for sugar paste and the subsequent 1558 appearance of that recipe in English. This initial printed recipe in English begins: “*To make a paste of sugre, whereof a man maye make all manner of fruities, and other fine thynges...*” Thanks to the popularity of that work, Alessio’s *paste of sugre* recipe appeared all over Europe in numerous languages and then was adapted to subsequently appear in other cookery books by various authors in the later sixteenth and seventeenth centuries. (See Holloway, “Alessio and the Secretes of Cookery”, *TI*, Summer 2003.) I returned to the subject again in 2019 for “Sugarpaste and the Elizabethan Age” in *Tournaments Illuminated* #210.

The Source and its Author

Now in 2024 I have discovered an even earlier recipe for our favored sugar paste; this version appeared in print two generations earlier than Alessio and dates to the late fifteenth century. This is important as it gives our Society's subtletie makers a reference source and recipe for early sixteenth century sugar works! The recipe appears in a published **book** titled *Lumen Apothecariorum*. (Sometimes cited as “Lumen Apothecarium” and hereafter, referenced as the *Lumen A*) This

little-known work of seventy-eight pages is a Latin pharmacopoeia, created for the use of the medical practitioners, and for the apothecaries or pharmacists of the time; it was first published in Turin in 1492. The author Quiricus de Augustis of Tortona is described by Andrew Weeks as being “the city physician of Padua” who “died after 1495.” (Weeks, 149) The Wellcome Collection in London indicates he was active circa 1486-1497. The leading expert on both the book and its author, Professor Rafal Hryszko asserts Quiricus was both a physician and an apothecary who gained practical experience at the court of Savoy. Widely traveled in Italy and France, he was “an astute observer, an experienced practitioner and, above all an individual with a critical attitude to the practices followed by the *speziari* or *speziale* while making sweet products.” (The *speziari* were the famous Italian pharmacists of the time.) (Hryszko, 2023, pp 223, 229) The fifteenth century apothecaries were responsible for medicines and cures using such products as honey, herbs, imported and exotic spices, and fruits. Increasingly, they were also purveyors of sugar items, first as medicines and then as sweets on their own. As Shaw and Welch relate, by the 1490s the price of sugar had fallen, and supplies had so increased (p193) that “manufactured sweets” including comfits and confetti became an important part of the trade. (p200) The *Lumen A* conveys in part that specialized knowledge of sugary things and candies.

Weeks says the work was “highly influential.” (Weeks, 149) That almost seems to be an understatement. The book was published in numerous places, including Venice, Cremona, Lyon, Brussels, Antwerp, Ypres, Amsterdam, and Rotterdam with several libraries and archives owning early original editions. (Because it's an actual recipe in a book and not sourced to a manuscript, it's possible to create a bibliographical record for the book and the recipe and search for digitized editions.) Besides the 1492, there are reported editions for 1494, 1495, 1496, 1497, 1498, 1503, 1504, 1512, 1513, 1515, 1517, 1525, 1528, 1536, 1549, 1551, 1553, 1556, 1559, 1561, 1564, and 1566. (There is also interestingly a

mention for a 1486 or possible 1488 edition, but I, as a bibliographer, cannot verify editions for those years. The printed apothecary literature is not as well studied or documented as one would like.)

It was also included as part of the larger Venetian work known *The Greater Luminary* which placed the *Lumen A* (often mis-accredited) between the larger works *Luminare Maius* and the *Pandectarum Medicinae*. The Library of Congress owns a 1498 edition of *The Greater Luminary*; it's online courtesy of LoC. The Wellcome Collection in London owns and has digitized several early editions of the *Lumen A*, but not the 1492 edition. Yet all is not lost. The joint catalogue Universidad Complutense de Madrid, formerly the University of Madrid, (<https://ucm.on.worldcat.org/discovery>) not only lists a 1492, but it has digitized the work for online viewing and download. See end of this article for more information. The *Lumen A* was not published in England, but it is known that English physicians owned copies. King Henry VII's mother, the esteemed Margaret Beaufort's personal private physician, Dr. Thomas Deynman owned the 1498 edition. It survives today as part of the Deynman collection at Peterhouse College, Cambridge University. Peterhouse is Cambridge's earliest established college.

Professor Hryszko has written and published numerous articles on the place and the heretofore overlooked importance of Quiricus de Augustis and the *Lumen A* in the history of confections. (Almost all of Hryszko's articles have been in Polish, with at best only a short summary or abstract in English; only the 2023 paper is fully in English.) Hryszko supports his belief by noting that the Chapter 13 of the *Lumen A* focused solely on sweets and sugar, but prior to his own research, it had never previously "been analysed separately yet." (Hryszko, 2023, p218) Based on my research, it turns out the *Lumen A* recipes were previously mentioned in a brief footnote in the volume *Making and Marketing Medicine in Renaissance Florence*. Authors Shaw and Welch noted the 1495 edition contained "31 recipes

for sweets.” (FN #83; pp 222) There are 32 sugar recipes in the chapter of interest in the 1492 edition under the heading *De Artificio Zuchari* or *on sugarcraft*. These include recipes for coriander and musk candies, nougats, jams, marzipan, sugar items, and several recipes for coloring sugar. The recipe of interest to us here is titled *De omnibus animalibus et fructibus*. It’s number 14⁰.

The Recipe

[14.] To make fruits and all animals of sugar take as much sugar as you want and grind it into a powder. Then, after gently grinding into a powder, it is kneaded with enough egg white to form a dough. The molds are then greased with sweet almond oil and filled with the said dough, and then mixed together. And in this way animals and fruits will be made. And so you can do them all one at a time, as long as you have the form. Then they are placed on linen to dry and finally dyed according to their proper color.

There are some others who knead sugar with gum tragacanth dissolved in rose water. And [there are] those who sprinkle the molds with flour. And this can be done, but the above method is better.

(Translation based on Hryszko, p381. 2022)

So here in one dated recipe, we have several rather marvelous things. It documents creating sugar figures from ground or powdered sugar mixed with egg whites; it also documents the use of molds or forms for creating those sugar animals and fruits. This mixture of sugar and egg whites is of course the same mixture which appears in our modern panoramic or peek-a-boo sugar Easter eggs. (Who among us can date themselves by remembering molding sugar Easter eggs using those original L’eggs plastic hose containers? Nostalgia aside, the Hanes company introduced the brand and the eggs in 1969.)

[An aside: These pressed sugar eggs are not as popular as they once were, so I'll mention that modern recipes often substitute pasteurized food safe meringue or dried egg white powders for the raw egg whites as suggested here in the *Lumen A*. The formula is roughly 1 large egg white to 3 ½ cups sugar. Or 1 Tablespoon egg white powder to 3 Tablespoons water to 6 cups granulated sugar. Besides molded eggs, the recipe can be used in other molds. I've used such a recipe to produce a standing sugar sculpture of the Virgin of Guadalupe. Dusted in gold and surrounded by rose petals, it was a subtletie created to reflect the original vision of the Virgin which dates from 1531.]

The second part of the recipe introduces the elements of gum tragacanth and rose water. The gum tragacanth is the essential element for the later sugar paste recipes, as it creates a more pliable workable recipe. The gum is "A natural gum extracted from the *Astragalus* shrubs" and "has for centuries been used as a binding agent and within medicines such as salves, balms, washes, and pills. Mixed with sugar, the resulting paste became a pliable medium for creating all sorts of marvelous things..." (Holloway, 2019) The rose water adds a bit of flavor and is the traditional liquid part of the pairing. We see this combination of gum tragacanth and rosewater repeated throughout numerous printed sugar paste recipes in the mid-late sixteenth and seventeenth centuries. And once again we find the use of molds mentioned as well as using flour for a release agent, or as the recipe helpfully suggests just use the "sweet almond oil" as mentioned earlier.

Hryszko feels the confectionary recipes found in *Lumen A* were directly copied and used in Paulus Suardus's *Thesaurus Aromatariorum* from 1494 and then still later in the compilations by Alessio and others. Hryszko asserts the recipes certainly form the basis and impacted greatly the "countless and elaborate

cose di zucchero” or the sugary things which decorated the noble and royal tables of sixteenth and seventeenth Europe. (Hryszko, 2023, pp 228-29) In other words, the *Lumen A* may well be the recipe source for the sugar figures which graced the sixteenth century tables and banquets of the Borgias, Medici, as well as the other ducal and papal courts in Italy.

An important thing to remember is the *Lumen A* was first and foremost a Latin pharmacopoeia published for the professional medical community of the time. Sixty years later, Alessio's *The Secretes of the Reuerende Mayster Alexis of Piemount*, by contrast, was a book which revealed "secrets" created especially for a wider readership and non-professional audience. The book was also translated and published all over sixteenth century Europe. It popularized its secrets for the literate household and housewives, including the recipe for a "paste of sugre." The longer and detailed instructions were then "borrowed" and appeared in countless other cookery books. In the *Lumen A* we have the instructions to combine gum tragacanth with rose water to make molded figures of sugar. A mere century later in 1591, HRM Elizabeth I would be entertained with fireworks and a parade of sugar objects, including:

Her Majesty's arms, in sugar work. The several arms of all our nobility, ditto.

Many men and women, in sugar work, and some ' inforst' by hand.

Castles, forts, ordnance, drummers, trumpeters, and soldiers of all sorts, in sugar work. Lions, unicorns, bears, horses, camels, bulls, rams, dogs, tigers, elephants, antelops, dromedaries, apes, and all other beasts, in sugar work. Eagles, falcons, cranes, bustards, hermschaws, bittens, pheasants, partridges, quails, larks, sparrows, pigeons, cocks, owls, and all that fly, in sugar work. Snakes, adders, vipers, frogs, toads, and all kinds of worms, in sugar work. Mermaids, dolphins, whales, congars, sturgeons, pikes, carps, breams, and all sorts of fishes, in sugar work.

All these were standing dishes of sugar work. The selfe same devises were also there, all in flat work." Holloway, 2019.

And to think it might have begun with a brief recipe in the 1492 *Lumen Apothecariorum*.

Availability

The Universidad Complutense de Madrid (<https://ucm.on.worldcat.org/discovery>) not only lists a 1492, but it has digitized it for online viewing and download. Find it at

<<<https://patrimoniodigital.ucm.es/s/patrimonio/item/581190>>>

Luckily, the identical 1492 is also available as part of Google Books where it can be downloaded or viewed in full. <<https://www.google.com/books/edition/_/PdH-lg11cnYC?hl=en>>

Google Books also includes other full view editions such as the 1494, 1498, 1503, etc.

The marvelously colored 1504 *Lumen apothecariorum cum nonnullis expositionibus noniter impressum*

By Quiricus (de Augustis) is held at the Bavarian State Library. See page XXXVII left column for the recipe.

https://www.google.com/books/edition/Lumen_apothecariorum/tqxfAAAAcAAJ?hl=en&gbpv=1&pg=PR37&prints=frontcover&dq=%20Zuchari%20

Early editions can also be purchased through print on demand via India at ABEbooks. The 1492 is at <<https://www.abebooks.com/servlet/BookDetailsPL?bi=31617440372&searchurl=ds%3D30%26rollup%3Don%26sortby%3D17%26tn%3Dlumen%2Bapothecariorum&cm_sp=snippet-_srp0-_title5>>

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Screen shot of the recipe from 1492 << <https://patrimonioidigital.ucm.es/s/patrimonio/item/581190>>>

Ad faciendū fructus ⁊ aialia oia ex zucharo.
R. Zuchari q̄titate q̄ volueris ⁊ plueriza: deīn post
stūle pluerizationē ipastet cū albuibus ouoz q̄tita
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me cū olto amigdolaz dlcū: ⁊ deā pasta forme i ple
ant̄ postea sil̄ p̄primāt: ⁊ sic erūt aialia vl̄ fructus fa
cti: ⁊ sic oia fieri possūt pur q̄ forme hēant: deīn po
nant̄ i stufa ad siccādū: de mū pigant̄ fm colorē suū.
Unt qdā alij q̄ ipastāt zuchaz cū guma dra
gāni scā i aqua rox. ⁊ q̄ aspgūt forma farina
⁊ h̄ fieri pōt sed superior modus melior ē.
Ad faciendum penidios .



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