



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:*

In This Issue:

Words of Their Excellencies

Court Reports, p. 2-3

The CITADEL Wins Another Blackfox, p.3

Cynnabar's Ruby Jubilee: SAVE THE DATE, p.4

A Wassail Memory, by Baroness Kasha, p.5

Five Things About ... Mistress Jadwiga, Baronial
Exchequer, p.4

Wassail in the Age of Twitter, by THL Johnnae
Llyn Lewis, CE, p.6

Regard the Sandwich, by THL Johnnae Llyn Lewis,
CE, p.9

The WHY: Baronial Arts and Sciences Reports, by
Aeffie Torsdottir, MOAS, p.13

Roster of Officers and Barony of Cynnabar Weekly
Current Event Schedule, p.14

Last Words from Godhit, Outgoing Chronicler, p.14

Appendix: 2017 Exchequer's Statement (attached)

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

This is the Winter Quarter 2017 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 Liz Calhoun, PO Box 4465, Ann Arbor, MI 48106. It is not a corporate publication of SCA, Inc., and does not delineate SCA, Inc. policies. Copyright © 2017 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.

Court Reports: News of the Populace

[Omitted from the Fall Quarter CITADEL:

Middle Kingdom Coronation, September 23,
Morning Court of Their Majesties William and Isolde:

Royal Augmentation (a quill pen Or) for Scribal Service:
Aeffe Torisdottir, Albina Gherardi, Godaeth se Wisfaest,
Hannah Schreiber, Heilvé Sunnasdottir, Helena Sybilla, Ulfrun Barefooted]

Midrealm Cooks' Symposium, October 14,
Court of Their Excellencies:

Harkin of the Moorlands - Defender of the Tower
Morwen - Award of the Tower's Light
Sefa - Award of the Elephant's Heart
Ute von Munchen - Award of the Tower's Foundation

Grand Day of Tournaments, November 4,
Court of Their Majesties Cellach and Vukasin:

Max von Augsburg - On Vigil, Order of the Pelican
Ooyama Tarou Hideyasu - On Vigil, Order of the Pelican
Derian le Breton - Order of the Cavendish Knot
Hjorleif Ottarsson - Award of the Purple Fret
Tsetsen Muur - Award of the Purple Fret

[Same event, Awards of Their Excellencies:]
Hjorleif Ottarsson - Award of the Tower's Foundation
Troika Bronnokova - Award of the Elephant's Heart
Vyāsayati Maurya - Award of the Elephant's Heart

Cynnabar Wassail, December 16,
Court of Their Excellencies:
Midair MacCormaic - Defender of the Tower
Melisant Saint-Clair - Award of the Tower's Light
Terry MacAodhagain - Award of the Tower's Light
Alexander of Mistig Waetru - Award of the Tower's Light
Arya Fairchild - Award of the Elephant's Heart

**Middle Kingdom Twelfth Night, January 6, 2018,
Court of Their Majesties Cellach and Vukasin:**

Max von Augsburg - Order of the Pelican
Ooyama Tarou Hideyasu - Order of the Pelican
Miriam bat Pessah - Order of the Silver Oak
Ulfrun Barefooted - Order of the Willow
Aaron Drummond - Award of the Purple Fret
Aeffe Torsdottir - Award of the Purple Fret
Edonea Appleby - Award of the Purple Fret
Ursula Georges - Award of the Purple Fret
Alana Eleonora Aurora de Amelia - Award of Arms
Elspeth Dirksdottir - Award of Arms
Yaacov Ben haRav Eliezer - Award of Arms

***OYEZ! OYEZ! The CITADEL
wins another
Master William Blackfox Award!***

As reported in the January 2018 PALE on p.6-7, the Barony of Cynnabar's The CITADEL has won another Master William Blackfox Award. The 2017 award recognizes Chronicler Gavriil Petrovich for presenting "Best Article," THL Johnnae Llyn Lewis's "Liquorice," in the Spring 2017 CITADEL. This award brings with it a Blackfox token to the winner and the right of the winning newsletter to use "Master William Blackfox Award Winner, Best Article, AS LI (51)" in the newsletter in addition to the Blackfox logo.

For The CITADEL, Gavriil, Johnnae, and Cynnabar ... WASSAIL!

*Twelfth Night weekend
brings a King (and a
Queen!) from afar, as
Their Royal Majesties grace
Cynnabar Fight Practice on
Sunday, January 7. Here
THL Malachy von Ulm
crosses spears with Her
Majesty.*

*(Photo by Godhit of
Cynnabar)*



*Cynnabar to Mark its Ruby Jubilee in 2018 and ALL ARE INVITED to Celebrate! By
Baroness Kasha, Event Co-Steward*

This year (2018) is a big anniversary for Cynnabar – it is our 20th year as a Barony and our 40th year of existence as an SCA group!

Such a big anniversary for such a great Barony deserves to be made much of. That's why we're hosting **Cynnabar's Ruby Jubilee** on August 31 - September 2, 2018. At this event, we'll celebrate our Barony's enthusiasm, generosity, and accomplishments by hosting a one-time-only, unforgettable experience for our friends and neighbors.

The event will be held at Cedar Lake Outdoor Center, a children's summer camp with cabins, a few community buildings, and lots of outdoor space. The site is exceptionally beautiful; although it's only a 10-minute drive from Interstate 94, it feels remote: All you can hear are the sounds of birds chirping and the wind in the treetops, and all you can see are green leaves, sparkling blue water, and glittering insect life. The lack of visible modernity will make it possible for us to capture the feeling of a truly medieval experience. (Don't worry, though – the cabins have electricity, and the bathrooms are modern!)

When we toured the site this fall, we were delighted to realize that it also has an archery woods walk already set up. This is a rarity among event sites in the area and will allow us to create a uniquely fun experience for visiting archers.

Although the schedule has not been finalized, we are planning activities that include large parties on Friday and Saturday evening with food and drink, dancing, gambling with medieval coin, and a new game created especially for the event by Jeremy Gibson, our game design expert. On Saturday morning, we're planning on armored and rapier fighting, archery, and A&S events, followed by a quest or tournament in the afternoon that involves all of these activities (and more) – something exciting enough to grab the attention of participants from many age groups and interest areas. On Sunday afternoon, we hope to host a regional fighter practice.

Mark your calendars and tell your friends! We'll see you at Ruby Jubilee on
August 31 – September 2.

Five Things About ... Baronial Exchequer Mistress Jadwiga Krzyzanowska

[Chronicler's note: "In the old days" The CITADEL ran a brief "Five things about me" bio of its officers. Here, then, is that tradition upheld, showcasing our new (-ish) Exchequer!]

* I have experience doing double entry bookkeeping for my household, including running my piano teaching business which I've been doing for the past 7 years. I use Gnucash, a free open source accounting program, for keeping Cynnabar's ledger.

* I'm excited to do this important and necessary job for Cynnabar. I'm hoping to help improve our expense approval system, provide more transparency regarding Cynnabar's finances, and make it easier for event stewards to follow the rules.

* When I'm not doing music related activities, or taking care of my 3.5 year old son, Martin, I work on web applications, mostly in Ruby, Ruby on Rails, and JavaScript. I've helped work on the Cynnabar website, including making the theme for it. To see my other projects, my GitHub username is niquerio, and I run the GitHub organization st-cecilia-press.

* I'm expecting a child on April 5th.

* The best way to contact me is via email: cynnabar.exchequer@midrealm.org. I'm also available on Facebook and Facebook messenger. I also intend to attend the first and last business meetings of the month. I'm happy to answer any questions regarding Cynnabar's finances or hear suggestions on how we can improve our policies.

A Wassail Memory, by Baroness Kasha Alekseeva

A few years ago, we held Wassail in an old train station. The building was lovely, with high ceilings and – at least in my memory – soft gray wooden walls, but the floor space was small.

On the day of the event, snow fell; the air was thick with it. Driving, you couldn't see much more than the car in front of you, and it was a long, slow crawl to the site in nearly standstill traffic. By the time night had fallen, the whole world was covered in a carpet of heavy, silent white. I remember it looked like over a foot of snow, though that seems unlikely now. It was even deeper where it drifted up against buildings, filling doorways as if it wanted to bury us in our dens. It was still falling, too, in giant flakes that had no compunction about taking in deep breaths and stretching out their limbs.

Inside the train station, the cold crept in through the walls, but the rooms were crowded with busily moving, hot-breathing people. I completed all of my responsibilities, greeted the people I knew I should greet, and then there was nothing for me to do. Doing nothing and being alone only invite people to worry about you, so I moved around, trying to look as though there were intent behind my actions. But it wasn't long before I ran out of things to pretend to do.

I could see out the windows how dark it was outside, how empty, so I stepped out into the snow. When I tugged the door closed behind me, the world was suddenly very quiet. I walked away from the building, careful not to spoil the landscape with sloppy footprints. There was no one else outside, and there were no streetlights.

It was so cold that the snowflakes didn't melt even when they touched my skin, even when they spilled into the sides of my boots. The world was empty of motion and heat; the air lacked its customary density. I imagined all of the disorder and misery inside of me was leeching out through my skin and dissipating across the landscape in a kind of osmosis, that when it spread out equally across the whole universe, the little pieces of it would be so tiny as to be indistinguishable and unnamable. I lost physical feeling, too, in my hands and feet, and I lost all sensation of breathing. It was beautiful.

When I had gotten far enough to see the entire building at once, I turned around and stood still, looking at it. There was such contrast between the nothingness outside and the activity within. The train station windows spilled golden light onto the snow and illuminated the thousands of snowflakes that were still falling. I stood there for several minutes, just watching the people inside; they looked comfortable together, sitting together and laughing. I really like watching other people be happy.

I don't know that I can describe how beautiful this scene was to me, but I do know that I'll never forget the way it felt, this calmness, the absence of any need or yearning. When I think about Wassail, this is always what I think about.

Wassail in the Age of Twitter, by THL Johnnae llyn Lewis, CE

“I trust this wassall shall make all England glad.

And with that he dranke a great draught, the king pledging him.”

R. Grafton. *Chronicles*. II. 116. 1569*

For this issue of *The Citadel*, I was asked to address the idea of how one person or a family might celebrate Wassail today or perhaps, Wassail in the Age of Facebook and Twitter. This is of course a return to the subject of Wassail for me. As I traced previously in earlier articles in *The Citadel* and the *Fret Knot* and presented here as a review, earlier I wrote:

“For our purposes, and based upon entries in *Middle English Dictionary* and *Oxford English Dictionary*, the term wassail in England might have meant: ‘A salutation used when presenting a cup of wine to a guest, or drinking the health of a person, the reply being drink-hail.’

“There’s also the association with the rather strong liquor (spiced ales or the spiced wines), which were drunk at Twelfth-nights and Christmas-eve celebrations. From that custom of drinking, there then came to mean the ‘custom formerly observed on Twelfth-night and New-Year’s eve of drinking *healths* from the wassail-bowl. And of course, ‘the person invited to drink from the wassail-bowl’ might be termed a Wassail. This leads into the meaning where a wassail just became ‘a carousal; riotous festivity, reveling.’ By the early 17th century, wassail also developed into ‘a carol or song sung by wassailers, thus becoming a wassailing or health-drinking song.’ As a verb, ‘To ‘keep wassail’ came to mean carousing and health-drinking.’ In summary, we have Wassail then meaning the ale or mulled wine that is drunk from a decorated or special cup, the toasts or salutations of the season, the songs being sung, the actual festivities with much carousing, and lastly the drinkers or the drinking carousers.” (Holloway)

It’s perhaps instructive to note at this time in 2017 that the entry in the most recent digital edition of the *OED* carries the notation: “**This entry has not yet been fully updated (first published 1923).**” Given that the *OED* hasn’t seen fit to update its entry for nearly a century, perhaps the customs and traditions associated with wassail are sadly passing from the scene. I did a number of searches across the web and through new books and articles to see if there was more to be learned. One recent article on the web talks about *Apple Tree Wassailing* which I’d previously left out of earlier articles. To be brief, it is rather like caroling in an apple orchard. The custom actually can be dated back to at least the sixteenth century and is associated in some places traditionally with Twelfth Night. Participants gather in an orchard and sing to insure the health and productivity of the trees in the coming year. You can also dress the trees or a tree with ribbons. It’s all very English and is generally associated with the blessing of fields to ensure good harvests. Unfortunately, in Michigan, gathering in an orchard in December or January to sing might be too bone chilling an experience, and I am not sure that I would advocate it locally, except perhaps as a way to extend wassailing into a future Twelfth Night feast someday. Imagine, if you will, a subtletie of an apple tree being presented, the custom being explained, and carols then being sung while drinks of warm cider are served to end the feast.

I would be remiss if I did not mention in this account the works of folklore and social customs historian Ronald Hutton. I previously mentioned Hutton’s work in my earlier articles.

(continued ...)

I wrote earlier: “**Ronald Hutton provides this text of wassailing song from circa 1550 or just shortly after the time of Henry VIII.**

‘Wassail, wassail, out of the milk pail, Wassail, wassail, as white as my nail,
Wassail, wassail, in snow, frost and hail, Wassail, wassail, that much doth avail,
Wassail, wassail, that never will fail.’”

[Hutton, *Rise and Fall*, p. 14]

In his later volume *The Stations of the Sun*, Hutton provides the text and customs associated with additional wassail carols while also talking about the customs of *saining* (practiced in Scotland and the north) and *wassailing* as practiced in the south of England, where over time it developed into “girls” providing inferior drink for outrageous sums of money all while singing carols. One was expected to partake and pay up. In this volume, he also elaborates on the customs associated with apple caroling and even the practices of “howling” at or in fruit orchards as far back as the sixteenth century and even earlier. [Hutton, *Stations*, p.45-53] As readers might guess, I highly recommend Hutton’s works for anyone wishing to delve into British festivals, folklore, customs and traditions.

Coming back to the topic at hand as to how best to encourage the custom of attending Cynnabar’s own Wassail celebration and practice at being merry. (Be responsible and designate a driver if partaking!) Lastly, I would urge someone or perhaps many gentles document how the event is being celebrated now and how it was undertaken locally in the past. Record and write up an actual account or accounts. Record them, if writing proves too much. How was it celebrated a decade ago? When did it commence? What was eaten? What games were played; what songs were sung? When we need to document the celebration in the future, what sources shall we rely upon? Please don’t count on Facebook or Twitter tweets for future documentation, as who knows with any certainty what the digital platforms may offer in a decades’ or even five years’ time.

As William Shakespeare wrote:

“What should we speak of
When we are old as you? When we shall hear
The rain and wind beat dark December, how,
In this our pinching cave, shall we discourse
The freezing hours away?”

Shakespeare. *Cymbeline*. Act 3 sc iii lines: 35-39

The time to record and archive our memories is now.

(continued ...)

Sources:

A later edition of Richard Grafton's **Chronicle** may be found in Google Books.

Grafton, Richard. *Grafton's Chronicle; or History of England*. 1809 ed., v I, London: J. Johnson, 1809, Web. Google Books. tinyurl.com/ybxw2cvf.

A full account of customs associated with Apple Tree Wassailing may be found in

“Apple Tree Wassails.” *Apple Tree Wassails*, 5 Dec. 2016, piereligion.org/applewassail.html. [Originally published at *YOLA*., Now at: Proto-Indo-European Religion domain at piereligion.org.]

And it's in Wikipedia under:

“Apple Wassail.” *Wikipedia*, Wikimedia Foundation, 26 Nov. 2017, en.wikipedia.org/wiki/Apple_Wassail.

Hutton, Ronald. *The Rise and Fall of Merry England. The Ritual Year 1400-1700*. Oxford: OUP, 1994, 1996.

Hutton, Ronald. *The Stations of the Sun. A History of the Ritual Year in Britain*. Oxford: OUP, 1996, 2001.

Johnnae's earlier articles for the *Citadel* on the customs and traditions associated with “wassail” and “wassailing” may be found archived here at <https://cynnabar.org/citadel> and in the special holiday edition of the *Fret Knot*, 2012. http://www.sca-altavia.org/docs/2012-05_Fret_Knot_Holiday.pdf

Regard the Sandwich, by THL Johnnae Llyn Lewis, CE

The word “sandwich” has always been a sort of catchword or catch phrase for those readers that look at food and its history. The meaning of the word today is meat or a filling on bread, perhaps with a dressing of butter, mayonnaise, or mustard. The term sandwich is linked in history and folklore or perhaps in this case the phrase should be “forklore” to John Montagu, the fourth Earl of Sandwich, who famously as the story goes, refused to leave the gambling tables and ordered that he be served salted meat between two slices of toasted bread for sustenance while he continued to wager and play. The fourth Earl lived 1718-1792 and was British First Lord of the Admiralty during the American Revolution (1776–81). An earlier stint at the Admiralty from 1748-1751 is important because another version of the tale has a sober, hard working Montagu eating sandwiches first for sustenance while working at his desk as a cabinet minister in the 1760’s and later continuing the habit during long days at the Admiralty. In any case, the origin of the named sandwich is in the 18th century and is firmly attached to the 4th Earl.

What is known is that 1762 is the year the historian Edward Gibbon mentioned sandwiches in his diary. For 24 November 1762, he wrote: “I dined at the Cocoa Tree. ... That respectable body affords every evening a sight truly English. Twenty or thirty of the first men in the kingdom ... supping at little tables ... upon a bit of cold meat, or a Sandwich.” (OED) In 1770 Grosley’s *Londres* speaks about London’s contemporary sandwiches and indicates they have lately come into use. (OED) The Earl’s title lent the simple preparation the cachet it needed, and thus was born the Sandwich.

From searching in the ECCO database, it can be determined that the term or phrase “a Sandwich” was appearing in cookery books by 1775 and in novels by 1785. In *Constance: a novel*, it’s written that “... the housekeeper sent in, by one of the footmen, a Sandwich of cold chicken and bread, for her lady, who was obliged, as she could take nourishment by very small quantities, to have it often.” Charlotte Mason in her 1775 cookery book would give instructions for Sandwichs as “Put some very thin slices of beef between thin slices of bread and butter; cut the ends off neatly, lay them in a dish. Veal and ham cut thin may be served in the same manner.” The exact given instructions for the preparation of the Sandwich indicates that the name may have been popularly known but the details of the dish were not commonly or well known when the work was published in 1775. The term became of course not only part of the English culinary lexicon, but would also become part of French and Spanish gastronomy as well.

Having established that the Sandwich is 18th century, the question arises--Can a medieval or Renaissance (prior to 1600 or 1650) dish of meat on bread be properly labeled as a sandwich? One culinary camp argues that nothing can be termed a sandwich prior to the fourth Earl, and while perhaps no doubt people ate meat on bread that dish cannot properly be termed a sandwich. This camp also argues that it is not to be expected that one will encounter recipes or instructions for such fare as the simplicity of the dish doesn’t require written instructions. Others respond that a sandwich is a sandwich, and if the term so aptly fits, then authors and readers may use sandwich freely to describe such dishes, should they be encountered. It’s a matter of convenience and the term also exactly fits the dish. What else would one call it?

(continued ...)

This question of labeling of a dish as a sandwich or not has recently emerged in connection with a new volume of Middle Eastern recipes. It appears in fact that one may say that types of sandwiches were eaten in 10th century Baghdad. The recently translated *Annals of the Caliphs* provides readers with a chapter titled: “Making Sandwiches, Rolled Up (*Bazmaward*) and Stuffed (*Awsat*).” This chapter might not catch a reader’s attention, except for the fact that *Annals of the Caliphs* is dated circa 950CE. Yes, that’s correct. The date is the mid tenth century, a hundred years prior to the Norman Conquest of 1066 and the First Crusade of 1095 and a thousand years plus prior to the present day.

What were these 10th century sandwiches like? First of all, the book informs the reader of their humoral properties. *Bazmaward* “are heavy and slow to digest” and they may “putrefy the humors.” They are best eaten at the beginning of meals. *Awsat* “cause satiety.” They too can be slow to digest, especially if eaten at suppertime. (*Annals*, p. 146) Having provided the humoral advice in chapter 22, the author moves along to Chapter 23, which includes the five recipes. (*Annals*, pp. 149-152) One makes the first version of *Bazmaward* by spreading caul fat upon thin bread. One then layers a meat mixture over the bread, arranges hard boiled eggs over the meat, and rolls the bread up. Once baked the roll is sliced and served. Another version of a *Bazmaward* calls for chopped chicken and citron pulp. Lamb and leaf vegetables appear in a third where the ingredients are layered before being rolled. A recipe for *wast* (filled sandwich) calls for the beef and leaf vegetables to be pressed under a weight before cutting into squares and triangles. An open faced sandwich or *wast mashtur* concludes the recipe section. There’s even a poem celebrating the glories of this last sandwich. It begins: “What a delicious sandwich on the brazier I made....” (*Annals*, pp151-152.) [The long and involved recipes may be seen online through the use of Google Books.]

So are *bazmaward* or *awsat* truly sandwiches or is the translator Nawal Nasrallah playing games with English and Baghdadi culinary terms? In this case, the dishes appear in most respects to be readily identified as sandwiches, so a sandwich may in fact be a sandwich, even it appears to have been a favored dish of long ago Baghdad. In a cookery demonstration for a 2012 class at Boston University, Nasrallah prepared a medieval Islamic meal, including the *bazmaward*, which are described as “a pinwheel-type sandwich of cheese, nuts, mushrooms, and eggs.” (Mindreau) They are also appearing in a few Society feasts and sideboards. Dame Katja’s menu is listed in the bibliography.

Lastly, it should be mentioned that some sources have attempted to link the eighteenth century *Sandwich* of John Montagu to the dishes of Turkey and Greece. It is noted the 4th Earl did spend time abroad in both Turkey and Greece and probably in his travels *might* have come across something similar in terms of a flat-bread and meat. The question of course is would the Earl have remembered that long ago dish when engaged so furiously in play and gambling that he could not tear himself away from the London gaming tables or if one believes the more sober version away from his desk in the cabinet. It all seems rather doubtful that he would call for salt beef and toast to be served to him in the 1750s or 1760s based upon a dish eaten thirty years earlier, but still isn’t it delightful and fanciful to think that the Baghdad sandwich of the tenth century modified by time but still in the Middle East *might* have served in some way as a forerunner in some fashion? What is extremely likely is that in future SCA posts and columns, people will mention how sandwiches are “period” and that they date back to Baghdad, and in that case for these very specific sorts of sandwich, they might be most correct.

(continued ...)

Postscript to the Above Sandwich Article-

I would be remiss not to mention the rather amusing recent *Guardian* newspaper article on how modern Britain copes or perhaps fails to cope with the modern sandwich. The author Sam Knight traces the history of the “modern” sandwich back exactly thirty-seven years. He recounts in the spring of 1980, the department chain Marks & Spencer began to sell packaged sandwiches, priced at only 43p. Today it’s an amazing growth industry, and it’s worth an astonishing eight billion pounds annually! The article interviewed a former factory director who described her experiences in the early 2000s. “On any given morning, her factory would receive 800 different ingredients, which it would turn into 250,000 sandwiches by the early afternoon. “I have worked in nearly every single food category,” she told me. “There is nothing like sandwiches. It’s super-fast, super-fresh. It’s the leading edge.” What is of interest to me and hopefully to readers of my article are Knight’s additional musings on the history of the sandwich in Britain, including the role of the Earl of Sandwich. The article may be found here:

Knight, Sam. “The Long Read: How the Sandwich Consumed Britain.” *The Guardian*, 24 Nov. 2017, <https://tinyurl.com/ycxeh134>

Sources

- * Adler, Chris. “Menu & feast recipes” by Baroness Katja Davidova Orlova Khazarina.
- * AEthelmeare Spring AEcademy. 21 June 2014. *katjaorlova.com*. Web. http://www.katjaorlova.com/files/2014_AEcademy_recipe_book.pdf
- * *Annals of the Caliphs' Kitchens. Ibn Sayyār al-Warrāq's Tenth-Century Baghdadi Cookbook*. English Translation with Introduction and Glossary by Nawal Nasrallah. Leiden and Boston: Brill, 2007. Now in paperback. Print.
- * *EEBO. Early English Books Online*. Restricted Academic database. Web. 2009.
- * *ECCO. Eighteenth Century Collections Online*. Restricted Academic database. Web. 2009.
- * *Encyclopædia Britannica Online*. Restricted Academic database. Web. 2009.
- * Mindreau, Elizabeth. “Wine and Dine, Medieval Islamic Style.” *Boston University Gastronomy*. Blog. 12 November 2012. <https://gastronomyatbu.com/2012/11/07/wine-and-dine-medieval-islamic-style/>
- * Mason, Charlotte. *The Lady's Assistant for Regulating and Supplying the Table*. 1775. 1787. Web. *ECCO*
- * Mathews, Charles, Mrs. *Constance: a novel*. London, 1785. Web. *ECCO*
- * Morton, Mark. *Cupboard Love. A Dictionary of Culinary Curiosities*. 2nd revised ed. Toronto: Insomniac Press, 2004. Print.

(continued ...)

- * Nasrallah, Nawal. "Medieval Arabs ate sandwiches, too: Bazmaward and Awsat for the record." *Studia Orientalia* 114 (2013) 373 – 392 and *Academia.edu* Web. http://www.academia.edu/5302680/Medieval_Arabs_Ate_Sandwiches_Too_Bazmaward_and_Awsat_for_the_Record_abstract
- * "sandwich, n.²". *Oxford English Dictionary. OED Online*. 2nd Ed. 1996. Restricted Academic database. Web. 30 October 2013.
- * "Sandwich Celebrates 250th Anniversary of the Sandwich." *BBC News*. BBC, 05 Dec. 2012. Web. 30 Oct. 2013.
- * Wilson, Bee. *Sandwich. A Global History*. London: Reaktion Books, 2010. Print.
- * Wilson, C. Anne. *Food and Drink in Britain*. New York: Barnes and Noble Books, 1974. Print.
- * The modern Earl of Sandwich shoppes were profiled on CBS Sunday Morning. 11/20/11. <http://www.earlofsandwichusa.com/latest-videos/earl-of-sandwich-cbs-sunday-morning-feature/> The video is no longer up on CBS but can be viewed in part at <http://www.earlofsandwich.fr/en/latest-videos/earl-of-sandwich-cbs-sunday-morning-feature/>

©Johnna K. Holloway 2017

Baron Ermenrich regards a prospective meal at Midrealm Cooks' Symposium on Saturday, October 14, 2017.

(Photo by Godhit of Cynnabar)



*The WHY: Baronial Arts and Sciences Reports,
by Aeffe Torsdottir, Cynnabar MOAS*

It's the end of another quarter and you are asking yourself why your Minister of Arts and Sciences is once again badgering you to file an A&S report. You may not consider yourself to be an "artist" and may feel that your efforts are hardly worthy of mention. On the other hand, you may feel that your achievements are so obvious that the MOAS should already be well aware of them. Or you may just wonder why on earth anybody cares.

First, a little background. The local MOAS is required to file a quarterly report. In it the Baronial officer conveys information to the Baronial pair, the Seneschal, and the regional MOAS that the group is active and engaged in SCA arts and sciences. The regional officer then reports these activities on to the Kingdom MOAS. They are particularly interested in finding out about the classes, workshops, research, and demonstrations in which you participate. In my mundane line of work this is referred to as "L&T", or, Learning and Teaching.

Why do the Regional and the Kingdom officers care? Because this, above all else, is what permits us continue as a non-profit educational organization. Without "L&T" we do not retain our tax-exempt status.

Above that, your officers are actually *interested* in what you are doing. It doesn't have to be elaborate or finished. It could still be in the planning stages. It could even be a failure that taught you something important. The point is that you are engaged in the process... learning, researching, and guiding others. By reading your reports I discover potential workshop topics and speakers. I find out who may be willing to share their love of a particular activity with a new person. Best of all, I get to experience a sense of community with other crafters. For you it is a chance, four times a year, to summarize your participation and highlight the areas you feel are important to you.

So the next time you hear that your A&S reports are due... think of it a yet another way to serve your organization!

Reporting months for A&S: middle of January, April, July, and October. The reports must be submitted by the MOAS on the 15th of the reporting month, so they must reach the MOAS in time to be included, most helpfully by the 13th of that month.

Baronial Officers**Baron of Cynnabar**

THL Ermenrich von Duisburg

Baroness of Cynnabar

Mistress Kasha Alekseeva

Seneschal

Master Derian le Breton

Exchequer

Mistress Jadwiga Krzyanowska

Chatelaine

Lady Edonea Appleby

Knight Marshal

Master Zygmunt Nadratowski

Fencing Marshal

Lord William of Cynnabar

Minister of Arts and Sciences

THL Aeffe Torsdottir

Herald

Lord Eadraed Alforde

Chronicler

THL Godhit of Cynnabar (outgoing)

Webminister

Master Aaron Drummond

**Barony of Cynnabar Current Weekly
Event Schedule:**

Mondays (except first of month):
Baronial Business Meeting preceded by
Workshop (location varies by quarter)

“First” Mondays:

Herald Night

Alternating Wednesday evenings:

Dance Practice

University of Michigan League

Sunday afternoons:

Armored and Rapier Practice

University of Michigan Union

(October-April)

As Schedule Permits:

Garb Workdays

Eastern Michigan University

*This schedule is subject to change. For the most
current schedule please view the
Baronial Google calendar at
<https://www.cynnabar.org/>*

*Final Words from Godhit: This is the last CITA-
DEL under my hand as Chronicler. I want to
thank all contributors to the four issues I've pro-
duced and especially, to Deputy Chronicler Caryn
of Cynnabar and Baroness Kasha Alekseeva,
proofreader extraordinaire.*

*“Tradition fades but the written record
remains ever fresh.”*

*— Prof. Ulrich B. Phillips, University of Michi-
gan (facade, William L. Clements Library)*



THE SOCIETY FOR CREATIVE ANACHRONISM-MICHIGAN, INC.
FINANCIAL REPORT

Branch: Barony of CynnabarPeriod: 1/01/2017 to 12/31/2017.

COMPARATIVE BALANCE STATEMENT

For **Cumulative** Quarterly Reports, use **last year's** Comparative Balance Sheet (End) amounts for the (Start) amounts.

For **Sequential** Quarterly Reports, use **last report's** Comparative Balance Sheet (End) amounts for the (Start) amounts.

For **Year-end** Reports, the (Start) numbers will be provided to you by the Kingdom Exchequer. The numbers may have changed from what was submitted last year because of transfer reconciliation between your account and other accounts.

The Year-end Report must be signed by the person preparing the report.

(START) FIGURES MAY NOT BE CHANGED UNDER ANY CIRCUMSTANCES!

		USD \$	USD \$	
I. ASSETS	(from page)	Start	End	Diff
a) Undeposited and Non-Interest Bearing Cash	(2,5a)	9,996.52	13,029.03	3,032.51
b) Cash Earning Interest	(2)		0.00	0.00
c) Receivables	(5a)	0.00	0.00	0.00
d) Inventory For Sale (Major Inventory)	(6)	0.00	0.00	0.00
e) Regalia & Non-Depreciated Equipment	(7)	0.00	0.00	0.00
f) Depreciated Equipment	(8)	6,586.47	6,586.47	0.00
g) MINUS Accumulated Depreciation	(8)	(3,836.17)	(4,927.37)	(1,091.20)
h) Prepaid Expenses	(5a)	0.00	650.00	650.00
i) Other Assets	(5a)	0.00	0.00	0.00
j) TOTAL ASSETS	Add a through i, subtract g, then add h and i	12,746.82	15,338.13	2,591.31

II. LIABILITIES				
a) Newsletter Subscriptions Due	(15)		0.00	0.00
b) Deferred Revenue	(5b)	0.00	0.00	0.00
c) Payables	(5b)	0.00	0.00	0.00
d) Other Liabilities	(5b)	0.00	0.00	0.00
e) TOTAL LIABILITIES	Add a through d	0.00	0.00	0.00

III. NET WORTH	Line I.i minus Line II.d	12,746.82	15,338.13
Proof:			
Change in Net Worth	III(End) - III(Start) (A)	2,591.31	(A = B) ? If NO, the report is incomplete.
Net Income	Income Statement Line 32 (B)	2,591.31	

<i>Legal Names:</i>	Print	Sign	
Exchequer:	Monique Rio		Date:
Seneschal:	Brian Ferguson		Date:

Signatures below certify that the information on this report is correct and complete to the best of their knowledge.



THE SOCIETY FOR CREATIVE ANACHRONISM-MICHIGAN, INC.
FINANCIAL REPORT

Branch: **Barony of Cynnabar**Period: **1/01/2017** to **12/31/2017**

INCOME STATEMENT

USD \$

INCOME				(from page)	Gross	Cost	Amount
1a	Fund Raising: Non-medieval activities to earn	(11a)			INTERNAL		3,270.16
1b	income (raffles, car washes, bake sales, etc.)	(11a)			EXTERNAL		0.00
2	Direct Contributions/Donations: No activity	(11a)					0.00
3a	Activity Related: Medieval activities to earn	(11a)			Income from Demos and Activity Fees		0.00
3b	income (events, demos, heraldry fees)	(11b)			Adjusted Gross Event Income		9,086.00
4a	Funds Transferred In from Another SCA Account	(9)			WITHIN KINGDOM		0.00
4b		(9)			OUTSIDE KINGDOM		0.00
5	Interest Earned						
6	Net Inventory Sales Income	(6)	Gross-Cost=Net		0.00	0.00	0.00
7	Other Sales Income	(7)					0.00
8	Adjusted Gross Newsletter Income	(15)					0.00
9	Net Advertising Income	(11b)	Gross-Cost=Net		0.00	0.00	0.00
10	Other Income	(11b)					0.00
11	TOTAL GROSS INCOME					(Sum of Lines 1 through 9)	12,356.16

SCA, Inc. Stock Clerk expenses are General Supplies!

EXPENSES		(from page)	Office & Admin.	Activity Related	Fund Raising	Total
12	Advertising (NON-SCA)	(12a)		0.00		0.00
13	Bad Debts	(12a)	0.00	0.00	0.00	0.00
14	Bank Service Charges		45.00			45.00
15	Depreciation	(8)	0.00	1,091.20	0.00	1,091.20
16	Equipment Rental & Maintenance		49.42	0.00		49.42
17	Fees & Honoraria	(12a)	0.00	150.00	0.00	150.00
18	Food			2,719.47		2,719.47
19	General Supplies		612.40	743.53		1,355.93
20	Insurance (NON-SCA)	(12b)	0.00	0.00	0.00	0.00
21	Occupancy & Site Charges			2,505.00		2,505.00
22	Postage & Shipping, PO Box Rental					0.00
23	Printing & Publications			400.83		400.83
24	Released Equipment	(7)	0.00	0.00	0.00	0.00
25	Telephone					0.00
26	Travel (Gas, Tolls, Airfare)					0.00
27	SUB-TOTAL (Lines 12-26)		706.82	7,610.03	0.00	8,316.85
28	Other Expenses				(12b)	0.00
29	Donations to Other 501(c)(3) [Nonprofit] Organizations				(12b)	1,298.00
30a	Funds Transferred Out to Another SCA Account		WITHIN KINGDOM		(10)	0.00
30b			OUTSIDE KINGDOM		(10)	150.00
31	TOTAL EXPENSES (Line 27 TOTAL + Lines 28 to 30b)					9,764.85
32	NET INCOME (MUST MATCH Change in Net Worth)				(Line 11 Minus Line 31)	2,591.31

Legal Names:

Print

Sign

Exchequer:	Monique Rio		Date:
Seneschal:	Brian Ferguson		Date: