



# 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

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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



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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 Barony of Cynnabar presents

## Terpsichore at the Tower XXIV

April 21, 2018 in Saline, Michigan

Terpsichore bids you dance! Dance with Terpsichore.

Terpsichore dances! Join us as we dance with the Muse.

**WHAT:** Our 24th Annual Terpsichore Dance Event -- A day of dance classes followed by an evening of dancing and revelry, including the traditional dessert revel.

**WHEN:** Saturday, April 21, 2018 from 9:00 am-11:00 pm

**WHERE:** 122 W. Michigan Ave., Saline, MI 48176

**WHO:** Dancers, musicians, and everyone interested in period dance, music, and culture!

**WHY:** To make new friends, see old friends, learn to dance, hear period music, enjoy delicious food, master new steps, dance like mad, and so much more! This is for dancers, musicians, and everyone -- old and new alike!

For more information, click here to visit our website: <https://www.cynnabar.org/terpsichore/>



# Discussion: Cookbooks and Where to Start

By THL Johnnae Ilyn Lewis, CE

*In late March 2016, the local Cynnabar Baronial Book Club section focused “on period cooking.” The instructions read: “Please bring a short list of your favorite food related books. Discussion is Round Robin format.” This is the guide which local member and librarian Johnnae prepared for the session. She has updated for readers here.*

In the spirit of Ranganathan’s laws of librarianship and the ideal of “Every reader his [or her] book,” my question as to which cookery books and works on food history might be appropriate for a reader would be: what do you the Reader want to accomplish? By this I mean what do you want to achieve in cookery or play with in terms of food and cookery? Are you looking for some, perhaps just a few easy standby recipes for suitably historical dishes? Perhaps you need suitable recipes for potlucks, luncheons, or contributed tables of dessert items. Are you interested more in the history and foodways of a certain period or place? Are you interested in the role food played in the culture of the medieval period or in the lives of famous Renaissance or Elizabethan personages? Do you want to know what dishes or foods your persona might have eaten back when? Or are you interested in cookery of a specific type? Are you interested in baking bread, cakes, spit cooking or roasting over an open fire, creating your own cheeses, or even creating sugar subtleties and confections? Do you want to throw caution to the wind and become a feast cook responsible for feeding 100 plus diners?

Despite this being a short article on books, I am going to start by advocating heresy and suggest that all a beginner or even a moderately established cook needs when starting out is to use the very marvelous website [medievalcookery.com](http://medievalcookery.com). The Midrealm’s Master Edouard Halidai (Daniel Myers) created the site. It offers over 100 carefully tested redacted recipes, a bibliography, and a database of recipes with an ingredient keyword index. Plus it provides a gateway to all the online cookery texts of period or appropriate interest which are already housed on the web. As a secondary source, take a look at Stefan’s Florilegium <http://www.florilegium.org/>. [Librarian’s Note: When using the Florilegium, please be aware that the editor, THL Stefan, does not edit or remove faulty information or references. Be sure to read all the sections through from the start to the end, as later posts may correct misinformation cited earlier.]

My one invaluable tip: When embarking in cookery, make it a practice to keep files and notebooks. If you want to engage in redacting recipes, note your attempts. It takes practice before a reader can easily redact, render, or work out his/her own versions of an actual historic recipe. Keeping track will give you the all-important record of attempts and successes, trials and errors. If you are saving your work on a computer, be sure it is backed up on the cloud. Far too often, recipes and sources have been irretrievably lost due to computer crashes or software malfunctions.

Also be sure and note sources carefully if you copy or Xerox a section of recipes. There’s nothing worse than an original or redacted recipe with no source attached. Likewise, if you copy something off the Internet, get the source (www.address) copied. (It’s not a bad idea to do a page grab.) Please be aware



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online quality varies even in terms of Society websites and recipes. Some are great; some are awful; some are just plainly inauthentic or worse! Verify, research, verify. Do not think for a minute that all you need to do is just get on Yahoo and type in medieval and that your hits will be authentic enough for any sort of A&S contest. Facebook groups these days may provide hints or links but it's not for serious research. The hive mind may be convenient to poll off one's phone, but it's a matter of authority. The person who replies to a Facebook question may mean well, but their information may be just a folktale or false. Did they actually look it up? Do they have any real experience? Do they research and have a collection in the topic? Again-- Verify, research, verify! Lastly, be honest. If a recipe came from a modern website or off the Food Network, say so. Lastly, never claim another's recipe or handout as your own. Chances are, you will get caught!

As to books, suggested Works in English to buy or use. Both of these are widely available and can be downloaded into your Kindle e-readers. As with all suggested volumes, if funds are short, please consider buying used copies or look at the volumes mentioned here at your local library or request through interlibrary loan.

Brears, Peter. *All the King's Cooks. The Tudor Kitchens of King Henry VIII at Hampton Court Palace.* London: Souvenir Press, 1999. Paperback ed. 2011. Excellent text with 82 recipes from 16th century England. Highly recommended. Excellent photos and drawings. Great Tudor source. KINDLE version available.

Hieatt, Constance and Sharon Butler. *Pleyn Delit. Medieval Cookery for Modern Cooks.* 1976. 1979. Toronto: University of Toronto Press, 1996. The second edition is credited to Hieatt, Brenda Hosington, and Butler. Good basic text with 142 documented recipes of English & French origin. KINDLE version available.

For French and Italian recipes, then I recommend starting with:

Redon, Odile, Francoise Sabban, and Silvano Serventi. *The Medieval Kitchen. Recipes from France and Italy.* Chicago: University of Chicago, 1998. The American edition is translated by Edward Schneider. Available in paperback. A favorite of many Society cooks with 150 14th and 15th century French and Italian recipes.

If you want to spend some money or are looking for a suitable gift, then consider:

Brears, Peter. *Cooking and Dining In Medieval England.* Totnes, Devon, UK: Prospect Books, 2008. 557 pp., 75 B/W line drawings. [Notes: 485-503. Notes on Illustrations: 504- 511. List of Illustrations: 512-514. Bibliography: 515- 528. Indexes: 529-557.] [Paperback ed. 2012. ISBN: 978-1-903018-55-2] This is Peter Brears' award winning volume on English medieval cookery. 200 plus recipes. Tournaments Illuminated published my review. I highly recommend the book.

Brears, Peter. *Cooking and Dining In Tudor and Early Stuart England.* London: Prospect Books, 2015. 670 pp., 141 B/W line drawings/figures. [Notes: 613-632. Bibliography: 633-641. Indexes [both general



and recipes]: 642-670.] Marvelous new companion volume to his earlier volume. 370 plus recipes and variations. Includes menus, calendar customs, banquets, banqueting fare, etc. Essential and highly recommended volume. Tournaments Illuminated again published my review. I again highly recommend the book.

Culinary Readers interested in a more serious way may find my bibliographies of interest. The Citadel recently carried a few of my special bibliographies as part of the “Starting Points” series. These include bibliographies for England, Spain/Italy, Scandinavia, and Poland. These original bibliographic guides list original printed works, manuscripts, historical and reference works as well as bibliographies and online sources and projects.

Contributed by THL Johnnae llyn Lewis, OE ©Johnna Holloway, 2016, 2018

The Barony of Cynnabar presents

## Spring Revel

April 21, 2018 in Saline, Michigan

**WHAT:** Ninth Annual Baronial Spring Revel

**WHEN:** Saturday, April 29, 2018 from 11:00 AM to 6:00 pm, rain or shine

**WHERE:** Island Park, Ann Arbor, MI ([Map](#))

**WHO:** Cynnabar populace, friends, family, and all interested parties

**REMINDER:** Please wear garb, and please bring feast gear and a dish to pass.

For LOTS more information, click here to visit our website: <https://www.cynnabar.org/springrevel/>



*Spring Revel 2017 - Photo by Meisterinne Genoveva von Lübeck*



# The Raptor's Tale

## Part 1

By THL Jack Black of Flint aka BlackJack

The sun rises over the horizon in the distance. The Captain turns to the Mate at the bell, and says quietly, "Put the mid watch tae bed, and wake the day watch, Mr. Miller."

"Aye, Cap'n!" The Bosun brought a whistle to his lips, and began to sound the call. The Bosun's mates took up the whistle, calling down into the berthings for the day watch to come up.

"Mr. Miller, check with Cookie, and see if'n he can't safely light the galley fires, and get some hot food into these men. I'll be in me cabin if ye need me."

"Aye, Cap'n, will do so straight away. Do ye be havin a course in mind fer today?"

"Yes, make for Calais. I've a meeting with Madame Sylvie and the others coming up, and I would be remiss if I was to arrive late. However, if we stumble across a ship in need of salvage on the way, sing out!" With that, the Captain's wide grin split his close trimmed beard, and he went below.

"Black"Jack Flint, currently Captain of the Pirate Ship Raptor, went to his cabin, and sat at his desk, missing the chair as it slid out from underneath him. He had been captain of the ship for just under six months, and was still getting a feel for how she moved. "Blast!" Flint muttered to himself as he picked himself back up. Standing, he felt the ship turning hard to port. "What the devil is going on here?" he asked himself as he went to the door. At that moment, the cabin boy came in, and informed that there was a Merchant ship 2 points off the port bow, about a league off, and that Mr. Miller had given chase. "Very well, lad, inform the gun crews tae make ready, and tell Mr. Miller I will be up shortly." "Aye aye, Cap'n!" The dirty lad scampered off.

Flint arrived on the quarterdeck shortly thereafter, dressed in his traditional garb. Black tunic, knee breeches, and what his officers called "that ridiculous sash and head wrap", both of which were a bright vibrant purple. "Report, Mr. Miller!"

"Cap'n, we've a merchantman sitting low in the water, and I don't believe she's spotted us yet. We've got a good breeze pushing us towards her, and we're gaining fast. We should be able to take her fairly easily."

Flint grabbed a spyglass from the rack on the rail, and took a look. "Ye've been spotted now, Mr. Miller. She's flying every inch of sail she has, and ye're losing your lead. Mr. Bradley," Flint called to the pilot at the helm, "If you please, two points more to port, see if we can't regain some of that lead. We'll tack up a bit, and then see if we can't come back across, and rake her stern. Get the starboard gun crews loaded and ready to fire." Flint looked at the mast of the pursued ship. "Mr. Miller, can you make what colors she's flying?"

Miller looked again, and replied, "Looks like she's flying the Union Jack, sir."



"All right, then, fly the same, and see if we can't get them to slow down. Prepare our colors as well, to run up AFTER the first shots are fired. Don't run out the guns until I give the order."

Time crawled by as they gained on the ship. The tacking to port had helped to regain some lost ground, as well as having put up an extra sheet on the topsail. The Raptor was now in a fast pursuit, flying every inch of sail she could put on. "Mr. Miller, I believe you may now call full battle stations, and have the boarders begin their preparations. Mr. Golden!! Make ready to have the Port chasers send a warning shot across her as soon as you see our colors run up! Gun crews, as soon as Mr. Golden fires his warning shot, I want the starboard crews to run out! Port crews, stand by to assist reloading and aiming!"

Flint pulled the glass out again, and was judging the distance to the enemy ship. "What say you, Mr. Miller, I would put us at just over five hundred yards, yes?"

Miller took the glass, and made his own estimate. "Six hundred at the most, Cap'n. We should close to within five hundred in a moment."

Both men watched the ship grow larger as the distance closed. Then Flint called out, "Strike that Jack, and fly our true colors!!!! Mr. Golden, FIRE!!!! Gun crews, run out and take aim! Go for the Rudder, if you can!!! We are still coming up on her stern. Reload as quickly as you can, with chain and make your second shots for her sheets!"

The Port chasers fired, as Captain Flint's personal colors went up, replacing the Union Jack that was on the mast. The enemy tried to heel over to break away, which was exactly what Flint was counting on. "GUN CREWS FIRE!!!" The sound of cannon fire could easily be heard over the pounding of the surf. Flint and Miller watched the enemy, to see what affect the Raptor's gun crews had, if any. Miller called out, "Her rudder's busted, Cap'n, it worked!!"

Flint shouted, "Boarders on deck! Helm, make ready to come alongside on her port. Mr. Golden, well done! Double load your guns to fire upon their crews as we pull up! Mr. Stone, if you please, have the quarterdeck guns follow the same order. Sweep their decks as we pull up, to reduce the risk to our boarders." The men shouted acknowledgement, and ran to carry out the orders.

The boarding parties swarmed on deck, with muskets on their backs, pistols and cutlasses and knives in their belts, and grapple lines in their hands. Flint smiled, and turned to Mr. Miller.

"We've got another advantage, Mr. Miller. The wind just turned, and is now blowing her into us. On my order, reef all sails so as to not get tangled in theirs."

Miller nodded, and answered, "Aye aye, sir."

Flint turned to the helmsman. "We're ready whenever you are, Mr. Bradley."

"Aye, Cap'n, we be comin alongside now."

Flint looked, and replied, "Well done, lad, not a scrape to be heard! Grapples away, reef all sails,



boarders, take her!!!!" The cabin boy arrived on deck with Flint's pistols, and cutlass. After belting his weapons on, he moved down to board the enemy ship.

Miller called out, "Cap'n she's ours! She's struck her colors, and they're surrendering!!!" A cheer went up throughout the ship.

Flint boarded, and headed for the quarterdeck, where he found his First Mate, Mr. Thomas, and several boarders surrounding the Officer staff of the taken ship, who all looked very unhappy. "Gentlemen, I be Captain "Black"Jack Flint, Captain of the ship Raptor. Who be the Captain here, and what ship is this?"

One of the officers stepped forward. "I am currently acting as captain, as your "Warning shot" took our captain's head off his shoulders. The man never knew what hit him. The ship is called Elizabeth's Pride."

Flint grinned insolently. "Well then, he didn't have tae worry about why his ship was taken so easily, did he? Gentlemen, I'll take yer swords and me men will take the rest of yer weapons. Soon as we can find a place to be settin ye ashore, we'll do so. Only thing I need from you lads is yer word that there'll be no trouble between here and there, or I shall have ye put over now, tae swim home."

The captured officers looked at each other, and shrugged. The "Acting" Captain spoke again. "This was our first voyage, and was supposed to be relatively easy. We left Port Jamaica a month ago, most of us having been there since we were young lads, and were returning to London with jewelry and gold for Queen Elizabeth, and goods to trade on the market."

"Well then, methinks this turned out to be a rather profitable voyage, after all. Methinks Madame Sylvie would be thrilled to have some new jewels, and of course I'll have tae be finding something nice for my Lady Ophelia, as well. Mr. Thomas, if you please, make sure you've got firm control of the ship, and pick some of your men to stay here with you, and we'll take you in tow until we make landfall." Flint turned to the Raptor. "Mr. Miller!" Flint shouted across the span.

"Aye, sir!" came the reply from the Raptor's quarterdeck.

"Mr. Miller, if you would be so kind, please tell me where the nearest spot of semi-hospitable land is fer us to set these men?" Miller left the side to go check the charts, and came back about five minutes later.

"We can hit Lisbon in two days, on our way to Calais!"

"Fair enough!" Flint turned back to the captives. "Gentlemen, it looks like you're to be our guests for at least another two days, providing the weather holds, you'll have to find other passage home from Lisbon. No worries, I'm a gentleman, I'll not take anyone's personal monies or property, just what is on the Manifest, and anything else I find in the holds. Mr. Thomas, do ye have a Quartermaster among yer lot tae go over the manifests?" "Thomas nodded in the affirmative. "Fair enough, then, set him to work, and I want copies of the Manifests before we hit Lisbon. Also, someone bring me the Captain's log, so that I might review it. I'll be returning to the Raptor as soon as I get the log, Mr. Thomas, so the ship will be yours."

"Aye aye, Cap'n."



A cabin boy arrived with the Ship's and Captain's personal logs, and Flint returned to the Raptor. "Mr. Miller, at your convenience, break us free of the Pride, and take her under tow. She's not goin much of anywhere with no rudder, is she? I'll be below reviewing these logs."

"Aye, sir, if anything comes up, we'll sing out."

Flint turned to go below, and stopped. "Oh, and Mr. Miller, an extra rum ration to the crew with dinner, with my thanks for a job well done today." The crew cheered the Captain as he went below.

The trip to Lisbon went smoothly, with no further problems. Captain Flint had decided that he wasn't going to sell the Pride, as she apparently was contracted with the Queen herself. Last thing he wanted at this point was that fop, Francis Drake chasing him all over the seas. Once the two ships arrived in Lisbon Port, Flint had all the cargo moved from the Pride to the Raptor, and sold off whatever he could get a good profit for. All the jewelry was kept for Madame Sylvie to go through first, for her and her ladies. Then she would have her people sell the rest of it, and Flint would get his share of the profits.

The Pride's crew was then released, and their officers had their weapons returned. Elizabeth's Pride was then allowed to put in for repairs to her rudder, and then back underway for London. The Raptor then set sail, seeking the next trophy on the way to Calais.

**Stay tuned for Part 2 in the Summer Newsletter!**

**The Barony of Cynnabar presents**

## **St. Cecilia at the Tower VII**

**Saturday, May 12 - Sunday, May 13, 2018**

**Saturday Location:** People's Presbyterian Church

**Saturday Address:** 210 Smith St, Milan, MI 48160

**Sunday Location:** Michigan League: Koessler Room (3rd Floor)

**Sunday Address:** 911 N. University, Ann Arbor, MI 48109

Come forth and be inspired by the patroness of music at this event devoted to helping musicians of Renaissance and Medieval music.

Musicians of all abilities are welcome, as are non-musicians with an interest in pre-1600 European music.

For more information, click here to visit our website: <https://www.cynnabar.org/cecilia/>



The Barony of Cynnabar presents

# Ruby Jubilee

Friday, September 31, 2018 - Sunday, August 2, 2018

## A Once-in-a-Lifetime Event

*Join us at this special weekend encampment in a beautiful rustic atmosphere as we celebrate Cynnabar's 40 years with competitive prize tournaments, an elegant ball, delicious food, and all the pageantry we're known for.*

- **Friday evening**

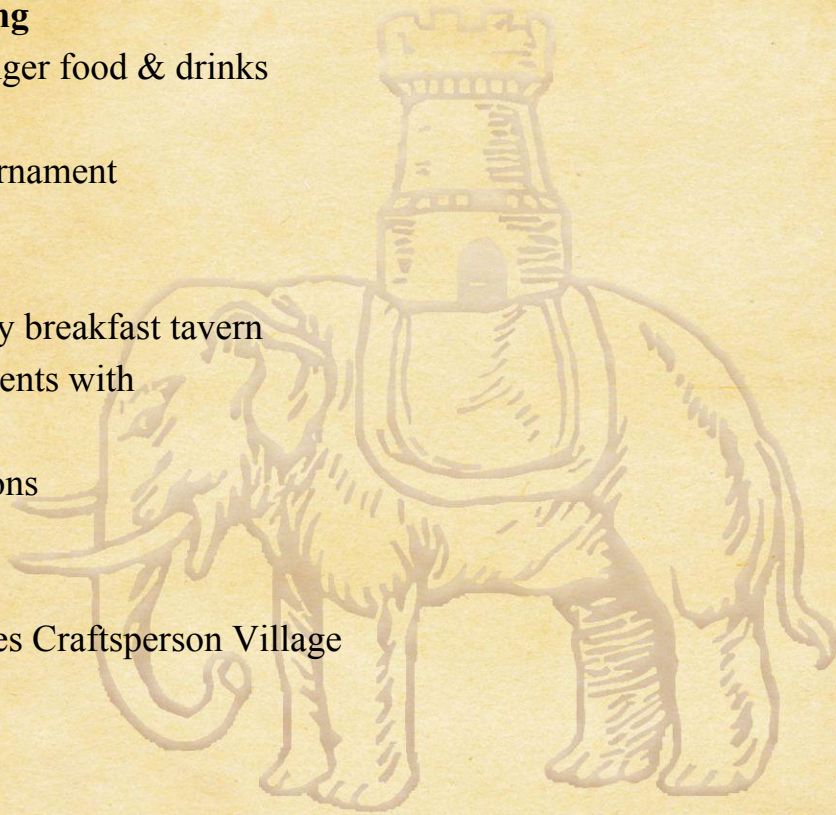
Soiree with finger food & drinks  
Gambling  
Torchlight tournament

- **Saturday**

Complimentary breakfast tavern  
Team tournaments with  
Archery  
Thrown weapons  
Rapier  
Armored  
Arts & Sciences Craftsperson Village  
Lunch tavern  
Baronial court  
Potluck dinner  
Evening ball

- **Sunday**

Complimentary breakfast tavern  
Foot race  
Regional armored and rapier practices  
Archery woods walk  
Lunch tavern



For more information, click here to visit our website: <https://www.cynnabar.org/rubyjubilee>



# **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 : Lady Albina Gherardi**

**Webminister : Master Aaron Drummond**