

The Battered Blade

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Letter from the Editor:

I don't know about you, but my "off-season" has been just as busy as my event season! What's up with that? Oh yeah - I decided to try my hand at arty things in the colder months. Little did I know I would get hooked in and dedicate so much of my down time to such things. Now there's no stopping me! Ack!

The drums of war can now be heard. I hope you will all join us in the noble cause that is Gulf Wars. Whether you can make it for the week or just the weekend, it is sure to be a good time of sensory overload for all. It will encompass all the garb, fighting, shopping, partying, artistic endeavors, classes, and general ambiance that you can stand.

See you there!

YiS,
Ailleagan



Business meeting notes:

I've kind of lax on getting the information out lately, so I'll just combine the reports here.

Knight's Marshal - No fighter practices because of the time change and the weather. Hopefully that will change soon, like March. Per Kingdom, older children (16-17) are not allowed to engage in organized combat at events with adults.

Rapier - No practices lately, but they've been making stuff at Feodor's house.

MoC - A few shire parents have "registered" their children with her. She is researching and working on various activities for them. She is also now the shire's Youth Marshal after taking the required classes at Menhir.

A&S - The sign-up sheets have been full, probably because of the winter season and because people are gearing up for Gulf Wars.

Chronicler - I'm behind, but I'm working on it. Send me stuff!

Chatelaine - Had a few new people at meetings, had one request for a school demo.

Reeve - The shire coffers are plentiful. (That's a fancy way to say "We have money".)

Herald - He's had only a couple of submissions in the last few months. The announcement was made that laurel wreaths can only be used on branch group devices and NOT on individual Laurel's devices. Lord Conor is also under consideration for the Kingdom Cypher Herald's job. He is looking for a deputy to replace him should he be awarded that position.

Web - It's still there.

Winter Collegium - Nuala stepped up as event steward in the same meeting she turned over the Seneschal's office. The event will be held at the Knights of Columbus building, and she has a full schedule of interesting classes.

The shire was approached about hosting Kingdom A&S in June. We accepted, with Sir Cydrych and Dragonet at autocrats and Lady Ailleagan and Lady Nuala as feastcrats. We will not have Beggar's Rebellion this year because of its close proximity to KA&S.



Shire Schedule for February and March:

Official fighter practices have been canceled for the winter season. The seneschal and the knight's marshal are working on practices in other locations and with other groups. Stay tuned for developments!

Meetings have been moved to the conference room at Scrimshire Dental Studios, located at 1200 Winner Avenue, off Leeman Ferry, directly behind the McDonald's across the Parkway from Parkway Place Mall. They still begin at 7:00 p.m. Look for the shire banner.

February 24: bardic

March 3: business meeting

March 10: open project night / Gulf Wars prep

March 17: meeting / class canceled for Gulf Wars

March 24: bardic

March 31: TBD



Breakfast, a Brief Compiled History by **Mistress Alys Wallas**

English: 1463, from break (v.) + fast (n.). Cf. Fr. *déjeuner* "to breakfast," derived from L. *jejunare* "to fast." The verb dates from 1679. The English word derives from the concept that sleep prevents eating, thus an involuntary fast occurs during sleep; this fast is broken by the first meal of the day referred to as breakfast.

People in the Middle Ages usually ate two meals a day: a substantial dinner around noon and a light supper in the evening. Although not recognized as a meal through most of the Middle Ages and frowned on by moralists, breaking the overnight fast too soon for an early-morning breakfast was a common practice among peasants and craftsmen who started work at daybreak and found it hard to hold out until dinner. By the fifteenth century the nobility also began the day with bread, meat, and ale. Those allowed a small, morning meal were children, the elderly, and the sick. Grown men, not wanting to be associated with these groups, tended to feel apologetic or embarrassed to admit that they had eaten breakfast.

For those who had the means or lived in a region where wine was plentiful and cheap, pieces of bread, or "sops," soaked in wine were a popular breakfast.

From Ancient Rome, Apicius included several recipes for eggs in his cookbook including one resembling an omelet, "*ova [eggs] sfongia ex lactem*", eggs mixed with milk and fried like a pancake. Below is the redacted recipe:

OVA SFONGIA EX LACTE

Ingredients:

8 eggs

2 $\frac{1}{5}$ cups milk

$\frac{1}{2}$ cup oil

a little bit honey

a little bit ground pepper

Instructions: Mix eggs, milk and oil until you have a pancake dough. Fry in a pan and serve topped with honey and a little pepper.

According to legend, when Napoleon and his army were traveling through the south of France they decided to rest for the night near the town of Bessieres. Napoleon feasted on an omelet prepared by a local innkeeper. It was such a culinary delight he

ordered the townspeople to gather all the eggs in the village and to prepare a huge omelet for his army the next day.

French toast can also be traced Ancient Roman times. Apicius called it "another sweet dish." Linguistic evidence confirms the connection, as one of the original names for this dish is "Pain a la Romaine," or Roman bread.

Called by the French "pain perdu" or lost bread. French toast was known in England as "poor knights of Windsor", variations of the same phrase were used in many countries: "fattiga riddare" in Sweden; "arme ridder" in Danish; and "armer ritter" in German. One legend about how this name came about is that one of the symbols of distinction between the gentry and the commoner was that the former were expected to serve dessert at dinner. Knights, of course, were gentry. But not all of them were rich. Those who were not, in order to maintain their status, made do with "armer ritter", often served with jam.

Culinary evidence confirms "French toast" was not just a food of the poor. Recipes printed in ancient and medieval texts employed white bread (the very finest, most expensive bread available at the time) with the crusts cut off. In many cases, expensive spices and almond milk were listed as ingredients. This is not something the poor would have eaten. It is also important to note that until very recently, cook books were not written for the "average" person. Only the noble, wealthy, and religious leaders were taught to read. The recipes contained in early texts reflect the meals of the upper classes.

Britain

The very poor generally ate when they could, but the slightly better-off peasants seem to have eaten three times a day. These meals consisted of breakfast at a very early hour to allow for dinner at roughly 9.00 a.m. or not later than 10.00 a.m. and supper before it got dark, 3 p.m. in the winter. The times and number of meals were originally derived from the hours of devotions of the Church. Monks ate the main meal of their day after the celebration of 'nones', which was nine hours after daybreak.

By the fifteenth century breakfast was quite commonly eaten. Breakfast was regularly allowed for in the accounts of Dame Alice de Bryene at the beginning of the fifteenth century, although the 1478 household ordinance of Edward IV specifies that only residents down to the rank of squires should have breakfast, except by special order. The time was only specified as a 'convenyent hower', although to break one's fast after devotions was the generally recommended procedure.

During the Tudor Period between 1485 and 1603 the 'traditional' large British breakfast was not popular. Some did not eat breakfast at all, while those who did generally enjoyed a light meal of bread and sometimes cold meat. At Court, only dinner

and supper were served, and Thomas Tusser recommended that servants should not be allowed to sit down to eat before they had done some work. When eaten, a typical Tudor breakfast consisted of toasted bread with marmalade and cold ham. Tudors drank ale beer with most of their meals including breakfast.

The Elizabethans of the mid to late 1500s believed that breakfast was not a family meal: those who took it had it in their rooms.

On Pancake Day, called Shrove Tuesday, pancake races were and are held in villages and towns across the United Kingdom. In 1634 William Fennor wrote in his *Palinodia*: "And tosse their Pancakes up for feare they burne." The tradition of pancake racing appears to have started long before that. The most famous pancake race, at Olney in Buckinghamshire, has been held since 1445. The contestants, traditionally women, carry a frying pan and race to the finishing line tossing the pancakes as they go. As the pancakes are thin, some skill is required to toss them successfully while running. The winner is the first to cross the line having tossed the pancake a certain number of times.

By the early 1600s, breakfast varied with individuals depending upon their prosperity. They usually consisted of a slice of bread, a glass of ale, beer, or dry wine.

In his diary, Pepys (1633 -1703) who was Chief Secretary to the Admiralty under King James II, speaks of "drinking my morning draft" at an ale house. The "morning draught" at the inn was the ordinary breakfast of the majority of Englishmen at this time. Pepys did occasionally indulge in food for breakfast. He mentions dishes such as "turkey pie and goose, mackerel, pickled oysters, beef, cake and ale, collar of brawn, bread, butter and sweetmeats, cold chine of pork, hashed mutton, dish of cold creame, creame and cakes," and he sites one breakfast menu consisting of "neat's tongue (ox), wines of all sorts, ale, anchovies, a baffel of oysters, and gammon of bacon." He also mentions a pot of chocolate several times, which he bought at the inn.

The first recording of coffee in Europe is 1615. Pepys also writes of going into an inn where he "did send for a cup of tee (a China drink) of which I never drank before." Tea is said to have been sold in England as early as 1635 and presents of it were considered appropriate for princes and other grandees until the year 1657." Chocolate was introduced around the year 1652.

On a mundane note: The first modern and commercial cereal foods were created by the American Seventh-day Adventists. The Adventists formed the Western Health Reform Institute in the 1860s. The Institute was later renamed the Battle Creek Sanitarium after its location in Battle Creek, Michigan. The Adventists manufactured, promoted, and sold wholesome cereals.

Credits:

<http://www.foodtimeline.org/foodfaq7.html#breakfast>
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---"Dining With Pepys in Seventeenth Century England," Margaret Alberi Flynn, Essays on the History of Nutrition and Dietetics [American Dietetic Association:Chicago IL] 1967 (p. 129)
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<http://en.wikipedia.org/wiki/Breakfast>
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---Craig Claiborne's The New York Times Food Encyclopedia [Times Books:New York] 1985 , Craig Claiborne (p. 178)
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People Around the Shire: A Questionnaire

What is your name?

Ld. Ricart Juan Berenguer Halco'n Catalanian, Capit'an de la Gran Companiya de Halco'n
Aka. Hawk the Spaniard

What is your quest?

Defend Vienna to the last man standing!

What is your favorite color?

Green! (Though Black and White figure strongly in my attire.)

When and where, in the SCA framework, would you have lived?

I lived, primarily, in the Holy Roman Empire, in the Kingdom of Catalan. I have a townhouse within walking distance of the royal court in Barcelona and large horse farm

in a county of Aragon called Zaragoza. With obvious adventures to England and Austria, and possibly a pilgrimage to the holy lands...who knows where I would be at any one time?

What would you have done if you lived then?

As a noble lord, I would have (mostly) managed my properties. Along the Ebro river, in Zaragoza, are some world famous horse ranches. The "Como Un Halcon" horses are bred for light cavalry, perhaps not as strong as some of the French steeds, but faster on the turn and good in the jump.

From Barcelona I would have run a small merchant trading operation, usually two ships though as many as 10 if I were willing to risk a lifetime's investment on a season's profit. Mostly the investments are solid and the returns minimal, it pays for itself, mostly working with ships purchased from and trading with Genoa. (Which is an Italian free-city just up the coast from Barcelona.)

The Catalan are also famous fighters, and my sword master taught me many of the skills of the Italian schools, as well as the secret circle of the Castilian. I also worked with greatsword, pole axe, and gunne, as befits a man of letters.

When the Ottoman Turk, under the command of Suleiman the Magnificent, determined to attack, they began working their way through Hungary to the heart of the Empire. The city of Vienna, Austria, is considered the gateway to the heart of the Empire. Our Emperor Charles the Fifth was depleted from war with France. Unable to form a second front, he called upon the Counties of Aragon and Catalan to provide troops. (These kingdoms have an independent government from Spain, of which they are a part.) As the most notable of these counties, Foix, had sided with the French, troops were not forthcoming. Some few of us remained loyal to Catalan and the Emperor, and determined to support his cause.

Organizing a company of arquebusiers and moving to defend Vienna against the infamous Turk is a good use of nearly ten seasons of money. I had to sell nearly half the Zaragozaan herd and removed all my troops from both of my ships...which had to be grounded in any case to free men to move food supplies. It was a hell of a journey. Luckily my brother owns a shipping company in Montpellier. We had to ride from last frost, celebrated Easter Morning in Montpellier with my brother, and then rode straight through to Venice.

Diego met me in Venice with supplies before High Summer, but more than half the journey remained. Reaching Gratz only took a month, but as Vienna was already under attack, we had to cross the mountain at Leobin to Wels. That took nearly a month and exhausted all of us.

We had hoped to be met by further troops, but only a small company of Landsknechts, under the command of Nicolas Graf Salm, and double company of Swiss Pike (God Be Praised!) avoided the Northern and Western Wars. We entered in late August and soon the siege began. We fought without ceasing for 40 days and nights. The artillery crumbled the walls to ruin and the troops of heathen were an endless sea as far as the eye would have it.

The battle of the breach, 12 October of 1529, is a story all unto itself, which I will omit save only that we survived it, and by a miracle, Vienna was preserved. None who walked those walls shall ever fear death again.

What attracted you to this era?

The Renaissance, the discovery of coffee (in bales outside of Vienna on 15 October 1529), the battles, the guns, the swords, the books of historic western and eastern martial arts. Probably the coffee.

Frankly, all years are interesting in their own ways. I have examined history from 5,000 BC till the present. I look for the stories.

How long have you been in the SCA / when did you join?

I have been in the SCA since 1985. I joined in 1997.

How did you find out about the SCA?

1982 High School, Tullahoma TN. Some of the older boys were doing fighter practice in Old Stone Fort up in Manchester. I was so jealous. I had been playing D&D since the Chainmaile (late 70's) days. It was, then, like D&D come to life.

What aspects of the SCA first attracted you?

1985 Fighting, 1987 History, 1996 Dancing, Today...

Have your tastes changed since then?

Yeah, I like Redheads more than blondes now...

What aspects of the SCA interest you now?

War (heavy and light) Fighting, Bardic. I think I will organize a couple units of each for Gulf Wars next year. Historic research is always interesting. Sometime some calligraphy, some dancing, some brewing, some cool clothing, new armor... yeah, I don't settle on anything.

What award that you have received means the most to you?

Order of the Cygnet's Nest - I like children. Teaching, storytelling. Monica says I am a big kid. Maybe so.

Are you belted to anyone? If so, what is your particular focus? (This can be a favored fighting style or area of service.)

Mistress Alys Wallas, running events.

What is your greatest pet peeve in the SCA?

politics

Where do you see yourself in five years?

I don't know. The SCA is what I do for fun. I will get awards as they show up, positions as they are needed filled, etc. I just keep doing different things. Maybe I will become a Beer Laurel after my hero, Master Kojin! Hmm ...Coffee laurel ... oh wow. That is a thought...

Is there anything you would change about your SCA career?

If I had played in North Carolina when I was in Grad School, I would probably be a bit further along, and not hate NC quite so passionately. I was SOOO bored for 5 years.

Has your SCA life/hobby impacted your mundane life in any way?

Everyone at work thinks I am the crazy sword/history/kung fu/Sci Fi/D&D guy.
Ummm... no, I think I would still be crazy without the SCA. It isn't my only odd hobby.

