

# The Dancing Moon

November-December, 2019

## Breaking Bread!



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**TABLE OF CONTENTS**

The Dancing Moon Title Page	1
Art, Article and Photo Credits	2
Masthead and Disclaimer	2
Shire Meeting Minutes - November and December 2019	3-4
The Myriad Roles of the Lowly Loaf by HL Dulcibella de Chateaurien	5-7
Local Shire Announcements	8
Officers	8
Calendars	9-10
Driving Directions	11

**ART, ARTICLE, AND PHOTO CREDITS**

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Page 5 *Almond Pretzel* Image © 2019 Lucy E. Zahnle. Used with Permission..

Page 5 -7 Article *Lowly Loaf* © 2006, 2019 Lucy E. Zahnle. Used with Permission.

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Email: Free to anyone on request from: Lucy E. Zahnle at [lezahnle@gmail.com](mailto:lezahnle@gmail.com) Electronic copies are also available on the Shire website a few days after the email version. Hard copies available upon request.

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## Minutes of the September and October, 2019 Meetings

### Monthly Business Meeting, November, 2019

#### Officer Reports:

**Exchequer** – Voted the 2020 budget, review of previous year budgets; approved, see Exchequer's records of financial committee proceedings for details.

**Minister of Arts and Sciences** – No meeting for Thanksgiving week., next class will be last one for the year. Upcoming nearby A&S activities of note: Winter Court, Dec 7th, two A&S competitions including one for blank borders; Kris Kinder, Tamar will be holding an A&S competition with judge feedback (Or w/o if desired); Crystal Mynes will host QPT.

**Cut and Thrust** – Nothing to report.

**Chronicler/Webminister** – Lady Margery takes over Web duties as of January 1st, Dulcibella remains Chronicler.

**Archery** – Held practice last week, tentative for this weekend (24th).

**Knights' Marshal** – St. Pat's parade in Rolla coming in March.

#### Old Business:

Past Autumn Arrows – All bills paid and everything closed out.

**Other Old Business** – No meeting next week.

#### New Business:

**Next Spring Spears** – We have Spring RUSH and it will be on the weekend we would normally have Spring Spears, Rose and Catin are co-Stewards

**Parties/Picnics/Gathering/Events** – Christmas Party/Book Exchange Dec. 9 here at the Church, normal start time, also potluck and business meeting. New Years Eve, Lions Club in Rolla. NY Day, games and snacks at Alan and Margery's, open house at noon and food at 2:00.

**Assistance to/from other groups, demos, etc.** - Nothing to report

**Largess and tithes to the Crown, other Calontir business** – Seneschal again announced a reminder that largess for Chieftains should be on people's minds

**Other New Business** – Nothing to report

#### Concluding Matters:

The next business meeting will be Monday, December 9th, 2019,

There being no other business, the meeting was adjourned at 8:15 p.m.

**Official**  
**THL Paul Adler (Vince Zahnle)**  
**Seneschal**  
**November 18, 2019**

**Monthly Business Meeting, December, 2019**

**Officer Reports:**

**Exchequer** – Current balance \$ 4,268.19, no expenditures since last meeting. Discussion of the W9 issue as filtered down the Seneschal network.

**Minister of Arts and Sciences** – Nest will finish her class in January. Kris Kinder, there will be a class on research taught by Hugo and others. Reminder of QPT in February in Crystal Mynes (Joplin area).

**Cut and Thrust** – Nothing to report.

**Chronicler/Webminister** – Lady Margery takes over Web duties as of January 1<sup>st</sup>, Dulcibella remains Chronicler. Dulcibella still desperate for newsletter content.

**Archery** – Marshal unavailable, practices held as weather permits.

**Knights' Marshal** – Went to Toys for Tots and fought, got a helm back we never expected to see again that had been borrowed but then the individual who had it fell out of contact.

**Old Business:**

**Past Autumn Arrows** – Nothing to report

**Other Old Business** – Nothing to report.

**New Business:**

**Next Spring Spears** – Building deposit made for RUSH site, need coordination between Margery and Stewards to get scheduling site set up and links. Need to get flyer done and transmitted before the month is out (Don't need the scheduling link for the initial flyer but do need the URL where it will be posted in order to transmit to the Kingdom Chronicler).

**Parties/Picnics/Gathering/Events** – New Years Eve, Lions Club in Rolla. NY Day, games and snacks at Alan and Margery's, open house at noon and food at 2:00.

**Assistance to/from other groups, demos, etc.** - Nothing to report

**Largess and tithe to the Crown, other Calontir business** – Seneschal again announced a reminder that largess for Chieftains should be on people's minds

**Other New Business** – Nothing to report

**Concluding Matters:**

The next business meeting will be Monday, December 9th, 2019.

There being no other business, the meeting was adjourned at 8:30 p.m.

**Official  
THL Paul Adler (Vince Zahnle)  
Seneschal  
December 9, 2019**

# The Myriad Roles of the Lowly Loaf

By Her Ladyship Dulcibella de Chateaurien



Photo by Lucy E. Zahnw (SKA HL Dulcibella de Chateaurien) ©2019. Used with permission.

Humble yet indispensable, bread has fed the peoples of the world, high-born and low, since ancient times. In the Middle Ages, it figured in every meal for peasant or king. However, for those in power, bread proved useful in many ways besides mere eating.

Bread delineated the different levels of medieval society. At the dining table, the highest levels of a given middle, upper-class or even royal household ate the best, that is, the whitest bread the household could afford. Manchet bread, made of wheat flour sifted many times to remove most of the bran and other impurities, was the best bread to be had.

As one traveled down the dining table, a sort of culinary social ladder, as it were, the bread became coarser, dropping from fine cheate, a wheat bread that was not so finely sifted as manchet and thus not quite so white to coarse cheate which was even less finely sifted, then to maslin, a bread made of a mixture of wheat and rye flour, and finally reaching the darker breads of the peasantry, breads made of rye, barley or oat or any a combination of those three. For beggars and the abject poor, bread made of a gritty combination of bran, bean, pea or lentil flour was available. Since the upper-classes deemed this bread suitable only for feeding their horses, this bread was known as horse bread.

Social status was indicated not only by the type of bread served at a given point along the table, but also by the amount of bread served. The higher the quality and the greater the quantity, the more one was esteemed by his host. Because this custom gave a guest true insight into where he stood in his host's or

master's household and regard, it could be used to send a subtle yet pointed message to those transgressing courtiers who had fallen out of their lord's favor.

The age of bread was also important on the social scale. The highest members of the household received bread that was a day old, the second highest two days old, etc. Bread was considered unhealthy to eat fresh out of the oven for fear of indigestion.

Like the loaves that were fresh from the oven, bread that was four days old was considered no longer fit to eat because of the risk of indigestion, but it was used as trenchers to serve food. These trenchers were the modern equivalent of plates. A diner might use two, three or four of them during a meal, depending on his social status, although lower servants received only one. These trenchers usually were not eaten, but thrown away, fed to dogs or given to the poor. Bread trenchers were also used as salt cellars

Along with trenchers, bread was also used as an eating utensil at the medieval table. Strips of bread were employed as spoons or sops to serve oneself from a communal bowl or to soak up gravy from a heavily sauced dish. According to Henisch in *Fast and Feast*, servants surreptitiously used slices of bread in each hand as potholders to carry hot metal vessels to the dining table. It is unclear why they had to be secretive about the practice. Perhaps the lord might have frowned upon it as wasteful?

Medieval bakers shaped their loaves by hand, of course, and thus the bread that came out of the oven was round. The natural shape of the bread was not acceptable to the fashionable nobleman so round bread was squared off around the sides before it was set upon the table. This squaring allowed any hard or ash contaminated crusts to be removed before the bread was served. The discarded crusts were usually given to the poor or fed to the animals, but they were also used as an ingredient for other dishes.

Bread was also a form of wealth. Along with other foods, bread was used to pay everyone from royal court retainers to field workers at harvest time. The type, quality and amount of bread that the worker received was usually agreed upon in advance and there were instances when workers went on strike after they had not, in their opinion, been paid the agreed-upon quantity or quality of bread.

Bread was offered as a gift on holidays, usually from the master to his retainers or subjects. At Christmas, it was the custom for a lord to provide a Christmas meal for his servants and vassals, which included a better quality bread than they normally received.

Because ovens were large and expensive, most people did not have one in their homes. They bought their bread from a baker, but some thrifty housewives made their own bread dough at home and took it to a baker who baked it for a small fee. In the countryside, the local lord often maintained an oven, charging the populace a fee for its use. This practice continued long after feudalism waned.

Bread was a very lucrative product for medieval bakers. The bakers of Chartres found business so profitable that they were able to purchase several stained glass windows for that city's famed cathedral.

The money to be had in the bread game was also attractive to thieves and con artists. Underweight and adulterated loaves became such a problem that, in 1266, Henry II called the first Assize of Bread and Ale. The assizes set the number and prices of the various sized loaves a baker could make from a 'quarter' (about eight bushels) of wheat. The price of bread was tied to the price of grain and could vary from region to region and month to month. Although the rules were set out plainly in the Assize, many bakers cheated, baking light loaves or using spoiled grain or bad dough or even adulterating the flour with sand. Along with thrift, this was an additional incentive to many housewives to make their dough at home and pay the baker to cook it. However, even this precaution did not save them from fraud.

In 1327, a London baker, John Brid, created a special table with which he scammed his dough-baking customers. He had a circle somewhat smaller than an average loaf cut into the table. The circle was fashioned so that it could be lowered from under the table. He had his unsuspecting customers place their unbaked loaves on the table atop this circle. A servant secreted under the table lowered the circular platform and tore away some dough from the bottom of each loaf. In this way, Baker Brid collected enough dough to bake quite a few loaves which he then sold as his own while his customers were none the wiser.

In medieval society, bread provided nourishment, implied status, doubled as eating utensils and dishware, paid wages, made a fine gift, made some bakers rich and drove others to lives of crime. Although not touched upon in this article, it also held great religious significance. Consider all of this the next time you butter your toast, for you are about sink your teeth into history.

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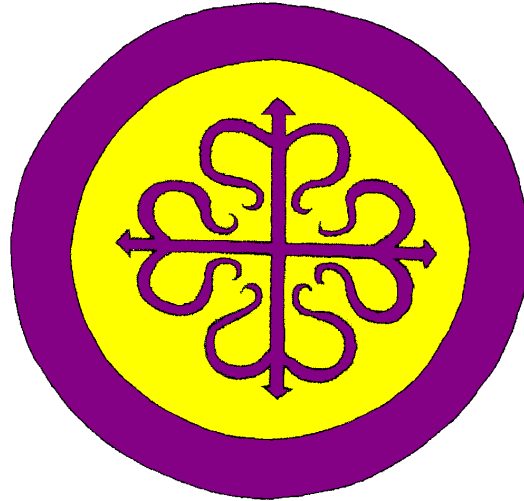
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## Shire Officers

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### ARCHERY MARSHAL

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### HERALD

Open

### MINISTER OF ARTS & SCIENCES

Lady Margery of Penrith *Leeann Geer*.

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### CHATELAINE

Open

## SHIRE ANNOUNCEMENTS

Weekly venue for our shire meetings: St Robert Bellarmine Catholic Church: 367 Old Highway 66, St. Robert, MO, 65584

Please submit next issue's announcements to the Chronicler by January 25, 2019.

The Dancing Moon is always published bimonthly (every other month) during the third week of each month (or as close to it as possible). Publication will be issued in January, March, May, July, September, and November (or as close as can be managed). If you find an error that needs correcting in the shire newsletter or on the shire website, please inform your web minister or chronicler ASAP. It may make her grumpy, but she needs to know.

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Send requests for membership in the closed shire Facebook Group to [lezahnle@gmail.com](mailto:lezahnle@gmail.com)



## Shire Calendar -November, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	4 6:45 PM Weekly Meeting Project Night St. Robert Bellarmine Catholic Church, St. Robert, MO	5	6	7	8	9
10 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	11 6:45 PM Weekly Meeting Business meeting/Potluck St. Robert Bellarmine Catholic Church, St. Robert, MO	12	13	14	15	16
17 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	18 6:45 PM Weekly Meeting Project Night St. Robert Bellarmine Catholic Church, St. Robert, MO	19	20	21	22	23
24 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	25 6:45 PM Weekly Meeting Project Night St. Robert Bellarmine Catholic Church, St. Robert, MO	26	27	28	29	30



### Shire Calendar – December, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	2 6:45 PM Weekly Meeting Project Night St. Robert Bellarmine Catholic Church, St. Robert, MO	3	4	5	6	7
8 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	9 6:45 PM Weekly Meeting Business Meeting/Potluck St. Robert Bellarmine Catholic Church, St. Robert, MO	10	11	12	13	14
15 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	16 6:45 PM Weekly Meeting Project Night St. Robert Bellarmine Catholic Church, St. Robert, MO	17	18	19	20	21
22 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	23 No meeting	24	25 Happy Holidays!	26	27	28
29 Archery Practice 4 PM Beaver Creek Conservation Area Rolla, MO. (Tentative)	30 6:45 PM Weekly Meeting Project Night St. Robert Bellarmine Catholic Church, St. Robert, MO	31				



**Driving Directions:**

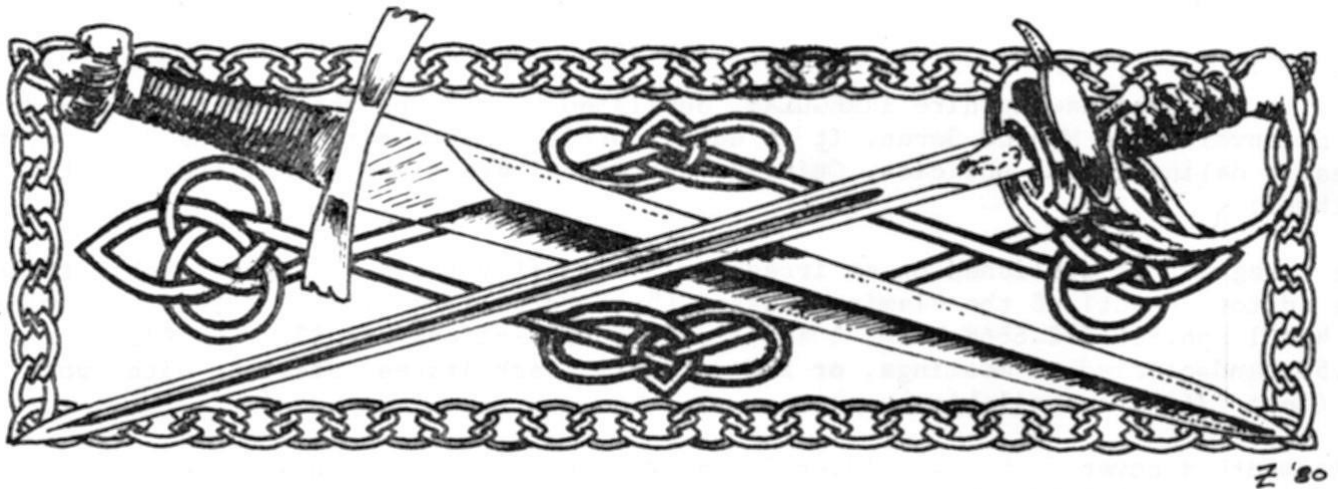
**Archery Practice - Beaver Creek Conservation Area:** No Crossbows. No Archery in freezing temperatures (32° F). From Rolla, take Highway 63 south. The range gate will be on your left, immediately across the highway from the VFW post. Drive through the gate to the top of the hill, park and take the line! Please check calendar for changes or cancellations.

**Shire Meetings - St Robert Bellarmine Catholic Church:**

367 Old Highway 66,  
St. Robert, MO, 65584

Please check calendar for changes or cancellations.

**Fighter Practice:** Currently Suspended. Usually held in conjunction with archery practice unless otherwise announced via Facebook or shire Yahoo email list.



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