



# The Østgarðr E-Horse

Upcoming Events - Ars & Schola - Seconds - Vyllage Square

## Dysclaymer:

This is the Second Quarterly 2021 issue of *The E-Horse*, a publication of the Ancient and Honorable Crown Province of Østgarðr of the Society for Creative Anachronism, Inc. (SCA, Inc.).

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## Welcome!

The Crown Province of Østgarðr is the greater New York City chapter of the Society for Creative Anachronism, a not-for-profit educational and social organization dedicated to re-creating aspects of medieval and Renaissance culture. We read about the period, make and wear the clothes, make and eat the food, build the swords and hit our friends (who are wearing armor), build and live in the tents, perform the music and drama, etc.

Østgarðr is part of the East Kingdom and has several cantons: Brokenbridge (Brooklyn), Whyt Whey (Manhattan), and Lions End (Nassau County).

If you would like to submit art for our cover page or any other page, please let your Chronicler know!



Above: detail from *Historiæ animalium liber IV*, p. 364 by Conrad Gesner (1516–1565). [Source](#)

# Upcoming Events

*\*Please read more about plans and guidelines in place for in-person events below, in "Board of Directors Resolution to Further Lift Suspension of In-Person Activity".*

• In the **Ætherium** • • In the flesh • • **FetS** • • **Martial Arts** • • **Bardic & Music** •

Sep 2-6	<u>Hunter's Moon—Return of the Hounds</u>	Shire of Anglespur (Melrose, NY)			
Sep 3-6	<u>Harper's Retreat—Plague Edition: Take 2 "The Live Concert"</u>	Barony of Stonemarche (Richmond, NH)			
Sep 3-6	<u>Quest for Wit and Wisdom XXXVI</u>	Barony of Settmour Swamp (Pittstown, NJ)			
Sep 7	<u>McCarren Park Practice (every Tuesday)</u>	Barony of Brokenbridge (Brooklyn, NY)			
Sep 8	<u>Østgarðr Bardic Circle</u>	Ætherial Østgarðr			
Sep 10	<u>Lions End Virtual Happy Hour and Social</u>	Ætherial Lions End			
Sep 11	<u>Endeweard Armoured Combat Champion Tourney</u>	Barony of Endeweard (Bucksport, ME)			
Sep 11	<u>Falling Leaves 2021 Online</u>	Ætherial Carolingia			
Sep 11	<u>John Barleycorn Returns</u>	Crown Province of Østgarðr (Kent, NY)			
Sep 11	<u>Ruantallan Picnic</u>	Barony of Ruantallan (Westville, NS)			
Sep 15	<u>Østgarðr Commons</u>	Ætherial Østgarðr			
Sep 18-19	<u>Lakewood Ren-Faire XL</u>	Barony of Carillion (Lakewood, NJ)			
Sep 18	<u>Shire of Midland Vale · Shire Championships: Fencing, Thrown Weapons and the Arts and Sciences</u>	Shire of Midland Vale (Circleville, NY)			
Sep 25	<u>Whyt Whey Saturday Night Solar: International Phonetic Alphabet (for Heralds!)</u>	Ætherial Whyt Whey			
Oct 1-3	<u>Closing of the Inne</u>	Shire of Coldwood (Peru, NY)			
Oct 2	<u>Barony of Buckland Cross Baronial Heavy Fighting and Fencing Champions Tourney</u>	Barony of Buckland Cross (Newtown, PA)			
Oct 2	<u>Harvest Moon Shoot</u>	Province of Malagentia (Hebron, ME)			
Oct 2	<u>Panthervale Homecoming</u>	Shire of Panther Vale (Barre, VT)			
Oct 7	<u>Whyt Whey Commons</u>	Ætherial Whyt Whey			
Oct 8	<u>Lions End Virtual Happy Hour and Social</u>	Ætherial Lions End			
Oct 9-10	<u>The Endeweard Hunt</u>	Barony of Endeweard (Newburgh, ME)			
Oct 13	<u>Østgarðr Bardic Circle</u>	Ætherial Østgarðr			
Oct 16-17	<u>Shire Wars IX: The Battle of Kulikova</u>	Shire of Blak Rose (Jonestown, PA)			
Oct 20	<u>Østgarðr Commons</u>	Ætherial Østgarðr			

Oct 23	<u>Whyt Whey Saturday Night Solar</u>	Ætherial Whyt Whey	
Oct 23	<u>Arrows, Axes, and Ales: There and Back Again</u>	Barony of An Dubhaigeainn (Middle Island, NY)	
Oct 23	<u>Beyond the Mountain and Dragonship Haven's Champions Day</u>	Barony of Dragonship Haven (Meriden, CT)	
Oct 23	<u>EKCOP-Winter Nights: A Performing Arts And Bardic Online Event</u>	Ætherial Stonemarche	
Nov 6	<u>Crown Tournament of Ioannes II &amp; Honig II</u>	Barony of Bergental (Feeding Hills, MA)	
Nov 10	<u>Østgarðr Bardic Circle</u>	Ætherial Østgarðr	
Nov 12	<u>Lions End Virtual Happy Hour and Social</u>	Ætherial Lions End	
Nov 17	<u>Østgarðr Commons</u>	Ætherial Østgarðr	
Nov 20	<u>100 Minutes War</u>	Shire of Rusted Woodlands (Sparta, NJ)	
Nov 20	<u>Whyt Whey Saturday Night Solar</u>	Ætherial Whyt Whey	
Dec 8	<u>Østgarðr Bardic Circle</u>	Ætherial Østgarðr	
Dec 10	<u>Lions End Virtual Happy Hour and Social</u>	Ætherial Lions End	
Dec 11	<u>Bhakail Yule</u>	Barony of Bhakail (Philadelphia, PA)	
Dec 15	<u>Østgarðr Commons</u>	Ætherial Østgarðr	
Feb 26, 2022	<u>Veisla Schola</u>	Barony of Concordia of the Snows (Scotia, NY)	
Mar 12, 2022	<u>Thélème at Penn Returns</u>	Bailiwick of Iveyinrust (Philadelphia, PA)	
Apr 8-10, 2022	<u>Academy of St. Clare V: Itchin' to Get Stitchin'</u>	Kingdom of Æthelmearc (Millmont, PA)	
May 27-30, 2022	<u>Panteria XXV</u>	Shire of Panther Vale (Thetford Center, VT)	
Jun 17-19, 2022	<u>War of the Pearls I</u>	Barony of the Bridge (Charlestown, RI)	
Jun 17-19, 2022	<u>Palio de Stonemarche</u>	Barony of Stonemarche (Lancaster, NH)	
Sept 23-25, 2022	<u>To River War or Not to River War</u>	Barony of Iron Bog (Mullica Hill, NJ)	

# Ars & Schola

Contact your Minister of Arts and Sciences for information on upcoming \*DIGITAL\* workshops and events.

From Lady Angelica di Nova Lipa: I found a podcast of an interview with Mathew Gnagy, our Master Jose, dealing with his background in tailoring and his business. [Click here](#) to listen to it.

## Long Thread Podcast; Mathew Gnagy

By: Anne Merrow

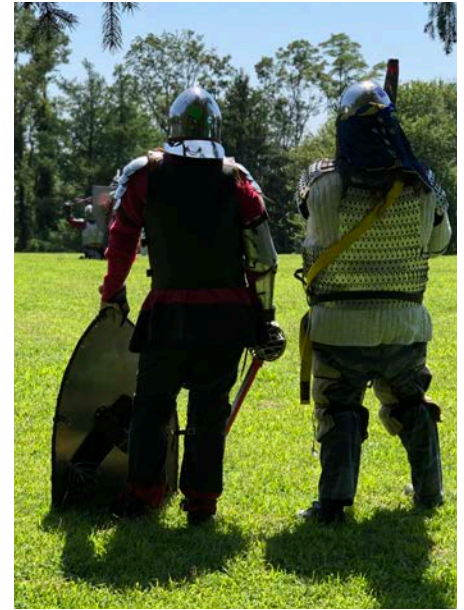
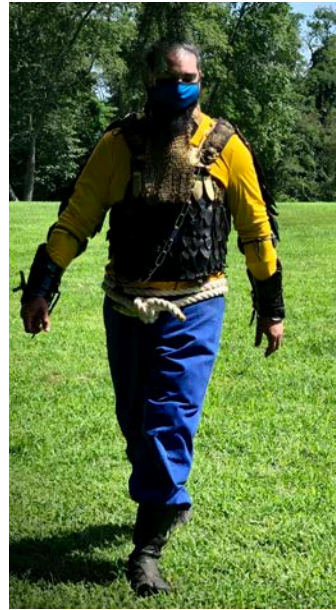
As the Modern Maker, Mathew Gnagy brings the needlework techniques of Early Modern Europe to a contemporary audience. [Listen now.](#)



◀ Left: a practice doodle by Vicereine Lada Monguligin for the Provincial Fencing Championship scroll, to be presented at Barleycorn. In other words, you can win the finished version of this!! Just come to Barleycorn and become Østgardr's next Fencing Champion.

Next page: Fencers and fighters attended Southern Region War Camp Practice Day in the Barony of Carillion on August 15.





Are you working on something amazing?  
Let your Chronicler know! Even if it isn't quite finished yet—you never know who you'll inspire.



# Seconds

## Being the Abridged Minutes from Commons Meetings Past

Please click [here](#) to view the Full Minutes

July 2021 Minutes • Østgarðr Commons

### Opening

- Called to order at 7:33pm.
- Thanks & vivat! Mistress Vika Grigina z Prahy seneschal of Whyt Whey, Laila al-Sanna' al-Andalusiyya Østgarðr Chatelaine, Berakha bat Mira v'Shlomo for Whyt Whey Solars. Vivat Ryouko'jin of the Iron Skies, rec'd Sovereign's Cypher. Vivant new Heirs Prince Ioannes and Princess Honig of Tir Mara!

### Officer Report Items For Discussion

- Seneschal: Thanks officers for reports!
- Award rec's: Polling order deadline for 1st polling of Ioannes & Honig July 25th; rec's for provincial awards July 31. Contact Lada for advice on how to write rec's.
- Re-opening guidelines reminder: \*no food sharing\*, on-site sign-in/tracing form, \*posted\* Harassment Policy and Infectious Disease Disclaimer.
- Volunteer opportunities: Viceroy & Vicereine, Seneschal, Chatelaine, Webminister, Whyt Whey Seneschal.
- Social media: need content, volunteers comfortable w/ Facebook, Instagram, TikTok, Twitter, YouTube, LinkTree, Discord.
  - Albrecht et al. on Discord
  - Lada point for LinkTree, Instagram; main social media coordinator, excellent hashtags
  - Edwin point for Twitter
  - Catelin for TikTok via universal acclaim

- Albrecht cover YouTube, Twitch streaming
- Facebook needs no add'l stewards
- New social committee (volunteers above, existing members) will set up meeting

- e-Horse: next issue Sept. 1st
- Postal address for heraldic submissions changed

### Event Planning

- Winfield Jai: potential indoor space w/demo opp: GLO Community Center in Flushing, Queens near 7 train, LIRR, adj. parking. Rent space about 3500 sq. ft. for court, feast, no fighting. Cultural festival in fall, we'd be invited to participate. Belle-Assez, Albrecht, Winfield investigating site further.

- McCarren Park practice attracting bystanders, also hella fun.

Chatelaines, A&S, esp.

\*instrumental\* bards.

7:10pm each Tue. w/ good weather. Ice cream truck!

Ervald, Alec marshals for fighting, fencing.

- EternalCon demo at Hofstra, Aug. 7-8, needs fighters, fencers, chatelaines, A&S. Opp. to hold panel, topics of interest: costuming, persona. Will be

sharing space outside w/ Bk Black Company Armored Combat Team.

- Angelica: BRING BUSINESS CARDS to events

- Feast of Fireflies Aug. 14, 6pm, online. Pre-reg for goody bag! Pennsic potluck theme.

- Barleycorn September 11 (Saturday), Veteran Memorial Park, Putnam County (Carmel). Needs ins. certificate. Youth,



Above left; following p.: Calendar page for the month of September with a man sowing seeds and a zodiac symbol (detail). Origin: France, N. (Liège) ([Source](#))

Prov'l Court. Aurora event steward, reached out to organizers of A&S, combat, bardic. No Fight for a Cause. Health protection: all spaces outdoors, some covered areas, protective gear, pre-packed food

- Jenna: \$50 avail. from kingdom for sanitary
- Investigating caterers for pre-packed food
- Expected 50-100 people. Aurora confirm w/ parks dept. if vendors permitted
- Albrecht: running, streaming Sir Edward's tournament! Ervald has paperwork from past S.E. challenges
- Lampworking? Aurora to double-check w/ parks dept. Angelica: invite Pia Maletesta, possibly for lampwork class
- Fort Tryon Medieval Festival not held this year, no Cloisters Demo

#### Committees and Projects

- Østgarðr Trim: Lada collecting designs for vote. Submit pre-order at link.
- How To Pronounce Østgarðr (and An Dubhaigheann!). Old Norse ø: 'e' as in 'get' but with lips ROUNDED. ð like English 'th' in 'then', final 'r' optional; indicates case. Much hilarity ensued as we all turned on sound and practiced together. Angelica: put audio file on Østgarðr website. We turned to Irish to discover that there is no 'B' in An Dubhaigheann—'bh' pronounced 'v', 'an doov', not 'an dub'. Baron of An Dubh. is the Baron OF OF the Dark Abyss.

#### Other Business

- Jenna to teach popular Pennsic 101 this Sunday 25th, 1pm. Looking for others w/input on parties, parenting, combat
- Zahra: interest in Int'l Phonetic Alphabet class? General acclamation! IPA w/ IPA
- Edwin has cut yew branches to give away

#### Upcoming Commons Meetings

- August 18
- September 15
- October 20

#### Closing

#### Links Contributed in Chat

- [https://www.youtube.com/channel/UCEV6P6neJYqL\\_h8an7xWTqw](https://www.youtube.com/channel/UCEV6P6neJYqL_h8an7xWTqw)
- [https://www.instagram.com/albrecht\\_anker/](https://www.instagram.com/albrecht_anker/)
- [www.hootsuite.com](http://www.hootsuite.com)
- <https://tools.oratory.com/altcodes.html>
- <https://www.medievalists.net/2021/07/book-of-the-month-old-norse-for-modern-times/>
- <https://www.spoonflower.com>
- [https://en.wikipedia.org/wiki/Vodka\\_History](https://en.wikipedia.org/wiki/Vodka_History)
- <https://ostgardr.eastkingdom.org/three-princes/recipes/>
- [https://do.ngs.ru/advert/categories/electronics/home/stitching\\_machine/?id\\_1907254511](https://do.ngs.ru/advert/categories/electronics/home/stitching_machine/?id_1907254511)

Ed. note: At press time, the August Commons Minutes were not yet available. You can view them in full at [ostgardr.eastkingdom.org](https://ostgardr.eastkingdom.org).



# Vyllage Square

Welcome to the Vyllage Square; your space to chat about what's new (or old—we are the SCA), cool, exciting, funny, intriguing, thought-provoking, puzzling...anything you think other people in the Province should know. Have something to say? Share it with your [Chronicler](#)!

## Much Ado About Drafting

by Armiger Catelin Stragushin

I'm going to share a dirty little secret with you: I don't have the room to drape garments in my living space.

I currently reside in 450 square feet (41.8 sq meters) inside the heart of New York with my partner. Like me, they too have hobbies and friends and work to do inside the same 450 sq feet. Lay on top of that a needy cat, a kitchen, a bathroom, never enough closets and a need for an office desk; just the thought of having a dress form and space to drape is all but a fever dream.

Naturally, I can drape upon myself and I have draped on others in order to achieve a good fit, but when you lack space sometimes you'll need to turn to other conventions.

I am, for all intents and purposes, a self-taught drafter. What I've learned was out of necessity more than anything else, since I've wanted to step away from blocky, geometric garments and on to more fitted things. I realized that if I was going to continue making multiple garments for people, I needed to keep drafts on hand because having to

draw out the same thing over and over again gets real old real quick.

### Am Drafting, What Do?

So, because I am a self-taught drafter, it means that I don't have a specific "one true way" to draft the garments I can make. I'll even admit that my drafting skills are on the amateur level. What I can tell you is some of the best practices that I've picked up from the many tutorials, tips, and tricks I've seen from better drafters and from professionals.

### One: Start and maintain a good organizational system for yourself

I currently have a handful of drafts stored in my apartment. I even dug one up recently to make a gothic fitted dress. That draft is from 2019 and if I had not put it in a manilla envelope with the name, date, and garment identification when that draft was initially made I'd have absolutely no idea what I was looking at. Figure out how you want to store your drafts, and make sure that the writing on your labels is eligible.



## Two; LABEL EVERYTHING

I'm not just talking about the folders or the containers. I mean every specific piece of draft you build. You are going to forget and you are going to regret it when you pull out the pattern a year or two later. You'll want to label them with the name of the recipient, type of garment (sleeve, bodice, etc), what type of fabric you need to cut (fashion, lining, interlining, etc.), and how many you'll need to cut. These labels will determine your order of operations so you should definitely not skimp on them.

## Three; Notches are your friend, use them!

This one I learned from a pro. They can be incredibly helpful when you need to make sure your mirrored fabric sections match up, especially if you've drafted your patterns to have seam allowances in them. These notches are also helpful in matching edges and, with some time and practice, minimize the use of pins.

## Four; Don't be afraid to refine

This one I learned from transferring a mathematical draft from a website. The page itself didn't include notches or markers for fitting gores and gussets. After creating a mockup I realized that

my life would be a lot easier if I refined the original pattern to include them. As you continue drafting, it never hurts to go back to older drafts and refine them.

## Five; If you have to, make a new pattern

Here's an idea: your body is going to change. It's not an opinion, that's a fact. Something that you made five or six years ago may not fit you in the here and the now. Sometimes creating means having to revisit old projects to fit the new you. That doesn't mean you have to get rid of the old drafting pattern, but it might mean you'll need to make a new one.

## Last Part; Have fun!

Drafting, like draping, is an important skill to have. In fact, you might prefer draping over drafting and vice versa. That being said, the entire point of creating your own garments is to have fun! You're making because it brings you joy, or fills a necessity in your life, or it's a hobby that keeps you connected with your community. If you're not having fun, why do it?

If you've got more to share about drafting, or draping, or patterning in general, feel free to share them! ■



## For the Medieval Table: An Excellent Dish of Plums

A recipe redaction by Friedrich Grimme

As fall comes to the Crown Province, locals will begin to see small, oblong stone fruits in the plum family; varieties include damsons and Italian prune plums. A seasonal delight, these varieties of plum are close to the fruit available in Europe during the SCA period.

The recipe presented comes from *Daz bûch von gûter spiße*, a German cookbook dating from the middle of the fourteenth century, and offers a tasty use of the varieties of European plum which can be found during this season. Simple and accessible to beginner cooks, this recipe produces a tangy-sweet mash which may be enjoyed directly or spread on fine bread. Below is Melitta Weiss Adamson's translation of the original recipe.

### 9. An excellent dish of plums.

Take bullaces when they are ripe, put them in an earthen pot, and pour wine or water over them, so they are well covered. Let them boil, then mash them, without breaking the stones, and press them through a sieve. Add one slice of white bread, and let it set. Add dry ground herbs, and wine or water, and pour that into the mush. This way you can also prepare cherry-spread or white plum-spread. (Adamson, 2000 pg. 93)

What follows is my redaction of the recipe. Feel free to make any changes to better suit your tastes. I hope you enjoy both cooking and the product of your labors.



### Bibliography

Adamson, Melitta Weiss. *Daz bûch von gûter spiße (The Book of Good Food): A Study, Edition, and English Translation of the Oldest German Cookbook*. Reprint 2004 ed., Krems, Medium Aevum Quotidianum, 2000.

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The Editors of Encyclopedia Britannica. "Plum, plant and fruit." *Britannica*, The Encyclopedia Britannica, 13 11 2019, <https://www.britannica.com/plant/plum>. Accessed 31 8 2021.

Heinzelmann, Ursula. *Beyond Bratwurst: A History of Food in Germany*. London, Reaktion Books, Ltd, 2014.

Wilson, Andi. "Plums, Gages and Damson." *Fruit and Nut*, <https://fruitandnut.ie/plums.html>. Accessed 31 8 2021.

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## An Excellent Dish of Plums

### Ingredients

8–10 damsons or Italian prune plums  
 $\frac{3}{4}$  cup semi-sweet wine (I used a Riesling)  
 $\frac{3}{4}$  cup water (note: you may use wine, water or any combination for a total of  $1\frac{1}{2}$  cups of liquid)  
1–2 slices white bread  
1 tablespoon honey  
 $\frac{3}{4}$  teaspoon of the herbs of your choice (I used sage, savory and mint,  $\frac{1}{4}$  teaspoon each)

*Total Preparation and Cooking time: 50-40 minutes*

### Preparation

1. Cut the crust off the bread. Cut or tear the bread into small pieces and reserve.
2. Place the fruit in a small, non-reactive saucepan and cover with the wine/water.
3. Over medium heat, bring the wine/water to a simmer. Lower the heat and allow the fruit to simmer until it is very soft, about 10–12 minutes.
4. Remove the fruit from the pot, and place them in a sieve (I used a modern metal mesh sieve) with a medium or large bowl beneath it. Reserve the cooking liquid for later.
5. Using a spoon or fork, press the fruit through the sieve. Remove the pits once the fruit is crushed enough, to make the process easier. (For those who have never pressed something through a sieve: press the fruit into the sieve with the back of a spoon, working the spoon back and forth. Liquid will pour out first, with the pulp collecting on the underside of the sieve. Scrape the pulp into the bowl with the liquid. The inside of the sieve will retain the fibrous parts of the pulp and skin. This will be discarded at the end of the pressing process.)
6. To the pressings (juice and pulp), add about half of the torn bread, the honey, and the herbs. Mix this gently with a spoon. Add enough of the cooking liquid to soften the bread thoroughly.
7. Allow the mixture to rest for 10–15 minutes. Check every five minutes and add some of the cooking liquid as needed. Over this time, the bread will soften to a mush.
8. With a fork, press and mix the mush to a smooth consistency. If your mush is too thick to spread, add a little more of the cooking liquid.
9. If your mush is lumpy, you may press it through a sieve again to obtain a smoother texture. ■

### Utensils

Non-reactive sauce pan (glass, ceramic or steel)  
Non-reactive mixing bowl  
Measuring cup  
Sieve  
Fork, spoon and bread knife (though any blade will do in a pinch)





## NEW! E-Horse Caption Contest!



What are Albrecht and Ragnarr talking about? Submit your answer(s) to the E-Horse, and see it published in the next issue of the E-Horse!



## Herein Listed are the Officers of Østgarðr:

Viceroy	Il-Kha'an Suuder Saran	Archery	Lady Arnbiorg Helga Niálsdóttir
Vicereine	Il-Khatun Lada Monguligin	Jencing	Lord Alexander MacLachlan
Seneschal	Hlæfdige Alienor Salton, ka Piglet	Youth Marshal	Bóaire Mathghamhain Ua Ruadháin
Exchequer	Lord Francisco de Braga	Minister of Lists	Lady Marion of York
Herald	Dama Drasma Dragomira	Webminister	Lord Friderich Grimme
Chatelaine	Armiger Catelin Straquhin	Chronicler	Lady Zahra al-Andaluzia
Chancellor Minor	Lady Kunigunde Weidemann	Chamberlain	Baron Ian of Clan Mitchell
Minister of Arts & Sciences	Randve Lil Hammar	Historian	Mistress Sofya Gianetta di Trieste
Ryght Marshal	Lord Ervald LaCoudre Edwardson the Optimistic		

Seneschal of Brokenbridge Lord Ragnarr Bláskegg

Seneschal of Whyt Why Bóaire Mathghamhain Ua Ruadháin

Seneschal of Lions End Nagashima Ichiro Ujimichi

## Herein Listed are the Provincial Champions of Østgarðr:

Armored Combat	Lord Muiredach Ua Dálaigh	Arts and Sciences	Lord Ragnarr Bláskegg
Jencing	Engel der Pfau	Bardic	Armiger Catelin Straquhin
Archery	Lord Mongu Chinua	Youth Combat	Finnbjorn Ægirson
Thrown Weapons	Cullen Powers		

