



The Østgarðr E-Horse

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Vyllage Square

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This is the Third Quarterly 2022 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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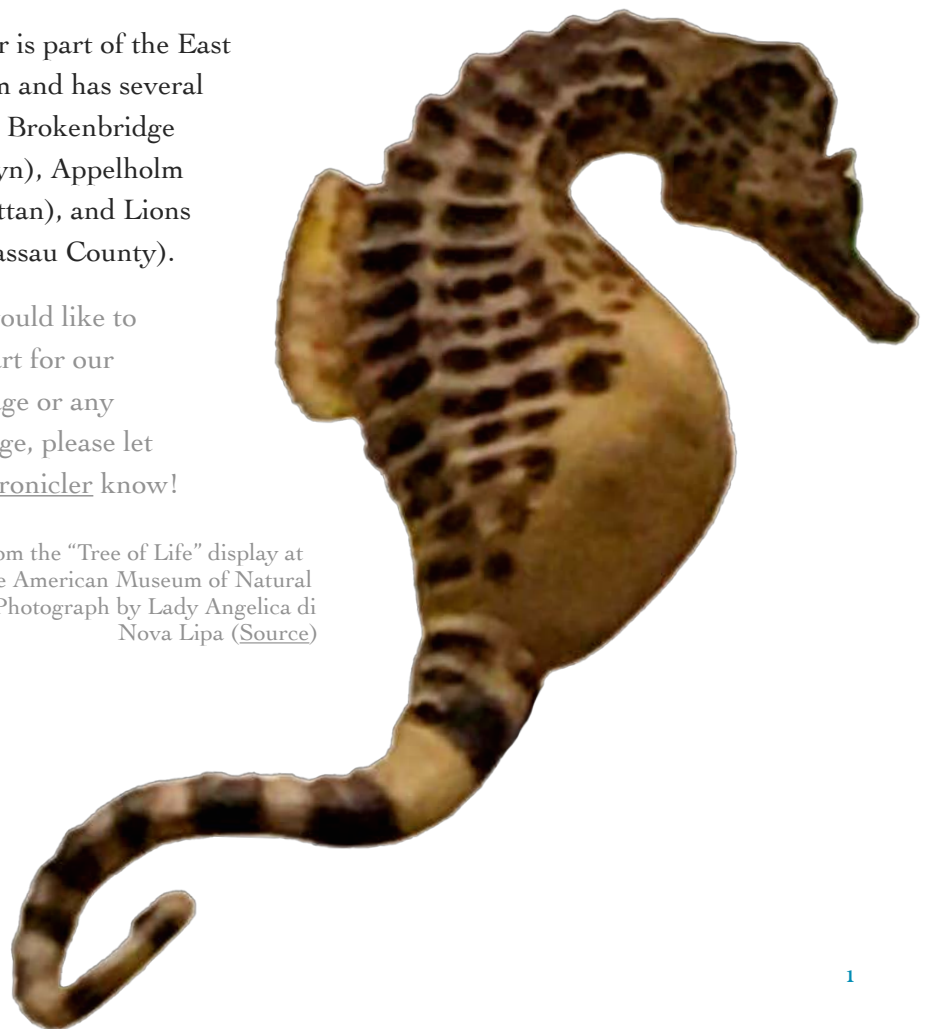
Welcome!

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 world cultures before 1600 CE. 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), Appelholm (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!

Detail from the "Tree of Life" display at the American Museum of Natural History. Photograph by Lady Angelica di Nova Lipa ([Source](#))



Upcoming Events

**Please read more about plans and guidelines in place for in-person events at the [East Kingdom Website](#).*

- In the Ætherium •
 - In the fleshe •
 - ÆtS •
 - Martial Arts •
 - Bardic et Music •
- In the Realms of Østgarðr •

Dec 3	<u>Barony Beyond the Mountain and Bergental Yule</u>	Barony Beyond the Mountain (Amston, CT)	
Dec 4	<u>Crown Barony of the Bridge Birthday</u>	Barony of the Bridge (North Kingstown, RI)	
Dec 9	<u>Lions End Commons and Social</u>	Ætherial Lions End	
Dec 10	<u>Yule Feast</u>	Shire of Mountain Freehold (St. Albans, VT)	
Dec 10	<u>Yule Revel</u>	Barony of Bhakail (Philadelphia, PA)	
Dec 11	<u>Brokenbridge Commons</u>	Ætherial Brokenbridge	
Jan 7, 2023	<u>Beast of the East (B.O.E.)</u>	Barony of the Iron Bog (Marlton, NJ)	
Jan 7, 2023	<u>East Kingdom Twelfth Night</u>	Shire of Panther Vale (Barre, VT)	
Jan 7, 2023	<u>Owlsherst Country 12th Night</u>	Shire of Owlsherst (York, PA)	
Jan 14, 2023	<u>Deck the Halls of Valhalla</u>	Canton of Brokenbridge (Brooklyn, NY)	
Jan 14, 2023	<u>Fighter Schola & Tournament of the Fallen Stag</u>	Shire of Caer Adamant (Wilmington, DE)	
Jan 14, 2023	<u>Just Breathe</u>	Shire of Lyndhaven (Woodstock, NB)	
Jan 21, 2023	<u>Bellringers—Birthday Celebration for the Barony of Carillion</u>	Barony of Carillion (Manalapan, NJ)	
Jan 21, 2023	<u>Winter in the North Country</u>	Shire of Glenn Linn (Lake Luzerne, NY)	
Jan 27–29, 2023	<u>A Market Day at Birka XXXII</u>	Barony of Stonemarche (Manchester, NH)	
Jan 28, 2023	<u>At the Sign of the Wolf, Raven, and Winged Cat</u>	Barony of Bhakail (Philadelphia, PA)	
Feb 4, 2023	<u>East Kingdom Bardic Champions</u>	Shire of Hartshorn-dale (Douglassville, PA)	
Feb 11, 2023	<u>Imbolc Schola</u>	Barony of Settmour Swamp (Madison, NJ)	

Feb 11, 2023	<u>Tourney of Love</u>	Barony of Endewearde (Bangor, ME)	
Feb 18, 2023	<u>12th Night: A Feast for St. Brigid</u>	Barony of Ruantallan (Summerside, PE)	
Feb 18, 2023	<u>Artifacts of Life—V</u>	Barony Beyond the Mountain (Canterbury, CT)	
Feb 18, 2023	<u>East Kingdom Rapier Championships</u>	Shire of Quintavia (Tyngsborough, MA)	
Feb 23, 2023	<u>East Kingdom Ætherial Curia</u>	Ætherial East Kingdom	
Mar 4, 2023	<u>Crown's East Kingdom A&S Championship and Barony of l'Ile du Dragon Dormant BIA</u>	Barony of L'Isle du Dragon Dormant (Laval, QC)	
Mar 4, 2023	<u>Nova Schola</u>	Shire of Hartshorn-dale (Collegeville, PA)	
Mar 18, 2023	<u>High Nobility and Low Stakes</u>	Barony of Concordia of the Snows (Scotia, NY)	
Mar 25, 2023	<u>Mudthaw</u>	Barony of Settmour Swamp (Hackettstown, NJ)	
Apr 16, 2023	<u>Service Schola</u>	Barony of Carillion (South River, NJ)	
Apr 22, 2023	<u>Maket Day at Sigtuna</u>	Barony of Ruantallan (Stewiacke, NS)	
Apr 29, 2023	<u>Balfar's Challenge</u>	Barony of Dragonship Haven (Guilford, CT)	
May 19–22, 2023	<u>Middleground 2023</u>	Shire of Lyndhaven (Upper Gagetown, NB)	
Jun 15–18, 2023	<u>Les Beltaines XXXIV</u>	Barony of Havre des Glaces (St.-Mathieu-du-Parc, QC)	
Jun 23–25, 2023	<u>Return to Vineland Raids</u>	Barony of Smoking Rocks (Yarmouth Port, MA)	
Jul 13–16, 2023	<u>Great Northeastern War XXXV</u>	Province of Malagentia (Hebron, ME)	
Sep 29–Oct 1, 2023	<u>Bloodfeud in the Danelaw: A Viking Age Immersion Event</u>	Shire of Coldwood (Plattsburgh, NY)	
Oct 6–8, 2023	<u>Ghosts, Ghouls, and Goblins</u>	Barony of Carillion (Manalapan, NJ)	
Mar 9, 2024	<u>Thélème at Penn Returns</u>	Bailiwick of Iveyinrust (Philadelphia, PA)	

Ars & Schola

Contact your [Minister of Arts and Sciences](#) for information on upcoming workshops and events, including the weekly [Whyt Whey Saturday Night Solar](#).

The Tasting Room

Welcome to *The Tasting Room*, a series of articles by THL Vitasha Ivanova doch', which will be published over the course of the next several issues of the *E-Horse*. We hope you enjoy the articles in this series, as well as the recipes in them!

We wish you a Merry Hippocras!

It's the time of year when the weather begins to cool off, and we think of warm fires, gathering with our friends, and sipping a tasty holiday beverage. One of my favorite drinks is Hippocras which I have dubbed "Christmas in a Bottle".

Historical Notes

Recipes for Clarrey and Hippocras can be found in *The Forme of Gode Cookery* which is a recipe "book" that dates to about 1390 AD England and is credited as a compilation of the master cooks of King Richard II.

Chaucer mentions the drinking of clarrey/clarree and hippocras/yprocras in *The Merchant's Tale* from his *Canterbury Tales* (line 595):

"He drynketh ypocras, clarree, and vernage
Of spices hoote, t'encreessen his corage;"

Clarrey, hippocras, and vernage are all types of sweet wines. Clarrey (also clarree) is typically thought of as a white wine that has been spiced and sweetened with honey. Hippocras (also Yprocras and Hypocras) is typically thought of as a red wine that has been spiced and sweetened with sugar. The words clarrey and hippocras can be used interchangeably to describe a spiced white or red wine sweetened with either honey or sugar.

If you wish to use a period wine, look for a Pinot or Viognier. However, I have received compliments using this year's* Charles Shaw ("\$2 Chuck") Shiraz.



*Period Recipes***A Boke of Gode Cookery Recipe (Clarrey)**

From *The Forme of Cury, A Roll of Ancient English Cookery*, Compiled about A.D. 1390

“Clarrey. Take kanel & galinga, greyns de paris, and a lytel peper, & make pouder, & temper hit wyt god wyte wyne & the þrid perte honey & ryne hit þorow a cloþ.”

Gode Cookery Translation: “Claret. Take cinnamon & galingale, grains of paradise, and a little pepper, & make powder, & mix it with good white wine & the third part honey & run it through a cloth.”

A Boke of Gode Cookery Recipe (Hippocras/Ypocras)

“5. Potus ypocras. Take a half lb. of canel tried; of gyngyuer tried, a half lb.; of greynes, ii unce; of longe peper, iii unce; of clowis, ii unce; of notemugges, ii unce & a half; of carewey, ii unce; of spikenard, a half unce; of galyngale, ii unce; of sugir, ii lb. Si deficiat sugir, take a potel of honey.”

Gode Cookery Translation: “Hippocras Drink. Take a half lb. of cinnamon; of ginger, a half lb.; of grains of paradise, 2 ounces; of long pepper, 3 ounces; of cloves, 2 ounces; of nutmeg, 2 ounces and a half; of caraway, 2 ounces; of spikenard, a half ounce; of galingale, 2 ounces; of sugar, 2 lb. If there is no sugar, use 2 quarts of honey.”

*My Recipes***The Month-Long Recipe**

Into a quart mason jar, put...

- 1 stick Mexican cinnamon (a little less than ½ ounce)
- 1 ounce peeled and chopped fresh ginger
- 20 peppercorns
- 2 cloves
- ⅛ tsp ground nutmeg
- ½ cup clover honey

Fill to the neck with the wine of your choice. Shake. Let set one month, then pour the liquid through a filter and serve.

The 15-Minute Speedy Version

- 1 bottle of wine
- ⅓ cup honey
- 1 tea bag of Celestial Seasonings Mandarin Orange Spice herbal tea: orange peel, hibiscus, roasted chicory, rosehips, blackberry leaves, chamomile, hawthorn cinnamon, natural mandarin orange flavor with other natural flavors (contains soy lecithin), cloves and coriander.

Pour about 1 cup of wine into a sauce pan and warm slightly. Add one tea bag, turn off the heat, and let it steep for 3 minutes.

Remove the tea bag and heat the wine slightly. Stir in ⅓ cup honey, remove from heat, and mix in the rest of the bottle of wine. Use a funnel to pour the wine back into the bottle and re-cork it. Drink the ⅓ cup that will not fit into the bottle due to the addition of honey. Enjoy!

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* This article was originally printed in the January 2015 edition of the *Gyldenbolt Press* (Barony of Gyldenbolt, Kingdom of Caid)

Historian's Report

Historian's report has been lightly edited for length and clarity.

Pennisic—August 2022

The East won Pennsic!

Children's Largess for Their Majesties went well. The children may have overloaded the King with all the toys when he sat down on the ground.

Østgarðr Potluck was again a big success along with the **Celebration of Life** after our 2nd-to-last-court. Their Majesties Æthelmarc stopped by to share stories of Sir Ed. Many, many people shared stories; we were thanked many times.

In the Court at Pennsic of Liada and Suuder;
Suuder was gifted a Yak knife made by Ragnarr; handle made from the bamboo of the coronation poles

Our Herald, **Drasma**, was given a **Sea Horse** for her service to Østgarðr.

Ragnarr was welcomed into the **Order of the Sea Lion** for his fighting prowess and teaching of Rattan Fighting, and was given the ceremonial Tippet that goes to the newest member of the Order.

Berakha was given a **Sea Dog** for all her work with our Canton of Whyt Whey. We will miss her when she moves.

Perez was given a Medallion for his previous **Silver Tyger**, forged by Ragnarr.

September 2nd–5th, 2022

Court of Their Majesties Ryouko'jin & Indrakshi held on September 2–5, A.S. LVII (2022) in the Crown Province of Østgarðr at John Barleycorn

Investiture & Fight for a Cause Tournament—many wondrous moments occurred.

Their Majesties called forth **Suuder Saran and Lada Monguligin** and relieved them of their Viceregal duties. For their service, they would rest at Sofya and Angelica's villa near Florence where they will enjoy the beautiful countryside and fine wine, and not worry about their yaks, which are safely in the mountains.

Later, Their Majesties called them back into Court to gift them with **Court Baronies**.

Their Majesties then called forth **Sofya Gianetta di Trieste and Angelica Di Nova Lipa** who approached with much fanfare, swore fealty, and were invested as the **next Crown Province of Østgarðr Vicereines**. There was much rejoicing! Vivant!

Congratulations to the following Østgarðrians who were also recognized in Court:

Saturday, September 3rd

Iola Wulfsdotter: Award of Arms; **Ivarr Valsson**: Award of Arms; **Sofya Gianetta di Trieste**: Burdened Tyger; **Lada Monguligin**: Burdened Tyger; **Arnbjorg Nialsdottir**: Burdened Tyger; **Catelin Straquhin**: Burdened Tyger; **Drasma Dragmoira**: Silver Wheel

Sunday September, 4th

Paul Alan Cooper Atreides Muad'Dib: Tyger's Cub; **Miranda of Østgarðr also known as Onyx**: Tyger's Cub; **Guinevere of Østgarðr**: Tyger's Cub; **Catelin Straquhin**: Silver Wheel; **Berakha bat Mira v'Shlomo**: Silver Wheel; **Zahra de Andaluzia**: Silver Wheel; **Albrecht Anker**: Silver Tyger; **Ragnarr Blaskegg**: Silver Tyger; **Asta of Brokenbridge**: Award of Arms; **Francisco de Braga**: Silver Crescent

In addition, at Their last Court, Suuder and Lada inducted the following into the Order of the **Sea-Urchin of Østgarðr**: **Onyx of Østgarðr** and **Miranda of Østgarðr**.

On Saturday, 9/3/22, at our First Court we were fortunate to present three new **Østgarðr Champions** as follows: Thrown Weapons: **Finnolfr Hrafasson**; Fencing Champion: **Ozurr the Bootgiver**; Archery Champion: **Mongu Chinua**

Thank you for your willingness to serve as our Champions. We couldn't be prouder.

September 17th

The Court of Their Majesties Ryouko'jin & Indrakshi held on September 17, A.S. LVII (2022) Barony of Iron Bog at Olympic River War

Their Majesties bestowed on **Suuder Saran the Consort's Award of Esteem**.

September 30th–October 1st, 2022

Being the Last Court of Their Majesties Ryouko'jin & Indrakshi held on September 30, A.S. LVII (2022) Barony of Havre-des-Glacs at Coronation **Prince Mohammed was crowned King** by their Majesties and **Princess Corotica was crowned Queen**. Long live the King and Queen of the East!

October 1st, 2022

Being the First Court of Their Majesties Sultan Mohammad and Brehnines Corotica the following were acknowledged by Their Majesties: **Indrakshi Aravinda**: Companion of the Rose, Patent of Arms and County; **Ryouko'jin of the Iron Skies**: County

October 2nd, 2022

Being the Court of Their Excellencies, Angelica and Sofya, on the second of October A.S. 57, at the Fort Tyron Medieval Festival, Samson passed on the honor of **combat champion** to **Albrecht Anker** who bested the many competitors in the day's tournament.

Their Excellencies then invited **Ervald LeCoudre Edwardson the Optimistic** to receive the scroll for his **Silver Tyger** (previously granted during one of the Kingdom's Ethereal courts) and his scroll and medallion for his **Silver Lantern**, granted two Viceregencies ago for his skills in the bardic realm.

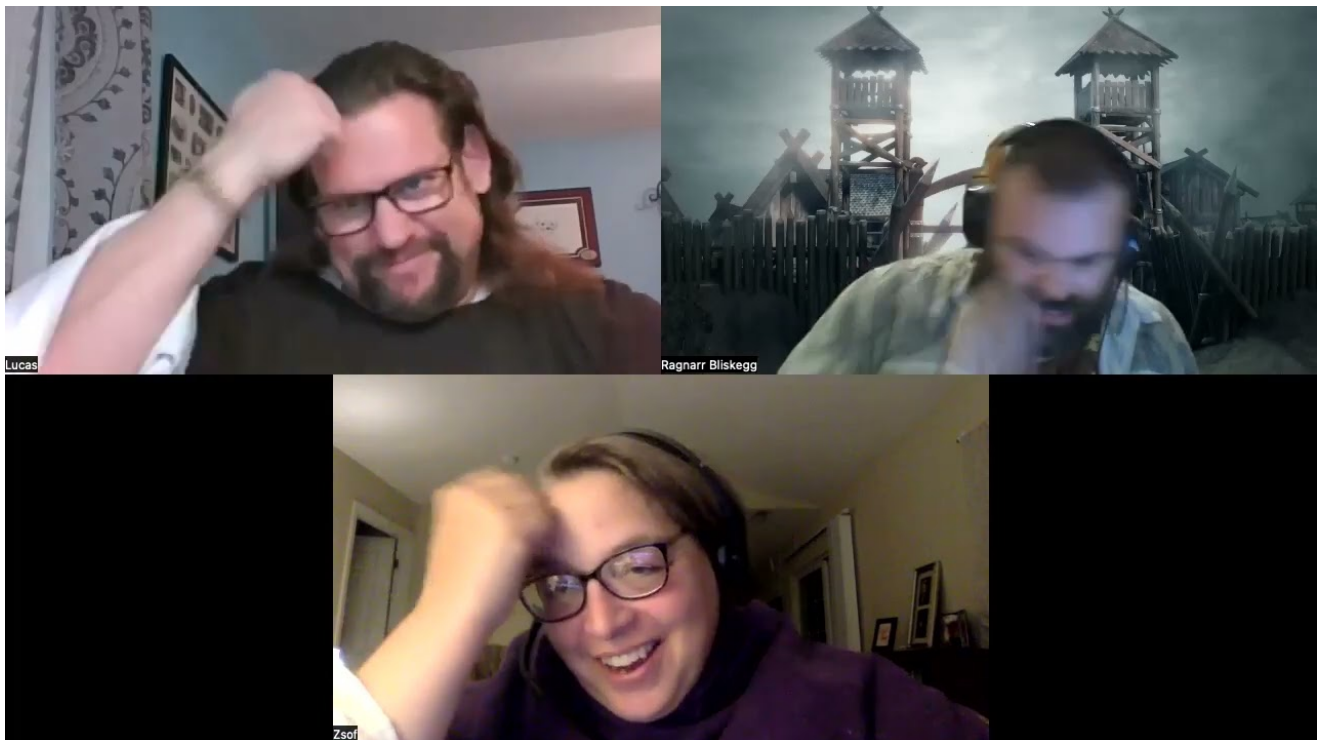
Their Excellencies called up **Pia Maletestra d'Rimini, called Erlan**, to be inducted into the **Order of the Seahorse** for her continuous service to the Province. This recognition was slated for two courts ago and fully supported by Their Excellencies.

Their Excellencies did request that the **populace** be awarded **two Sea Stars**: one for their role in the day's event and one for the populace's making The Feast of John Barleycorn and Østgarðr Investiture a success. 🍷

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!

Ragnarr Bliskegg on Simply SCAdian



Our very own **Ragnarr Bliskegg** of Brokenbridge was featured on Simply SCAdian, a podcast-like series of interviews by SCAdians Zsof and Lucas. Learn about how he got into the SCA, his adventures in blacksmithing, and how he became known as the Bringer of Pizza.

Link for the video: youtube.com/watch?v=3DOGWjQhz2I



Herein Listed are the Officers of Østgarðr:

Vicereine	Lady Angelica di Nova Lipa	Knight Marshal	Lord Ervald LaCoudre Edwardson the Optimistic
Vicereine	Mistress Sofya Gianetta di Trieste	Archery Marshal	Lady Arnbiorg 'Helga' Niálsdóttir
Seneschal	Lord Nagashima Ichiro Ujimichi	Fencing Marshal	Lord Alexander MacLachlan
Deputy Seneschal	Lord Alexander MacLachlan	Youth Marshal	
Exchequer	Lord Francisco de Braga	Minister of Lists	Lady Marion of York
Deputy Exchequer	Hlafdige Alienor Salton, ka Piglet	Webminister	Lord Friderich Grimme
Herald	Dama Drasma Dragomira	Chronicler	Lady Zahra al-Andaluzia
Châtelaine	Lord Albrecht Anker	Social Media Officer	Lord Albrecht Anker
Chancellor Minor	Lady Kunigunde Weidemann	Chamberlain	Baron Ian of Clan Mitchell
Minister of Arts & Sciences	Lord Brandr Aronsson	Historian	Mistress Sofya Gianetta di Trieste

Seneschal of Brokenbridge Lady Arnora Ketilsdottir

Seneschal of Whyt Why (Appelholm) Hlafdige Alienor Salton, ka Piglet

Seneschal of Lions' End Iola Wulfsdotter

Herein Listed are the Provincial Champions of Østgarðr:

Armored Combat	Lord Albrecht Anker	Arts and Sciences	Lord Ragnarr Bláskegg
Fencing	Jarl Ozurr "Bootgiver" Styrbjarnarson	Bardic	Lady Evelyn de Trees
Archery	Lord Mongo Chinua	Youth Combat	Lord Finnbjorn Ægirson
Thrown Weapons	Finnolfr Hrafasson		

