



The Østgarðr E-Horse



Master William Blackfox Award Commendation, Best Overall Newsletter, A.S. LVI

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Dysclaymer:

This is the Third Quarterly 2023 issue of The E-Horse, a publication of the Ancient and Honorable Crown Province of Østgarðr of the Society for Creative Anachronism (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, make and use the weapons (safely), build and live in the tents, perform the music, dances, and drama, etc.



Østgarðr is part of the East Kingdom and has several cantons: Brokenbridge (Brooklyn), Appelholm (Manhattan), Lions End (Nassau County), and Northpass (Westchester and Putnam Counties).

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

"Seahorse" De Natura Rerum. Artist: Thomas of Cantimpré. Bibliothèque Valenciennes MS 320. Folio 115r. [\(Source\)](#)















Upcoming Events

**Check for health and safety guidelines in place for in-person events on each event page.*

• In the Æltherium • • In the fleshe •
• In the Realms of Østgarðr •

• ÆtS • • Martial Arts • • Bardic & Music •

Sep 2	Barleycorn—Østgarðr Provincial Championships	Crown Province of Østgarðr (Carmel Hamlet, NY)		
Sep 3	Bhakail Champions and Commons	Barony of Bhakail (Newtown Square, PA)		
Sep 9–10	Carolingia 50-Year Celebration	Barony of Carolingia (Westford, MA)		
Sep 11	Lions End Virtual Commons & Social	Ætherial Lions End		
Sep 13	Post-Pennsic Virtual Social with your Vicereines	Ætherial Østgarðr		
Sep 15–17	Harpers' Retreat	Barony of Stonemarche (Marlborough, NH)		
Sep 16	Birthday Bash!	Shire of Mountain Freehold (Bristol, VT)		
Sep 16	Lakewood Ren-Faire XLII	Barony of Carillion (Lakewood, NJ)		
Sep 16	The Ducal Challenge	Shire of Midland Vale (Port Jervis, NY)		
Sep 18	Brokenbridge Commons	Ætherial Brokenbridge		
Sep 20	Østgarðr Provincial Commons & Social	Ætherial Østgarðr		
Sep 21	Østgarðr Arts & Crafts Night	Ætherial Østgarðr		
Sep 22–24	River Wars VII	Barony of Iron Bog (Mullicia Hill, NJ)		
Sep 23	Shire of Glenn Linn: Guldize Harvest Festival	Shire of Glenn Linn (Queensbury, NY)		
Sep 23	Harvest Moon	Province of Malagentia		
Sep 29–Oct 1	Bloodfeud in the Danelaw: A Viking Age Immersion Event	Shire of Coldwood (Plattsburgh, NY)		
Sep 30	Not Ready for Crown Tourney, Tourney and Step Off the Page A&S Challenge	Shire of Eisental (Nazareth, PA)		
Oct 6–8	Ghosts, Ghouls, and Goblins	Barony of Carillion (Manalapan, NJ)		
Oct 6–9	Endewearde Hunt	Barony of Endewearde (Newburgh, ME)		

Oct 6–9	Hunter's Moon	Shire of Anglespur (Melrose, NY)	  
Oct 9	Lions End Virtual Commons & Social	Ætherial Lions End	
Oct 14	Coronation of Matthias and Æsa Feilinn	Province of Malagentia (Portland, ME)	
Oct 16	Brokenbridge Commons	Ætherial Brokenbridge	
Oct 18	Østgarðr Provincial Commons & Social	Ætherial Østgarðr	
Oct 19	Østgarðr Arts & Crafts Night	Ætherial Østgarðr	
Oct 21	Beyond the Mountain and Dragonship Haven's Champions Day	Barony Beyond the Mountain (Colchester, CT)	
Oct 21	Into the Woods	Shire of Owlshurst (Pequea, PA)	
Oct 21	St. Andrew Enters York with a Brave Heart	Barony of An Dubhaigean (Middle Island, NY)	
Oct 21–22	Goat's Inn — Winter is Coming... Again	Crown Province of Østgarðr (Peekskill, NY)	 
Oct 23	Appelholm (Whyt Whey) Commons	Ætherial Appelholm (Whyt Whey)	
Oct 28	Barony of Buckland Cross Rattan and Rapier Champions	Barony of Buckland Cross (Langhorne, PA)	
Nov 4	St. Eligius	Barony of Dragonship Haven (New Haven, CT)	
Nov 4	East Kingdom Crown Tourney	Barony of Carolingia (Topsfield, MA)	
Nov 11	Harts & Horns	Shire of Hartshorn-dale (Douglassville, PA)	
Nov 13	Lions End Virtual Commons & Social	Ætherial Lions End	
Nov 15	Østgarðr Provincial Commons & Social	Ætherial Østgarðr	
Nov 16	Østgarðr Arts & Crafts Night	Ætherial Østgarðr	
Nov 18	100 Minutes War XXXIII	Shire of Rusted Woodlands (Sparta Township, NJ)	
Nov 20	Brokenbridge Commons	Ætherial Brokenbridge	
Dec 9	Bhakail Yule	Barony of Bhakail (Philadelphia, PA)	 
Dec 11	Lions End Virtual Commons & Social	Ætherial Lions End	
Dec 18	Brokenbridge Commons	Ætherial Brokenbridge	
Dec 20	Østgarðr Provincial Commons & Social	Ætherial Østgarðr	
Dec 21	Østgarðr Arts & Crafts Night	Ætherial Østgarðr	
Mar 9, 2024	Thélème at Penn Returns	Bailiwick of Iveyinrust (Philadelphia, PA)	
Apr 20, 2024	29th Balfar's Challenge	Barony of Dragonship Haven (Guilford, CT)	



Ars & Schola

[Contact your Minister of Arts and Sciences](#) for information on upcoming workshops and events.

The Tasting Room with Vitasha

Welcome to *The Tasting Room*, a series of articles by **THL Vitasha Ivanova doch'**. We hope you enjoy the articles in this series, as well as the recipes in them!

Kvass' • KBAC

A few years back I worked on a project to make the perfect drink for my persona. Since I have a Russian persona, you might think of vodka. Well, vodka is not a period drink, so let me introduce you to another drink that is very popular in Russia, both in modern times and in the past. Populace, meet Kvass. Kvass, meet the populace.

When you first hear of what is used to make kvass, you might think, "How could anyone drink that?!" Most people don't think that fermenting rye bread would produce a palatable product. Rye bread is delicious on a Reuben, but as a drink? Grains have been used for millennia to make alcoholic drinks. Beer is made from barley, and barley is a grain. But why rye? The Russians considered rye to be a superior grain. After all, the Tsar's bread was made of rye instead of wheat because the Russians be-

lieved that rye was a more nourishing grain (Smith and Christian, 6).

If done correctly, kvass is actually a light, refreshing, and mildly alcoholic drink for a warm day. Think of it like drinking a Budweiser after mowing the lawn on a warm summer's day. Ok, maybe comparing it to a Budweiser was not a good thing. Anyway, back to being a good period Russian.

The book *The Domostroi: Rules for Russian Households in the Time of Ivan the Terrible* includes kvass as one of the beverages to have on hand for the mistress of the household (138), and instructs that a good Russian wife should know how to make kvass for her household (159). The rules go on to say that she herself should never drink anything strong, but only weak beer or kvass (138). A wedding ritual in *The Domostroi* advises that mugs of mead and kvass should at hand on the sideboard for the bride and groom (213). Kvass was mostly consumed as a beverage, however, *The Domostroi* also includes a dessert recipe wherein apples and pears were soaked in kvass and syrup and served (152).

By now, I am sure that you are just drooling and wanting to have some kvass for yourself. So I shall share my recipe and brewing notes with



Kvass' kvass, conl'd

you, so that you too can enjoy a popular Russian drink!

Ingredients

1 loaf rye bread
 ¼ cup raisins + 3 raisins per bottle
 Water
 ½ cup honey
 1 teaspoon bread yeast
 Lemon peel

Ingredient notes: I use Mestmacher Whole Rye bread (17.6 ounce loaf) that I buy at Mother's Market because it is all rye flour, and contains no other grains. It also contains no preservatives. Lemon peel is a modern addition, but adds a nice flavor.

Step 1: I like to cut the slices of rye bread in half, stand them up on edge in a cooling rack that is on a cookie sheet, and dry them in the oven at 200 degrees for 1 hour. They are a medium dryness, but not hard.

Step 2: Heat 1 gallon of filtered water until it is hot and steaming. Then remove from heat. Steep the dried rye bread in water for 1 hour. While the bread is steeping, sanitize your bottling equipment (funnel, carboy, and airlock).

Step 3: Strain the bread out of the liquid, mix in the half cup of honey, and pour the liquid into a carboy. Chop ¼ cup raisins and add them to the carboy.

Step 4: Once the liquid has cooled to about 80°F, add 1 teaspoon of bread yeast, and attach the airlock. You should see air bubbles rise from your airlock within 24 hours.

Step 5: After a few days to a week, the air bubbles should stop rising



from your airlock. Pour the kvass into bottles, add 3 raisins and a thin slice of lemon peel to each bottle, and cap them.

Let the bottles sit out on the counter a few days. The raisins will often float to the top to signal that the kvass has become carbonated. Refrigerate the bottles and enjoy.

The final product is cloudy and should be lightly carbonated. I believe that the product comes out cloudy since it is brewed from bread which is made of finely ground grains. The recipe does not mention straining the liquid, so I would surmise that kvass was served cloudy in period as well. One may wish to roll the bottle before opening it in the same manner that a modern wheat beer is properly served in order to redistribute the sediments throughout the kvass. Otherwise, the first few drinks of the kvass may be weak and flavorless.

Bibliography

Pouncy, Carolyn Johnston, ed. *The Domostroi: Rules for Russian Households in the Time of Ivan the Terrible*. New York: Cornell University Press, 1994.

Smith, R.E.F. and David Christian. *Bread & Salt: A social and economic history of food and drink in Russia*. Cambridge, Mass.: Cambridge University Press, 1984.

** This article was originally printed in the October 2014 edition of the Gyldenholt Press (Barony of Gyldenholt, Kingdom of Caið).*

Østgarðr Pride at Penngsic I

◁ Left: This sheetwall was constructed by Renier Ver-Planck for the East Kingdom Royal Encampment, where it stood proudly among heraldry of all Baronies of the East Kingdom.

Photo by Math-ghambain Ua Ruaðháin



▷ Right (inset): The Østgarðr arch, constructed c. 2000 by Ateno of Annun Ridge, Lassar ingen Aeda, Edward Zifran of Gendy, and Bartholomew the Bewildered, stands proudly at the entrance of the encampment, letting Østgarðrians know they're home after a busy day on the battlefield...or busy night in the Bog.

Photo by Alienor Salton ka Piglet



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.



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Treasures of the Vikings

by Vitas̥ha Ivaniova doč'

► This runestone is from the 11th–12th century and was found in Hogrån on Gotland Island in Sweden. It can be seen at the Gotland's Museum in Visby, Sweden. The inscription provided by the museum says,

"Sigmund had this stone raised in memory of his brothers and the bridge built in memory of Sigbjörn. May Saint Michael help his soul—and that of Botraif and Sigraif and Ajbjörn, father of them all, and he loved in the southernmost village.

Garvið drew the serpent coils deftly...Sigmund has thus created a memorial stone in honor of the men...Here shall stand the stone as a mark, bright on the rock, the bridge in front. Rodbjörn cut the runes, Gairlaiv some of them, he knows them well."



◄ Also on display at the Gotland's Museum in Visby, Sweden is this runestone from the 11th century at the Sjonhem Parish Church. The museum translated the inscription as,

"Rodvisl and Rodälv had these stones raised in memory of their three sons. This stone in memory of Rodfos. He was betrayed by the Wallachians on an expedition. God help Rodfos soul. May God betray them who betrayed him."

► This runestone is from Uppland province (north of Stockholm, Sweden) and can be seen at the History Museum in Stockholm, Sweden. The inscription provided by the museum says,

"Skule and Folke raised the stone in memory of their brother Husbjörn, he became ill when gathering taxes on Gotland."



◄ This runestone is from Resmo on Öland Island, Sweden and is on display at the History Museum in Stockholm, Sweden. The inscription provided by the museum says,

"Ina had the stone raised in memory of Sveina, her husband."

The colors used are a modern interpretation of what the stone would have looked like in period.



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](#)!

A Pennsic Haiku

by Lady Arnora Ketilsdottir

Barleycorn

Then Goats Tavern next

Wash your garb

Join the Østgarðr weekly outdoor fighting and fencing practice, held on Tuesdays (weather permitting) in McCarren Park, Brooklyn! Then, stick around for camaraderie, debriefing, and swapping stories of past battles over delicious local tacos.

FIRST
WE FIGHT



Do you want to learn to fight like the knights of the middle ages? Our Armored Combat practice is a full contact sport. We fight with heavy wooden weapons made from rattan and wear metal and leather armor for protection.

Do you want to learn fine control of the blade like the duelists of the Renaissance? Our Historical Fencing practice is a limited-contact sport. We fight with light metal swords and wear protective gear and fencing masks to keep each other safe.

We meet on the third ballfield, close to the center entrance from Driggs Avenue; visit our [directions page](#) for maps.

Newcomers welcome!



THEN WE
TACO



Barleycorn

Ostgardr Provincial Championships

Sat. 9/2/23 @ Putnam County Veterans Memorial Park

Join us this year at the Feast of John Barleycorn!

Barleycorn goes back to basics and will host the martial championships for the Crown Province of Østgarðr. The provincial championships for **rattan**, **fencing**, **archery**, **thrown weapons** and **youth martial** will be held on that day. Championships are open to both residents and non-residents of Østgarðr.

Heavy weapons fighters: the Viscount Sir Edward Memorial tournament will be held. This tournament will have its traditional written test portion, so study up on your heraldry and dances!

Children's activities will also be available.

Details of the tournaments and activities are on the [event website](#).

Pre-registration has ended, but you can still come the day of the event. See you there!

*Are you the next Rattan,
Fencing, Archery, Thrown
Weapons, or Youth
Champion of Østgarðr?*

[Event Website](#)



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Regnum

Herein Listed are the Officers of Østgarðr:

Vicereína	Lady Angelica di Nova Lipa	Chapcellor Minor	Lady Kunigunde Wedemann
Vicereína	Maestra Sofya Gianetta di Trieste	Knight Marshal	Lord Albrecht Anker (acting)
Seneschal	Lord Nagashima Ichiro Ujimichi	Fencing Marshal	Lord Alexander MacLachlan
Deputy Seneschal	Lord Alexander MacLachlan	Minister of Lists	The Honorable Lady Vitasha Ivanova doch'
Exchequer	Hlæfdige Alienor Salton, <i>ka</i> Piglet	Treasury Minister	Lord Friderich Grimme
Deputy Exchequer	Lord Francisco de Braga	Chronicle	Lady Zahra al-Andaluzia
Herald	Dama Drasma Dragomira	Social Media Officer	Voevoda Lada Monguligin
Châtelaine	Lord Albrecht Anker	Historian	Bóaire Mathghamhain Ua Ruadháin
Minister of Arts & Sciences	Lord Brandr Aronsson		
	Seneschal of Brokenbridge		Lady Arnora Ketilsdottir
	Seneschal of Appelholm (Uhyt Uhey)		Hlæfdige Alienor Salton, <i>ka</i> Piglet
	Seneschal of Lions' End		Lady Iola Wulfsdotter
	Seneschal of Northpass		Lady Meadhbh MacPharláin

Herein Listed are the Provincial Champions of Østgarðr:

Armored Combat	Lord Albrecht Anker	Arts and Sciences	Hanya Vladimirovna Polotskaya
Fencing	Jarl Qzurr "Bootgiver" Styrbjarnarson	Bardic	Lord David Anthony
Archery	Lord Mongo Chinua	Youth Combat	Lord Finnbjorn Ægiron
Thrown Weapons	Finnolfr Hrafasson		

