



# The Østgarðr E-Horse



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

## 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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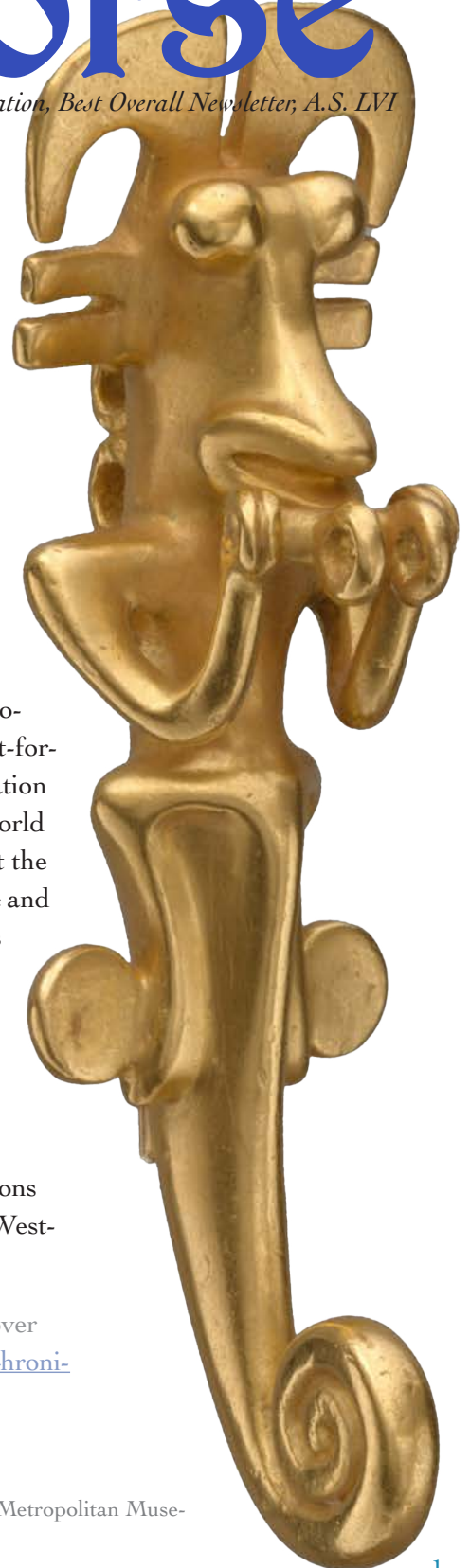
## Welcome!

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!](#)

Sea Horse Pendant, 5th–10th century, Panama. Metropolitan Museum of Art 1979.206.779 ([Source](#))











# Upcoming Events

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

• In the Ætherium • • In the flesh •  
• In the Realms of Østgarðr •

• ÆS • • Martial Arts • • Bardic & Music •

Dec 2	<a href="#">Bergental/BBM Yule</a>	Barony of Bergental (Dalton, MA)	
Dec 3	<a href="#">Cooking Class: How to Be a Dayboard Head Cook</a>	Canton of Brokenbridge (Brooklyn, NY)	
Dec 4	<a href="#">Northpass Business Meeting</a>	Ætheral Northpass	
Dec 9	<a href="#">50th Bridge Birthday Celebration</a>	Barony of the Bridge (North Kingstown, RI)	
Dec 9	<a href="#">Bhakail Yule</a>	Barony of Bhakail (Philadelphia, PA)	
Dec 9	<a href="#">Followers of Peter the Dressmaker</a>	Shire of Nordenhalle (Port Ewen, NY)	
Dec 10	<a href="#">Northpass Sunday Solar: Brewing—Tasty Winter Drinks</a>	Canton of Northpass (New Rochelle NY)	
Dec 11	<a href="#">Lions End Virtual Commons &amp; Social</a>	Ætheral Lions End	
Dec 18	<a href="#">Brokenbridge Commons</a>	Ætheral Brokenbridge	
Dec 20	<a href="#">Østgarðr Provincial Commons &amp; Social</a>	Ætheral Østgarðr	
Dec 21	<a href="#">Østgarðr Arts &amp; Crafts Night</a>	Ætheral Østgarðr	
Dec 30	<a href="#">The Wassail Tavern—A Green Mountain Yuletide Celebration</a>	Shire of Panther Vale (Barre, VT)	
Jan 1, 2024	<a href="#">Northpass Business Meeting</a>	Ætheral Northpass	
Jan 6, 2024	<a href="#">Ruantallan 12th Night</a>	Barony of Ruantallan (Upper Tantallon, NS)	
Jan 8, 2024	<a href="#">Lions End Ætheral Commons and Social Meeting</a>	Ætheral Lions End	
Jan 13, 2024	<a href="#">East Kingdom Twelfth Night</a>	Barony of Buckland Cross (Jamison, PA)	
Jan 17, 2024	<a href="#">Østgarðr Provincial Commons &amp; Social</a>	Ætheral Østgarðr	
Jan 20, 2024	<a href="#">An Owlsherst Country Twelfth Night</a>	Shire of Owlsherst (York, PA)	
Jan 22, 2024	<a href="#">Appelholm Commons</a>	Ætheral Appelholm	

Jan 26–28, 2024	<a href="#">A Market Day at Birka</a>	Barony of Stonemarche (Manchester, NH)	
Feb 3, 2024	<a href="#">Winter Nights East: a Performing Arts Challenge Event</a>	Barony of Carolingia (Groveland, MA)	
Feb 5, 2024	<a href="#">Northpass Business Meeting</a>	Ætheral Northpass	
Feb 17, 2024	<a href="#">Bellringers 40th: Beauty, Bells, and Brawn</a>	Barony of Carillion (Manalapan, NJ)	
Feb 21, 2024	<a href="#">Østgarðr Provincial Commons &amp; Social</a>	Ætherial Østgarðr	
Feb 24, 2024	<a href="#">East Kingdom Crown Bardic Championship and Barony of l'Île du Dragon Dormant BIA</a>	Barony of l'Île du Dragon Dormant (Laval, QC)	
Feb 24, 2024	<a href="#">Ice Weasel 18</a>	Barony of Smoking Rocks (Fall River, MA)	
Feb 25, 2024	<a href="#">Black Gryphon Inn</a>	Canton of Gryphonwald (Edison, NJ)	
Mar 2, 2024	<a href="#">East Kingdom Arts &amp; Sciences Competition</a>	Shire of Quintavia (Worcester, MA)	
Mar 2–3, 2024	<a href="#">Bear's Tavern—ARRRRH There Be Pirates!</a>	Canton of Northpass (Peekskill, NY)	
Mar 4, 2024	<a href="#">Northpass Business Meeting</a>	Ætheral Northpass	
Mar 20, 2024	<a href="#">Østgarðr Provincial Commons &amp; Social</a>	Ætherial Østgarðr	
Apr 1, 2024	<a href="#">Northpass Business Meeting</a>	Ætheral Northpass	
Apr 20, 2024	<a href="#">29th Balfar's Challenge</a>	Barony of Dragonship Haven (Guilford, CT)	
May 24–27, 2024	<a href="#">War of the Roses XLIV</a>	Barony of Concordia of the Snows (Schaghticoke, NY)	
Jun 29–30, 2024	<a href="#">Known World Heraldic and Scribal Symposium</a>	Bailiwick of Ivyeirust (Philadelphia, PA)	
Jul 11–14, 2024	<a href="#">Great Northeastern War 36</a>	Province of Malagentia (Hebron, ME)	



“Listening to the Qin (Zither) 聽琴圖” by Liu Songnian 劉松年, 1150–after 1225, Cleveland Museum of Art. ([Source](#))

One of the many activities you may find at an SCA event.





# 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!

### Posset

Last December, we spoke of the period drink hippocras (aka Liquid Christmas). This December, let's explore another tasty drink: Posset.

Posset is a drink similar in flavor to egg nog, but it uses white wine instead of rum. When I first heard of posset, I thought, "Where have you been all of my life?!?"

I am *rather* fond of the creamy, spiced flavors of chai latte, rice pudding, and horchata. I had heard of caudles, possets, and syllabubs, but I have had bad luck in the past with cooking egg and milk mixtures. (Think scrambled eggs in milk... eww!) However, after attending a Lyondemere & Gyldenholt Yule back in Caid, where a most delicious posset was entered in the brewing contest, I decided I had to try my hand at making this delectable drink. I was amazed at how much easier it was than making the previous egg and milk mixtures.

#### Historical Recipes

There are ten recipes for possets in Cindy Renfrow's *A Sip through Time*, several of which she has gotten from *The Closet of Sir Kenelm Digby Knight Opened*. These recipes are similar to



each other in that they contain cream or milk (or almond milk in the event of Lent), ale or wine, and often call for sugar and spices such as cinnamon. Here is the recipe upon which I based my attempt:

#### #120 To Make a Sack Posset — 1669

2 quarts sweet cream  
9 to 10 egg yolks  
4 egg whites  
¾ lb sugar  
3 or 4 cinnamon sticks  
3 or 4 whole nutmegs, quartered  
½ pint of sack wine or white muscadine  
Optional: cinnamon powder and sugar for garnish.

The directions in *A Sip through Time* are from *The Closet of Sir Kenelm Digby Knight Opened*, which is presented here:

#### To Make a Sack Posset

Boil two wine-quarts of Sweet-cream in a Posset; when it hath boiled a little, take it from the fire, and beat the yolks of nine or ten fresh Eggs, and the whites of four with it, beginning with two or three spoonfuls, and adding more till all be incorporated; then set it over the fire, to recover a good degree of heat, but not so much as to boil; and always stir it one way, least you break the consistence. In the meantime,

*Posset, cont'd*

let half a pint of Sack or White muscadin boil a very little in a bason, upon a Chafing-dish of Coals, with three quarters of a pound of Sugar, and three or four quartered Nutmegs, and as many pretty big pieces of sticks of Cinnamon. When this is well scummed, and still very hot, take it from the fire, and immediately pour into it the cream, beginning to pour neer it, but raising by degrees your hand so that it may fall down from a good height; and without anymore to be done, it will then be fit to eat. It is very good kept cold as well as eaten hot. It doth very well with it, to put into the Sack (immediately before you put in the cream) some Ambergreece, or Ambered-sugar, or Pastils. When it is made, you may put powder of Cinnamon and Sugar upon it, if you like it.

**My Attempt**

I was concerned that I might make scrambled eggs in milk, so I scaled down the above recipe to a much smaller batch. It is far too painful to the pocketbook to throw away a large batch of drink that has gone off.

2 cups heavy cream  
2 egg yolks  
1 egg white  
3 tablespoons white granulated sugar  
1 cinnamon stick  
1 nutmeg cracked onto several pieces  
½ cup dry white wine  
Garnish: 2 tablespoons white

granulated sugar and 2 teaspoons powdered cinnamon

I sanitized the jar and strainer with an Iodaphor solution. I chose not to sanitize the measuring cups, sauce pans, and whisk since I felt that the ingredients used in them or they themselves would be heated enough to kill any pesky bacteria that may be lurking upon them.

In one sauce pan, I poured the wine, sugar, cinnamon stick, and nutmeg. I heated this over low while I prepared the other ingredients.

I separated one yolk and placed it into a cup with a whole egg. I whisked them together, and set them aside.

In another sauce pan, I heated the cream on medium, stirring occasionally, until it boiled. I turned up the heat on the wine mixture in the first pan, then stirred the boiling cream in the second pan and let it boil for

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*When I first heard of posset, I thought,  
“Where have you been all my life?”*

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about 30 seconds. The pan with the boiled cream was then removed from the heat, and I added the eggs by the spoonful and whisked between each addition in order to temper the eggs and (hopefully—cross your fingers!) keep them from becoming scrambled eggs.

Once the eggs were fully incorporated into the hot cream, I removed the wine mixture from the heat, and poured it through a metal strainer to remove the nutmeg bits, all while increasing the distance from the pan containing the wine to that containing the cream. This method of pouring did not cause the liquids to mix well,



as intended by the recipe, so I then stirred them together.

I set the pan of posset aside to cool for about 20 minutes. A taste test proved most rewarding. Yum! I then poured the posset into a mason jar to continue cooling. After cooling for 45 minutes, I put the lid on the mason jar and placed it into the refrigerator to chill the posset. The drink can be enjoyed either hot or cold. I was taking this drink to a festive event at someone else's home, and I did not want to make a mess in the hostess' kitchen,

so I chose to make the drink beforehand and serve it cold.

And there you have it, yet another tasty drink

suitable for your period holiday enjoyment. For a step-by-step demonstration, [please join me on Sunday, December 10th](#) via Google Meet. Check the calendar on the Østgarðr website for the link.

*Bibliography*

The Project Gutenberg EBook of *The Closet of Sir Kenelm Digby Knight Opened* by Kenelm Digby. (2005) <http://www.gutenberg.org/files/16441/16441-h/16441-h.htm>

Renfrow, Cindy. *A Sip Through Time*. United States of America, 1994.

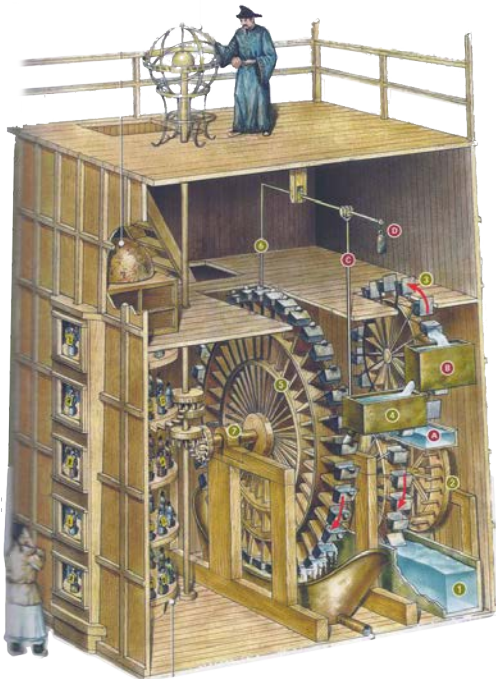


# Stealing Water

By [Arnora Ketilsdóttir](#)

Sundials are the most commonly known method of timekeeping pre-1600. However, you can't really use a solar clock when it is overcast, at night, or indoors. They are also not very accurate for measuring short periods of time. This is where water clocks come in, also called **clepsydra**, which translates to "water thief" in Greek.

Water clocks were used in a few different ways. They were used by individuals and in households to act in the same way as we might use egg timers. They were also used for tracking time at night so monks would know when it was time for prayer. Physicians like Herophilus might carry a small portable clepsydra to help track consistent blood flow.



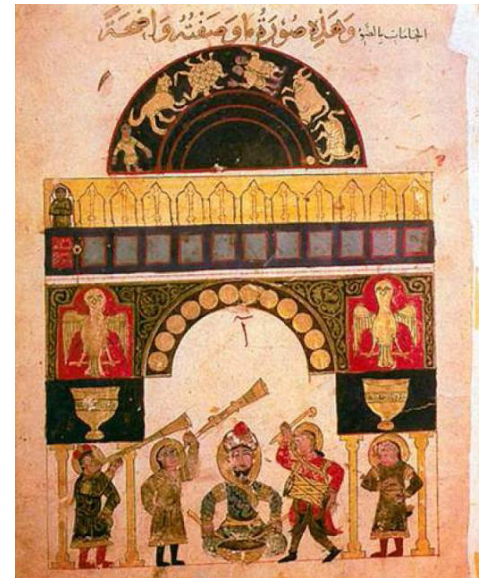
These were usually not much more complex than a bowl with a pinhole in the bottom, sometimes with a con-

tainer below it to catch the dripping water. You can either measure time as the water flows out of the pinhole and the water level lowers, or as the water flows into the lower container and the water level rises. There would be marks in these containers to indicate how much time had passed according to the water level. Another design is a bowl with a pinhole in it, floating in a larger bowl of water. The water flows in and once the interior vessel sinks, a certain amount of time has passed. Plato is often credited with inventing the first alarm clock using a clepsydra to wake up his students in time for his early morning lectures. He used a water clock that had several large hollow metal balls, light enough to float as the water level rose. Once the vessel filled up and the water spilled over the top, the balls fell to the floor and made a large clatter, waking up his students. He later modified this so that water falling over the edge would move a stick that would ring a bell.

Clock towers have always been used as displays of wealth and power for towns and cities, and clepsydra were often used for this purpose. The most famous of these was Su Song's water clock (11th c.) in China, which was 40 feet tall with a fairly complex design (left). Another notable water clock is Al-Jazari's Castle Clock (12th c.), a highly complex mechanical clock that tracked the orbits of the sun, moon, and zodiac signs in addition to keeping time (right). This is widely considered to be the first instance of a programmable analog device.

One of the things that I find fascinating about sundials vs. water clocks is the concept of "Unequal Hours." Time in the medieval era was based on

daylight; one hour was 1/12 of the daylight. However, the length of the day varies based on the time of year (and also based on your location). So one hour was much shorter in the colder months than in the warmer months.



Some timings do not vary based on the time of year, such as cooking times and blood flow, and for these, the simple clepsydra described above were ideal. But for unequal hours, the ones used as regular clocks would need to be adjusted regularly to ensure that they told the correct time relative to the time of year. Each city-center clock had a unique design and so each of them had their own way of dealing with it. Some had several plates marking the different levels for different times that could be replaced, or the tension of a water wheel would be adjusted.

We can learn a lot about history by looking at their timekeeping methods—their day-to-day lives, needs, and priorities. The history of technology in general lets us learn so many aspects of medieval life that we might not fully see otherwise. 🐉

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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# Østgarðr Officers Elections

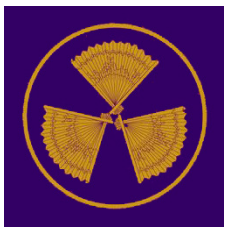
The Crown Province of Østgarðr is currently holding elections for Provincial Officers. These officers help run Østgarðr behind the scenes, from organizing events to ensuring safety while playing. All Østgarðrians 14 years or older who are currently registered members of the SCA are eligible and encouraged to **vote by December 19, 2023**. [Click here to vote](#), or visit [ostgardr.eastkingdom.org](http://ostgardr.eastkingdom.org) for more information.

## Seneschal

The Crown Province of Østgarðr is currently holding elections for the position of Seneschal (local chapter president). The winner of this election will hold the office for a two-year term, beginning January 1, 2024.

### Meet the Candidates

There are two candidates for the office: **Nagashima**



**Nagashima Ichirō Ujimichi**  
(called Uji)

Greetings,

I hereby submit my Letter of Intent, seeking re-election for the position of

Østgarðr Seneschal for a second term. I bring a proven track record of service, having previously served as Lions End Seneschal for three and a half years before assuming the role of Østgarðr Seneschal. Some of my notable accomplishments during my current term as Østgarðr Seneschal include:

- Skillfully organizing Viceregal polling.
- Successfully overseeing three Royal Progress events.
- Taking charge of the majority of monthly commons meetings throughout my tenure.
- Efficiently managing the Canton of Northpass's triumphant return.
- Proposing and achieving the approval of a charter amendment.
- Promptly addressing and conveying several instances of bullying and harassment complaints to the East Kingdom Seneschal.

[\(Read more\)](#)

**Ichirō Ujimichi (called Uji)** ([EK Wiki](#)) and **Ragnarr Blaskegg** ([EK Wiki](#)). Below are the abbreviated Letters of Intent (LoI) written by each of the candidates. Please click on the links to read the letters in full, and use them to help you determine your vote.



**Ragnarr Blaskegg**

Unto Their Excellencies, the Vice-regents, the Seneschal, Officers and Populace of the Crown Province of Østgarðr;

After an extended period of thought and reflection, I, The Honorable Lord Ragnarr Blaskegg, wish to be known my intention to run for the officer position of Seneschal of the Crown Province of Østgarðr. I have not come to this decision lightly, but after talking with friends and confidants, I have decided to take this opportunity given by Østgarðr to voice my ideas and thoughts on leadership and service, and to allow the Crown Province to measure me and see if I am up to the challenge of being an effective administrator for our great Crown Province. It is my goal to help us all find the formula that will bring us all joy as a part of our Society.

As an active Society of Creative Anachronism member since 2012, I have been a part of many different aspects of our Society including A&S, heavy fighting, and coordinating and participating in events. I had the honor to serve as Østgarðr's Arts and Sciences Champion as an amateur Blacksmith. I am also an active fighter who strives to...

[\(Read more\)](#)

## Other Offices

Additionally, there are seven other Provincial officer positions with only one candidate each. We will still hold a confirmation vote for these officers, so make sure you fill out your whole voting form! These positions and candidates are:

### Knight Marshal

Lord Albrecht Anker

### Youth Marshal

Arnora Ketilsdottir

### Chamberlain

Mathghamhain Ua Ruadháin

### Herald

Mathghamhain Ua Ruadháin

### Webminister

Antonius Gracus (called Twyg)

### Archery Captain

Suuder Saran

### Marshal of Fence

Alexander MacLachlan

### Historian

Mathghamhain Ua Ruadháin

*The offices of Exchequer, Chatelaine, Chancellor Minor, Minister of Arts and Sciences, Minister of Lists, Chronicler, Social Media Officer, and Historian are not up for election this year, but will be up for election next year.*

### Want to be a Deputy?

Each officer is permitted to appoint a deputy of their choosing to share duties and/or take over if needed. Interested in holding office but not entirely sure about it? Volunteering as someone's deputy is a great way to "learn the ropes" of a particular office if you are considering running for office in the future. Not only that, but sharing duties helps us all perform at our best and dream bigger—which benefits the Crown Province as a whole.

Interested? Contact the officer whose deputy you'd like to consider or [Their Excellencies](#), the Vicereines of Østgarðr for advice.

## Questions?

Confused about election rules or having trouble voting? Please contact their Excellencies, the Vicereines of Østgarðr at [viceregents@ostgardr.eastkingdom.org](mailto:viceregents@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](#)!

Haiku  
(this' and following page)

by Lady Arnora Ketilsdóttir

## Intangible Cultural Heritage

by Richard the Poor of Ely

You probably have heard of [UNESCO's "World Cultural Heritage" sites](#)—those places like Angkor Wat that are of such artistic, historic, scientific, or cultural importance that they “belong” to all of humanity. While poking around the Internet looking for information on them, I found that UNESCO is \*also\* collecting what they call “Intangible Cultural Heritage”.

As their website says,

Cultural heritage does not end at monuments and collections of objects. It also includes traditions



[Altiță embroidered blouses from Romania and Moldova](#)

Recruiting  
Welcome the new people  
Don't pillage

or living expressions inherited from our ancestors and passed on to our descendants, such as oral traditions, performing arts, social practices, rituals, festive events, knowledge and practices concerning nature and the universe or the knowledge and skills to produce traditional crafts.

When I first looked over their list, I immediately spotted “Falconry” and “Arabic Calligraphy”.

WE DO THESE THINGS!!!!

What other “Period” arts and crafts might be hiding in there?

Movies lied to me  
TV shows were mistaken  
The past ain't pretty



[Bisalhães black pottery manufacturing process](#)

I poked around a bit. It's not easy to figure out what is and isn't "Period". So many of them come under the umbrella of "folk" or "traditional" art or custom (e.g. [Altiță embroidered blouses from Romania and Moldova](#)) that it might be impossible to find any date of origin prior to the nationalist movements of the nineteenth century. Others can be so broad as to be...well, "[date palm cultivation, usage, and traditions](#)", for example. Some, even though

they do date back to "Period", are religious festivals (the [Festival of Saint Blaise](#) in Dubrovnik, Croatia, dates back to the 12th century), which are going to be problematic these days. And some, like "[transhumance](#)", the seasonal migration of livestock in the Alps, are just too impractical for full-scale re-creation.

Some, though, are in danger of dying out—a visitor to the Portuguese village of Bisalhães in 2021 found that only five people and one pottery shop were still making their [black pottery](#) in the traditional manner—so it might be worth it to try them out.

Each item on the list comes with a short (around ten minutes) video showcasing the art, craft, or activity.

So if you're tired of the same old A&S stuff, and are looking to branch out and try something new, give it a look!

[Main website](#)

[Browse the list](#) (which can be sorted by country)

Buy all the nice things  
There's so many at Birka  
My garage is full



[back to top](#)

# Regnum

Herein Listed are the Officers of Østgarðr:

Vicereína	Lady Angelica di Nova Lipa	Chancellor Minor	Lady Kunigunde Wedemann
Vicereína	Maestra Sofya Gianetta di Trieste	Knight Marshal	Lord Albrecht Anker (acting)
Seneschal	Lord Nagashima Ichirō Ujimichi	Kencing 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	Chronicler	The Honorable Lady Zahra al-Andaluzia
Herald	Dama Drasma Dragomira	Social Media Officer	Voevoda Lada Monguligin
Chatelaine	Lord Albrecht Anker	Historian	Bóaire Mathghamhain Ua Ruadháin
Minister of Arts & Sciences	Lord Brandr Aronsson		
	Seneschal of Brokenbridge		Lady Arnora Ketilsdottir
	Seneschal of Appelholm (Whylt Whyl)		Hlæfdige Alienor Salton, <i>ka</i> Piglet
	Seneschal of Lions' Find		Lady Iola Wulfsdotter
	Seneschal of Northpass		Lady Meadhbh MacPharláin

Herein Listed are the Provincial Champions of Østgarðr:

Armored Combat	Lord Alexander Krause	Arts and Sciences	Hanya Vladimirovna Polotskaya
Fencing	Count Ryoukojin of the Iron Skies	Bardic	Lord David Anthony
Archery	THL Eanraig the Bonesetter	Youth Combat	Rhys Ragnarrson
Thrown Weapons	Madwen Gam		

