



The Østgarðr E-Horse

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

Dysclaymer:

This is the First Quarterly 2024 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: Broken-bridge (Brooklyn), Appleholm (Manhattan), Lions End (Nassau County), and Northpass (Westchester and Putnam Counties).



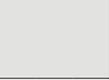
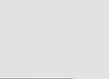
"Hippocampus", drawing by Seraq, Barok's Penance (2024)

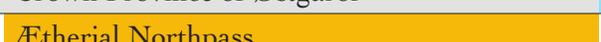
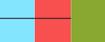
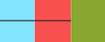
Upcoming Events

**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 •

• **H&S** • • **Marital Arts** • • **Bardic & Music** •

Mar 2	East Kingdom Arts & Sciences Competition	Shire of Quintavia (Worcester, MA)	
Mar 2–3	Bear's Tavern – ARRRRH There Be Pirates!	Canton of Northpass (Peekskill, NY)	
Mar 4	Northpass Business Meeting	Ætherial Northpass	
Mar 9	Stonemarche Garb Schola II	Barony of Stonemarche (Gilford, NH)	
Mar 9	Lyndhaven A&S Championship	Shire of Lyndhaven (Richmond Corner, NB)	
Mar 9	Anniversaire d'investiture Baronnie du Havre des glaces – Oasis de Samarkand/ Barony of Havre des Glaces BIA – Samarkand Oasis	Barony of Havre des Glaces (Saint-Luc-de-Vincennes, QC)	
Mar 9–10	Bear's Tavern – ARRRRH There Be Pirates!	Canton of Northpass (Peekskill, NY)	
Mar 9–17	Gulf Wars XXXII	Kingdom of Gleann Abhann (Lumberton, MS)	  
Mar 10	Appleholm Gallery Outing: Medieval Money at the Morgan	Canton of Appleholm (New York, NY)	
Mar 16	Nova Schola	Shire of Hartshorn-dale (Collegeville, PA)	 
Mar 16	Saturday Solar	Crown Province of Østgarðr (Brooklyn, NY)	
Mar 20	Østgarðr Provincial Commons & Social	Ætherial Østgarðr	
Mar 23	Mudthaw XLIII	Barony of Settmour Swamp (Washington, NJ)	 
Apr 30	Black Rose Ball 44: The Return	Barony of the Bridge (Berlin, MA)	
Apr 1	Northpass Business Meeting	Ætherial Northpass	
Apr 6	Coronation of Tindal II and G. Emerson True	Barony of Concordia of the Snows (Schenectady, NY)	
Apr 7	Schola at the University: Duckvinci	Barony of An Dubhaigainn (Stony Brook, NY)	 
Apr 12–14	East Kingdom Brewers' Collegium	Barony of Stonemarche (Plymouth, NH)	
Apr 13	Newcomers Schola in the North Country	Shire of Glenn Linn (Warrensburg, NY)	  
Apr 13	Spring's Inspirations	Province of Malagentia (Gorham, ME)	

Apr 13	Veneralia Festival	Barony of Ruantallan (Lower Sackville, NS)	
Apr 14	Sewing Machine Basics and Troubleshooting with Jenna	Ætherial Østgarðr	
Apr 17	Østgarðr Provincial Commons & Social	Ætherial Østgarðr	
Apr 19–21	Waking of the Salamander III	Barony of Bhakail (Media, PA)	
Apr 20	29th Balfar's Challenge	Barony of Dragonship Haven (Guilford, CT)	
Apr 20	Floralia in Hadchester	Shire of Hadchester (Rockland, ME)	
Apr 27	Tournament of the Daffodils VII	Shire of Midland Vale (Huguenot, NY)	
Apr 27–28	Malagentia Test Kitchen	Province of Malagentia (Pownal, ME)	
Apr 29	Appleholm Commons	Ætherial Appleholm	
May 3–5	East Kingdom Spring Crown Tourney	Shire of Lyndhaven (Upper Gagetown, NB)	
May 5	Arts & Sciences Day	Crown Province of Østgarðr	
May 6	Northpass Business Meeting	Ætherial Northpass	
May 11	Barony Beyond the Mountain Investiture	Barony Beyond the Mountain (TBD, CT)	
May 11	House Three Skulls 40th Anniversary	Barony of An Dubhaigeainn (Middle Island, NY)	
May 15	Østgarðr Provincial Commons & Social	Ætherial Østgarðr	
May 18	At the sign of the Dancing Fox XXIV	Shire of Nordenhalle (Kingston, NY)	
May 18	B.O.E—Ultimate Tournament	Barony of Iron Bog (Mulica Hill, NJ)	
May 18	Lions End Schola: Lions Learn Lessons	Canton of Lions End (Glen Head, NY)	
May 18	Otter's Welcome	Barony of Carolingia (Groveland, MA)	
May 24–27	Panteria XXVII	Shire of Panther Vale (Thetford Center, VT)	
May 24–27	The Quest for Wit & Wisdom XXXIX: Quest for the Quill!	Barony of Settmour Swamp (Pittstown, NJ)	
May 24–27	War of the Roses XLIV	Barony of Concordia of the Snows (Schaghticoke, NY)	
May 31–Jun 2	Southern Region War Camp	Barony of Carillion (Manalapan, NJ)	
Jun 1	Living History Demo at Farmingdale	Canton of Lions End (Farmingdale, NY)	
Jun 3	Northpass Business Meeting	Ætherial Northpass	
Jun 8	Consort's and Sovereign's Archery Champions	Shire of Midland Vale (Goshen, NY)	
Jun 13–16	Les Beltaines XXXV	Barony of Havre des Glaces (Saint-Mathieu-du-Parc, QC)	
Jun 14–16	Huginn & Muninn's Viking Camp II	Riding of Ravensbridge (Leeds, ME)	
Jun 14–16	War of the Pearls III featuring the Companions of the Rose Tournament	Barony of the Bridge (Charlestown, RI)	
Jun 19	Østgarðr Provincial Commons & Social	Ætherial Østgarðr	
Jun 22	Novice Day	Shire of Rusted Woodlands (TBD, NJ)	
Jun 28–30	Northern Region War Camp	Shire of Glenn Linn (Greenwich, NY)	
Jun 29–30	Known World Heraldic and Scribal Symposium	Bailiwick of Ivyeinrust (Philadelphia, PA)	
Jul 11–14	Great Northeastern War 36	Province of Malagentia (Hebron, ME)	
Jul 13	SCA: C is for Creative	Shire of Eisental (Nazareth, PA)	



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!

How to Stay Out of Jail,

or How to Make Sure Site Owners Let You Come Back

Tourney season is in full swing, and many events are held in the beautiful outdoors at local parks. Most parks in lovely Caid prohibit alcohol, also known as being a "dry site". That means period drinks such as mead and ale are right out. So what period drinks can you have at a dry site? Some of my favorite period drinks that are suitable for a dry site include sekanjabin, posca, and non-alcoholic versions of hippocras and clarrey.

Drinking Vinegars

Vinegars are made when acetobacter, also known as Mother of Vinegar, gets into a mildly alcoholic drink and turns the alcohol into acetic acid. This can happen to beers (malt vinegar), wines (red and white wine vinegars), and apple cider (apple cider vinegar). You can purchase your own vinegars and dilute them for drinking, or you can purchase Mother of Vinegar and make your own drinking vinegar.

Syrups

A syrup is a way in which to preserve fruit juice by increasing the sugar content to such an extent that it inhibits the growth of bacteria. To make a drink, simply dilute the syrup with water to taste. The syrups are made by heating the juice and dissolving sugar in this heated juice. Take care when using apple juice. Due to the natural pectin in apples, you may end up with apple jelly which does not come out of narrow-necked bottles. I have also heard similar warnings about strawberries.

Here is a pomegranate syrup recipe from *An Anonymous Andalusian Cookbook of the 15th Century Translated by Charles Perry*. [Chapter One: On Drinks](#).

Syrup of Pomegranates

Take a ratl of sour pomegranates and another of sweet pomegranates, and add their juice to two ratls of sugar, cook all this until it takes the consistency of syrup, and keep until needed. Its benefits: it is useful for fevers, and cuts the thirst, it benefits bilious fevers and lightens the body gently.

Sekanjabin or Posca

Sekanjabin is the Middle Eastern name for a drink made of vinegar and sugar. Posca is the name given to the vinegar and sugar drink that was consumed by the Roman army. The drink is made by diluting the vinegar syrup with water to suit one's taste. The first time someone told me it made a delicious, refreshing drink, I was very skeptical. However, I tried it and found it true. On a hot day the water provides rehydration, the vinegar replenishes electrolytes, and the sugar increases blood sugar.

Here is the Sekanjabin recipe from *An Anonymous Andalusian Cookbook of the 15th Century Translated by Charles Perry*. [Chapter One: On Drinks](#).

Syrup of Simple Sikanjabîn (Oxymel)

Take a ratl of strong vinegar and mix it with two ratls of sugar, and cook all this until it takes the form of a syrup. Drink an ûqiya of this with three of hot water when fasting: it is beneficial for fevers of jaundice, and calms jaundice and cuts the thirst, since sikanjabîn syrup is beneficial in phlegmatic fevers: make it with six ûqiyas of sour vinegar for a ratl of honey and it is admirable.

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been cut off]...

... and a ratl of sugar; cook all this until it takes the consistency of syrup. Its benefit is to relax the bowels and cut the thirst and vomiting, and it is beneficial in bilious fevers.

* A *ratl* equals about 1 pound, and about 12 *úqiyas* equal a *ratl*.

Pomegranate Sekanjabin

My favorite flavored sekanjabin syrup was achieved by combining the recipes for pomegranate syrup and sekanjabin. In a sauce pan over medium heat, mix one part wine vinegar and two parts pomegranate juice to six parts sugar. Stir until the sugar is completely dissolved in the vinegar. Bring to a simmer and turn down the heat so that it is just barely bubbling. Stir occasionally for about 30 minutes to an hour to reduce the water content and create the syrup. Remove from the heat and bottle when cool.

Non-Alcoholic Hippocras and Clarrey

Hippocras and Clarrey are two sides of the same coin. They are wine that has been spiced and sweetened. Hippocras is often thought of as red wine sweetened with sugar, and clarrey is

often thought of white wine sweetened with honey. However, these are not set in stone and can be interchanged.

The hippocras or clarrey flavor can be achieved by using grape juice or a commercially produced alcohol-removed wine such as Ariel or Fre.

The spices for hippocras or clarrey can be wrapped into a fine linen bag and steeped in the warmed wine or grape juice until the desired flavor is achieved. Remove the spice bag and add sugar or honey to taste.

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 in *The Merchant's Tale* from his *Canterbury Tales* (late 14th century) (line 595).

"He drynketh ypocras, clarree, and vernage

Of spices hoote, t'encressen his corage;"

Recipe for a quick version of clarrey:

- 1 750mL bottle of white wine (alcohol removed such as Ariel or Fre)
- 1 herbal spice tea bag
- ¼–½ cup honey (Use less if you are using grape juice instead of alcohol-removed wine.)

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 no more than 5 minutes.

Remove the tea bag and heat the wine slightly. Stir in ¼–½ cup honey, remove from heat, and allow it to cool.

Once the mixture has cooled, mix in the rest of the bottle of wine. Use a funnel to return the wine back to the bottle. You will have a little left over.

Chill and enjoy.

There you have it. No foolin'! You can enjoy a delicious, period drink at a dry site without risking jail time or upsetting the site owners. And one of the best things about syrups and sekanjabins is that your undiluted leftovers will keep, so you can use them at future events as well. Cheers!

* *This article was originally printed in the April 2016 edition of the Gylðenholt Press (Barony of Gylðenholt, Kingdom of Caïð).*

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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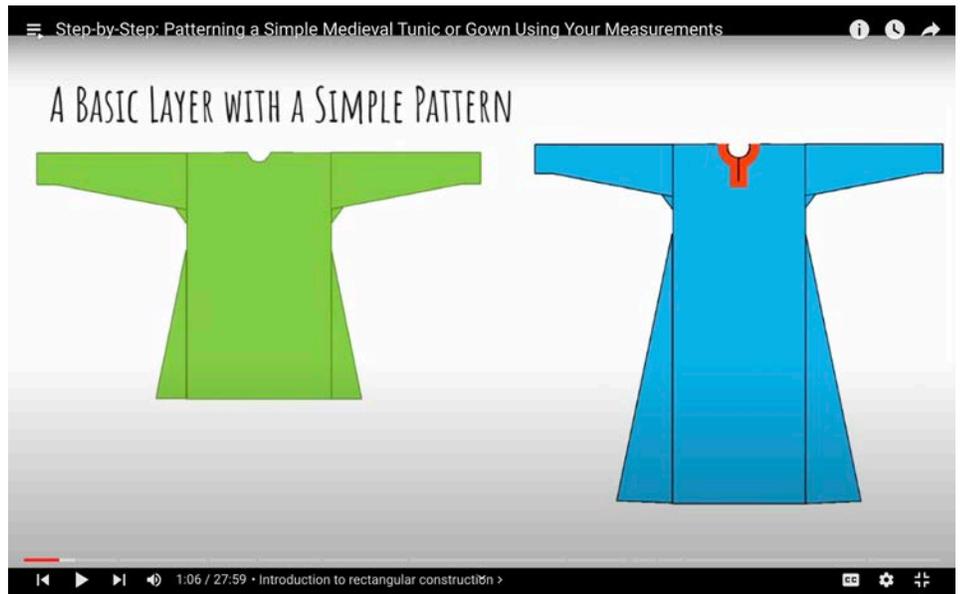
Sewing Tutorials for Beginners

by H.E. Angelica di Nova Lipa

Looking to sew your first piece of garb, but don't know where to start? Your less garb-accomplished Vice-reine stumbled across a quite lovely set of tutorials by Lady Caterina da Savona from the Kingdom of An Tir. The title of the series is [Sewing Medieval Clothing—for Modern Beginners](#)

Intended as a hybrid online/in-person class, this video series is simply worded, lavishly illustrated, and, for the beginner, very comprehensive. It will take a good amount of time to see the entire series, but if the beginner does not have a live teacher to dedicate a few hours to the beginner's garb making education, this is a good beginning. The introductory video is [here](#).

Happy Sewing!



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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](#)!



Want to be a Deputy?

Each officer of Østgarðr 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.

Book of Hours, France, Paris, ca. 1500, MS H.5 fol. 20r. (c) Morgan Library ([Source](#))

A Viceregal Tribute

by H.E. Angelica di Nova Lipa

Vicereine Angelica has recently learned that an accomplished vocal choir based in Our Canton of Northpass has honored Her by performing under Her name.



The Angelica Women's Chamber Choir recently performed a program of 13th through 17th century music at St. Malachy's Church as part of the Midtown Concerts series. The recorded program can be seen and heard [here](#).

Other Early Music performances are ongoing, courtesy of Midtown Concerts, an organization which sponsors lunchtime performances of music



of the 18th century and earlier. Ensembles are chosen by a panel of early music specialists from the metropolitan area.

Time: Thursdays, 1:15–2:00 pm. All concerts are free; no tickets or reservations are necessary.

Concerts are in person at St. Malachy's Church, 239 West 49th Street, Manhattan, AND live streamed.

Their current schedule may be seen [here](#).



Lord David Anthony, aka the Foxy Bard, won the Østgarðr Bardic Championship, and all our hearts, with his original “Østgarðr Song” about the virtues of our fair Crown Province. Here he is singing it with Twyg in “Foxy's Drinking Hour”, streaming live from The Florida Renaissance Festival in Deerfield, Florida on February 29, starting around minute 27. ([YouTube](#))



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Regnum

Herein Listed are the Officers of Østgarðr:

Viceréina	Lady Angelica di Nova Lipa	Knight Marshal	Lord Albrecht Anker
Viceréina	Maestra Sofya Gianetta di Trieste	Archery Captain	Baron Suuder Saran
Seneschal	Lord Ragnarr Bliskegg	Fencing Marshal	Lord Alexander MacLachlan
Deputy Seneschal	Baron Suuder Saran	Youth Combat Marshal	Lady Arnora Ketilsdottir
Exchequer	Hlæfdige Alienor Salton, <i>ka</i> Piglet	Minister of Lists	The Honorable Lady Vitasha Ivanova doch'
Deputy Exchequer	Lord Francisco de Braga	Treasury Minister	Lord Antonius Gracchus, called Twyg
Herald	Bóaire Mathghamhain Ua Ruadhain	Chronicler	The Honorable Lady Zahra al-Andaluzia
Chatelaine	Armiger Catelin Straquhin	Social Media Officer	Voevoda Lada Monguligin
Chancellor Minor	Lady Kunigunde Wedemann	Chamberlain	Bóaire Mathghamhain Ua Ruadháin
Minister of Arts & Sciences	Lord Brandr Aronsson	Historian	Bóaire Mathghamhain Ua Ruadháin

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

