



The Østgarðr E-Horse



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

Dysclaymer:

This is the Second 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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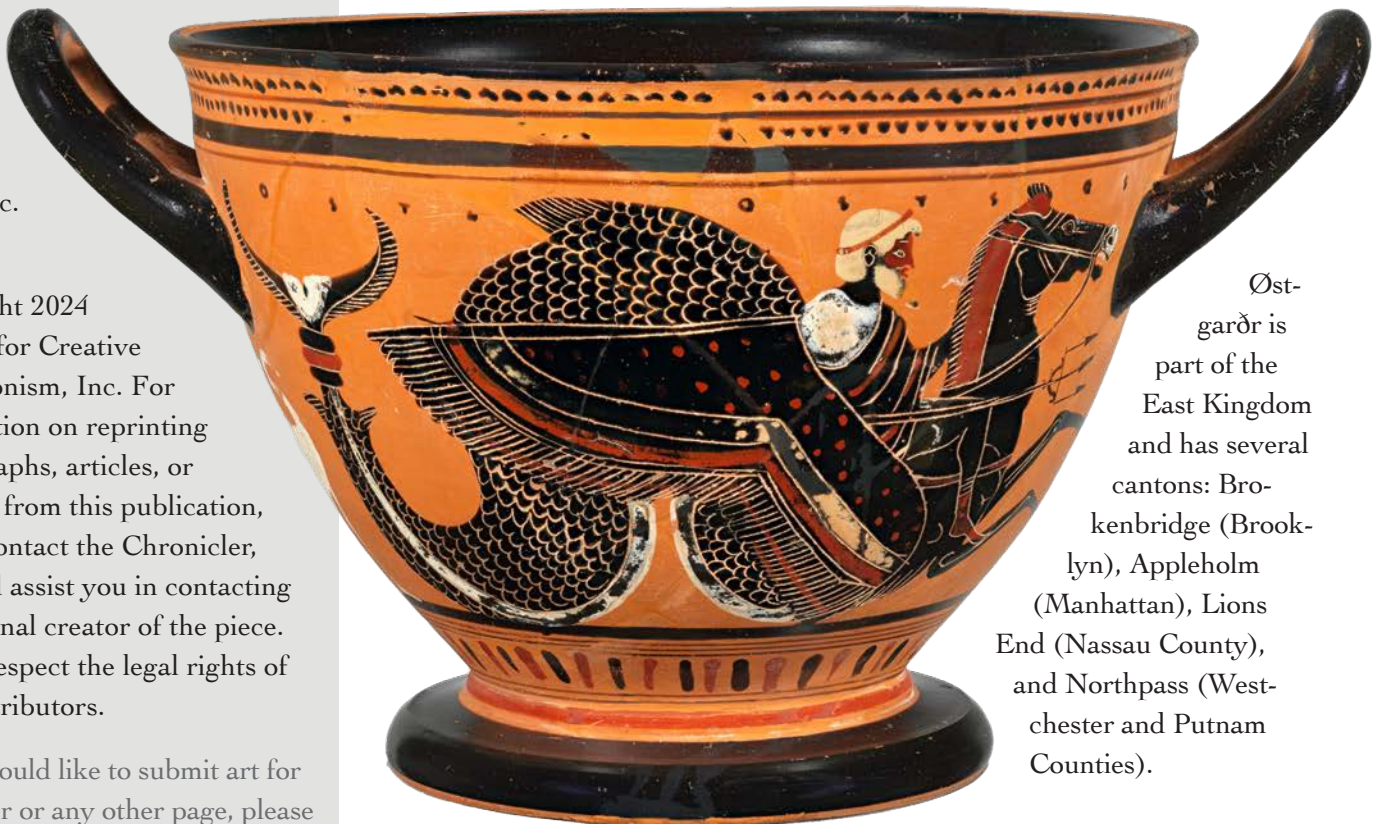
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Welcome!

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), re-create the art, perform the music, dances, and drama, etc.



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

Terracotta skyphos (deep drinking cup). Attributed to the Theseus Painter, ca. 500 BCE ([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 •

Sep 2	Northpass Business Meeting	Ætherial Northpass			
Sep 7	Birthday Bash	Shire of Mountain Freehold (Bristol, VT)			
Sep 7	Falling Leaves and Carolingia Baronial Thrown Championship 2024	Barony of Carolingia (Westford, MA)			
Sep 7–8	Ruantallan Baronial Archery Practice	Barony of Ruantallan (Berwick, NS)			
Sep 8	Save the Date for Heraldry	Ætherial Østgarðr			
Sep 9	Lion's End Ætherial Commons	Ætherial Lion's End			
Sep 13–15	Harper's Retreat	Barony of Stonemarche (Richmond, NH)			
Sep 14	John Barleycorn's Day of Champions	Canton of Northpass (Carmel, NY)			
Sep 18	Østgarðr Provincial Commons & Social	Ætherial Østgarðr			
Sep 20–22	Closing of the Inne: Rome and Her Enemies.	Shire of Coldwood (Peru, NY)			
Sep 21	Barony of Buckland Cross Rattan and Rapier Champions	Barony of Buckland Cross (Langhorne, PA)			
Sep 21	Tyger Family Schola	Barony of Concordia of the Snows			
Sep 22	A Day at the Faire: A Step Back in Time (Demo)	Barony of Carillion (Neptune, NJ)			
Sep 27–29	The Merchant of Ruantallan at the Merry Matron Tavern	Barony of Ruantallan (Upper Vaughn, NS)			
Sep 28	Brennan & Caoilfhionn's Ducal Challenges	Barony of Settmour Swamp (Budd Lake, NY)			
Sep 28	Harvest Moon	Province of Malagentia (Hebron, ME)			
Sep 29	Bhakail Champions and Commons 2024	Barony of Bhakail (Newtown Square, PA)			
Oct 4–6	Lakewood Renaissance Faire XLIII	Barony of Carillion (Lakewood, NJ)			
Oct 5	Coronation of Matthew des Arden and Fiamuin Kareman	Barony of Stonemarche (Manchester, NH)			
Oct 7	Northpass Business Meeting	Ætherial Northpass			
Oct 11–13	Ghosts, Ghouls, and Goblins: Grimms Stories & Folk Tales	Barony of Carillion (Manalapan, NJ)			

Oct 11–14	Hunter's Moon: Academy of the Blade	Shire of Anglespur (Nassau, NY)			
Oct 11–14	The Endewearde Hunt	Barony of Endewearde (Newburgh, ME)			
Oct 12	Food Fiber Forestry and Fun	Shire of Owlsherst (Narvon, PA)			
Oct 14	Lion's End Ætherial Commons	Ætherial Lion's End			
Oct 16	Østgarðr Provincial Commons & Social	Ætherial Østgarðr			
Oct 18–20	The Silver Wyvern Challenge	Barony of Smoking Rocks (Franklin, MA)			
Oct 19–20	Goat's Inn: Any Port in a Storm	Canton of Northpass (Peekskill, NY)			
Oct 19	Knives (and Axes and Spears) Out: A Throwers' Schola	Shire of Anglespur (East Greenbush, NY)			
Oct 25–27	The New Northern Lights A&S Competition and Tir Mara University	Shire of Lyndhaven (Upper Gagetown, NB)			
Oct 26	Fall Crown Tournament	Shire of Mountain Freehold (Rutland, VT)			
Oct 26	River Wars	Barony of Iron Bog (Manalapan, NJ)			
Oct 26	Østgarðr A&S Day: How to Run a Feast	Ætherial Østgarðr			
Oct 28	Appleholm Commons	Ætherial Appleholm			
Nov 2	Ruantallan Baronial Investiture Anniversary, The Crone's Harvest Rite	Barony of Ruantallan (Milford, NS)			
Nov 4	Northpass Business Meeting	Ætherial Northpass			
Nov 9	Barony vs Backlog: Carolingia Edition	Barony of Carolingia (Sudbury, MA)			
Nov 9	Concordian Investiture at Bjorn's Ceilidh!	Barony of Concordia of the Snows (Scotia, NY)			
Nov 9	Feast of St. Clements—Hammer & Tongs II	Shire of Hadchester (Rockland, ME)			
Nov 9	Harts and Horns	Barony of Hartshorn-dale (Douglassville, PA)			
Nov 11	Lion's End Ætherial Commons	Ætherial Lion's End			
Nov 15–16	Golden Sewist Challenge	Barony Beyond the Mountain (Canterbury, CT)			
Nov 16	Harvest Toys for Tots Tourney	Shire of Blak Rose (Carlisle, PA)			
Nov 20	Østgarðr Provincial Commons & Social	Ætherial Østgarðr			
Nov 23	100 Minutes' War	Shire of Rusted Woodlands (Sparta, NJ)			
Dec 2	Northpass Business Meeting	Ætherial Northpass			
Dec 9	Lion's End Ætherial Commons	Ætherial Lion's End			
Dec 18	Østgarðr Provincial Commons & Social	Ætherial Østgarðr			
Jan 6, 2025	Northpass Business Meeting	Ætherial Northpass			
Jan 13	Lion's End Ætherial Commons	Ætherial Lion's End			
Jan 15	Østgarðr Provincial Commons & Social	Ætherial Østgarðr			
Jan 24–26	A Market Day at Birka	Barony of Stonemarche (Manchester, NH)			
Jan 27	Appleholm Commons	Ætherial Appleholm			
Feb 22	Ice Weasel 19	Barony of Smoking Rocks (Fall River, MA)			



Ars & Schola

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

The History of Miso: A Taste of Ancient Japan

Anonymous

Miso, a fermented soybean paste, has been an integral part of Japanese cuisine for over a millennium. Its origins trace back to ancient China, where a similar paste known as “jiang” was made as early as the 4th century BCE. This fermentation technique arrived in Japan around the 7th century, likely introduced by Buddhist monks who brought vegetarian cooking practices that heavily utilized soybean products.

During the Nara period (710–794 CE), miso began to establish itself as a distinct Japanese food, initially treasured as a luxury item among the elite and Buddhist temples. Valued for both its seasoning and preservation qualities, miso became a crucial component of the Japanese diet, offering essential protein, vitamins, and minerals during times when meat consumption was limited by religious practices.

By the Heian period (794–1185 CE), miso's popularity had expanded to all social classes. It was commonly enjoyed as a porridge or in soups, setting the stage for the miso soup we know today. During the Kamakura period (1185–1333 CE), a typical meal included a bowl of rice, dried fish, a serving of miso, and a fresh vegetable, reflecting the simplicity and balance of the era's diet.



The Muromachi period (1336–1573 CE) marked a significant development in miso production. Initially, miso was made without grinding soybeans, similar to natto. However, during this era, Buddhist monks discovered that grinding soybeans into a paste could enhance the flavor of miso and other foods.

Miso's importance grew even further during the Sengoku period (1467–1603 CE), when warlords relied on rice and miso as provisions for their campaigns. Shingen Takeda promoted miso production for his Shinano expedition, and Masamune Date established Japan's first miso factory, the Goensogura. Consequently, many of the warlords' birthplaces became prominent centers for miso production.

Today, miso is celebrated not only for its rich history but also for its role in a balanced diet, epitomizing the simplicity and harmony that characterize Japanese cuisine. Its evolution from a luxury item to a staple food highlights the adaptability and resilience of Japanese culinary traditions.

Miso Soup Recipe

Now that you know the rich history of miso, embark on your culinary journey to Japan with the simple yet hearty flavors of traditional miso soup. This quintessential dish is not only a staple in Japanese households but also a symbol of the country's rich culinary heritage. Miso soup's deep umami flavor and nourishing ingredients

make it a comforting and versatile meal, whether enjoyed on its own or paired with a hot bowl of rice, refreshing pickles, and more. From its origins as a luxury item to its status as an everyday favorite, miso soup has evolved over centuries, and the following recipe captures the essence of this authentic dish, bringing a taste of Japan's history and culture right to your kitchen.

Ingredients:

- 4 cups of dashi¹
- 4 tbsp of miso paste (white, red,

- or a blend of both)
- 7 oz of tofu cut into small cubes (approximately half a block of silk, soft, or firm)
- 1 tbsp dried wakame²
- 1 green onion finely chopped

Instructions:

- 1) Rehydrate the wakame in a cup of water.
- 2) Heat the dashi in a pot over medium heat until hot, but not boiling³.
- 3) Put the miso paste into a ladle and while gently dipping the ladle into the

dashi, slowly dissolve the miso using a small whisk, fork, or chopsticks. Do not put the miso directly into the pot of dashi.

4) Lower the temperature if needed to keep the dashi and miso mixture from boiling, and add the drained rehydrated wakame and the tofu.

5) Heat for a few minutes until the tofu is heated through.

6) Ladle the soup into four bowls and garnish with the green onions.

¹ You can use dashi made from bonito flakes and konbu, or use premade concentrated dashi found in most Asian grocery stores in powder or liquid form.

² Wakame, or seaweed, is normally found dried in most Asian grocery stores, and should be rinsed once rehydrated.

³ Do not let the miso soup boil! This is very important since boiling miso can damage its aromatic qualities and reduce some of its nutritional benefits.



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.



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](#)!



First We Fence

Then We Taco



Østgarðr's Fighter Practice, including Fencing and Heavy Weapons (rattan), takes place **every Tuesday at 7:30 PM** at McCarren Park in Williamsburg, Brooklyn, easily accessible via public transit on the G or L lines.

Wear comfortable clothes that cover your arms and legs and bring your gear if you have it; if not, limited free loaner gear including masks/helmets, gorgets, swords & sword parts, etc. available with [advance notice](#) to your marshal.

Find us by the tree in the outfield of the third ballpark on Driggs Ave. If you can't see us, listen for the sound of rattan hitting shield or pell!

Then, stick around after practice to celebrate Tuesday the best way we know how.

Artwork by Voevoda Lada Monguligin

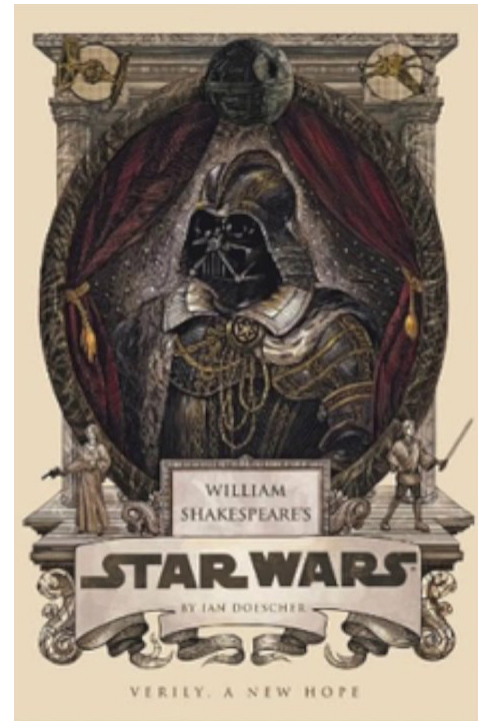
Book Report: *Verily, A New Hope*

by Vicereína Angelica di Nova Lipa

When one wanders through the virtual aisles of the New York Public Library in search of something one has never read (or heard), one encounters, if one may borrow a phrase so old its age rivals rocks, the good, the bad, and the ugly. And sadly, so often, we also encounter the derivative. But who are we to turn up our noses at derivative? The item at which I now chortle is the decidedly campy audiobook William Shakespeare's *Star Wars, Verily a New Hope*, by Ian Doescher.



Fully voiced in iambic pentameter by a cast of five, including narration and stage direction, I found it enjoyably full of irreverent liftings of the bard's phrases while still faithfully telling the well known Lucas tale. C3P0 chews up the scenery. Music from the film adds to the soundscape. Recommended if you are in a Puckish mood.



PSA: Stop the Invaders!

Pray pay heed, all who see these words! A fierce army has once again invaded our fair Province and threatens the harvest, especially that of the vineyards, for generations to come.

Lycorma delicatula do not attack us outright but stealthily feast on the sap of our verdant fields, withering them ere they have a chance to bear us fruit. For their trouble, they leave behind a foul substance that besmirches the plants and prevents vigorous growth.

([Source](#)) ([Source](#))

Luckily, though the damage be subtle, this army is easily identified by their livery. Whosoever bears these arms should be slain on sight; or, for those less violently inclined or slower of foot, whosoever sees one bearing these arms should record the sighting and report it to their local crown and/or minister of war:

Gyronny of five from chief; in center gules pellety; between two gyrons sable, a fess argent; between two gyrons dun pellety, in base vairy.



Food Collection at Barleycorn

by THL Vilasþa Ivanova doch'

We will be doing a food collection at Barleycorn. Items collected will be donated to HOPE Community Services here within the borders of Northpass. I will take the collected items to HOPE for distribution to the community.



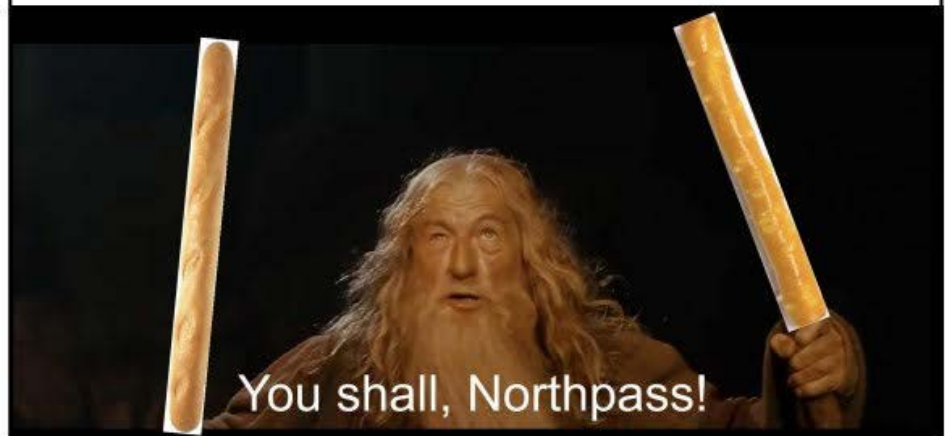
THE FELLOWSHIP OF THE HARVEST

As we gather to celebrate the turning of the seasons and the coming of John Barleycorn and his harvest, let us also come together to share the bounty of the harvest with our community. We encourage you to bring donations of non-perishable supplies which will be given to the food pantry at HOPE Community Services in New Rochelle within the borders of the Canton of Northpass.

Items of greatest need include the following:

- Shelf-stable milk (cow, almond, soy)
- Cooking oil (corn, canola, olive)
- Jam or jelly (including sugar free)
- Canned tuna and chicken
- Unsweetened applesauce cups
- Menstrual products such as pads
- Granola bars
- Rice
- Peanut butter
- Toilet paper
- Diapers (all sizes)
- Crackers

On all canned items, pull tab lids are preferred as a can opener is not needed



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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 Lady Kunigunde Wedemann	Youth Combat Marshal	Lady Arnora Ketilsdottir
Exchequer	Hlæfdige Alienor Salton, called Piglet	Minister of Lists	The Honorable Lady Vitasha Ivanova doch'
Deputy Exchequer	Lord Francisco de Braga	Webminister	Lord Antonius Gracchus, called Twyg
Herald	Bóaire Mathghamhain Ua Ruadháin	Chronicler	Lady Zahra de 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, called Piglet
Seneschal of Lions' End	Lady Jóra Úlfsdóttir
Seneschal of Northpass	Lady Meadhbh MacPharláin

Herein Listed are the Provincial Champions of Østgarðr:

Armored Combat	Lord Alexander Krause	Arts and Sciences	Lady Arnora Ketilsdottir
Fencing	Count Ryouko'jin of the Iron Skies	Bardic	Lord David Anthony
Archery	THL Eanraig the Bonesetter	Youth Combat	Rees Ragnarrson
Thrown Weapons	Madwen Gam		

