



*L'Academie  
Atlantienne  
de la Danse*

## Academie Officers

### Chancelier

Brigida d'Isenfir di  
Ponza

### Track Coordinator

Magnifica Helena  
Hrolfsdottir  
(Penelope M.)

### Chatelaine/Social

### Media Officer

Looking for Volunteers!

### Web Minister

Maestra Nicolosa de  
Misura  
(Kendra Schmid)

### Chronicler

Brigida d'Isenfir di  
Ponza



Benson, Ambrosius. *Elegant Couples Dancing in a Landscape*.  
Circa. 1540. Wood. Utah Museum of Fine Arts, Salt Lake City

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# La Mezavolta

June/July 2025, A.S. 60



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Greetings everyone,

I am proud to present to you the new edition of La Mezavolta! The last time it was published was seven years ago, back in 2018. Since then, the Academie has been through two chancellor switchovers, a global pandemic, and the struggle of many of our members leaving the SCA. When I stepped into the role of chancellor a little more than two months ago, one of my main goals was to bring back this newsletter. I loved how it was a way that we could really look at what we have accomplished, and to share what we hope to achieve in the future.

You'll notice that this looks very similar to the past editions of La Mezavolta. Only a few changes have been made, because I wanted to preserve the original character of the newsletter. The font size has been increased, more photos and illustrations have been added (and will continue to be), and a new section called Vivats! has been added to recap the awards bestowed on members of the Academie.

La Mezavolta will be published every three months, in March, June, September, and December. In addition, there will also be a flyer sent out in the months the larger newsletter is not published, that lists upcoming events and notes from officers. Please submit to La Mezavolta! I am looking for articles; dance reconstructions; photographs; artwork; and information about events that have happened, will happen, and awards that were bestowed upon members of the Academie. The deadline to submit articles is the 15th of the month prior to publication (February, May, August, and November). The deadline for information is the 25th of every month, for both the full edition and the flyer. Please submit written articles or dance reconstructions in pdf form attached to an email. Please send your submissions to me at [brigida.disenfir@gmail.com](mailto:brigida.disenfir@gmail.com)

Thank you to Magnifica Helena Hrolfsdottir, Patches, and Maestra Nicolosa de Misura for contributing.

In service,  
Brigida d'Isenfir di Ponza,  
Chancelier and Chronicler,  
L'Academie Atlantienne de la Danse



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## Dancing At Gem Joust

*Contributed by Magnifica Helena Hrolfsdottir, OL*

This year's Gem Joust was jam-packed with activities for everyone, including a little bit of dancing under the stars. Friday evening, after the conclusion of the Vespers' tourney, we enjoyed an hour of dancing by torchlight on the tourney field. Our small but merry band of dancers included one combatant still wearing his armor from the tourney and a newcomer at their first event. We started with a few processional dances, including Lorrayne Alman and Queen's Alman. We also danced a few English country dances. Saturday after court we repaired to one of the round silos for a little more dancing. This time we enjoyed some 15th century Italian dances as well as some English country dances. Tired from our late evening of dance the night before, we concluded dance on Saturday at sunset.

## Upcoming Events with Dance

### Pennsic War

July 29-August 10

Classes and balls throughout the event. Several balls and classes run by Atlantians, and the dance organizing is led by Atlantians.

Aethelmearc  
Slippery Rock,  
Pennsylvania

*If you know of an event that should be featured, please send it to the chronicler!*

*Sometimes, upcoming events would love to add dance, but need a Dance Master! If you would be interested, please contact Brigida d'Isenfir di Ponza. If you want to see dance at your next local event, be sure to reach out to your event steward or A&S coordinator.*

## Dance, Reconstructed: Celeste Giglio

*Reconstructed by Brigida d'Isenfir di Ponza*

This dance was reconstructed and taught as a class at the virtual Summer University. This dance is very long, so only the first and the seventh parts were taught at the class, and only the first and the seventh parts are presented here.

Celeste Giglio is Caroso's masterpiece. It contains seven parts or "playings" in varying time and style. The first two parts are in duple time, the same as most balletti; the next three parts are in galliard time with the first and the third galliard parts being long, but the second short; the sixth part is in saltarello time; and the seventh is a Canario.

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There are two recordings for this dance. The Broadside Band & Jeremy Barlow version is easier to find, but can be painfully slow. The Flowers of 16th-century Italian is faster, and much more true to the actual speed of the steps, but is very hard to find.

The Broadside Band & Jeremy Barlow "Balletto Celeste Giglio" *Il Ballarino - Italian Dances c1600*, Hyperion Records, 1987.

"Celeste Giglio" *Flowers of 16th-century Italian Dance Music*, 1996.

## Celeste Giglio

Caroso (1600)

Arrangement: single couple

### First Playing

Standing opposite each other, not holding hands

1-4 Riverenza lungha

5-8 Continenze breve L-R

Take R hands

9-11 Trango L

12 Zopetto L

13 Passetto in Aria L

14 Cadenza L

15-18 Groppo L

19-20 Passetti in Aria L-R

21-23 Fioretti L-R

Drop hands

Changing places, turning to L

24-25 Passi Minimi L-R

26-28 Fioretti L-R

29-30 Passi L-R

Turning L hips in,

31-32 Saffice L

33-56 Repeat 9-24 to R

Take both hands

57-60 Continenza breve L-R

Drop outside hands

61-64 Riverenza lungha

### Canario (Part 7)

Standing opposite each other, not holding hands

1-16 8 Canary Patterns (two L, two R, repeat)

7-20 Lady claps both of lord's hands

21-24 Lord claps both of lady's hands

25-26 Puntate L

27-28 Mezza Riverenza R while touching R hands

29-32 Repeat 25-28 to the other side

33-34 Spezzati L-R, turning L

35-36 Passetti Presti forward L-R

37-38 Saffice L with L hip in

39-44 Repeat 33-38 to the other side

45-46 Passi Puntati Semibrevi L-R

Take inside hands

47-48 Riverenza breve



# La Mezavolta



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## Pennsic Classes and Balls

*Contributed by Brigida d'Isenfir di Ponza and Lady Sonya Flicker (called Patches)*

There are a lot of great balls and classes at Pennsic this year. Both the dean, Lady Sonya Flicker (called Patches), and the deputy dean, Lady Mirabella Walmesley of Grimsby, of European Dancing at Pennsic are Atlantians. Lady Mirabella was also deputy dean last year. Many Atlantians are also teaching classes.

Guests are welcome to attend Patches's Pelican Vigil, Saturday, August 2nd at noon in the European dance tent.



### Ball Schedule

- Monday, July 29 to Wednesday, July 30, 9 P.M  
Open dancing and open band.
- Thursday, July 31, 9 PM  
Musicians' choice open dancing and open band. The musicians will choose the dances for the evening.  
Band leader THL Siri Toivosdotter
- Friday, August 1, 9 PM  
Early Bird Ball  
Hosted by Baroness Gwenllyen the Minstrel  
Band leader THL Siri Toivosdotter. Open band.
- Saturday, August 2, 9 PM  
The Contessa's Red and Gold Ball  
Hosted by Countess Judith de Northumbria  
Band leader Master Albrecht Catsprey. Closed band.
- Sunday, August 3, 4 PM  
An Enchanted Picnic  
Hosted by Countess Judith de Northumbria  
Band leader Master Albrecht Catsprey. Closed band.
- Sunday, August 3, 8 PM  
Beginners' Ball  
Hosted by Lady Sonya Flicker, called Patches  
Band leader Lord Maugorn the Stray. Open band.

# La Meza Volta

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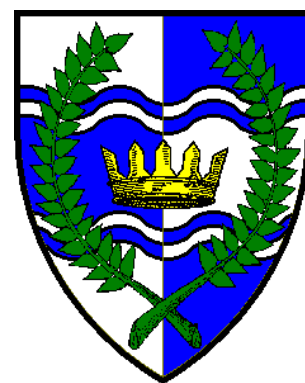


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- Monday, August 4, 9 PM  
Italian Revel  
Hosted by Mistress Rebecca da Firenze  
Band leader Elizabeth of Dendermonde. Open band.
- Tuesday, August 5, 8 PM  
The Rainbow Ball (to accompany the Clan Blue Feather Ball and Fashion Collition)  
Hosted by Alexander of Mistig Waetru,  
Band leader TBD. Open band.
- Wednesday, August 6, 9 PM  
Pennsic Grand Masked Ball  
Hosted by Avelina del Dolce  
Band leader TBD. Open band.
- Thursday, August 8, 10 AM  
All Ages Revel  
Hosted by Mistress Rebecca da Firenze  
Band leader Elizabeth of Dendermonde. Open band.
- Thursday, August 8, 9 PM  
Farewell Ball  
Hosted by Lady Mirabella Walmesley, Lord de Troyes, and Lady Sonya Flicker, called Patches  
Band leader TBD.

## Classes Taught by Atlantians

- Tuesday, July 29 at 17:00  
Advanced English Country \*Step Stately\*  
Lady Sonya Flicker, called Patches.
- Thursday, July 31 at 15:00  
Beyond the Basics of 15th Century Italian Dance  
Magnifica Helena Hrolfsdottir.
- Sunday, August 3 at 11:00  
Uncommon English Country Dances  
Maestra Nicolosa de Misura.
- Sunday, August 3 at 12:00  
Dance Lunch & Learn - Dance Mentorship Roundtable  
Maestra Nicolosa de Misura.



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- Monday, August 4 at 12:00  
First of Three Gresley  
Mistress Evelynne Merrymet.
- Tuesday, August 5 at 13:00  
Easy Bransles for Fun  
Mistress Evelynne Merrymet.
- Tuesday, August 5 at 16:00  
Second of Three Gresley  
Mistress Evelynne Merrymet.
- Tuesday, August 5 at 17:00  
Advanced English Country \*Parsons Farewell\*  
Lady Sonya Flicker, called Patches.
- Wednesday, August 6 at 11:00  
Eleanor's Ribbon Dance (aka Fettuccine For Five)  
Magnifica Helena Hrolfsdottir.
- Wednesday, August 6 at 12:00  
Dance Lunch & Learn - Books & Resources  
Magnifica Helena Hrolfsdottir.
- Wednesday, August 6 at 15:00  
Circle Dances  
Lady Patricia of Trakai.
- Thursday, August 7 at 15:00  
A Few More Bransles  
Mistress Evelynne Merrymet.
- Thursday, August 7 at 16:00  
Dances from Inns of Court  
Master Stefan of Cambion.



The Carolle in the Garden. Circa. 1490-1500. From Roman de la Rose. [https://commons.wikimedia.org/w/index.php?title=File:The\\_Carolle\\_in\\_the\\_Garden\\_-\\_Roman\\_de\\_la\\_Rose\\_\(c.1490-1500\).f.14v\\_-\\_BL\\_Harley\\_MS\\_4425.jpg&oldid=1009352880](https://commons.wikimedia.org/w/index.php?title=File:The_Carolle_in_the_Garden_-_Roman_de_la_Rose_(c.1490-1500).f.14v_-_BL_Harley_MS_4425.jpg&oldid=1009352880)



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## Winter/Spring Dance Recap

Here is a list of events where members of L'Academie taught, hosted, or facilitated dance over the course of the winter and the spring.

- Yule Revel (Storvik) - European Dance class led by Patches (Lady Sonya Flicker) with live music.
- Atlantian Twelfth Night (Tir-y-Don) - Daytime dance practice, and evening ball, both with live music. Led by Brigida d'Isenfir di Ponza; set list planned by Magnifica Helena Hrolfsdottir, coordinated by Mistress Alyna of the Ilex and Magnifica Helena Hrolfsdottir, OL.
- Storvik's Performer's Revel (Storvik) - Dancing.
- Defending the Gate (Sudentorre) - Ball led by Magnifica Helena Hrolfsdottir.
- Night at the Faire (Lochmere) - Medieval Dancing class led by Patches (Lady Sonya Flicker).
- Stablecraft Demo (Isenfir) - Dancing led by Lady Morgan of the Burial Shrew.
- Gem Joust (Caer Mear) - Dancing led by Magnifica Helena Hrolfsdottir. See article about dancing at Gem Joust!
- Northside Demo (Isenfir) - Dancing led by Brigida d'Isenfir di Ponza, assisted by Maestra Nicolosa de Misura.
- June University (Marinus/Virtual) - A dance track both online and in person with classes taught by Mistress Alyna of the Ilex and Brigida d'Isenfir di Ponza.



*If you know of an event, demo, or SCA dance that should be highlighted, please send it to the chronicler!*

de Caulery, Louis. *Social gathering at the palace*. Circa. 1610. [https://commons.wikimedia.org/wiki/File:Louis\\_de\\_Caulery\\_-\\_Zebanie\\_towarzyskie\\_w\\_palacu.jpg](https://commons.wikimedia.org/wiki/File:Louis_de_Caulery_-_Zebanie_towarzyskie_w_palacu.jpg)



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## Notes from the Last Academie Meeting

*Contributed by Maestra Nicolosa de Misura*

### **\*\*Meeting Goals:\*\***

1. Discuss dance contributions in Atlantia
2. Select chancellor(s)
3. Fill leadership roles
4. Discuss specific ideas

### **\*\*Key Decisions:\*\***

- Chancellor: Brigida (will also handle newsletter)
- Track Coordination: Helena (with Catalina as backup)
- Social Media Coordinator: Seeking a volunteer!

### **\*\*Major Discussion Points:\*\***

1. Event Scheduling & Timing
  - Seeing some success for dancing between court & feast
  - Mid-afternoon dance sessions showing success
  - Challenge with timing conflicts (e.g., bardic)
  - Successful afternoon dancing at 2024 12th Night
  - Evening dances better for multi-day events
2. Regional Support & Accessibility
  - Need for supporting Southern dance masters
  - Virtual options for broader community engagement
  - Population density and travel radius challenges
  - Importance of planning key events 6-9 months ahead
3. Music Integration
  - Be more vocal about musicians are welcomed and we love having them here
  - Live music availability (e.g., Storvik)
  - Spotify playlist exists (premium only so not the best noted)
  - Suggestion for YouTube playlist alternative
4. Educational Initiatives
  - Need for more instructional videos
  - Suggestion for teaching methodology class at University
  - Proposal for standardized set of 12 dances with instructions
  - Need for more Pennsic classes
5. Website & Communication
  - Website updates needed (please send updates to Nicolosa!)
  - Push for email signup
  - Update practice list
  - Revamp spreadsheet with teaching information



De Mulieribus Claris - Eriphila. Circa. 1488-1496. From De Mulieribus Claris. [https://commons.wikimedia.org/wiki/File:De\\_mulieribus\\_claris\\_\(BnF\\_Français\\_59\\_9\)\\_f.18v\\_-\\_Eriphila.jpeg](https://commons.wikimedia.org/wiki/File:De_mulieribus_claris_(BnF_Français_59_9)_f.18v_-_Eriphila.jpeg)



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## **\*\*New Ideas/Proposals:\*\***

- Bring back dance authorization cards
- Bring back dance favors
- Create instructional videos with dancers facing same direction
- Standardize 12 core dances with instructions and music

## **\*\*Action Items:\*\***

1. Update practices list on website
2. Create YouTube playlist for dance music
3. Plan University class for video recording
4. Update spreadsheet with teaching information
5. Investigate dance authorization cards implementation
6. Coordinate dance favor revival
7. Follow up on social media coordinator position

## **Agenda for the Next Academie Meeting**

*Contributed by Brigida d'Isenfir di Ponza*

The next Academie meeting will be sometime in mid to late July, date TBD.

### Old Business

- Dance authorization card implementation
- Dance favor revival
- Social Media Coordinator/other open positions followup

### Fall University

- What classes would folks like to see?
- Class for video recording
- Teaching methodology class "Dance Master 101"
- Mini lecture class
- Filling out the dance track - both in-person and virtual

### Dance at Small Events

- Stierbach Baronial birthday
- Call for other small events

### Website/Online

- Dance Practice/Officer website updates
- YouTube Playlist for Dance Music
- Revamp dance master spreadsheet with teaching information
  
- Call for any other old business

### New Business

- Create a spreadsheet with available musicians for dance events
- Call for any other new business



Pisan, Christine. An illustration from a compendium of her works. [https://commons.wikimedia.org/wiki/File:Christine\\_de\\_Pisan\\_-\\_cathedra.jpg](https://commons.wikimedia.org/wiki/File:Christine_de_Pisan_-_cathedra.jpg)

# La Mezavolta

## Vivats!

Congratulations to the following members of the Academie who have achieved awards or taken on positions in the past few months.

- Brigida d'Isenfir di Ponza took over as chancellor of the Atlantian Dance Academie, succeeding Lady Catalina d'Isenfir de Misura.
- Magnifica Helena Hrolfsdottir assumed the newly created position of Track Coordinator of the Atlantian Dance Academie.
- Brigida d'Isenfir di Ponza earned her Masters of SCA Studies degree at the Summer session of the University of Atlantia.
- Maestra Nicolosa de Misura was awarded The Golden Elephant, along with the rest of the University of Atlantia staff and the University itself, for the University's service to the kingdom.
- Lady Sonya Flicker, called Patches will be inducted into the order of the Pelican at Pennsic on August 2.

*If you know of an award, achievement, or position that a member of the Academie has received or taken on that should be highlighted, please send it to the Chronicler!*



This is La Mezavolta, a publication of L'Academie Atlantienne de la Danse of the Society for Creative Anachronism, Inc. La Mezavolta is available from Brigida d'Isenfir di Ponza, brigida.disenfir@gmail.com, Chronicler. Subscriptions are free as all publications are available electronically, This newsletter is not a corporate publication of the Society for Creative Anachronism, Inc., and does not delineate SCA policies. © Copyright 2025, Society for Creative Anachronism, Inc. For information on reprinting letters and artwork from this publication, please contact the Chronicler for L'Academie, who will assist you in contacting the original creator of the piece. Please respect the legal rights of our contributors.

*If you notice a mistake or inaccuracy, please contact the Chronicler at the email above.*



# Photo Gallery

Dance Practice at Twelfth Night  
Photo Credit: Erik of Bumbledore



University Class: Celeste Giglio  
Photo Credit: Brigida d'Isefir di Ponza



Live Music for Dance at Twelfth Night  
Photo Credit: Steven Dowd



Master and Apprentice at the Northside Demo  
Photo Credit: Maestra Nicolosa de Misura

*Please submit photos of dancing at events to the Chronicler, so they can be featured here!*