



# NEWSLETTER

TRADITION INTO THE 21ST CENTURY

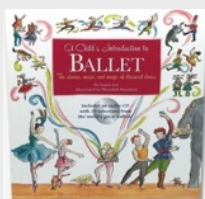
## Dance Books



### **I Dreamed I was a Ballerina**

written by Anna Pavlova. Atheneum Publishing

Every girl remembers her first trip to the ballet: the anticipation beforehand, the orchestra's first notes, the ethereal beauty of the ballerinas. This is a tale of one such girl who was caught up in ballet's mesmerizing spell and became one of the greatest ballerinas of all time.



### **A Child's Introduction to Ballet**

written by Laura Lee. Black Dog & Leventhal

The latest volume in Black Dog's successful book-and-CD series combines the mesmerizing stories of the world's great ballets with fun facts, dancing how-tos, history, profiles—all accompanied by charming original watercolors.

## Summer Studies Outside BdA

*Article by: Alexandria Ina Rose B.*

For a number of years, Ballet des Amériques has been sending students to top summer schools in Europe. In 2014, Isabel W. and Alexandria Ina Rose B. were both accepted into the summer program of the Opéra National de Paris as boarder trainees. That same year, Emanuel L. was accepted into the Royal Ballet School's White Lodge Summer School in the United Kingdom.

In 2015, Marguerite-Louise G. was accepted into the summer program of the Opéra National de Paris at the *niveau supérieur* or superior level. She left such a positive impression that the school of the Opéra National de Paris invited her back without requiring an audition video.

When these students returned, they each explained how the different schools were similar to Ballet des Amériques'

professional environment. Isabel reported writing in her journal how happy she was during that summer in Paris. Her peer, Marguerite-Louise, also said that the program was a wonderful experience.



*From the website of the Paris Opera*

"The program was intense and rigorous. Classes started at 9 in the morning, and ended eight hours later," Marguerite-Louise explained. "But when you're dancing with determined students and passionate teachers, the long hours don't feel as tiring. Overall, the program was great, I have such great memories there."

That summer, Mme. Carole Alexis joined Marguerite-Louise at

## Upcoming Events

- Jan 16** Ballet is Not Pink  
Rye Free Reading  
Room Library
- Jan 25** Open House
- Jan 26** Examinations
- Jan 27** See online calendar  
**Jan 29** for details
- Jan 30** First Show of  
**Evenings of Dance**
- Feb 27** Summer Intensive  
Audition (for non-BdA  
students) Please  
spread the word and  
bring a friend
- Feb 27** Second Show of  
**Evenings of Dance**

## Performances to Watch

*Recommended by: Carole Alexis  
Performances at The Joyce Theatre*

- Jan 12 - 17** **American Dance Platform**  
showcasing  
various American  
companies of  
today

## BdA in the News

Greenwich Free Press:

**Review: Ballet des Amériques  
'Nutcracker Ball' Raises the Bar  
High**  
<http://tinyurl.com/guokp7b>

**Meet Carole Alexis, Director of  
Ballet des Amériques. What  
Makes Her Tick?**  
<http://tinyurl.com/z9ovepc>

the Opéra National de Paris as part of the Cross Threads Program. This program is designed for master teachers who want to exchange their experiences and further their knowledge of the French teaching method and French style and technique. Participating teachers take master classes and have the opportunity to observe and take part in classes and discussions on teaching methods throughout the summer.

Now, once again, Mme. Carole Alexis is preparing students for summer school auditions outside Ballet des Amériques. These schools include: Opera National de Paris in France, Royal Ballet School in The United Kingdom, and The Juilliard School in New York City.

The students chosen to audition for these schools are still required to attend Ballet des Amériques' summer intensive.

## Ballet is Not Pink

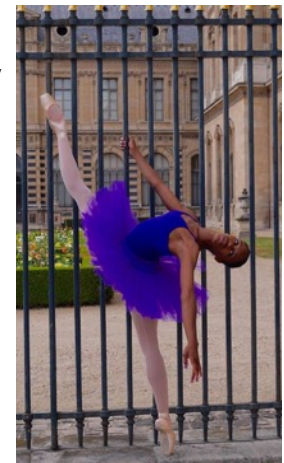
*Article by: Hans-Jakob Wilhelm*

A presentation by director and choreographer Carole Alexis and a dance performance by students and professional dancers of Ballet des Amériques at the Greenburgh Public Library, October 24 at 2 pm.

*Ballet - or dance training in general - is a life of sacrifice. Sacrifice is a gift or an offering to what we hold in highest esteem. In a universal language without need for words, ballet offers a vision that is aesthetically, emotionally and intellectually engaging and socially relevant. Now more than ever, the universal language of ballet is able to move and to challenge us as human beings regardless of our particular cultural, social or political affiliations if we but let go of the monochromatic "pink" stereotype and allow this art form to shine in a kaleidoscopic vision of glorious color.*

*This presentation outlines and illustrates the pedagogical and aesthetic principles that guide me in directing the rigorous training, the artistic creations and public performances at Ballet des Amériques.*

- Carole Alexis



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## Nutrition Information on Spinach

(From: Medical News Today)

Dark leafy greens like spinach are important for skin and hair, bone health, and **provides protein, iron, vitamins and minerals.**



tablespoon.com/Photo Credits

Consuming spinach **lowers the risk of cancer, blood pressure, and the risk of developing asthma.** It also **improves bone health.**

## Recipe: Spinach Ricotta Parcels

Makes 6 entree servings

Perfect for lunch or brunch served with a green salad.

- 2 sheets of puff pastry (thawed according to packet instructions)
- 1.5 cups of Frozen spinach, thawed, drained and squeezed dry
- 1/2 onion, finely diced
- 2 cloves of garlic, minced
- 1 tbsp olive oil
- 2/3 cup Ricotta
- 2/3 cup Feta, crumbled
- 1tsp lemon zest
- 1 egg
- salt and pepper to taste
- egg wash: 1 egg beaten & 1 tbsp heavy cream

## Clara's Tea

Article by: Alexandria Ina Rose B.



Andrea Carson Photography/Photo Credits

Under the direction of Carole Alexis, Ballet des Amériques Conservatory students and professional dancers of the company performed excerpts from the Nutcracker in two performances at Clara's Tea.

The event was part of the The Junior League of Greenwich's annual fundraiser, The Enchanted Forest. The event lasted for three days and Clara's Tea was one of the family events that was featured.

The audience members were able to enjoy tea and cookies while watching the performance. They were also able to take pictures and speak with company members after the show.



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## The Nutcracker Ball

Article by: Alexandria Ina Rose B. & Marguerite-Louise G.

In December, Ballet des Amériques produced its annual Nutcracker Ball for the holiday season. With four shows, several dance excerpts from the Nutcracker Suite performed by both the company and the school, the fundraising event proved be a resounding success.

Festive fundraiser receptions were held for the benefit of the Ballet des Amériques community. The receptions gave audiences



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Line a large baking sheet with parchment paper and preheat the oven to 350 degrees.

Heat the olive oil in a sauté pan and sauté the onion until soft, add the garlic and cook briefly until golden. Add this to remaining ingredients.



Roll puff pastry dough on a lightly floured surface to reduce thickness by about 1/3 and total size is 15x15 inches. Cut 5 inch squares. Spoon filling into center of each pastry square and pull corners up diagonally across filling.

Place on a parchment lined baking sheet. Brush each parcel with egg wash and bake for 25 minutes at 350 degrees until golden.



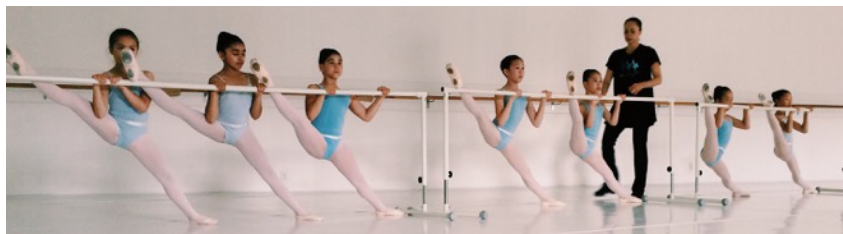
*For appetizer portions, reduce the size of the squares and assemble accordingly.*

the opportunity to meet the producers of the show along with the professional company and students. A specially designed “Ballet Giving Tree” welcomed those who wished to support Ballet des Amériques in future endeavors.

Having worked vigorously in the first few months of the year, students were able to apply their technical training in a classic and modern repertoire.

With the next half of the year on its way, students are working to progress in every way possible: in their technique, etiquette, and artistry. Each day, students pass through the hallways and enter the studios striving to be their best, while the professional company, with the same spirit, fiercely rehearses for their upcoming performances in their second season of the **Evenings of Dance in Port Chester**.

All of BdA's hard work and commitment continues to pay off. Each year's expectations are raised and hard work is performed to meet them. We would like to thank all who participated and volunteered for the success of The Nutcracker Ball.



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## Evenings of Dance in Port Chester Series

*Article By: Alexandria Ina Rose B.*

In the winter of 2015, Ballet des Amériques introduced the **Evenings of Dance** series to much praise and applause. The company dancers performed choreography by Artistic Director Carole Alexis.

The series brought diverse communities together as an audience for intricate pieces staged to international music — from classical Bach, to Celtic, even to an Indian-Jazz fusion (**Back to Bach, Cotes D'Armor, and Macouba**).

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[www.balletdesameriques.com](http://www.balletdesameriques.com)

[www.balletdesameriques.company](http://www.balletdesameriques.company)

[www.summerintensive.com](http://www.summerintensive.com)

Technical director Paul Uhry Newman designed and operated the lights, while Costume Mistress Nicole Mink Alcantara created beautiful new costumes and also facilitated quick changes backstage. Several of the school's students also volunteered throughout the series to assist with various tasks.



*Shamsher Dhanoa/Photographer*

For the first show of the series, Ballet des Amériques' pre-ballet student, Ava, insisted on accompanying her grandmother after hearing about it from ballet teacher, Ms. Celeste Landa. Hearing such persistency and excitement, Mrs. Tsiamtsiouris brought her along in the hope that her granddaughter would enjoy the performance. It proved to be a wonderful decision.

"She was mesmerized about the whole show," Mrs. Tsiamtsiouris said. "It gave her something to look forward to, to look up to, and something to aspire to. It was just such a thrilling experience."

Now the company of Ballet des Amériques is once again proud to announce the second season of the widely acclaimed Evenings of Dance in Port Chester. Four performances are scheduled from January until April, the first for January 30th. Further details can be found online: [www.balletdesameriques.com/evenings-of-dance](http://www.balletdesameriques.com/evenings-of-dance).

