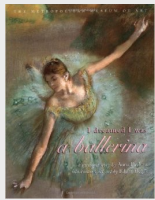


TRADITION INTO THE 21ST CENTURY

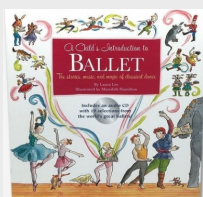
Season's Books



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 Outside of BdA

Article By: Alexandria Ina Rose B.

From the previous years, Ballet des Amériques has been sending students to top summer schools within Europe. The first year, Isabel W. and Alexandria Ina Rose B. were both accepted into the summer program of Opera 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.

A year after, Marguerite-Louise G. was accepted into Opera National de Paris at the *niveau supérieur* or superior level. After being in their summer program, the school of Opera National de Paris is inviting her back with no audition tape necessary.

When the students came back, they each explained how the different schools were similar to Ballet des Amériques' professional environment.

Isabel boasted about writing a journal entry expressing her happiness during that summer. Her peer, Marguerite-Louise, also said that the program was a wonderful experience.



David Elofer OnP/Photo Credits

"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 doesn't feel as tiring. Overall the program was great, I have such great memories there."

This previous summer, Mme. Carole Alexis joined Marguerite-Louise in the Opera National de Paris as part of the Cross Threads Program. This program is dedicated to teachers who are

Upcoming Events

- Dec 12 & 13** Nutcracker Ball Fundraiser
- Dec 19 - Jan 3** Holiday Break SCHOOL CLOSED
- Jan 16** Ballet is Not Pink Rye Free Reading Room Library
- Jan 30** First Show of *The Evenings of Dance in Port Chester Series*
- Feb 27** Second Show of *The Evenings of Dance in Port Chester Series*

Performances to Watch

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

- Dec 15 - 20** **The Social Tango Project** ft. Argentinian tango artists
- Jan 05 -10** **Daniil Simkin's INTENSIO** ft. American Ballet Theatre company members
- Jan 12 - 17** **American Dance Platform** showcasing various American companies of today

hoping to improve their knowledge about the French style and technique. The participated teachers are given master classes, observation and participation in classes and discussions on teaching methods throughout the summer.

Once again, Mme. Carole Alexis is preparing students for summer school auditions outside of 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.

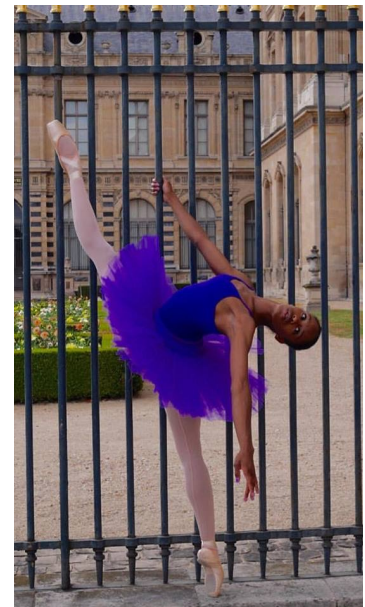
Ballet is Not Pink

Article By: Hans-Jakob Wilhelm

A presentation by director and choreographer, Carole Alexis, of Ballet des Amériques - with live demonstrations and a short performance at the Greenburgh Public Library was done 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
- 1 tsp 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 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 the company members after the show.



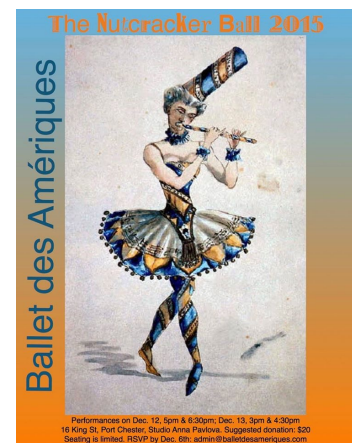
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The Nutcracker Ball

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

This winter Ballet des Amériques will be producing their 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 proves be a ongoing success.

There will be a reception held in behalf of the Ballet des Amériques community. This brief hour continues the fundraising event and will give the audience the



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.

opportunity to meet the producers of the performance along with the professional company and students. The “Giving Tree” will once again be held to welcome those who wish to support Ballet des Amériques for their future endeavors.

After working vigorously for the first semester, students will be able to apply their technical training to a traditional and classic répertoire.

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 by 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 at their second installation 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 elevated and are worked hard for. We would like to wish the best of luck to all who will participate in the production of this year's Nutcracker Ball.



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Evenings of Dance in Port Chester Series

Article By: Alexandria Ina Rose B.

Earlier this year, Ballet des Amériques introduced **The Evenings of Dance Series** to much praise and applause. The dancers performed choreography by Artistic Director, Carole Alexis.

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

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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

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 with the hopes of a positive reaction from her granddaughter. 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 as the year comes to a close, the Ballet des Amériques company is once again proud to announce their second installation of the widely praised Evenings of Dance in Port Chester. Shows will be performed at the end of every month, starting with their first show on January 30th. Further details can be found online.



Isodale Alexis, soliste
Photo: Dylan Lesueur