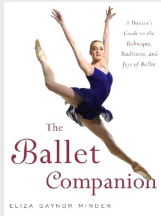


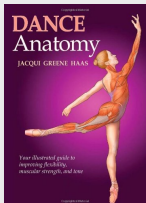
TRADITION INTO THE 21ST CENTURY

Books of the Month



The Ballet Companion
written by
Elizabeth Gaynor
Minden.
Simon & Schuster
Publishing

"**The Ballet Companion** is a fresh, comprehensive, and thoroughly up-to-date reference book for the dancer."



Dance Anatomy
written by Jacqui
Greene Haas.
Human Kinetics
Publishers, Inc.

"**Dance Anatomy** brings the relationship between muscle development and aesthetic movement to life with four-color illustrations."

May all students please get a copy of these books as they will be used as references in future classes.

Evenings of Dance in Port Chester Series

Article By: Hans-Jakob Wilhelm

The season finale on April 25th of our **Evenings of Dance in Port Chester** saw the company dancers in their most impassioned and emotionally engaging performance yet, prompting gasps, tears and laughter in the audience.

In her address following the performance, director and choreographer Carole Alexis urged the attentively listening audience "to demand art" in their respective communities, arguing that art is the first casualty when a society drifts towards intolerance and tyranny.

The season finale was a fittingly sold-out event, but audiences will have a chance to see the company premiering "**Peter and the Wolf**" on June 13 and 14 at the Emelin Theatre in Mamaroneck.

The Board of Directors wish to thank Director and Choreographer Carole Alexis, Technical Director Paul Uhry Newman, Costume Mistress Nicole Alcantara, Backstage Manager Celeste Landa, Assistant to the Director Shirley Rodriguez, Dancers: Isodale Alexis, Ashley Cook, Taylor Fikes, Sarah Fink, Shogo Honda, Irene Przywara and Jenna Simon as well as Volunteers: Irene Bocca, Anita Lai, Alexandria Ina Rose B., Louise G., Zumeiya T.-G., Simone P. and Imogen S. for welcoming our audiences who traveled to Port Chester from Atlanta,



Shamsher Dhanoa/

Upcoming Events

June 13 - 14 **Spring**
(3PM) **Performances**

June 17 - 18 Final Exams &
Open House

June 20 Parent-Teacher
Conferences

August 3 - 28 Summer
Intensive

Yoga Benefits

This year, the practice of yoga was introduced to BdA. It was taught by Stephanie Steiger, who blends her experience in Vinyasa, Ashtanga, and Iyengar to create a safe, healing environment for each student.

Yoga, in itself, has many benefits for dancers. The practice not only increases flexibility and strength, but also body awareness, breath awareness, and peace of mind. The poses put gentle pressure on the internal organs which has a detoxifying effect on the body. They also redistribute blood throughout the body and improve circulation.

Maryland, Philadelphia, New York City and various towns in the counties of Westchester, NY, and Fairfield, CT, and for their respective contributions to the phenomenal success of this series.

BdA Company is looking forward to reintroducing the series this upcoming 2016 winter season.



Shamsher Dhanoa/

Collaboration with Patricia Miranda

Two dancers from Ballet des Amériques gave a short improvisational performance in the afternoon on Saturday, April 25, as guests of Port Chester Open Studios, a weekend of exhibitions by visual artists in the historic Ernest Simons Building that was also part of ARTSEE, a festival showcasing new works of art throughout Westchester County in celebration of ArtsWestchester's 50th anniversary. The dancers made their guest appearances in the studios of Miranda Arts Project Space (404E), organizer of the Open Studios weekend.

The celebration continued just a few blocks from the Ernest Simons Building with the season's final **Evening of Dance in Port Chester**.

Arts Alive Project Grant

Ballet des Amériques is pleased to announce that ArtsWestchester awarded an Arts Alive Community Project Grant to the BdA Company. The grant is dedicated for bringing school children to the Company's premiere of *Peter and the Wolf*. Please see the article *Our Visit to the Thomas A. Edison School* below for details.

Arts Alive Project Grants are made possible with funds from the Decentralization Program (DEC), a regrant program of the New York State Council on the Arts with the support of Governor Andrew Cuomo and the NYS Legislature and administered by ArtsWestchester.

Composers of the Month

Sergei Prokofiev (1891 - 1953)

Born under the Sontsovka, Ukraine, Russian Empire, **Prokofiev** was a highly gifted musician and composer. **Peter and the Wolf** was one of his first compositions, written in just two weeks for a children's theatre in Moscow. Besides composing the music, he also created the story and wrote the narration. Each character in the story is represented by a different instrument or set of instruments:

- Peter - the violin
- The Grandfather: the bassoon
- The Bird - the flute
- The Duck - the oboe
- The Cat - the clarinet
- The Wolf - the French horn
- The Hunters: the timpani

The beautiful composition received immediate success and continues to be loved by children and adults all over the world.

Georges Bizet (1838 - 1875)

Best known for his opera Carmen, Bizet was born in Paris, France. Growing up in a musical family, Bizet was entered into the Paris Conservatory where he learned and expanded his talents. After receiving various awards, he moved to Rome, only to come back two years later.

Bizet originally orchestrated five of the Jeux d'enfants music as a petite suite, but the remaining movements were later orchestrated by Roy Douglas and Hershy Kay. The completed orchestral suite was then recorded as Jeux d'enfants.

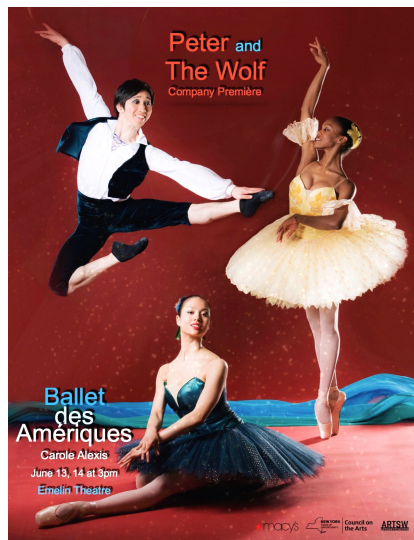
Spring Performance 2015

Article By: Hans-Jakob Wilhelm

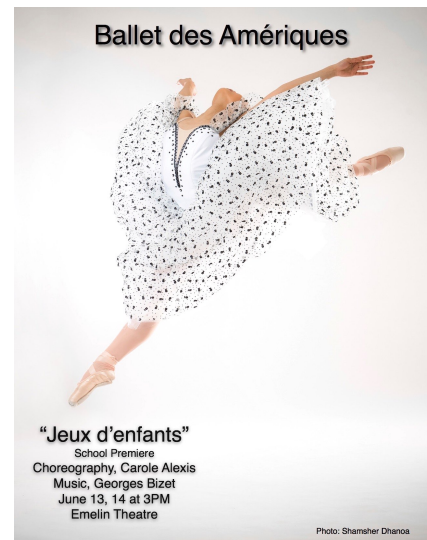
Following the successful first season of **Evenings of Dance in Port Chester**, the Company of Ballet des Amériques comes to the Emelin Theatre with the premiere of **Peter and the Wolf**, a ballet by Carole Alexis based on the well-known story and music of Sergei Prokofiev.

This premiere of **Peter and the Wolf** is supported by a grant from Macy's and by an Arts Alive Project Grant.

Preceding the Company performance will be an opening program danced by the pre-professional students including Boléro, music by Maurice Ravel, and Jeux d'enfants or Children's Games, a set of twelve miniatures by Georges Bizet, all choreographed by Artistic Director Carole Alexis.



Shamsher Dhanoa/



Shamsher Dhanoa/

The long-awaited upcoming **Spring Performances** will be held on:

Saturday, June 13, at 3 PM

Sunday, June 14, at 3 PM

at

The Emelin Theatre - 153 Library Lane, Mamaroneck, NY.

Tickets are available online through the BdA website or through the Emelin Theatre website.



Shamsher Dhanoa/

ShowTime Snacks

By Marguerite-Louise G.

Dried Fruits (Prunes)

- **Prunes** are a great source of **fiber** and **natural sugars**
- Serving size (any dried fruit): about half a cup

Banana

- Low in fat and sodium
- Rich in **carbohydrates** & **natural healthy sugars**
- Good source of **potassium**.
- Serving size: one medium sized banana

Cheese

- High in **calcium** & **protein**
- Serving size: one slice or an ounce of cheese

Peanut Butter

- High in **protein** and **healthy fats**
- Serving size: two tablespoons or one spoonful

Dark Chocolate

- Rich in **fiber**, **iron** & **magnesium**
- Contains a wide variety of powerful **antioxidants**
- Make sure to get **at least 75% dark chocolate**
- Serving size: two small pieces

Our Visit to the Thomas A. Edison School

Article By: Hans-Jakob Wilhelm

On May 29, 2015, our Director Carole Alexis and her Company of professional dancers visited the Thomas A. Edison School, a public elementary school in Port Chester, at the invitation of Community School Coordinator Maria Flores. Director Alexis spoke to the nearly 200 children gathered on the gymnasium floor about the origins of ballet, about how this form of dance actually developed among the aristocracy in 15th century Italy out of the martial art of fencing, and she demonstrated how the basic positions and moves of ballet derived from the respective positions and moves in traditional fencing. The Director also talked about the first national academy of dance founded in France in the 17th century by the "sun king" Louis XIV, who was himself the leading dancer. Finally, she spoke a bit about the pieces from the repertoire that the Company was about to present, including "Macouba," explaining that this piece was inspired by an East Indian community living in the town of Macouba on the Island of Martinique, a community that has largely preserved its identity over centuries, while also in cultural exchange with the surrounding African-European community.



As the photos attest, the children were very engaged, even mesmerized by the ensuing performance, and from time to time would voice their amazement when they saw a particularly beautiful costume or striking dance move. The teachers and support staff as well as Community School Coordinator, Maria Flores, were also very pleased, asking questions, thanking us for bringing this performance to the children, and stating that they

Recipe: Middle Eastern Tabbouleh

Makes 8 servings

- 2 cups medium grade bulgur
- 1/4 cup extra virgin olive oil
- 2 tbsp Harissa Paste
- Kosher salt
- 2 tomatoes – cut into 1/4 inch dice
- 1/3 cup finely chopped red onion
- 1/2 hothouse cucumber – seeded & cut into 1/4 inch dice
- 1 yellow bell pepper – seeded & cut into 1/4 inch dice
- 1 cup chopped flat leaf parsley
- 1/2 cup thinly sliced scallions
- 1/2 cup chopped mint
- 1/2 cup crumbled feta cheese
- 1 tsp. finely chopped garlic
- 1/3 cup olive oil
- juice of 1 lemon

Place bulgur, Harissa paste and 4 cups of water in a medium pot along with 1/2 tsp kosher salt. Cover with lid and bring to a simmer. Cook bulgur until water has been absorbed and it is tender (about 12 minutes).

In a large bowl combine all ingredients with bulgur, seasoning well with salt and pepper.



had also learned a thing or two in addition to have enjoyed the show.

We were very inspired by this first visit to a local school and are looking forward to many more in the Fall. Thanks to an Arts Alive Community Project Grant from Arts Westchester, funded by the New York State Council on the Arts, we are able to bring, with the organizational help of Mrs. Flores, 15 children from Thomas Edison Elementary and 15 accompanying adults to our premiere of *Peter and the Wolf* at the Emelin Theatre on June 14th.



BdA's August Summer Intensive

Article By: Hans-Jakob Wilhelm

Summer intensives have a long tradition in the world of dance - bridging the gap between the spring and fall semesters - but also fulfilling a complementary role with respect to the regular school curriculum: Largely free from academic obligations, students are able to concentrate on dance and make leaps of progress in training, iron out weaknesses, and consolidate what was achieved

during the academic year. Quite importantly, the warmth of the summer months makes for greatly increased flexibility, which, when intensely exercised, can propel students to a higher level.

Classes and workshops in: ballet, pre-pointe, pointe, répertoire, partnering, modern dance, modern jazz, barre au sol, music and

International Summer Intensive
August 3 – 28
Concludes with a performance

Conservatory Program
Daytime schedule for home and cyber schoolers

Pre-Professional Program
Afternoon and evening schedule

Professional Dance Training

www.balletedesamericques.com • a nonprofit 501(c)3 organization

Shamsher Dhanoa/

Whisk olive oil, lemon juice and garlic until well emulsified and stir through bulgur mixture.

Note: Great to serve alongside grilled meat or fish, enjoy as a salad for lunch, or take to pot luck!

Recipe by: Mrs. Wallis

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voice, ballet terminology (French), dance history, acting, arts and crafts, folkloric dance, stage makeup.

Participation in our summer program is by audition only. Please call 646-753-0457 or e-mail admin@balletdesameriques.com to schedule an audition.

BdA - Bakes Fundraiser

Article By: Alexandria Ina Rose B.

On May 10th, BdA students from the junior & senior division got together to host a donation-based bake sale. The fundraiser was held in Greenwich Avenue from 11 AM until 3:30 PM.



Students grouped together to bake homemade desserts such as: cupcakes, cookies, brownies, s'mores marshmallows, rice krispy treats, and chocolate covered pretzel sticks — which were a big hit for the chocolate-lovers. The variety of sweetness and flavors attracted families that were out to celebrate mother's day.

The fundraiser was done to promote the company, school and its upcoming events. A handful of flyers and promotions were given out along with the homemade sweets. All in all, the event was a success and will definitely be done again.



The students would like to thank everyone that helped and supported the event, as well as the people that generously donated to BdA.



Shamsher Dhanoa/