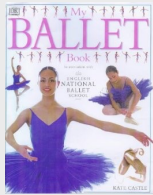




NEWSLETTER

TRADITION INTO THE 21ST CENTURY

Book of the Month



My Ballet Book
written by Kate
Castle. DK
Publishing, INC.

An insightful book on the dance world for the young dance student. Beautiful illustrations and photos with articles on dance training, dance history. **My Ballet Book** also celebrates dancers, open a view on the stage, and backstage of the theatre.

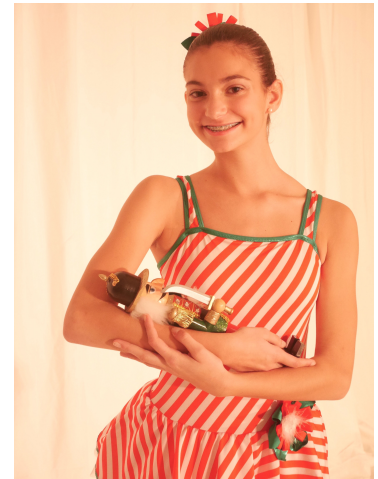
Upcoming Events

- April 13 - 18** Spring Break
SCHOOL
CLOSED
- April 25** Fourth Show of
**The Evening of
Dance in Port
Chester Series**

The Nutcracker Ball

Article By: Alexandria Ina Rose B.

Like every year, Ballet des Amériques will be producing their annual Nutcracker Ball for the holiday season. With four shows, several dance excerpts from the Nutcracker Suite and BdA's company répertoire choreographed by Carole Alexis, the fundraising event continues to prove to be an ongoing success.



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After working vigorously for the first semester, students will be able to apply their technical training to a traditional and classic répertoire. Backstage, students and company members exercised proper etiquette and continuously supported each other. Everybody adapted quickly and professionally to changes and to corrections between each performance — constantly making each show better than the one before.

With the next half of the year already on its way, students are working to exponentially 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 the best they can be. While the professional company, with the same spirit, fiercely rehearses for their performances at **The Evenings of Dance in Port Chester**.

All of BdA's hard work and commitment continuous to pay off. Each year's expectations are elevated and are worked hard for. Congratulations to all who made this year's Nutcracker Ball a success.

Nutrition for Dancers

By Mme. Carole Alexis (Artistic Director)

Make sure to start the day with a **good breakfast** and try to have 5 small meals a day.

Breakfast Suggestions:

- A bowl of plain greek yogurt with berries and other fruits
- A banana cut into pieces & add a little bit of honey.

Quick Dancer Snacks

By Marguerite-Louise G.

Assorted Nuts

- Good source of energy, **protein** and **heart-healthy fats**
- Serving size: about a handful

Celery Sticks

- Low in saturated fat
- A good source of **fiber**, and **calcium**
- Serving size: 1 stalk of celery

Grapefruit

- Great source of **vitamin C**
- **Strengthens immune system**, and **reduces stress**
- Serving size: 1 grapefruit

Greek Yogurt

- A great source of **protein** and **calcium**
- Serving size: about 1 cup

Hard-Boiled Eggs

- Packed with **protein** and **vitamin D**
- Serving size: 1 egg

Evenings of Dance in Port Chester Series

Article By: Hans-Jakob Wilhelm

The **Evenings of Dance in Port Chester series** opened on Saturday, January 31, to much applause. The dancers of Ballet des Amériques performed signature pieces of the Company choreographed by Carole Alexis in front of an appreciative and diverse audience from Port Chester and surrounding communities, from Manhattan and as far away as Philadelphia.



Shamsher Dhanoa/Photographer

A special thank you goes out to Technical Director Paul Uhry Newman who designed and operated the lights and to Costume Mistress Nicole Mink Alcantara who in addition to creating beautiful new costumes also facilitated the quick changes backstage.

The Board of Directors of Ballet des Amériques also wish to thank the following volunteers: Anita Lai for helping with the general setup, Irene Bocca for operating the box office, and students Jacqueline, Louise and Alexandria for their assistance with various tasks. The series will continue with its second performance on February 28, 2015.



Dixon Place NYC 10 (2013)/Photo Credits



Shamsher Dhanoa/Photographer

Nutrition Information on Black Beans

By Jill Corleone (livestrong.com)

As a legume, black beans contain nutrients found in protein foods such as poultry and seafood, as well as nutrients found in vegetables such as spinach and broccoli.



Patricia Jinich/Photographer

Knowing the nutritional facts for black beans can help you see their value in your diet.

They are...

- High in carbs and **fiber**
- Good source of **protein** with little fat
- Source of essential **vitamins** and **minerals**

“It was just incredible. They were all so beautiful.”

Interviewed By: Marguerite-Louise G. & Zumeiya T.G.

Sub-Article By: Alexandria Ina Rose B.

Ballet des Amériques student, Ava K., and her grandmother, Mrs. Tsiamtsiouris, were delighted guests of the first show of **The Evening of Dance in Port Chester Series**. After seeing the company perform for the first time, they were both amazed with their professionalism and consistent movement.

The company performed neoclassical pieces choreographed by the artistic director, Mme. Carole Alexis, along with classical variations from Sleeping Beauty Act 1 and Don Quixote Act 2.

Mrs. Tsiamtsiouris enjoyed the intimate setting of the performance that was enhanced with professional lighting and sound.

“What I really liked about it was being so close to the dancers and being able to see them, and see how they danced...It just took my breath away,” she explained.

This flourishing series has brought diverse communities together as an audience for intricate pieces performed 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**).

Pre-Ballet student, Ava, insisted on accompanying her grandmother after hearing about the performance from ballet teacher, Ms. Celeste Landa. After hearing such persistency and excitement, Mrs. Tsiamtsiouris brought her along with the hopes of a positive reaction from her grand daughter. It proved to be a wonderful decision.

“She was mesmerized about the whole show,” Mrs. Tsiamtsiouris explained. “It gave her something to look forward to, to look up to, and something to aspire to. It was just such a thrilling experience for us.”



Ben Fink/Courtesy Photo

Recipe: Cuban Black Bean Soup

Makes 6 servings

- 12 ounces dried black beans
- 8 cups low-sodium chicken broth
- 1 sachet d'épices (2 cloves, 1/8 teaspoon allspice, 1/8 teaspoon cumin seeds, & 1/4 teaspoon black peppercorns)
- 1 ounce bacon minced
- 1 teaspoon canola oil
- 3/4 diced onion
- 2 garlic cloves, minced
- 1/4 teaspoon ground cumin
- 1 lemon, thickly sliced
- 2 tablespoons toasted and chopped ancho chili
- 1 teaspoon minced jalapeño
- 1/4 cup chopped sun-dried tomatoes
- 1 teaspoon oregano
- 1 teaspoon kosher salt
- 1 tablespoon sherry vinegar
- 3/4 cup cooked barley, brown rice, or mixed-grain pilaf
- 1/2 cup wilted spinach, chopped

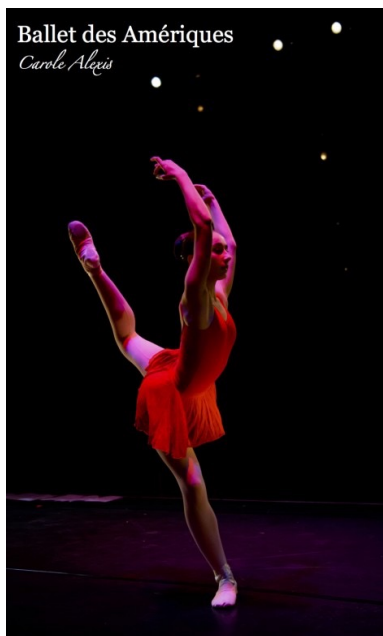
BdA Student Accepted at the Paris Opera Ballet School

Ballet des Amériques is pleased to announce that another student has been accepted by the Opéra National de Paris as a boarder trainee to the Paris Opera's Summer School at the *niveau supérieur* or superior level.

Marguerite-Louise G., a resident of Rye Brook in Westchester County, is the third student from Ballet des Amériques to be admitted to the prestigious school's summer program. Her classmates Alexandria Ina Rose B. and Isabel W. were admitted to and attended the Paris Opera's Summer School in 2014, while fellow student Emanuel L. went to the Summer School of the Royal Ballet School in London.

The Board of Directors of Ballet des Amériques congratulates Marguerite-Louise and wishes her a productive and inspiring summer training session in Paris.

The Board also wishes to give special recognition to the work and achievement of Director Carole Alexis who is Marguerite-Louise's teacher and mentor. This success was made possible by the countless hours of dedicated training with Marguerite-Louise and the video audition, carefully prepared by Director Carole Alexis.



Shamsher Dhanoa/Photographer

Ballet des Amériques is proud to see that in the fourth year of our existence, we are sending our third student to the Opéra National de Paris, which represents a 100% success rate for these auditions. This clearly demonstrates that Director Carole Alexis and her staff are achieving the school's stated mission of providing the highest level of ballet training in Westchester County in a pre-professional curriculum-based program.

Soak the beans for 8 to 12 hours in enough cold water to cover by 3 inches or refer to the note below for the short soak method. Drain the beans and simmer in the chicken broth with the sachet until the beans are tender, 20 to 25 minutes. Remove the sachet.

In a large sauté pan, cook the bacon until the fat renders and the bacon begins to crisp. Add the canola oil. Add the onion, garlic, and cumin and sauté until the onion is translucent, 4 to 5 minutes.

Add the lemon, ancho and jalapeño chilies, tomatoes, oregano, salt and onion mixture to the beans, and simmer until the soup is flavorful, about 15 minutes more.

Remove and discard the lemon slices. Remove one-third of the beans from the soup and purée in a blender or food processor. Stir the puréed beans back into the soup. Stir in the vinegar.

In a small bowl, combine the cooked barley, rice, or pilaf and the spinach until well mixed.

Serve each bowl of soup garnished with some of the rice mixture.

Note: For the short-soak method, place the sorted and rinsed legumes in a pot and add enough water to cover by about 2 inches. Bring the water to a simmer, then remove the pot from the heat and cover. Let legumes steep for 1 hour, then drain and cook as directed.

The present result is remarkable in that Marguerite-Louise joined Ballet des Amériques relatively late in her dance education as a transfer student in the summer of 2013 and had to adjust to the demands of the curriculum-based training in a very short time. She enrolled as one of the first students in the Conservatory program at Ballet des Amériques, established in 2014 as Westchester County's first daytime training program specifically designed for home and cyber schoolers.

Forming an excellent relationship with her student and being able to count on Marguerite-Louise's undivided attention and commitment to hard work, Madame Alexis performed what has proven to be one of her signature feats, which is the *mise à niveau* or raising a student's various abilities to the standard expected by the world's premier institutions such as the Opéra National de Paris.

Congratulations!

- The Board of Directors



Shamsher Dhanoa/Photographer

BdA August Summer Intensive 2015

Article By: Hans-Jakob Wilhelm

Ballet des Amériques is pleased to announce its 2015 Summer Intensive program.

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

Note: Beans can also be replaced with lentils.

Recipe from: *The Culinary Institute of America's "The Diabetes-Friendly Kitchen"* (2012 John Wiley & Sons, Inc.) by Jennifer Stack, MS, RD, CDE

BOYS



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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.

Summer Intensive - 4-week program - August 3 - 28

Elementary I: Monday through Friday
from 9:00 AM to 12:30 PM

Elementary II: Monday through Friday
from 9:00 AM to 2:30 PM

Intermediate I: Monday through Friday
from 9:00 AM to 2:30 PM

Intermediate/Advanced: Monday through Friday
from 9:00 AM to 2:30 PM

Classes and workshops in: ballet, pre-pointe, pointe, répertoire, partnering, modern dance, modern jazz, barre au sol, music and voice, ballet terminology (French), dance history, acting, arts and crafts, folkloric dance, stage makeup. Each week there will be Master Classes taught by renowned guest teachers, and this year's program will culminate in a performance at the end of August.

For applicants from foreign countries or from remote states, there is a video audition option. Please contact the school at admin@balletdesameriques.com or 646-753-0457 for detailed instructions.

Prospective students and their parents are also invited to visit and subscribe to our **Summer Intensive Blog**, where additional information and announcements may be found.



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Newsletter Credits

Creative Director:

Carole Alexis

Editors In Chief:

Carole Alexis
Hans-Jakob Wilhelm

Editor & Editor Coordinator:

Alexandria Ina Rose B.

Contributing Writers:

Marguerite-Louise G.
Zumeiya T.G.
Alexandria Ina Rose B.
Carole Alexis
Hans-Jakob-Wilhelm
Board of Directors

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www.BalletDesAmériques.com

www.SummerIntensive.com



Alliance Française de Westchester Partnership

This year Ballet des Amériques is proud to announce that summer intensive students will be learning French in relation to dance thanks to a partnership with the French Alliance of Westchester.

Please visit their website on: <http://www.afwestchesterny.org>

Master Guest Teachers

Each week in this year's four-week summer program from August 3 until August 28, several classes will be taught by renowned guest faculty.



Kathryn Sullivan and **Ronald Alexander** have taught master classes at Ballet des Amériques on previous occasions, and we are delighted that they have agreed to bring their wealth of knowledge and superb teaching skills to our **2015 Summer Intensive**.

Première Danseuse of the Paris Opera and Principal Dancer of San Francisco Ballet **Karin Averty** will join our guest faculty for the first time, and we are truly honored to welcome her to Ballet des Amériques.



(Biographies can be found on the BdA Summer Intensive Blog.)



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