



Cache Valley

Civic Ballet

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TURNOUT

Newsletter for the Cache Valley Civic Ballet/Cache Valley School of Ballet

CVSB's Sugar Plum Tea Party — two performances offered this year

The Cache Valley School of Ballet has traditionally hosted a Sugar Plum Tea Party each year as a venue for young dancers in the performance classes. This has allowed them the chance to perform during Fall Semester. Because of overwhelming support and growth in our ballet classes, CVSB has opted to hold two performances to accommodate the crowd.

On Saturday, 10 December, the dancers are requested to come to a rehearsal (ready to perform) at 1:30 p.m., the Whittier Center. Tickets for the two performances were distributed in class last week (if you did not receive the notes/tickets, please check with your children and their ballet bags...). The tickets will list which performance you are requested to attend. If you need more tickets, check with the teachers as

more may be available in the CVSB office (2nd floor of Whittier Center).

The performances will be held at 2:30 and 4:00 p.m. The students will love the chance to 'do it again' with a back to back performance and are asked to perform for both audiences. If you are willing, please check with your children's instructors to see if there is need for backstage help. There always is a need and this is a great opportunity to assist the eager young dancers in this big day.

Children can be picked up after the 4:00 p.m. performance (~ 5:00 p.m.). Please plan to carpool if possible and hope that weather allows for easy access to the building.

The students are working hard in class. Please join us in celebrating their hard work!

Nutcracker Boutique in the Lobby

Attending the Nutcracker is always festive and exciting. This year, the Cache Valley Civic Ballet will be offering little knick knacks for the young dancers as well as items for the ballet enthusiasts. Many of the items were hand-made by our lovely sugar plum fairy, Becky Erickson and our costume mistress, Debi King! These delicate necklaces, fun tutus, and Christmas ornaments will be available in the lobby of the Ellen Eccles Theatre.

Another gift giving opportunity can happen at the Boutique as well. "Friends of the Ballet" is a special fundraiser for the Cache Valley Civic Ballet and envelopes will be available to make donations. 'Friends of the Ballet' contributors will be listed in future programs and aid in continuing the quality of the ballet program.

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November 25-28, 2011

Ellen Eccles Theatre

Upcoming dates to remember:

- Nutcracker, November 25-28.
- End of CVSB classes, December 9.
- Sugar Plum Tea Party, December 10.
- Spring Semester begins, January 9.

Thanks to the old, in with the new...

As with many of CVCB's board members, Sally had no idea what was in store when she first signed her daughter up for ballet classes. Sally Stocker joined the ranks of Moms and Dads who find fulfillment in supporting their dancers and the ballet company. Sally volunteered in a variety of ways; photographing back stage, parent help everywhere, assisting with grant proposals, and even acting as a party parent in the Nutcracker. She says her work with the ballet is "a labor of love."



Sally Stocker, CVCB Board President. This summer, Deb Eskelson stepped down as President of the Board. Sally describes Deb as "[being] the life force of the ballet. She was an amazing president AND is an amazing person (agreed!)." This fall, the board elected Sally as the new CVCB Board President. With incredible vigor and vision, Sally has jumped in and taken steps to continue the excellent work that the board does for the ballet.

The CVCB board is a group of volunteers who are

assigned duties to delegate the load from the Artistic Director, Sandy Emile. They assist in submitting grants, publicizing, auditioning, backstage work (i.e. costumes, make-up, tech work, sets, props, etc.), fund raising, and dancer support. They are simply the nuts and bolts of the company!

A native of Cache Valley, Sally graduated from USU with a bachelor's in English, minor in Business. She worked at Utah State for 20 years and recently accepted a position with Intermountain Healthcare as a marketing and PR specialist for the Medical Group. What an asset to the ballet!

Sally has established committees within the board that have specific functions and authority. Sally says, "I've been so excited to see the work that these committees have done in the short time they've been in effect. It's truly a group effort and I'm so grateful to have this hardworking and amazing board. They all deserve much praise and kudos."

Sally is very excited about the future of the ballet company. And the success of the ballet comes from the invaluable efforts of so many volunteers, like Sally, who bring their strength and energy together to benefit the company as well as the community.
srw

CVCB BOARD MEMBERS 2011-2012



Left to Right: Sally Stocker (President), Ed Knoppel (Backstage Tech), Elizabeth Anderson, Emily Geertsen (1st V.P.), Christy Grove (Costume/Props, Member Value), Barbara Corcoran (Local Grants, Programs), Sandra McAllister (Secretary), Janis Davidson (Photographs/Video/Sets), Nancy Kay Harrison, Tami Vernon (2nd V.P.), Debi King (Rehearsal Assistant, Costume Mistress), Lynette Jenkins, Travis Call, Doug Wilkins (Treasurer).

Not photographed: Sandy Emile (Artistic Director), Jaime Lindley, Wendy Wimmer

Cache Valley Civic Ballet Company, 2011-2012

Artistic Director, Sandra Emile

SENIOR COMPANY MEMBERS



1st row: Sarah Hamilton, Karyn Hansen, Cassidy Crockett, Kimberly McGuire, Sadie Hughes.
2nd row: Kelly White, Becky Erickson, Hanna Corcoran, Lucas Anderson, Samantha Harrison,
Amy King, Natalie Johnson, Madison McAllister Not pictured: Kaitlyn Hughes

JUNIOR COMPANY MEMBERS



1st Row: Alyssa Davis, Mandy Grove, Stephanie Harris, Mariah Halling, Rachel Geertsen, Aidan Moore,
Hannah Okelberry
2nd Row: Evin Brown, Grace Wilkins, Alexis Dykstra, Britnie Jenkins, Augustine Larsen, Emma McAllister,
Camilla Vernon Not pictured: Lydia Standford

CVSB/PILATES ANNOUNCEMENTS



**Cache Valley
School of Ballet**

- ▶No CVSB classes November 22-28, 2011 (During Nutcracker run)
- ▶Last day of Fall Semester, 10 December. PILATES will hold a make-up class on Monday, 12 December.
- ▶PLEASE NOTE CHANGE: Year End Performance will consist ONLY of Performance classes and the CVCB company performing Act III of Sleeping Beauty. Technique classes will offer a parent observation class on the last day of Spring Semester.
- ▶PILATES Spring Registration, Saturday, January 7th, 10-11 a.m. Pre-registration is now being accepted. Please call (787-8442) or email Tora Johnson (tora@cvcballet.org) if you have questions.

M.E.L.T.—from hand to toe

Hands and feet take an incredible amount of abuse almost every day. It's easy to relate to other's complaints of sore arches, tender heels, swollen joints, and strained muscles. Some pamper these appendages by getting manicures and pedicures. But, how about going a little deeper? What about the connective tissues, the nerves, the deeper muscles in the hands and feet?

Tora Johnson, founder of Cache Pilates and Studio J Pilates, recently trained in a method called M.E.L.T. that focuses on caring for the hands and feet. She began this fall in hosting workshops to assist others in learning the technique.

According to the MELT method website (<http://www.meltmethod.com/>), MELT "is a self-treatment technique that helps prevent pain, heal injury, and erase the negative effects of aging and active living." Through a series of steps, the nerve endings and connective tissues are stimulated and "hydrated" to establish better circulation

and relieve tension. The lovely part about the training is that once the concepts are grasped, MELT can be done any time, anywhere. A kit is available that has a DVD, written instructions, 3 sets of balls, and a 'bunion' band. The balls used in the technique vary in size and softness.

Upcoming melt workshops are listed below. Tora will also be hosting future workshops that focus on the MELT method for backs—can't wait for that one!

{Note from editor: I attended the MELT workshop with Tora and noticed a big difference in balance, distribution of weight, and relief from localized pressure. This is Steph's endorsement of a fabulous program available to dancers and all who own hands and feet!}

Next MELT workshops:

Saturday December 10th from 1-3:30 at Intermountain Pilates Training Center 7076 South Highland Dr., Salt Lake City

or

Two part workshop starting Friday January 13 5:30-7:15 (feet) and part two Friday January 20th from 5:30 -7 (hands)

at Studio J Pilates 965 East 2650 North, North Logan Workshop cost is \$50.00, hand and feet kit ~\$40 for more information or to schedule your workshop call Tora 787-8442



*Promoting the study of dance
as a fine art.*

CACHE VALLEY SCHOOL OF BALLET
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Look for this newsletter on the web!
<http://cvcballet.org>

If you have any news items about the students/company members or suggestions/ideas for the newsletter, please contact Stephanie White. 752-8109 or stephanie.white@usu.edu **THANK YOU!**