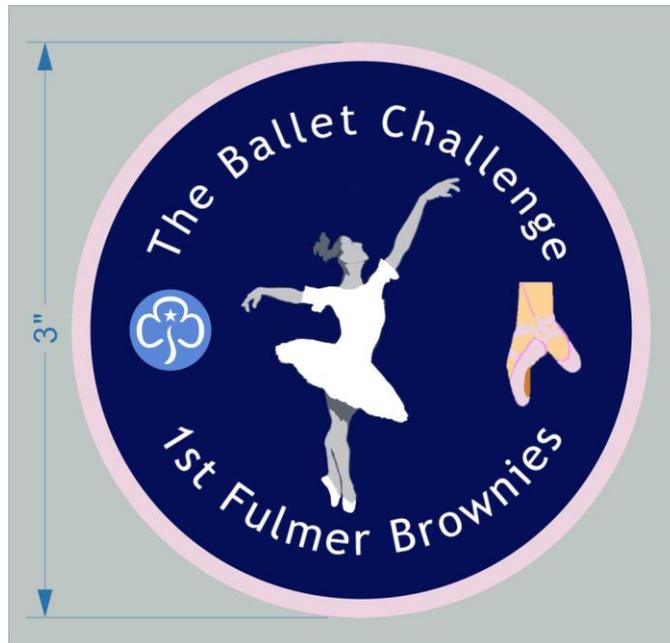


1ST FULMER BROWNIES

THE BALLET CHALLENGE



The 1st Fulmer Ballet Challenge is a fundraising badge to raise funds for new loos in our meeting place.

The Ballet Challenge is not a formal challenge (though it does comply with Girlguiding badge Guidelines), but it is available to buy for a gift, event, or if you wish to incorporate ballet and dance in your programme.

If you plan to use this as part of Girlguiding meetings, or other activities/trips we have included some activities below

Make Mini Pavlovas



The scrummy dessert Pavlova, is named after the famous Russian ballerina, Anna Pavlova. See recipe below

- 8 large egg whites
- 1 pinch of salt
- 500 grams caster sugar
- 4 teaspoons cornflour
- 1 scant teaspoon vanilla extract
- 2 teaspoons white wine vinegar
- 750 ml whipping cream (whipped)
- 750 grams blackberries
- 750 grams raspberries
- 1 sprinkling of icing sugar (for dusting)

Method

You will need 3 baking sheets, lined with parchment.

1. Preheat the oven to 180°C/gas mark 4/350°F.
2. Whisk the egg whites with the salt until they're holding firm peaks but are not stiff. Gently add in the sugar, spoonful after spoonful, still beating, until you've got a bowl full of gleaming, satiny, snowy meringue. Sprinkle the cornflour, a few drops of vanilla and the vinegar on top and fold in to combine.
3. Draw 6 circles of approximately 10cm / 4 inch circles (using a pint glass as a guide, if this helps) on each of the parchment-lined sheets.
4. Spoon the meringue onto the baking parchment into the delineated circles, and spread and smooth to fill. You want to make the meringue slightly higher at the rims, or just use the back of the spoon to make an indentation in the centre to hold the cream and fruit later.
5. Put into the oven, turn it down to 150°C/gas mark 2/300°F, and bake for 30 minutes. Turn the oven off and leave them in for another 30 minutes, then take out of the oven to cool. I just transfer them, on their baking parchment, to wire racks.
6. When you want to assemble them, dollop cream into the indentation, and smooth it with the back of a spoon, leaving the odd peak. Place, one by one, a few blackberries and a few raspberries so that they look well filled but not crammed. Dust with icing sugar.

Make Swan Biscuits

Swan Lake is probably one of the most famous ballets and is performed regularly at the home of ballet in England, the Royal Opera House at Covent Garden. See recipe below:

Ingredients

- **90g 3¼ oz** Butter (unsalted) softened
- **100g 3½ oz** Unrefined golden caster sugar Unrefined golden caster sugar
- **1** Egg(s) (free range)
- **½tsp** Vanilla extract
- **200g** Plain white flour (we use Plain white flour)
- **½tsp** Baking powder
- **½tsp** Salt

Method:

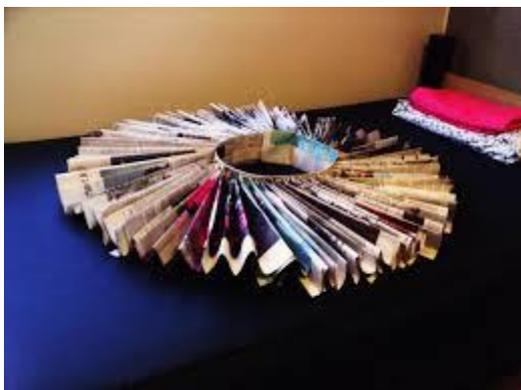
1. Preheat oven to 170 (150 fan) Gas mark 3
2. Sieve flour, baking powder and salt into a bowl
3. In a large bowl, cream the butter and sugar until pale. Beat in the egg and vanilla extract
4. Add the flour mix to the butter mix and mix together until a dough is formed, Wrap in cling film and put in the fridge for half a hour.
5. Cut the biscuits using Swan biscuit cutters. Cook for approximately 10 minutes
6. Use pre-made fondant icing sugar to decorate, available from all good supermarkets

Cookie cutters are available from Etsy on-line www.etsy.com



Swanlake Ballet show skirt swan Stainless Steel Cookie Cutter Mold Set
£2.83 from Etsy - funzhome

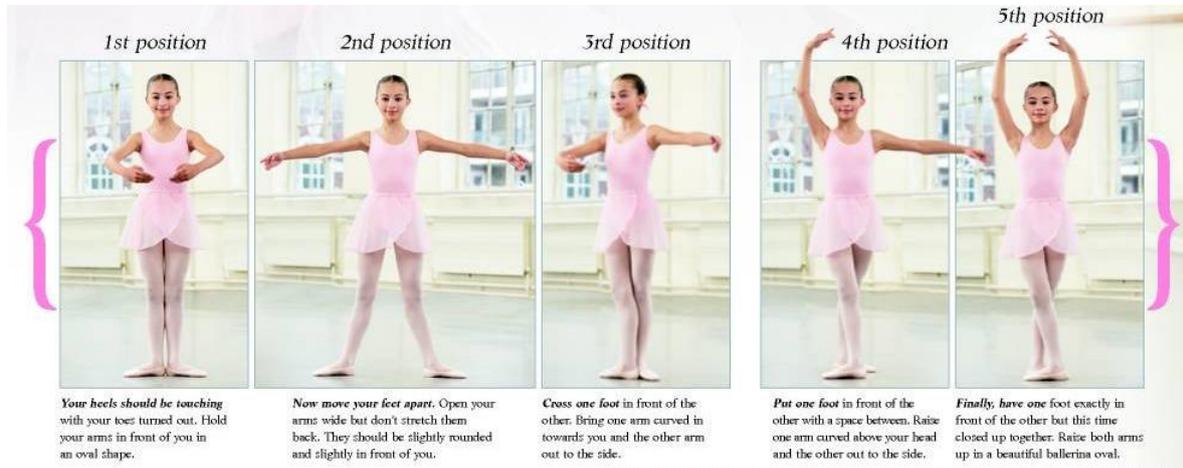
Make a tutu from newspaper



You will need a good supply of old newspapers for this. A very good instruction video is available online, giving simple, step by step instructions. Here is the link:

<http://brecsphotography.wordpress.com/2014/02/03/how-to-make-the-newspaper-tutu/>

Have a “teach yourself ballet” evening



There are many websites that show you how to do some of the most basic ballet moves, including Wiki

<http://www.wikihow.com/Learn-Basic-Ballet-Moves>

Teach your group about the history of ballet and its performers

Ballet has a very interesting history, with many dancers, whose names many of us know . Do some on-line research, and find out more about some of the “stand out” dancers, whose names are familiar

Rudolph Nureyev: <http://www.nureyev.org/>

You cannot talk about ballet, without talking about Nureyev. One of the most well-loved and much emulated male dancers



Anna Pavlova http://en.wikipedia.org/wiki/Anna_Pavlova

Anna Pavlova is most recognised for creating the role of the Dying Swan



Darcey Bussell <http://www.darceybussell.com/>

Darcey is well known as a judge on Strictly Come Dancing, but she is one of the Royal Ballet's most well-loved ballerinas of recent times.



Carlos Acosta <http://www.carlosacosta.com/>

Carlos was born into a poor family, in the slums of Havana Cuba. He wanted to become a footballer but his father discouraged him, and told him to go to ballet classes instead. Carlos is arguably the most accomplished and well-loved male ballet dancer of our time. A member of the Royal Ballet, he has performed all of the important male roles. He has also choreographed productions, including Don Quixote, at Covent Garden. Carlos is an accomplished writer, having written his autobiography 'No Way Home', and 'Pigs Foot' his latest novel published in 2013. You would never guess that he is my favourite dancer, would you?



Marianella Nunez www.marianelanunez.com/

Marianella is a Principal with the Royal Ballet, born in Argentina, she has danced all of the major roles. She is a stunning dancer and lights up the stage with her charisma and technical ability. She is married to Thiago Soares, another of the Royal Ballet's amazing Principal dancers, hailing from Brazil.

Marianella was also the inspiration for this badge, and if you take a close look at the badge, you may see a resemblance to Marianella!



Hold a ballet music evening – guess the music quiz

Many of the more famous ballets, such as Swan Lake, Romeo and Juliet, Manon, Sleeping Beauty, are associated with the wonderful scores created by Tchaikovsky and Prokofiev. Hold an evening where your groups “Guess the music”, and learn about the marvellous composers of some of the more famous ballet scores.

<http://www.classicfm.com/composers/tchaikovsky/>

<http://www.classicfm.com/composers/prokofiev/>

Have a girls’ night in and watch Billy Elliot

The film, Billy Elliot, tells the story of a young boy from the North-East of England who was inspired by his teacher, to join the Royal Ballet School. His story was not unlike that of the wonderful Carlos Acosta! Billy Elliot is also a west-end show.

Hold your own ballet performance

Using some of the steps you have learned (and a lot of improvisation), get your pack to choreograph and perform a short ballet routine. The finale from Swan Lake is 7 minutes long. Your pack could learn the dance at one meeting, practice and perform at the following meeting.

Visit the ballet!

Arrange a group visit to The Royal Opera House (Home of the Royal Ballet). Group bookings offer good discounts www.roh.org.uk In December 2014 The Royal Ballet will be performing Alice’s Adventures in Wonderland and the Mad Hatter’s Tea Party.

Saddlers Wells, offers very reasonably priced tickets (from £8.50 for children). December 2014, they will performing “The Little Match Girl” www.saddlerswells.com

See touring performances from the English National Ballet www.ballet.org.uk or Birmingham Ballet perform on tour www.brb.org.uk

The Ballet Wordsearch

P	O	I	N	T	E	B	M	B	T
A	X	U	E	D	E	D	S	A	P
J	S	P	L	I	E´	V	L	L	T
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M	H	A	T	T	E	R	D	A	M

Ballerina

Tutu

Swan Lake

Giselle

Nureyev

Pavlova

Pas de deux

Jete

Entrée

Faille

Plie´

Mad

Hatter

1st Fulmer Brownies – Ballet Challenge

I hope the ideas above have inspired your interest in ballet. If you have any queries, please email me: ahurlstone@hotmail.com Badges can be purchased by sending your cheque, made payable to 1st Fulmer Brownies

Number of Badges.	Total £
@ £1 per Badge	£
P+P 1-5 Badges.....70p 6-30 Badges.....£1.00 31+ Badges.....£1.30 Badges will be sent 1 st class Royal Mail Badges can be sent Recorded Delivery at an extra cost of £1.20	£
<p style="text-align: center;">Total Payment by Cheque made payable to 1st Fulmer Brownies</p>	£

Please send Order forms by post to:
 Angela Hurlstone
 1st Fulmer Brownies
 c/o 10 Hartley Close
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