



Herr and Frau Silberhaus  
and their children, Clara and Fritz

*Request the Honor of Your Presence*

AT A JOYOUS, IMMERSIVE HOLIDAY CELEBRATION  
*Benefitting the Nutcracker Orchestra.*

THURSDAY, THE TWENTY-FIFTH OF JULY  
TWO THOUSAND AND TWENTY-FOUR  
AT SIX O'CLOCK IN THE EVENING

*The Collective*  
931 NINETEENTH STREET  
BAKERSFIELD, CALIFORNIA

*Tickets*  
TABLE OF 8: \$800  
ADULT: \$120 YOUTH: \$80

"Party Scene" themed attire encouraged.  
Well-behaved age six & older are invited.

CIVIC DANCE CENTER'S  
*The Nutcracker*  
A MAGICAL HOLIDAY TRADITION



# CIVIC DANCE CENTER'S

# *The Nutcracker*

A MAGICAL HOLIDAY TRADITION

## Dear Friends and Supporters,

After being a part of this amazing tradition, I've learned that when the weather starts to cool, we really get into gear for Nutcracker. After 8 years of using a reduced orchestra (or recording), with your help, we're swinging for the fence and bringing back Tchaikovsky's full, original orchestration and voicing. With a reduction, we have all the notes, but many of them are played in a different octave and/or on a different instrument. It makes an enormous difference when the trombones start a fast, descending scale in "Ribbon Candy," but instead of simply repeating, it continues down deep into the tuba. It sinks into your soul and launches the dancers into the next phrase like a springboard. In "Waltz of the Flowers," when the melody is played by 4 perfectly balanced horns, fully voiced, and reinforced by 3 trombones, instead of being played by 2 horns and 1 trumpet, it sends shivers up our spines and draws us deep into the expression of joy and beauty.

This is how we create capacity -- the capacity in our community to understand, feel, and respond together. This is how we inspire to achieve excellence -- by showing what's possible when we work hard together, and succeed in a universally beneficial goal. This is what it looks like to uplift our community -- all the different styles, families, and cultures. This is how we bring health and healing to one another, and cultivate a better tomorrow. Directly concerning health, in numerous studies and literature reviews, there is plenty of evidence that the arts (specifically music and dance) can play a crucial role in improving health and well-being, social determinants of health, and the prevention of ill health. Exposure to the arts has been linked to improvements in patient outcomes and recovery, prevention of mental illness and dementia, improvement in blood sugar levels, lower levels of anxiety, lower blood pressure, and improved capacity and oxygen saturation in people with COPD. This is all proof that public art experiences like *The Nutcracker* reach deep into our bodies in restorative ways.

Please join me in nurturing our city with this wonderful and enriching holiday performance by sponsoring *The Nutcracker's* orchestra. 100% of the funds raised through this campaign with Bakersfield City Ballet support the live orchestra. By advertising in the program, donating for the orchestra, or buying tickets and attending, this expression of community becomes possible with your participation.

Sincerely,

**Stephen C. Penner**

Music Director

Bakersfield Nutcracker Orchestra

Bakersfield City Ballet | 501c(3) EIN 77-0335833  
8200 Stockdale Hwy. M-10 321  
Bakersfield, CA 93311

# CIVIC DANCE CENTER'S

# *The Nutcracker*

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## Dear Friends and Supporters,

The harmonious collaboration between live music and ballet has long been recognized as a powerful artistic combination. In the context of local musicians and dancers, this collaboration takes on a special significance in Civic Dance Center's annual production of *The Nutcracker*.

As one of only a handful of productions across the country with a live orchestra, our production of *The Nutcracker* supports the local arts community, fostering a sense of pride and appreciation for our music scene. As dancers we look to the conductor's down beat and other cues from the orchestra pit. The synergy between the musicians and dancers allows for a deeper emotional connection with the audience, evoking joy, excitement, and even nostalgia. The enchanting melodies in Tchaikovsky's score seamlessly blend with the graceful movements of the dancers, creating a captivating experience that transports the audience into a magical world. Pre-professional dancers from our community are given the opportunity to showcase their skills and passion, inspiring future generations to pursue dance and strengthening the bond within the community.

In numerous studies, systematic reviews, and medical publications, there is evidence that the arts have a supportive role in improving health and well-being, social determinants of health, and prevention of ill health. Exposure to the arts has been linked to improvements in patient outcomes and recovery, prevention of mental illness and dementia, control of blood sugar levels in diabetes patients, lower levels of anxiety, lower blood pressure, and improved capacity and oxygen saturation levels in people with chronic obstructive pulmonary disease. Proof that public art experiences like *The Nutcracker* reach deep into our being in restorative ways. Such events provide a shared experience that transcends age, background, and social status, uniting the community in a collective appreciation for the performing arts.

This is why for 47 years, our Nutcracker has become a beloved tradition for many families, creating lasting memories and forging connections within the community. By making a tax deductible donation to the Nutcracker Orchestra, you support this transformative power of the arts.

Sincerely,

### Erica Ueberroth

Executive Artistic Director  
Civic Dance Center

Artistic Director  
Bakersfield City Ballet

Bakersfield City Ballet | 501c(3) EIN 77-0335833  
8200 Stockdale Hwy. M-10 321  
Bakersfield, CA 93311

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According to research, the benefits of exposure to music and the arts for at-risk youth into adulthood are incredible:

## Exposure and access to music and the arts...

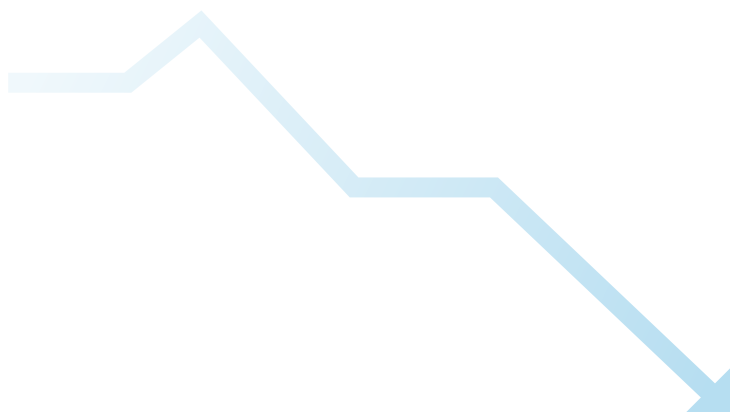
### Increases

- School attendance
- Self-esteem, cultural empathy
- Confidence
- Personal empowerment
- Exercise capacity
- Healthy nutrition
- Executive functioning
- Memory
- Immune activity
- Control of blood glucose levels in diabetics



### Decreases

- Depression
- Anxiety
- Emotional alienation
- Truancy
- Aggression
- Likelihood of mental illness/ dementia
- Cognitive decline
- Blood pressure
- Heartrate
- Stress hormones



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### Evidence on the Role of Arts in Improving Health and Well-being

- English longitudinal study of ageing cohort 50 years and older showed people who engaged with receptive arts activities on an infrequent basis such as attending a music or theater performance once or twice a year had a 14% lower risk of dying at any point during the follow-up compared with those who never engaged. ("The art of life and death: 14 year follow-up analyses of associations between arts engagement and mortality in the English Longitudinal Study of Ageing" Fancourt D, Steptoe A. *The BMJ*)
- Among children specifically identified as at risk (living in areas characterized by high levels of economic deprivation, substandard housing, lack of health care, and social isolation), music has been found to reduce anxiety, depression, emotional alienation, truancy and aggression, as well as increasing school attendance, self-esteem, cultural empathy, confidence, personal empowerment, and healthy nutrition. ("Short and long term outcomes for culturally and linguistically diverse and at-risk communities in participatory music programs: a systematic review." Cain M, Lakhani A, Istvandy L. *Arts Health*)
- People who engage with the arts are more likely to lead healthier lives, including healthily and staying physically active, irrespective of their socioeconomic status and social capital ("Think of your art-eries: arts participation, behavioral cardiovascular risk and mental well-being in deprived communities. Renton A, Phillips G, Daykin N, Yu G, Taylor K, Petticrew M. *London Public Health*)
- Arts engagement can help to reduce the risk of developing mental illness such as depression in adolescence and older age ("Effects of creativity on social and behavioral adjustment in 7- to 11-year old children" Fancourt D, Steptoe A. *N Y Academy of Science*)
- Cultural engagement (going to the theatre, concerts, museums or exhibitions) contributes to cognitive reserve: the resilience of our brains as we age. Stronger visual spatial abilities, executive functioning, memory, as well as lower risk of cognitive decline or dementia have been found in individuals engaged in music and dance arts in particular. ("What is cognitive reserve? Theory and research application of the reserve concept" Stern Y. *J Int Neuropsychology Soc*)
- Outside of treatment sessions, regular participation in arts activities have been found to help with the management of mental health in patients with cancer including reducing stress, anxiety, depression and improving quality of life. These positive effects on psychological factors are accompanied by physiological changes including decreases in blood pressure and heart rate, decreases in stress hormones, increases in immune activity, and reductions in inflammation ("Effects of music intervention on the physical and mental status of patients with breast cancer: a systematic review and meta-analysis" Wang X, Zhang Y, Fan Y, Tan XS, Lei X. *Breast Care*)
- Listening to music has been found to help control blood glucose levels and glycated haemoglobin during ordinary and stressful situations in both those with diabetes and those without. ("The biological impact of listening to music in clinical and nonclinical settings: a systematic review" Finn S, Fancourt D. *Prog Brain Res*)
- Listening to music improved exercise capacity and individuals ability to manage breathlessness while exercising; reduced anxiety, blood pressure, breathlessness; improved long-term quality of life, lung, fatigue, and oxygen saturation among individuals with chronic obstructive pulmonary disease. ("Distractive auditory stimuli in the form of music in individuals with COPD: a systematic review" Lee AL, Desveaux L, Goldstein RS, Brooks D. *Chest*)

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## DONOR LEVELS

**SUGAR PLUM FAIRY** **\$15,000**

As the orchestra presenter your logo and branding will be on all distributed materials, signage, media correspondence/releases and social media, exclusive acknowledgement display in the lobby, space reserved in lobby for your promotional materials, pre-content 2-page spread\* in Performance Program, listing on sponsors page, 8 VIP performance tickets, prominent display with logo at top of sponsors list on fundraising website. 1 VIP Table (8 seats) at the Christmas in July Event.

**NUTCRACKER PRINCE** **\$5,000**

Company logo on all advertising materials and tagging in social media posts. 1 full page pre-content ad/space. Prominent display with logo near top of sponsors list on fundraising website, \* 4 VIP Performance Tickets and a Table (8 seats) at the Christmas in July Event.

**CLARA** **\$2,500**

Company logo on all advertising materials and tagging in social media posts, a half page ad/space\*, prominent display near top of sponsors list on fundraising website. 2 VIP Performance Tickets and 4 seats at the Christmas in July Event.

**DROSSELMAYER** **\$1,000**

Acknowledgement in the Nutcracker Program, on the Fundraising Website, and a quarter page ad/space.\* Also receives 2 VIP Performance Tickets and 2 tickets to the Christmas in July Event.

**SNOW QUEEN** **\$500**

Everything described in Fritz and:  
2 VIP performance tickets, 2 Christmas in July Event Tickets.

**FRITZ** **\$250**

Everything described in Party Guests, and social media feature.

**PARTY GUEST** **\$100**

Acknowledgement in the Nutcracker program and on the fundraising website.

**BON BON** **<\$100**

The littlest sweets that make the show. Bon Bons get listed on the fundraising website.

\*This year's program book will be a full 8.5"x11"  
Deadline for inclusion in mall kiosk & full marketing materials is  
9/23/24. Deadline for inclusion in program is 11/8/24.

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## REGISTRATION FORM

Yes, I'd like to attend the "Christmas in July" event to support the live orchestra tradition of Civic Dance Center's *The Nutcracker*!

Name	<input type="text"/>		
Company	<input type="text"/>		
Address	<input type="text"/>		
City/State	<input type="text"/>	Zipcode	<input type="text"/>
Phone	<input type="text"/>	Email	<input type="text"/>

Please write the order quantity of each item:

Adult Tickets: \$120 each

Youth(under 14) Tickets: \$80 each

Table of 8: \$800

Total Cost:

How would you like your acknowledgement listed?

Please mail checks to:

Bakersfield City Ballet  
8200 Stockdale Hwy. M-10 321  
Bakersfield, CA 93311

For credit cards please visit:

<https://givebutter.com/NutcrackerOrchestra>

CIVIC DANCE CENTER'S

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## PROGRAM ADVERTISING FORM

Company

Representative

Address

City/State  Zipcode

Phone  Email

Yes, I want to advertise in the 47th Annual Nutcracker program book! Program size will be 8.5" x 11" and will be in full color. E-mail your ad to: [cividdancebkfld@gmail.com](mailto:cividdancebkfld@gmail.com) and tag it NUTCRACKER AD 2024.

**Deadline for ads is November 8, 2024.**

Full page, inside front cover \$700

Full page, inside back cover \$700

Full page, inside body \$500

Half page, inside body \$280

Quarter page, inside body \$150

Method of payment:

Check  Cash  Venmo Civic Dance @Erica-Ueberroth

Sent completed form and payment to:

Civic Dance Center  
408 Starmount Ct.  
Bakersfield, CA 93309