

# CIVIC DANCE CENTER'S

# *The Nutcracker*

A MAGICAL HOLIDAY TRADITION

## Dear Friends and Supporters,

For 47 years, Civic Dance Center's production of *The Nutcracker* has been more than a holiday tradition — it's been a powerful expression of community, artistry, and collaboration. At the heart of this magic lies a rare and cherished element: a live orchestra.

Ours is one of only a few Nutcracker productions nationwide that features live music, and this choice reflects our deep commitment to enriching the local arts scene. When our dancers take the stage, they don't simply follow choreography — they respond to the conductor's downbeat, the swell of the violins, and the pulse of the timpani. This live dialogue between musician and dancer creates an electric synergy that audiences feel in every movement and every note.

The result is more than a performance. It's a shared, immersive experience that evokes joy, nostalgia, and wonder — for children and adults alike. It's also an invaluable opportunity for our pre-professional dancers to perform with live musicians, nurturing the next generation of artists and arts lovers right here in our community.

But the impact of the arts goes far beyond the stage.

Countless studies have shown that engagement with the arts contributes to improved mental and physical health — from reduced anxiety and lower blood pressure to improved recovery outcomes and emotional well-being. In this way, performances like *The Nutcracker* don't just entertain — they uplift and heal, offering restorative experiences that unite people across generations and backgrounds.

As we prepare for this year's production, we invite you to become a part of this legacy by supporting our live Nutcracker Orchestra. Your tax-deductible donation helps fund the talented local musicians who make this magic possible and ensures that *The Nutcracker* continues to inspire, delight, and bring our community together year after year.

Thank you for believing in the power of the arts. We couldn't do it without you!

With gratitude,



**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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## DONOR LEVELS

<b>CAVALIER</b>	<b>\$20,000</b>
As the underwriter of the full live orchestra, your support elevates every moment of <i>The Nutcracker</i> . You will receive acknowledgement before every performance as sponsor, 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, 10 VIP performance tickets, prominent display with logo at top of sponsors list on fundraising website, and 2 VIP tables (16 seats) at the Christmas in July event.	
<b>SUGAR PLUM FAIRY</b>	<b>\$15,000</b>
As the Young People's Concert presenter, your sponsorship brings the joy of ballet and live music to thousands of students. You will receive acknowledgement before each of those performances, 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.	
<b>NUTCRACKER PRINCE</b>	<b>\$5,000</b>
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.	
<b>CLARA</b>	<b>\$2,500</b>
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 tickets to the Christmas in July event.	
<b>MOTHER GINGER</b>	<b>\$1,500</b>
Acknowledgement in <i>The Nutcracker</i> program, on the fundraising website, social media posts, and a quarter page ad/space.* Also receives 2 VIP performance tickets and 4 tickets to the Christmas in July event.	
<b>DROSSELMAYER</b>	<b>\$1,000</b>
Acknowledgement in <i>The Nutcracker</i> program, on the fundraising website, social media posts, and a quarter page ad/space.* Also receives 2 VIP performance tickets and 2 tickets to the Christmas in July event.	
<b>SNOW QUEEN</b>	<b>\$500</b>
Acknowledgement in <i>The Nutcracker</i> program, the fundraising website, and social media posts; 2 VIP performance tickets, 2 Christmas in July event tickets.	
<b>FRITZ</b>	<b>\$250</b>
Acknowledgement in <i>The Nutcracker</i> program, the fundraising website, and social media posts.	
<b>PARTY GUEST</b>	<b>\$100</b>
Acknowledgement in <i>The Nutcracker</i> program and on the fundraising website.	
<b>BON BON</b>	<b>&lt;\$100</b>
The littlest sweets that make the show. Bon Bons get listed on the fundraising website.	

\*This year's program book will be a full-color 8.5"x11". Deadline for Christmas in July table sponsorships, tickets, and silent auction items is 7/17/25. Deadline for inclusion in full marketing materials is 9/22/25. Deadline for inclusion in program is 11/7/25.

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

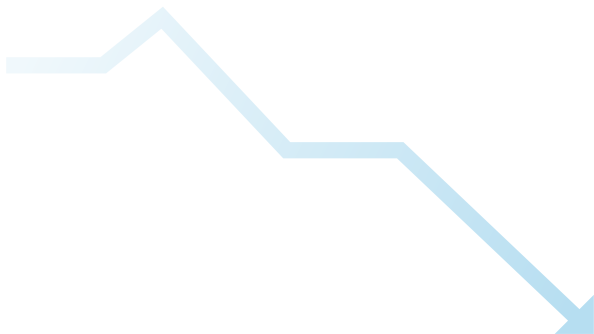
## Increases

- 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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## SPONSORSHIP COMMITMENT

Yes, I'd like to support the live orchestra tradition of Civic Dance Center's *The Nutcracker*!

Check all that apply:

- |  |  |
|--|--|
| <input type="checkbox"/> Cavalier \$20,000         | <input type="checkbox"/> Fritz \$250   |
| <input type="checkbox"/> Sugar Plum Fairy \$15,000 | <input type="checkbox"/> Party Guest \$100   |
| <input type="checkbox"/> Nutcracker Prince \$5,000 | <input type="checkbox"/> Christmas in July Table \$800   |
| <input type="checkbox"/> Clara \$2,500             | <input type="checkbox"/> Unfortunately, I am unable to sponsor, but I would like to donate \$_____ |
| <input type="checkbox"/> Mother Ginger \$1,500     | <input type="checkbox"/> I would like to donate this silent auction item: _____                    |
| <input type="checkbox"/> Drosselmeyer \$1,000      | valued at \$ _____   |
| <input type="checkbox"/> Snow Queen \$500          |  |

Please mail checks & this form to:

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

For credit cards please visit:

<https://givebutter.com/NutcrackerOrchestra>

Sponsor Name:

Representative:

Address:

Phone:

Email:

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