

INSIDE THE MUSICAL GUIDE

Disney and CAMERON MACKINTOSH's

MARY POPPINS

THE BROADWAY MUSICAL

©Disney/CML

PERFORMANCES START NOVEMBER 22, 2024

**A Musical based on the stories of P.L. Travers and the Walt Disney Film
Original Music and Lyrics by Richard M. Sherman and Robert B. Sherman
Book by Julian Fellowes**

**New Songs and Additional Music and Lyrics by George Stiles and Anthony Drewe
Co-Created by Cameron Mackintosh**

A 5TH AVENUE THEATRE DEBUT

**Directed and Choreographed by Denis Jones
Music Directed and Conducted by Matthew Smedal**

This “Inside the Musical” Guide offers supplementary curriculum containing educational content, interactive activities, opportunities for reflection, and resources based on the themes of the show *Disney and Cameron Mackintosh’s Mary Poppins*. This guide can be utilized before or after experiencing the show. Questions? Reach out to educationprograms@5thavenue.org

Graphic Design: Christa Fleming

The 5th’s “Inside the Musical” Guides are curated and developed by the Education and Engagement team:

Amberlee Joers — Director of Education and Engagement
Aviona Rodriguez Brown — Associate Director of Engagement
Jessica Ellison — Senior Manager of Education and Engagement Programs
Miranda Quintanilla — Education and Engagement Coordinator
Beth Pollack — Dramaturg & Curriculum Specialist

TABLE OF CONTENTS

ABOUT THE SHOW

Synopsis	3
Character Breakdown	4
How Many People Does it Take to Make a Musical?	5

ARTICLES

The Magical Music of <i>Disney and Cameron Mackintosh's Mary Poppins</i> by Kimberly Rosenberg	6
The Life and Luck of A Chimney Sweep by Beth Pollack	7
Magical Nannies Across Entertainment by Jess Ellison	8
The World of Mary Poppins by Beth Pollack	10
Care-taking in Different Cultures by Miranda Quintanilla	11
Child Guardians In Theatre: Practically Perfect In Every Way by Beth Pollack	13
Holiday Activities Around Town curated by Aviona Rodriguez Brown	15

ACTIVITIES

What's In Your Carpet Bag?	17
Sending Care to Caregivers	18
Practicing Gratitude	19
Continuing the Conversation	20

RESOURCES

Local Nanny Organizations	21
Donation Spotlight	22
Local and National Community Resources	23

ABOUT THE CONTRIBUTORS 24

WORKS CITED 26

Disney and Cameron Mackintosh's *Mary Poppins* is presented through special arrangement
with Music Theatre International (MTI). www.mtishows.com

SYNOPSIS

The Banks family lives in a big house on Cherry Lane, London, England. The children, Jane and Michael, are in need of a new nanny and acting out in order to gain their parents attention. As a compromise, they offer their own ideas about what sort of caretaker they should have, while their parents—and in particular Mr. Banks—are insistent on someone strict for the job. When a mysterious young woman named Mary Poppins appears at their doorstep, the family finds that she's practically perfect in every way for their needs, but in the most peculiar way. Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones she has a profound effect upon. Even grown-ups can learn a lesson or two from the nanny who advises that "anything can happen if you let it."

CONTENT ADVISORY:

Mary Poppins is generally suitable for all ages but contains strong emotional moments and moments depicting children and family members in conflict. Children under 4, including babes in arms, will not be admitted.

For more detailed information, please visit
<https://www.5thavenue.org/shows/2024-25/mary-poppins/>



CHARACTER BREAKDOWN

MARY POPPINS

a no-nonsense nanny

BERT

a charismatic
"jack of all trades"

GEORGE BANKS

the patriarch of
the Banks family

WINIFRED BANKS

a former actress

JANE BANKS

a messy eldest child

MICHAEL BANKS

a mischievous
younger brother

KATIE NANNA

the last nanny before
Mary Poppins arrives

MISS LARK

an elderly lady

MRS. BRILL

an overworked maid

ROBERTSON AY

a chaotic houseboy

NELEUS

a statue in the park

THE BIRD WOMAN

a beggar woman

MISS ANDREW

George Banks'
former nanny

MRS. CORRY

the owner of a magical
"Talking Shop"

ADMIRAL BOOM

a retired sea captain

HOW MANY PEOPLE DOES IT TAKE TO MAKE A MUSICAL?

Did you know that over **200 people** play an important role in making our production of *Disney and Cameron Mackintosh's Mary Poppins*?

48 
CAST

Principals, ensemble,
external understudies

 **15**
ORCHESTRA

14 
CREATIVE TEAM
Directors, Choreographers,
Designers, Music Department

 **7** 
PROPS

7 
**STAGE MANAGERS
& PRODUCTION
ASSISTANTS**

6 
**AUDITION &
CASTING**

 **4** 
**HAIR & MAKE-UP
& WARDROBE**

 **16** 
SETS

 **70**
**ADMINISTRATIVE
STAFF**

6 
SOUND

Carpenters, Builders,
and Scenic Artists

7 
LIGHTING

 **40**
USHERS

 **23** 
COSTUMES

 **4**
FLY

+YOU!

UP TO **1,886** PEOPLE CAN ATTEND EACH PERFORMANCE

Learn about the roles of The 5th's staff and *Disney and Cameron Mackintosh's Mary Poppins* team members on our website or in the show program.

The Magical Music of *Disney and Cameron Mackintosh's Mary Poppins*

By Kimberly Rosenberg

Mary Poppins has been capturing hearts around the world for the last 90 years. Whether you first read about Mary Poppins through the storytelling of P.L. Travers, or sang along to “Supercalifragilisticexpialidocious” from Disney’s 1964 film starring Julie Andrews, the magic of Mary Poppins is undeniable. With original music and lyrics by Richard M. Sherman and Robert B. Sherman and the new music and lyrics of George Stiles and Anthony Drewe, *Disney and Cameron Mackintosh's Mary Poppins* has a rich, colorful, and dense orchestration that helps bring the story to life.

Mary Poppins has many magical moments peppered throughout the show, such as pulling inexplicably large things out of her bag, bringing park statues to life, and flying through the air with nothing but her umbrella. Some techniques that we find to illustrate and enhance these moments on stage are the types of instruments used, such as bells or a washboard, and the utilization of motifs that give us the feeling something special is happening, such as ascending arpeggios or abrupt changes in musical styling.

When we first meet Mary Poppins, she surprises us by pulling items out of her bag that don't quite look like they should fit inside. As she pulls out each object, we hear a twinkly flourish provided by bell-like instruments underneath the hint of a melody that is yet to come. Listen out for the return and expansion of that melody in a future number!

Another example can be found during the park scene in “Jolly Holiday.” We discover statues coming to life, most notably Neleus, whose arrival brings with him a lyrical line in the English Horn colored with glass-like false harmonics in the cello and the eerie presence of synth strings. Pay close attention to what happens in the music when other inanimate objects come to life.

Lastly, we can't talk about Mary Poppins without discussing her ability to fly! One of the most notable moments comes to us at the end of the show during the reprise of, “A Spoonful of Sugar,” when it's time for her to move on to the next family that needs her. The use of both the piccolo and the organ mimic the sounds of the wind, with soaring melodies and rapid arpeggios adding a feeling of lilting on a breeze high over rooftops of London. Are there other areas in the show where you can hear flying mimicked in the music?



If you would like to share your magical, musical findings scan the QR code below or visit <https://forms.gle/3GDr1NDx7DwdAfSHA> to share your findings with us!

We hope you enjoy your whimsical journey to Cherry Tree Lane and that you and yours have a Jolly Holiday. Cheerio!

The Life and Luck of a Chimney Sweep

By Beth Pollack

“Chim chiminey, chim chiminey, chim chim cher-ee, a sweep is as lucky as lucky can be. Chim chiminey, chim chiminey, chim chim cher-oo, good luck will rub off when he shakes hands with you. Or blow me a kiss, and that’s lucky too.”

—“Chim Chim Cher-ee”

Chimney sweeps were a vital part of life in Edwardian England, ensuring that buildings and homes were safe for their inhabitants by inspecting chimneys to keep them in good working order, clearing them of soot and potentially flammable creosote. The work was difficult and hazardous; sweeps and their young apprentices could get caught in the flues and suffocate or burn to death. They also experienced ongoing exposure to carcinogenic materials. After 1875 the profession was better regulated and popular media began to romanticize the job of the chimney sweep. Many legends soon took hold, including the idea that chimney sweeps are lucky or bring good luck. Here’s a sampling of some of the stories that purport to explain the origins of the luck of chimney sweeps.

A CHIMNEY SWEEP SAVES KING GEORGE II

During the reign of King George II (r. 1727-1760) a chimney sweep saved the king’s life by calming his startled horse during a procession in London. In thanks, King George II declared that chimney sweeps should be treated respectfully as signs of success, luck, and fortune.

A CHIMNEY SWEEP SAVES KING WILLIAM

A runaway carriage almost hit King William (r. 1066-1087) but a chimney sweep pushed him out of the way and saved his life. The king declared chimney sweeps to be lucky and invited the sweep to his daughter’s wedding to bring her and the groom good luck. From this point on, it was considered good luck to have a chimney sweep attend your wedding, especially if they shook the groom’s hand and gave the bride a kiss.

Some versions of this tale incongruously include the king declaring sweeps to be the only service profession allowed to wear top hats, which were popularized in the 1700s and worn by royalty and gentry. This anachronism is likely due to confusion between the similar tales of King William and King George II.

THE FALLING CHIMNEY SWEEP

An undated European legend tells of a chimney sweep who falls while working but catches his foot in a gutter, thus saving his life. While hanging upside down from the gutter, a young woman discovers him, pulls him inside through a window, and falls in love with him at first sight. She breaks her engagement, they marry, and live happily ever after.

NEW YEAR’S DAY

In some places in Europe, sweeps would go door to door to wish people good luck on New Year’s Day (and probably to remind them to get their chimney swept); as part of the ritual, they would rub some soot on your forehead. It was extra good luck if you managed to spot one who was holding a pig; in that case, you could pay the sweep a small sum and make a wish while pulling a hair from the pig.



Magical Nannies

ACROSS ENTERTAINMENT

By Jessica Ellison

Mary Poppins is one of many nannies that belong to a beloved trope in entertainment — the Magical Nanny.

Magical Nannies can be considered magical for their magical powers, or they may be regarded as magical due to their inconceivable ability to bring families together. These nannies often appear at a family's doorstep when they are most needed, seemingly out of the blue, and they have the skillset to discipline the most rambunctious children that have scared away every other nanny. Part of what makes Magical Nannies so successful is that they can see through the tricks of the children and use unconventional tactics to encourage good behavior. Because of their unconventionality, Magical Nannies are typically fired by the family, but it does not last long. Similar to the way in which they appear and tell a family that they are there to nanny, Magical Nannies tell a family when they are done with their services and do not leave for good until they decide that their job is done. Magical Nannies are typically represented as single women; when their job as a nanny is complete, some may marry the father of the children (if there is no mother present). However, if the nanny was working for a two-parent household, they are often depicted as strong-willed and empowered spinsters, who encourage strong-willed women. But whether a nanny has actual magical powers or the seemingly magical ability to mend a broken family, there are two main types of Magical Nannies.



The first type of Magical Nanny, is the class that Mary Poppins belongs to. This is a nanny with a free-spirit, who steps in to be a nanny for a family with strict parents. These parents are usually quite stern with their children, who may have strong feelings of missing out on quality time with their parents. While this nanny still establishes boundaries with the children, they encourage the children to be themselves and show them the power that love and kindness can have on relationship-building. Eventually the love that the nanny extends to the children, stretches to the entire family, and the parents learn to show a bit more care towards their children and toward each other. To enhance the free-spirited nature of these nannies, they are usually extremely musical in nature and may incorporate song and dance into their moral lessons.



Fairy Godmother from Cinderella. Fairy Godmother is the magical fairy that appears to help transform Cinderella and send her to the ball. She encourages Cinderella with song, magic, gentleness, and care.



Maria from *The Sound of Music*. Maria takes on the care of the von Trapp children while determining whether or not she wants to become a nun. She forms a strong bond with the children and eventually falls in love with their father, Georg von Trapp.

The second type of Magical Nanny, is an inverse of the first type. This is a nanny who is more strict with children, while dealing with extremely affable parents who do not enforce rules. Because of the parents' nature, the children are often perceived to be wild and out of control; and their parents will often try to bribe good behavior out of the children with gifts or money. While this nanny is strict, they are also fair and give the children structure. With encouragement, the Magical Nanny shows the children that following rules and behaving well can actually be quite fun.



Nanny McPhee from the movie *Nanny McPhee*. Nanny McPhee is a stern nanny who steps in to nanny for seven boisterous children after their mother dies. She has real magical power and slowly gains the respect of the children who begin to rely on her less.

Jo Frost from the TV show *SuperNanny*. Jo Frost is a nanny with no magical powers, who went from home to home, transforming the behavior of children who were deemed as too misbehaved for other nannies, and showed parents how to set boundaries with children, while also showing mutual respect.

The World of Mary Poppins

By Beth Pollack

Though *Disney and Cameron Mackintosh's Mary Poppins* incorporates many memorable aspects of the 1964 Disney film of the same name, the stage musical is not a direct adaptation of the film. Instead, it brings together elements from the film, from the original Mary Poppins book series, and original features to weave a new story of the magical nanny who “pops in” to help the Banks family, teaching both children and adults many valuable lessons along the way.

The character of Mary Poppins popped into existence in the 1926 short story “Mary Poppins and the Match Man” which also introduced a street artist named Bert. The first full length Mary Poppins book was published in 1934 and was followed by seven sequels over the next 50 years. The Mary Poppins that Travers created is brusque, no-nonsense, and relatively vain; still, she cares deeply for the Banks children and uses her magic and her hidden kindness to teach them about the importance of family and finding magic in everyday tasks. Over the course of the novels, Mary Poppins cares for five Banks children and takes them on adventures to visit her supernatural relatives, meet her magical friends (both human and animal), and even explore other dimensions.

Despite the far-flung locations of many of their adventures, Mary Poppins and the Banks children also explore London. Though the initial stories were published in the 1930s, the 1964 film set its events firmly in the Edwardian era. In 1910, London was one of the most powerful cities in the world as a trade and financial center; despite the wealth of the city, there was a sizable gulf between the relatively small upper class

and more substantial middle and lower classes. As Mary Poppins leads the Banks children on their escapades, she encourages them to see beyond the class divides of their stratified society.

This attitude was reflective of the author's philosophy of life. Travers, who was born in Australia and emigrated to England in her twenties, was extraordinarily interested in exploring the realities of other cultures and societies throughout her life. She studied Zen in Kyoto, practiced yoga earnestly, lived with the Navajo people during WWII, pursued training with the mystic philosopher George Ivanovich Gurdjieff, and wrote books and stories inspired by the mythologies of many countries and peoples. The Mary Poppins books can be seen as a collection of modern myths and fables that, while appealing to children, was never intended to be relegated to the genre of children's fiction.

The world of Mary Poppins encourages its audience, no matter what age, to seek connection and joy in unexpected places and in order to embrace an expansive life.

Care-taking in Different Cultures

By Miranda Quintanilla

***Mary Poppins* is a classic example of one form of child care, a nanny. In this country and all over the world you will find many childcare options, oftentimes multiple different types used together to fit a family's needs. Below you can learn about different childcare options that, through globalization, you will find in any culture even if they look a little different.**

INDIVIDUAL CHILD CARE-TAKER: BABYSITTER / NANNY / LIVE-IN / AU PAIR



Many of us are familiar with or have had a babysitter, someone outside of the family that will come in to watch children on a semi-regular or one-off basis. Often this will be someone that watches the children so the parents can have a date night or attend an event, or they will watch the children while the parents are at work. Oftentimes they are asked to do some light meal time activities and potentially clean up dishes or toys. Usually they are not a babysitter full-time, or if they are, they work for many families.

Nannies typically have more involvement, and are more regularly employed, either part-time or full-time with the family. They care for the child, provide enrichment, see school age students off to school or are there when they return home. They may help out more with the housework, tidying or doing laundry. We see this in *Mary Poppins* as she takes care of the kids while they are sick. Sometimes there is a middle ground between a babysitter and a nanny and some people prefer to use childcare as a general term for their work.



Sometimes the caretaker lives with the family; room and board being one of the benefits in the employment arrangement. This can look essentially like a nanny position but living there full-time and taking on additional responsibilities and tasks. Another form this

takes is an au pair. This is a French term meaning 'at par' or 'equal to'. The au pair is often a cultural exchange and is viewed as a member of the family. They aren't employed and don't get paid a salary or a wage but do get a stipend or allowance of money each month. They will spend meal and recreational time with the family and immerse themselves in the culture as they also provide childcare and light housework for the family.

CHILDCARE CENTERS



Another option is for the child to go to an external location for childcare; this takes many forms. Here in the US we are used to daycare centers, before and after school programs, private in-home daycare, and pre-school. In East Asian countries like China, Japan, and South Korea the childcare centers are extensions of the education system that focus both on early academic skills and cultural values of harmony and collaboration.

German kindergartens are much different from the kindergarten we are used to here in the US. It operates more as a preschool and is optional for kids ages 3-5. There is little structure and kids are allowed free play for most of the day. Supervision is not as strictly enforced and the children choose most of what they do. There are mandatory times when they gather together and mandatory outside time that isn't impacted by the weather.



Another system that allows the children to have more choice over their activities is Montessori. This form of early childhood education was created by Maria Montessori, the first female physician in Italy, in the 1900s. While there are similarities in focusing on the child's agency and play based learning, a big difference is that Montessori is more academic focused whereas in Germany, academics don't start until the child is 6 and in first grade.

In any place with childcare centers you will find a range of focus and ages; some will watch children as young as infants. There will be different focuses that are culturally influenced or parent-driven. Most often these focuses are: preparing for academic and life success, social and cultural traditions, integration into the community, or holistic development of a child physically, mentally, emotionally and sometimes spiritually.

SUPPORT FOR THE PARENTS

There are many traditions that focus on support of both the parent and child from birth. This person can be hired or a family or community member. They will often provide help during the pregnancy and directly after the child is born, taking shifts of watching the child while the parent gets some much needed sleep. Some of the focus of these practitioners are on nutrition, minimizing stress, and the general health of both parent and child. This will be culturally relevant and looks different depending on the traditional practices.

Midwife is probably the most well known and general term used, though the more popular understanding of a midwife is that they help deliver the babies and have limited caretaking duties, usually checking in on parent and child but not helping with childcare. This practice has been around since prehistory and the duties and extent to which these folks, often women, helped with the child after birth have varied through history and place.



Doulas, a word originating in ancient Greece, are not medical practitioners but provide support to the parent during childbirth and can provide support to both the parent and child after birth. In China there is a practice known as confinement and the practitioners focus heavily on the nutrition of the parent. They do a lot of childcare so that the parent can get rest.

Many traditional practices are being integrated with medical information and knowledge to continue providing culturally relevant care that is also safe for parent and child.



COMMUNITY-BASED CHILDCARE: EXTENDED FAMILY AND KINSHIP



One of the most common forms of childcare is extended family. Often this will be the grandparents either living nearby or, especially in Latinx and African communities, living in the same household as the children. This can also look like older siblings or cousins watching over the younger children. Sometimes it is cost and resources that make extended family the primary childcare option to many families. Some may also choose to keep the child's education and development culturally specific and opt to have them stay within the family or smaller community.

Many indigenous groups, here in the US and throughout the world, practice kinship. It is a broad way of defining a family system so that everyone in the community, tribe, clan, or band is considered related. This goes deeper than just naming a connection to one another but works to make sure everyone is involved in the caretaking of the community. Kinship is also the basis for an understanding that a child will always be looked after within the community. In some communities this looks like the child more freely being able to spend their time within whichever household they choose or is available. While kinship is similar to an extended family it holds a different cultural meaning. Extended community care is also important to many Black families in the US, and is often implemented as a common practice.



Child Guardians in Theatre: Practically Perfect In Every Way

By Beth Pollack

“If you are someone who wants to get into professional theatre but don’t want to be an actor, just know there are so many cool jobs out there. It takes a whole giant team to put on a production, and there are some jobs that a lot of people may not even know about. I learned that firsthand!”

— Amy Jurkiewicz, Child Actor Guardian at The 5th

Disney and Cameron Mackintosh’s *Mary Poppins*

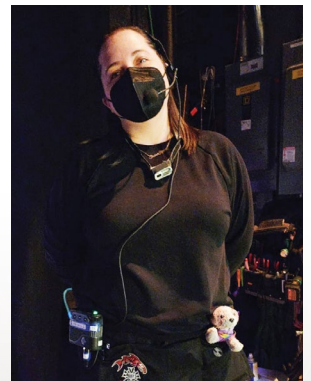
features a nanny taking care of the Banks children — but who is looking after the child actors playing Jane and Michael when they’re not onstage? That would be Amy Jurkiewicz, who, among her extensive 5th Avenue Theatre credits, has served as the Child Actor Guardian for five previous productions.



“A Child Guardian is there to guide and supervise any minors who are hired to perform in a professional theatre production,” Amy says. It’s a big job because the youth actors are expected to keep up with the pace and standards that the adult actors are held to, even while balancing other

commitments, like school.

Amy’s responsibilities include keeping track of the child actors’ schedules, ensuring they’re in the right rehearsal spaces at the correct time, helping to track blocking and notes for the youth cast, and accompanying the youth actors backstage while making sure they wear the correct costumes and bring on the correct props.



As a Child Actor Guardian, Amy is the main point of contact with the Stage Management team and the other adults working on the show who interact with the youth actors, but she’s also consistently communicating with parents and guardians outside the space. “I communicate with parents about the schedule, any reminders, and things they can help their youth actor



It's a lot of work, but Amy also makes sure that there's space for fun — not unlike a certain magical nanny. "I think I'm most similar to Mary Poppins in that I appreciate routine and order, but can always be swayed into fun adventures," Amy says.

work on at home. Being in a production is such a huge commitment for the parents too in a lot of ways, but especially transportation! And since parents are not permitted in rehearsal or backstage, I try to keep them updated as much as possible on what's going on, and I take lots of pictures!"

It's a lot of work, but Amy also makes sure that there's space for fun — not unlike a certain magical nanny. "I think I'm most similar to Mary Poppins in that I appreciate routine and order, but can always be swayed into fun adventures," Amy says. Amy makes sure the youth cast gets to be involved in the inside jokes and traditions that are established during the course of the production, and occasionally encourages some shenanigans that are specific to the youth cast. One year, a group created a fake preschool show dedicated to Amy's "life lessons", complete with a filmed title sequence and theme song; Amy says, "It's still one of my favorite things to revisit because it brings me right back to that show and all the memories." For *Mary Poppins*, she's already looking forward to a holiday movie/pajama party for her charges during the run of the show. Amy also packs a kit that's almost like a magic carpet bag with things like flashlights, tissues, and hand sanitizer as well as fidget toys and games for downtime backstage. Where did Amy learn all these tricks? "I have a background in Child Development, Recreation, and Theatre Education," Amy explains — and also reveals that she's worked as a nanny before! "But that role lives in such a different part of my brain — I am much closer to a mentor at a job than a babysitter to these youth actors."

Amy brings a wealth of experience to her role as a Child Actor Guardian, but while she always knew she wanted to work with kids, she didn't even know that jobs like it existed until a workshop at an internship in 2014. "I immediately started learning everything I could about it. I read articles and job postings, I requested to shadow other Guardians, and asked to get coffee with Guardians who came through Seattle on tour and had worked on Broadway." Connecting with other Guardians



taught Amy a lot, even inspiring her to help organize Seattle's Child Guardians into a local union chapter, IATSE 887, in order to help ensure fair pay, benefits, and additional protections. "If you are someone who wants to get into professional theatre but don't want to be an actor, just know there are so many cool jobs out there. It takes a whole giant team to put on a production, and there are some jobs that a lot of people may not even know about. I learned that firsthand!" Amy says.

With such a full schedule and so many responsibilities, Amy has a lot going on any time she's working on a production, but she never loses sight of joy and gratitude along the way. "The best part is simply getting to do what I consider my dream job. People say that it must be such a thankless job, but at the end of the day, I'm getting to work in professional theatre and hang out with some cool kids. And when a kid I'm working with feels safe enough to be a total goofball backstage and then hop onstage and remember all their notes and totally shine, that's all the thanks I need."

HOLIDAY ACTIVITIES AROUND TOWN

Curated by Aviona Rodriguez Brown

During the holidays, we look forward to spending time with family and friends — and sometimes seek out new and exciting things to do. We encourage you to explore the beautiful city we have and venture out to any of the events listed below, hosted by our fellow arts and culture organizations.

ELLIOTT BAY BOOK COMPANY

Elliott Bay Book Company is a full service bookstore located in the heart of Seattle's Capitol Hill neighborhood, offering one of the region's best selection of new books, with over 150,000 titles, as well as a large collection of remainders. In addition, Elliott Bay presents an unparalleled schedule of author readings and events throughout the year. With a few exceptions, in-store events fall on weekdays at 7 PM. All readings, unless otherwise noted, include a book signing at the end of the event.

INTIMAN THEATRE

Black Nativity, Langston Hughes' Gospel Song-Play returns in this newly reimagined production! Celebrate the season with a cast of more than 30 actors, dancers, soaring vocalists, a live band, and a rousing city-wide gospel choir. Audiences will have the chance to raise their voice and sing-along during this stirring and joyful holiday musical for families of all backgrounds and beliefs. Don't miss your chance to experience this treasured Seattle tradition as Intiman presents the second year of the new *Black Nativity*.

ACTS ON STAGE

A Soldier's Play is a quick-cadenced military murder mystery! Packed with action and stewed in the deep seasonings of the south, this classic stage play turned movie grips all the senses while telling a complicated and complete story.

Wedged between the commemorations of Veterans Day and Pearl Harbor, this Pulitzer Prize winning drama runs November 14 - 24, 2024 at the Acts On Stage Theatre in White Center. Featuring a local cast and directed by Seattle's award-winning Isiah Anderson, Jr., this production promises to be a pre-holiday favorite in the arts and culture landscape of Seattle.



DOWNTOWN SEATTLE ASSOCIATION

Tree Lighting Celebration at Westlake Park November 29 from 3-6 PM

The annual Tree Lighting Celebration will take place on Friday, Nov. 29. The event will include family-friendly activities in the park and live entertainment leading up to the lighting of the Westlake Center tree and Holiday Star, followed by dazzling fireworks.

Abundant Lights + Music and Light Show at Westlake Park

November 15 through January 5, 2025

Light features in Westlake Park this year will include a colorful canopy of overhead lights, projections and spheres, a custom-created music and light show, and selfie stations with festive backdrops throughout the park.

Saturday Sing-along Concerts at Westlake Park

December 7 & 14 from 2-4 PM

Live music performances will be coming to Westlake Park on two Saturdays in December. Local artists will perform holiday favorites with a twist.

Santa Saturdays at Westlake Park November 20 & December 7, 14 & 21 from 1-3 PM

Free photos with Santa will be offered on Saturdays in December in Westlake Park. Snap a photo with Santa and enjoy free family friendly activities, food carts and more.

Wintery Weekend Ice Skating Rink at Occidental Square

December 13, 14 & 15 from 12-6 PM

Back by popular demand! Downtown Seattle Association will be hosting a synthetic ice rink for the third year. Skate for free and enjoy a variety of different special guests and entertainment each day.

Holiday Market at Occidental Square December 13 & 14, starting at 12 PM

Shop local at the Occidental Square Trading Post Holiday Market where vendors will be selling vintage wares and items, crafts, home goods and more.

Holiday Art Walk Music at Bell Street Park December 13 from 4:30-6:30 PM

Enjoy tunes from a busker in Bell St. Park and browse the many galleries and shops during the popular Belltown Art Walk.

Holiday Concert at Bell Street Park December 14 from 3-5 PM

Downtown Seattle Association is bringing a community concert to Bell St. Park with a local artist performing holiday tunes. Guests are invited to enjoy the live music and visit local retail and restaurants in the neighborhood as they get in the holiday spirit.

Bells on Bell Street December 10-20, 2024

Everyone is welcome to visit a public pop-up art gallery along Bell St. as custom bells adorn Bell St. Park. Local artists will be commissioned to create one-of-a-kind masterpieces to bring Bells to Bell Street.

Holiday Music and Decor at Pioneer Square Park December 4, 11 & 18 from 1:15-4 PM

Pioneer Square Park will be adorned with holiday lights, décor, and a beautiful tree all season long. Guests can also enjoy live music in the park from Dickens Carolers and a handbell group on Wednesdays in December.

SEATTLE MADE

The mission of Seattle Made is to grow and support a diverse ecosystem of urban manufacturers and producers that expand opportunities for local ownership and meaningful employment, build our region's long-term resiliency, and celebrate Seattle's unique cultural identity.

What's in Your Carpet Bag?

By Jessica Ellison

Part of the magic of Mary Poppins is that she always has exactly what she needs at the right time—all thanks to her handy carpet bag! We want to know what you would keep in your bag. Print out this page and draw in some of your go-to items, and things that you might keep on hand to help your family and friends, just like Mary Poppins!



Sending Care to Caregivers

By Jessica Ellison

Mary Poppins shows us that care can come from many different people in our lives. Your caregiver may be a parent, nanny or babysitter, relative, friend, favorite teacher, or a combination of these people. Caregiving can be a tiresome job, and it can be reaffirming for caregivers to know that you appreciate them and their time—the people who give us care also benefit from care directed towards them! The list below provides some options for ways that you can care for your caregiver and show them your gratitude.



WRITE A LETTER. Letters are a great way to express your feelings. Brainstorm a list of all of the things that you appreciate about your caregiver, then write them in a letter. You may start your letter with something like:

Dear _____,

I wanted to tell you how much I appreciate the things that you do for me, such as: _____.



MAKE A BOUQUET. If you and your caregiver like to spend time outside, you can make a homemade bouquet with flowers and other plants that you may find along a path or around your neighborhood.



SHARE WORDS OF AFFIRMATION. Small words can go a long way. Explore sharing words of affirmation like “thank you,” “I appreciate you,” etc. when you feel appreciative of something your caregiver does.



DRAW THEM A PICTURE. If you like to draw, you can always express your feelings visually. Consider drawing a picture of one of your caregiver’s favorite things so that they have a personalized version.



SPEND QUALITY TIME TOGETHER. Ask your caregiver what some of their favorite activities are. Then, find ways to do those activities together!

Practicing Gratitude

By Jessica Ellison

Gratitude is a feeling of appreciation for things that are valuable and meaningful to you. While it is important to show gratitude for others, it is also important to show gratitude towards yourself! Read below for two activities that you can do to help build a routine of daily self-gratitude for both your mental and physical health.

GRATITUDE JAR + COLLAGE

A gratitude jar is a great way to practice daily reflection and catalog some of the things in life that you are grateful for.

Materials: a small container, paper, magazines or newspaper, something to write with

Step 1: Find a jar or container that you can store things in.

Step 2: At the end of each day, reflect on the day and think of something that brought you joy or something that you're grateful for. Maybe you had a good meal that brought you joy or maybe you're grateful that your time spent studying resulted in a good grade on a test.

Step 3: Write down what you're grateful for on a small piece of paper or find a picture in a newspaper or magazine that reflects your thoughts for the day, and place that in the jar.

Step 4: At the end of each month, take a look at what you've collected in the jar.

Step 5: You can even take a larger piece of paper and glue and make a collage of the items in your gratitude jar, for a visual reminder of everything that you're grateful for.

BODY SCANNING

Body scanning is a mindfulness practice, where you focus on different parts of your body to relieve tension and become more in tune with your body.

Step 1: Get into a comfortable position — either sitting or lying down — and close your eyes.

Step 2: Take deep breaths and start to more intentionally notice your breathing. What parts of your body move when you breathe and how do they feel?

Step 3: Start at your feet and pay attention to how they feel. Think about the things that your feet did for you today; did you do a lot of walking, what are some of the places you went, etc.?

Step 4: Pick another body part and think about the things that body part did today.

Step 5: Repeat steps 3 and 4 with one more body part.

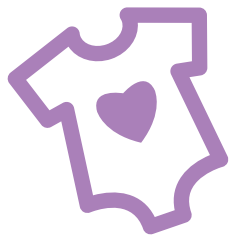
Step 6: Say “thank you” to your body.

Step 7: Take more deep breaths and open your eyes.

CONTINUING THE CONVERSATION

After you experience the show, reflect on the following questions:

- Which character did you relate to the most and why?
- What do you think happens next for the members of the Banks family? What about for Mary Poppins, Bert, and the other characters in the story?
- Mary Poppins teaches the Banks children that “in every job that must be done, there is an element of fun.” What elements of fun have you found in your everyday tasks recently?
- *Disney and Cameron Mackintosh’s Mary Poppins* contains elements from the film and the original book series as well as new material created for the stage musical. What classic moments did you enjoy seeing come to life on stage? What new-to-you elements surprised or delighted you?
- Mary Poppins takes the Banks children on a variety of adventures that make ordinary locations seem extraordinary. If you could go on a magical adventure in a familiar location, what kinds of unusual or surprising elements would you hope to encounter?



Local Nanny Organizations



By Aviona Rodriguez Brown

Times are indeed different from that of the Edwardian Era of London. In the US, childcare is the second greatest expense (behind mortgages), and families are finding creative ways to care for their kids while balancing other life needs. Below is a list of organizations throughout the Puget Sound who support families seeking their own Mary Poppins — caregivers seeking employment and agencies seeking caregivers.

ANNIE'S NANNIES (AN) is an agency that helps families to assess their needs and formulate a job description. AN also offers nanny placement, on-call childcare, postpartum and newborn care, wedding and party childcare, and household support.

NANNY 4 U (N4U) was voted Seattle's Best Nanny Service and was awarded the ParentMap Golden Teddy award four years in a row. N4U offers an array of services including long-term care, short-term care, event care, household staffing, and newborn specialists.

NANNY PARENT CONNECTION (NPC) is a great option for caregivers and nannies seeking families, families seeking caregivers, and agencies seeking nannies. The NPC is a paid, membership-required database that offers connections, background checks, and last-minute coverage support.

SEATTLE NANNY SHARE & LEARNING POD NETWORK is a group of parents who are seeking to join or create a nanny share or learning group. This is a great way for parents to share the cost of a nanny and for youth to have a consistent adult in their lives and a core learning pod.

SEATTLE NANNY NETWORK (SNN) is for those who are overwhelmed by the process of finding the right nanny. SNN is an organization made of parents who help families seeking to find a nanny by handling the administrative side such as recruitment, hiring, interviewing, and scheduling.

SPILT MILK NANNIES is a women-owned network serving Seattle, Washington and Portland, Oregon. This is a closed, interview-to-join agency that services a family's needs by scheduling nannies according to their coverage needs.

STARLING AGENCY is a nanny placement agency which helps families during the hiring process for any of the following needs: nannies, private teachers, newborn specialists, household managers, family assistance, personal assistants and more.

THE NANNY CONSULTANT (NC) offers a service for families to connect to household service providers as needed.



DONATIONS SPOTLIGHT

FR1ENDS of the CH1LDREN Seattle

As a nonprofit theater company and one of our region's largest performing arts employers, The 5th Avenue Theatre's mission is to nurture, advance, and celebrate all aspects of the great original art form: the musical. We continue to commit ourselves to musical theater as an art form, and recognize our musicals reflect real-life matters and themes. We always try to explore sensitive subjects with great care in our shows, and we want to highlight local organizations that support highly impacted community members.

We encourage you to support **Friends of the Children-Seattle (Friends-Seattle)**. For 25 years, Friends-Seattle has been dedicated to impacting generational change by helping youth who are facing the toughest systematic barriers in our community realize their power through relationships with salaried, professional mentors — for 12+ years, no matter what. Friends-Seattle is redefining youth mentoring with a unique long-term model; the vision is that youth have the consistent support they need to succeed and become advocates for themselves and their communities. By supporting the mission of Friends-Seattle you agree to the need for the creation of safe spaces for intergenerational growth and development so that youth, their families, and our communities can thrive. **Learn more about how you can support Friends of the Children — Seattle at the QR code!**



Community Resource List

Curated by Aviona Rodriguez Brown

We recognize that the themes and experiences of the characters in *Disney and Cameron Mackintosh's Mary Poppins* are relevant to the challenges and hardships existing throughout time in society. The list below is curated to contain both local and national resources for individual and community wellness.

KEY

- ★ Local WA Organization
- ★ National Organization
- Youth Focused
- LGBTQIA+ Focused
- Culturally Focused
- Community Partner Organization

**King County information hotline
for any or all of the below listings,
CALL 2-1-1**

BULLYING

- AACAP ★ ■
- Committee for Children ★ ■
- No Bullying ★ ■
- Stop Bullying ★
- TeenLink ★ ■

HOUSING INSECURITIES

- Cascade Housing Foundation ★
- Chief Seattle Club ★ ●
- Compassion Housing Alliance ★ ●
- Cocoon Housing ★ ■ ●
- Communities of Belonging ★
- Jubilee Women's Center ★ ●
- Lavender Rights Project ■ ● ●
- POCAAN ■ ● ●
- Northwest Justice ★
- MLKHousing ★ ●

LEGAL SUPPORT SERVICES

- King County Bar ★
- Lavender Rights Project ■ ● ●
- QLAW Foundation
of Washington ★ ■
- TeamChild ★ ■

MENTAL HEALTH ASSISTANCE

- Asian Counseling and
Referral Service ★ ■ ● ●
- Crisis Connections —
County Based Hotline ★
- Fairfax Behavioral Health ★
- National Alliance of Mental
Health Illness (NAMI) ★
- TeenLink ★ ■
- Lambert House ★ ■
- Wa Therapy Fund ★

PHYSICAL & PERSONAL SAFETY

- Children's Hospital ★ ■
- Coalition ending
Gender-Based Violence ★
- Domestic Shelters ★ ★
- Futures Without Violence ★
- Global Network of
Women's Shelters ★
- Northwest Family Life ★
- Sexual Assault Hotline
Call 1-800-656-HOPE (4673) ★

SCHOOL AND SYSTEMS NAVIGATION FOR PARENTS

- Asian Counseling and
Referral Service ★ ■ ● ●

SOCIAL NAVIGATION

- Help Me See Myself ★
- Lambert House ★ ■
- Youth Eastside Services
(Y.E.S.) ★ ■ ■ ●

SUICIDAL THOUGHTS AND ACTIONS

- Crisis Text Line — Text 741-741 ★
- TeenLink ★ ■
- National Suicide Prevention
Hotline — Call 9-8-8 ★
- Now Matters Now ★
- Suicide Lifeline —
Call 1-800-273-8255 ★

SUBSTANCE ABUSE SUPPORT

- 23rd & Cherry Fellowship ★ ●
- Fairfax Behavioral Health ★
- Narcotics Anonymous ★
- POCAAN ★ ● ●
- TeenLink ★ ■
- Washington Recovery Helpline —
Call 1-866-789-1511 or Dial 7-1-1 ★

TRANSPORTATION SUPPORT

- Crisis Connections — Ride United ★
- King County Metro Services ★

ABOUT THE CONTRIBUTORS



Jessica Ellison (they/them) is the Senior Manager of Education & Engagement Programs at The 5th Avenue Theatre, as well as a freelance dramaturg and writer. Jess received their Bachelor of Arts in Anthropology from the College of William and Mary and their Master of Arts in Theatre Studies from the University of Houston. Their artistic practice seeks to uplift stories written by and for black queer communities, while also bringing anthropological theory into conversation with theatre studies. Their research focuses on black queer theater, and they had the pleasure of teaching Theater History and African American Theater at University of Houston-Downtown. Jess serves as the Vice President of Institutions for Literary Managers and Dramaturgs of the Americas and as a Board Member for Washington Thespians. You can learn more about Jess' work at jeedramaturgy.com.



Christa Fleming is a graphic designer whose experience spans over 25 years. She has worked with a number of Seattle area organizations, including: The 5th Avenue Theatre, ACT Theatre, Town Hall Seattle, Pratt Fine Arts Center, The Arboretum Foundation, Associated Recreation Council, Pasado's Safe Haven, Cornish, Book-It Repertory Theatre, Northwest Girlchoir, Navos, many independent schools, and more. She also crochets. A lot. You can check out her design work at christafleming.com.



Beth Pollack (she/her) is a Seattle-based performer, dramaturg, and teaching artist. She is the Dramaturg and Curriculum Specialist at The 5th Avenue Theatre. As a dramaturg, Beth has additionally worked with Seattle Shakespeare Company, Noveltease Theatre, and Dacha Theatre, where she is the Associate Producer of Literary Management. As an educator, Beth has worked with Seattle's Young Shakespeare Workshop, Seattle Children's Theatre, Seattle Shakespeare Company, Jet City Improv, Book-It Repertory, ACT Theatre, and Seattle Rep's Public Works Program. As an actor, you may have seen or heard her work with Seattle Children's Theatre, Village Theatre, Seattle Shakespeare Company, Book-It, Strawberry Theatre Workshop, or Dacha Theatre. Beth graduated magna cum laude from NYU's Gallatin School of Individualized Study with a degree in Theatre Studies and the Historicization of Dramatic Literature, and would be happy to explain what that means. More at beth-pollack.com.

ABOUT THE CONTRIBUTORS



Miranda Quintanilla began working with The 5th Avenue Theatre as a Rising Star Project student in 2014 and 2015, doing costume and wardrobe for Monty Python's Spamalot and Carousel. After graduating from college, she returned as a Guest Services Associate in 2021 before, in 2023, becoming the Education and Engagement Coordinator. She graduated from Fairhaven College at Western Washington University with an Interdisciplinary Bachelor of Arts degree titled Politics of Creativity. She is a writer, artist and theorist who explores the power of creativity to end oppression with emphasis on the creative practices of queer and BIPOC communities.



Aviona "Creatrix" Rodriguez Brown instills inclusivity and accessibility by creating multidisciplinary art to tell stories surrounding being multiracial, exploring queerness, working through mental illness, stress, navigating drug addiction, and houselessness. Creatrix encompasses the many art avenues to which they contribute: Assoc. Director of Engagement at The 5th Avenue Theatre, (4) Board Memberships (Evergreen Land Trust, Pricearts LLC, VP of Pierians, INC.- Seattle Chapter, Movimiento Afrolatino Seattle), Actor, CEO & Founder of Avión- ARB Arts Consulting Agency, Curator, Director, Instrumentalists, Mentor, Performer, Painter, Producer, Stage Manager, Teacher, Writer. Connect: https://linktr.ee/avionacreatrix_official



Kimberly Rosenberg is a violinist and violist from the Seattle area with a passion for theatre and chamber music. She received her Bachelor of Music with Honours from The Royal Academy of Music, London, UK in 2011 and was a member of Southbank Sinfonia's 10th anniversary year. Whilst in London, she performed as part of an on-stage string quartet, alongside actor Alex Jennings, in the West End production of, "Hymn" by Alan Bennett and was invited to be the sole violist in London Sinfonietta Academy's debut year. Kimberly currently lives in Seattle as Interim Music Services Senior Manager at the 5th Avenue Theatre. She also performs regularly as a freelance musician and can often be found playing with The 5th Avenue Theatre, Village Theatre, Paramount Theatre, and Fever's Candlelight Concerts.

WORKS CITED

Adams, Emily. "Global Childcare Practices: Comparative Childcare Practices Worldwide." *Parent Childcare Management Solution Corp.*, 24 May 2024, parentapp.ca/blog/global-childcare-practices.

Baldovinos, Sal. "History of Doulas - from Ancient Roots to Modern Revolution." *Motherhood Center*. 17 Mar. 2023, www.motherhoodcenter.com/history-of-doula-care/.

Burke, S. (2023). Wisdom from the Elders: kinship care that honors traditional Indigenous ways. *AlterNative: An International Journal of Indigenous Peoples*, 19(3), 635-645. <https://doi.org/10.1177/11771801231189842>

Engelbrecht, Janine. 2021. "Magical Mothers: The Representation of Witches and Motherhood in Contemporary Fantasy Cinema." *Communicatio* 47 (1): 20–41. doi:10.1080/02500167.2021.1876122.

Franz, Rhonda, and Andrew Warner. "What Is a Montessori School?" *US News & World Report*, *U.S. News & World Report*, 2024, www.usnews.com/education/k12/articles/what-is-a-montessori-school.

Griswold, Jerry. "'Mary Poppins' Creator P.L. Travers Is Even More Fascinating than Her Fiction." *The Washington Post*, 14 Dec. 2018, www.washingtonpost.com/entertainment/books/disney-tried-to-erase-mary-poppins-creator-pl-travers-shes-still-more-fascinating-than-fiction/2018/12/13/7e77b6c6-f89f-11e8-863c-9e2f864d47e7_story.html.

"Historical Background." Duke.edu, 2022, exhibits.mclibrary.duke.edu/duke-midwifery/historical-background/. Accessed 16 Oct. 2024.

Hopkins, Marcia. "Family Preservation Matters: Why Kinship Care for Black Families, Native American Families, and Other Families of Color Is Critical to Preserve Culture and Restore Family Bonds." *Juvenile Law Center*, 24 Sept. 2020, jlc.org/news/family-preservation-matters-why-kinship-care-black-families-native-american-families-and-other.

"Legends of the Chimney Sweep Profession - NY Chimney Sweeps." Hudson Valley Chimney, 21 Jan. 2015, www.hudsonvalleychimney.com/blog/legends-luck-chimney-sweeps/.

Maruyama, Mayumi. "Chinese Postpartum Confinement, Called 'Zuo Yue Zi,' Is Gaining Western Appeal." CNN, 7 May 2023, www.cnn.com/2023/05/07/health/chinese-postpartum-care-wellness/index.html.

Padgitt, Marge. "Why Chimney Sweeps Are Lucky." *Chimneys.Com*, 2 Feb. 2021, chimneys.com/chimney-sweeps-are-lucky/.

"Parenting Abroad: American Kindergarten versus German Kindergarten." *ParentMap*, www.parentmap.com/article/kindergarten-america-germany.

"The Difference between Au Pair and Nanny — AuPairWorld." *aupairworld*, www.aupairworld.com/en/wiki/difference-nanny-au-pair.

