

Come Celebrate! Vitamin L's 25th Birthday Concert!



Delightful, uplifting music for the whole family!

Saturday, October 11th

Two Shows: 11:00 or 1:00
at the Hangar Theatre

EVERYONE'S INVITED!

PAY WHAT YOU CAN tickets at the door

Suggested donation:
\$5.00 - \$10.00 per person



BIRTHDAY CAKE
for the audience
and a birthday
RAFFLE WITH
GREAT PRIZES!

Compassion

Empathy

Gratitude

Love!



Music

Kindness

Teamwork

Sponsors: Wegmans, Audrey Edelman Realty USA, Center for Transformative Action (CTA), Moosewood, Cayuga Family Medicine, Purity Ice Cream, Alternatives Federal Credit Union (AFCU), Ithaca Guitar Works, Ithaca Child

Reflections from Jan and Janice on 25 years of Vitamin L....

Gratitude, a full heart, and ongoing commitment– that's what we experience when we think about Vitamin L. We are grateful for the unique opportunity we've had to share the ideals in the Vitamin L songs for 25 years!

We've had the great pleasure of working with over 300 youth in the Vitamin L chorus since 1989. We've loved seeing them grow as people and as performers during their time with us. We take delight in watching them go out into the world in a variety of interesting occupations. We've witnessed some weddings and met some of their children. And each summer as the seniors graduate, a new batch of chorus kids start training. We look forward to many more years of Vitamin L!

Some fun memories in addition to hundreds of concerts at elementary schools:

August 1989: *"Walk a Mile" was released on cassette and received the Parents' Choice Gold Award. There were no CDs back then!*

Sept. 1989: *Vitamin L's 1st concert was at the Tompkins County Human Rights Commission Awards Ceremony.*

Feb. 1991: *The 2nd Vitamin L recording, "Everyone's Invited!" was released and received a Parents' Council Outstanding Award.*

June 1992: *Performance at Ithaca College stadium for 2,000 Special Olympians. Wonderful spirit, beautiful day!*

Nov. 1992: *Our 3rd recording, "Swingin' in the Key of L," was released and received a Parents' Choice Approved Award.*

April 1993: *Vitamin L sang at the United Nations in New York City for World Children's Day. This was deeply moving, with children from around the world sitting in the chairs of their country's United Nations Representative.*

Sept. 1994: *A colorful and memorable concert location: The Adirondack Hot Air Balloon Festival in Glens Falls, N.Y.*

Sept. 1994: *The 4th Vitamin L recording, "Every Moment!" was released with a concert at the State Theatre.*

This time it was on CD! It received the Parents' Choice Silver Award.

August 1996: *Performance with folksinger/songwriter Pete Seeger.*

1996-2006: *19 extra-fun summer concerts at Independent Lake Camp in Pennsylvania. Great audiences!*

1996-2009: *Many concerts & workshops at the SUNY Cortland Center for the 4th and 5th Rs (respect & responsibility) conference.*

1993-1997: *Yearly performances at Cornell's Cabin Fever event, including one in which an audience member accidentally unplugged the sound system during the song "That is a Mighty Power!"*

1991-present: *Many Apple Harvest Festivals, Corning Arts Festivals, and Ithaca Festivals.*

August 1999: *10th Birthday Concerts at the Hangar.*

1999-present: *Working with numerous wonderful, dedicated volunteers who served or serve on Vitamin L's advisory board.*

July 2000: *Concert and workshop in St. Louis at the Character Plus conference.*

June 2001: *Concert and workshop in San Diego, Ca. at the Community of Caring Conference.*

August 2001: *Concert and workshops at the St. Louis TREND conference (Turning Resources and Energy in New Directions).*

July 2002: *Concert at the national American School Counselor Conference in Miami, Florida.*

August 2002: *Concert and workshops at the St. Louis TREND conference.*

Oct. 2002: *Concert and workshop in Atlanta at the Character Education Partnership Conference and a local elementary school, along with an educational trip to the Dr. Martin Luther King, Jr. Center and historical sites with the chorus.*

March 2003: *Concert at the Excel Youth Leadership Conference and local elementary schools in Conway, Arkansas.*

March 2003: *The Vitamin L Project became a project of the Center for Transformative Action (CTA), formerly known as CRESP.*

July 2003: *Concert and workshop at the Community of Caring conference near Washington, D.C.*

August 2004: *15th Birthday Concerts at the Hangar.*

August 2004: *Yolanda King, the daughter of Dr. Martin Luther King Jr., had an afternoon talk and question/answer session with Vitamin L chorus members and families after seeing a Vitamin L concert earlier in the week. She spoke on many topics and shared joyful childhood memories of her father.*

April 2007: *Vitamin L performed and was recognized with a Dr. King Community Service Award by the Governor of New York in Albany at the Dr. King Leadership Symposium, "Pathways to Peace in the Classroom and Community."*

Oct. 2007: *Another interesting location: performing for the Grantmakers Conference under a huge whale skeleton at PRI.*

August 2009: *20th Birthday Concerts at the Hangar.*

January 2010: *New York State Representative Maurice Hinchey reads a thank you and appreciation of Vitamin L's 20 years of service into the permanent Congressional Record in Washington, D.C.*

Feb. 2010: *President Obama sends a framed letter thanking Vitamin L for 20 years of service.*

Feb. 2013: *Our 5th recording, "Sing for Dr. King! Vitamin L Songs for a Beloved Community!" was released and received a Parents' Choice Recommended Award.*

Nov. 2013: *Concert Celebrating Community and the Milestone of 1,000 Vitamin L Concerts at the State Theatre, and the release of our first professional music video, "Step Up, Speak Out." 1,000 "Sing for Dr. King" CDs were gifted to area 3rd graders at this time.*

Thank you to all of Vitamin L's individual supporters, foundations, current and former chorus members and their families, advisory board members, and our audiences! Special thanks to anyone who read this whole page!

Vitamin L launches crowd-funding campaign! \$25,000.00 in honor of Vitamin L's 25th birthday!

We hope new donors will step forward and that all Vitamin L alumni will contribute... Even \$5.00 or \$10.00 will help!

If you've thought about donating, but never did, here's an easy way to become a donor at any level.

Go to <http://vitaminl25.peaksmaker.com/>. See the short film. Please donate!

Alumni - you might see yourself in the photo section.

We've launched this fundraiser to help us reach even more youth with Vitamin L's important messages.

The first \$5,000.00 raised will be matched dollar for dollar by the John Ben Snow Memorial Trust.

Those funds will be used to grant scholarships to schools with limited resources, so that their students can experience Vitamin L in concert.

The additional funds raised will be used to produce professional music videos to follow up Vitamin L's release of the music video of "Step Up, Speak Out!"

***Please help us spread the word via Facebook, email, etc.
We also welcome people to join the campaign as a "champion."***

You might know a lot of people who would be happy to help support the future of Vitamin L.



Center for Transformative Action

The Vitamin L Project

Anabel Taylor Hall

Cornell University

Ithaca, NY 14853

(607) 273-4175

vitaminlproject@hotmail.com

Non-Profit Organization
U.S. Postage

PAID

Ithaca, NY 14850
Permit No. 780

**for concert schedule
and more info:
www.vitaminL.org**



Inspiring children since 1989!

The Vitamin L Project is a Project of The Center for Transformative Action in Ithaca, New York



Let's work together to create a caring
community for everyone.

Used by permission of the Ithaca Times. Photo: Justin Zoll