

Vitamin L News

Fall 2012

Vitamin L Releases New Recording!

We are so pleased that the time has finally come to share this powerful new recording, which was produced with love to support the Martin Luther King Community Build in Ithaca, and to support the creation of a Beloved Community everywhere!

All of the songs on "Sing for Dr. King! – Vitamin L Songs for a Beloved Community," are compatible with the teachings and ideals of Dr. Martin Luther King, Jr. Our intention is that these songs will help keep Dr. King's vitally important messages alive.

Historical facts from Dr. King's courageous, inspiring life are included in "Martin's Heart!" "Martin is Calling" is about Dr. King and contains a call to action. The astounding bravery of the Freedom Riders' non-violent actions taken in 1961 are remembered and honored in the song "Freedom Riders Got to Ride." "Step Up! Speak Out!" encourages all of us to take action when we witness injustice. Veteran civil rights leader Dorothy Cotton sings with Vitamin L in a rousing rendition of "This Little Light of Mine." (To learn more about Dorothy's life of service, go to: www.dorothycottoninstitute.org or www.dorothycotton.com).

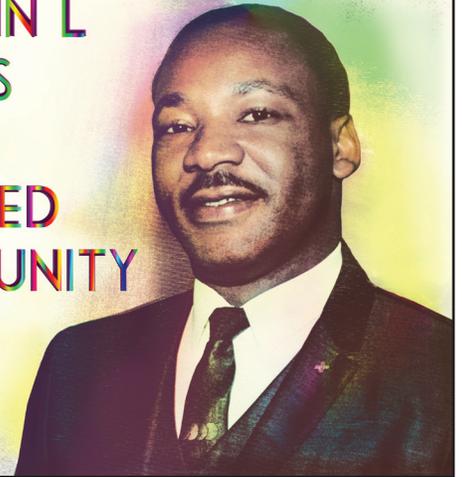
The recording and songbook contain new selections by Jan Nigro, along with previously released Vitamin L songs about empathy, human rights, appreciating diversity, respectful communication, each person's ability to make a positive contribution in this world, and more. Music is a powerful, effective format to get these ideas across to our listeners.

As always, these songs support character education efforts at home and in school. In addition, listeners will learn some civil rights history. The CD also supports the ideals of the Dignity for All Students Act, which was signed into law in New York State on July 1. Discussing the lyrics with the youth in your life will enhance the benefit of this music. (continued on P. 3)

SING FOR DR. KING!

VITAMIN L
SONGS
FOR A
BELOVED
COMMUNITY

SONGS BY
JAN NIGRO*



THE BELOVED COMMUNITY

"Dr. King's Beloved Community is a global vision, in which all people can share in the wealth of the earth. In the Beloved Community, poverty, hunger and homelessness will not be tolerated because international standards of human decency will not allow it. Racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of sisterhood and brotherhood. In the Beloved Community, international disputes will be resolved by peaceful conflict-resolution and reconciliation of adversaries, instead of military power. Love and trust will triumph over fear and hatred. Peace with justice will prevail over war and military conflict."

- From The King Center Website.

For the entire transcript on The Beloved Community, go to: www.thekingcenter.org/king-philosophy#sub4



Dorothy Cotton with Jan and Janice Nigro, Vitamin L producer/arranger Jeff Waxman, and many of the chorus members who sang on the new recording, at Wilburland Recording Studio, Newfield, N.Y.

Another Landmark for Vitamin L... 2nd Generation Chorus Members!

A year ago Vitamin L welcomed two children and one step-daughter of alumni chorus members into our group. This was a very special landmark experience for Vitamin L founders Jan and Janice Nigro! Mina Smith, daughter of alumna Stephanie Dvorak, and Destiny Boyd, step-daughter of alumna Shenell (Ellison) Boyd did concerts with Vitamin L while they were living in Ithaca last school year. It was great to have them with us!

Also, Bryanna Frost, daughter of one of our original chorus members, Lester Frost, joined a year ago and continues to live in our area and perform with Vitamin L. Lester sang on Vitamin L's first recording in 1989, and Bryanna sang on our new recording last May. We are grateful to work with second-generation Vitamin L'ers in our 24th year of Vitamin L! Thank you to everyone of you who has helped make this possible!

"I joined Vitamin L in the summer of 2011 and have learned so much since then. I have always loved to sing, but being in Vitamin L has helped me gain confidence in myself while performing in front of a lot of people. I'm also proud of the message that we are sending to other kids and feel good about standing up for what I believe in. I have made many good friends through Vitamin L and have gotten lots of help with my singing from Janice and the other members. Most of all, I am proud to follow in my father's footsteps and be a part of a group that he was also a part of." – Bryanna Frost, 7th Grade, Dryden Middle School

"Over 20 years ago I was in the very first group of Vitamin L members. Back then, all I knew was that I loved to sing. Vitamin L allowed me to do something that I loved, while being with friends and singing songs that had a positive influence on myself and others. Now I have the pleasure of watching my daughter be in something I enjoyed so much as a child. Most of all, it's great to see how much she has gained just in the past year. She is more confident in herself and has grown more responsible in every aspect of her future. I give a big thanks to Jan and Janice, and all the others who have supported Vitamin L, giving my daughter and I the chance to participate in such a wonderful group." – Lester Frost



Lester Frost and his daughter Bryanna

Lester is a contract worker for construction, moving, and odd jobs. To contact Lester, call Janice Nigro at (607)273-4175

A HEARTFELT THANK YOU

to the Park Foundation,
The John Ben Snow Memorial Trust,
The Triad Foundation, The Savage Club,
Chemung Canal Trust and to
**ALL OF OUR SUPPORTERS
AND VOLUNTEERS!**



In 2011, Vitamin L:

- * Performed 47 concerts*
- * Reached 8,800 youth & 3,350 adults in concerts*
- * Gave leadership and performing opportunities to our 70 chorus members.*



New CD, continued:

It took time and perseverance to fundraise for this project, and many people were involved in this team effort. Thank you to all of the people involved in making this project possible and available to people everywhere who strive for a beloved community!

Thanks to the generosity of the supporters of this project, every elementary classroom teacher, music teacher, and librarian in the Ithaca City School district will receive a complimentary copy of the CD along with links to lesson plans that were created for the Martin Luther King Community Build.

How you can help

In our efforts to promote this recording nationwide, we are asking for suggestions of stores anywhere in the country or online that may be interested in carrying this CD. Also, let us know if you are aware of publications that may want to review it. This recording is an excellent learning tool for schools and families. Please help us get as broad a distribution as possible.

You can like Vitamin L on Facebook and share our posts from there to help us get the word out as well.

Please consider this CD as a holiday present!

"Sing for Dr. King! – Vitamin L Songs for a Beloved Community," is currently available online at vitaminL.org. Downloads of the recording are available at songsforteaching.org. In Ithaca, you can purchase the CD at Alphabet Soup, The Cat's Pajamas, and Greenstar Co-op.



Please Consider Joining the Vitamin L Advisory Board!

(or recommending a colleague or community member)

Each month a vibrant and eclectic group of people meets to discuss core matters, plan for the future, and advise and support our Executive Director, Janice Nigro.

Now is a very exciting time to be involved, as Vitamin L is well positioned to expand its reach with the release of our new CD (see p. 1).

In addition, implementation of New York State's Dignity for All Students Act this past July 1 offers Vitamin L a great opportunity to be an engaging, appropriate, and timely resource statewide for schools as they work to build safe, caring, and respectful school communities.

Please consider stepping up today and helping our Vitamin L organization spread its music and messages to more youth.

We're always interested in people with diverse backgrounds and skill sets to join our team!

For more information, please contact Janice Nigro at (607) 273-4175 or vitaminLproject@hotmail.com.

Please support our unique outreach, service, and leadership work by making a tax-deductible donation online at vitaminL.org or to: The Vitamin L Project 105 King St. Ithaca, NY 14850 Thank You!



Some of our current and alumni Vitamin L chorus members - 2012 Ithaca Festival



"The Vitamin L music is used throughout the entire school year because the message they share in their music is truly part of the values that we instill in our students every day. Thank you again for your support and kindness!" – Jean Ciesla, principal, Fairgrieve Elementary, Fulton, NY

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Inspiring children since 1989!

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

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

