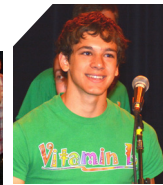


# Vitamin L News

Spring 2015



25th  
Birthday  
Concert



## From a Vitamin L Ambassador...

I began singing with Vitamin L when I was 9 years old and continued until high school graduation over 10 years ago. Recently I had the delight of being back in a classroom teaching some of the songs, sign-language, and movements... but at an elementary school in France!

A few years ago my father moved back to his hometown in France where he is raising my 7-year-old half-sister, Sophie. On a recent visit, my stepmother asked me if I'd be willing to teach Sophie's class some "American" English, as their teacher speaks little English and does so with a very thick French accent. My stepmother also informed me that most of the French school systems have minimal arts education and thus it is up to the families to expose their children to the arts. Having been raised in Ithaca with so much opportunity for exploring the arts, I was distraught to hear that!

I decided to share some Vitamin L songs with the kids. Since they were so young and knew just a few simple English words, I thought that incorporating melody and movement would be fun and exciting and effective!

One song I chose to teach was "Family Feeling." I explained the concept of considering all people as your sisters and brothers and taught the meaning of the words. Then I taught the sign language and was brought back to being onstage at many schools years ago, teaching the signs to auditoriums full of kids! I broke it all down (in French) and we rehearsed it several times. I had them all stand up, and I played the sound track, queuing them when it was time for the chorus. Success! They did great considering they didn't speak the language and were only 7 years old! My sister has been singing and signing the song at home non-stop ever since then!

I also taught "I Want to Say Thanks."

With the many repeated phrases of "I wanna say thanks oh yeah!" they were feeling confident and enthusiastic. They were all very happy to learn the dance moves, and to be able to bounce around a bit! Kids need to MOVE!

Conveniently, the verb they had learned from their teacher in association with the noun "hips" was "wiggle" so they got that right away as I said "Wiggle your hips as you bring your hands up over your head!" The whole room was in smiles and dancing as they sang along.

They used their newly learned phrase "I want to say thanks" to offer their gratitude as I said my goodbyes. One little girl who had lived in Los Angeles for a bit came up to me and hugged me goodbye and said "Sierra, you are my family! Thank you so much!" My little sister said that her friends all loved it and parents later shared with my stepmother how much the experience had inspired their kids. I left the lyrics and Vitamin L website with the teacher in case she wanted to use the material to teach them more English in the future!

This experience reconnected me to the power of music, positive messages, character education, and self-expression in socializing our youth. It also inspired me to connect with Janice about being an ambassador for Vitamin L.

After growing up with Vitamin L I continued singing for positive social change by joining an incredible and well-known musical activist community in New York City. As a result, over the past five years I've toured parts of the world and hit the streets with people from all walks of life who are united by the need for justice, peace, freedom, and a healthy future for all life on earth. I've been performing and touring with Reverend Billy and the Stop Shopping



Choir, an anti-consumerist and earth-activist gospel choir led by a theatrical reverend-character played by Bill Talen. I've had the opportunity to perform and sing in the streets with the people at Occupy Wall Street, Joan Baez, and the Earth Guardians; in Ferguson, Missouri; against Monsanto; and at the Fringe Festival in Amsterdam and at Burningman and other places where a bit of music could be used to convey a strong message.

I moved to Hawai'i in March after 10 years in NYC and I want to bring Vitamin L to the children here. I know how much Vitamin L's music and message positively shaped me and my life and I am deeply inspired by Jan and Janice's dedication of their lives to spreading this gift. I know my participation with Vitamin L greatly inspired the Musical Humanitarian I claim to be today.

I feel very blessed to carry Vitamin L in my heart and share it with our youth! Thank you Jan & Janice for your commitment to a life of love & musical inspiration!

- Sierra Carrère

### THE GRATITUDE REPORT

In the last six months The Vitamin L Project received contributions and grants from numerous individuals and groups, including the Park Foundation, the John Ben Snow Memorial Trust, the Middlecott Foundation, the Triad Foundation, the J. M. McDonald Foundation, the Savage Club, Cayuga Family Medicine, and Audrey Edelmann Realty USA.

*A HEARTFELT THANK YOU TO ALL OF OUR SUPPORTERS, SINGERS, BOARD MEMBERS and VOLUNTEERS*

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

## *Have fun and frolic while supporting Vitamin L on May 1!*

Friday, May 1, from 4:00 p.m. - 8:00 p.m.  
Waffle Frolic on the Ithaca Commons will donate  
25% of food sales to The Vitamin L Project.

Please come down to the Commons, have a good meal,  
and support Vitamin L in this easy way!  
They have waffles, sandwiches, soup and more!



Then, come laugh with us!

## *“Laughing in the Aisles”*

*an evening of comedy songs  
to benefit Vitamin L*

Join us for an evening of hilarity, fun, and laughs!

Friday, May 1, 8:00 pm  
1st Baptist Church  
(in the back corner of DeWitt Park in Ithaca)  
Tickets \$15.00 at the door

Performers include Geoff Peterson,  
Andy Lockwood, Allie Young, Jan Nigro,  
The Faux Pas and Mas, Jewell Payne,  
guests from the Savage Club,  
Lisa Podulka, Keara Byron, Felix  
Fernandez- Penny, Maddie Vandenberg  
and many more wonderful entertainers!



Sponsored by Alternatives Federal Credit Union

### **PEAKS ONLINE FUNDRAISER RESULTS**

Last fall Vitamin L had its first online crowd-funding campaign,  
in honor of 25 years of Vitamin L.

A big thanks to all who contributed to raising \$13,265.00 via  
this effort.

\$5,000 of the funds raised were matched by the John Ben Snow  
Memorial Trust to be used specifically for partial scholarships  
for schools in need.

Additional funds raised will be used to make professional music  
videos with Jeff Hodges, the filmmaker we worked with for our  
“Step up! Speak Out!” video.

*Vitamin L  
at the  
Ithaca Festival*

*Saturday May 30*

*Dewitt Park  
1:30 – 2:30*

**for concert schedule  
and more info:  
[www.vitaminL.org](http://www.vitaminL.org)**

Center for Transformative Action  
**The Vitamin L Project**  
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Non-Profit Organization  
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Ithaca, NY 14850  
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Inspiring children since 1989!

**SAVE THE DATE!**

**“Laughing in the Aisles”**  
*an evening of comedy songs  
to benefit Vitamin L*

**Friday May 1 8:00 p.m. at the  
1st Baptist Church of Ithaca**

The Vitamin L Project is a Project of The Center for Transformative Action



Vitamin L celebrated its 25th birthday with concerts at the Hangar Theatre on Oct. 11, 2014.

Photos: Cathy Saloff-Coste, Lane Simon, Sandy Podulka.