

# Vitamin L News

Spring 2014

## A Memorable, Magical Experience of Music and Community

On November 2 at Ithaca's State Theatre, close to 1,000 people came together and celebrated community and the milestone of 1,000 Vitamin L concerts. Vitamin L and special guests, The Dorothy Cotton Jubilee Singers, created a powerful sound and a stunning outpouring of positive energy that was appreciated by the enthusiastic crowd. The audience experienced "living history" when Civil Rights Leader Dorothy Cotton spoke on *The Importance of Music in Building Community* and sang a solo on the last song.

Prior to the concert exactly 1,000 3rd graders from all public and private schools in Tompkins County, Candor and South Seneca received a gift of the "Sing for Dr. King! Vitamin L Songs for a Beloved Community" CD and booklet. Their music teachers received the CD and songbook and were asked to teach all students the chorus of "Step Up, Speak Out!" and to teach 3rd graders "Walk a Mile" in advance of the concert. Third graders were invited onstage to join Vitamin L on that song, and some of them are pictured below.

Our "Step Up, Speak Out" music video premiered at the concert and was very well received. (Check it out if you haven't already! The link is on our website: [www.vitaminl.org](http://www.vitaminl.org)).



- 1,000 concerts since 1989**
- +1,000 gifts to 3rd graders**
- + Close to 1,000 people coming together**
- + The premier of our 1st professional music video**
- = Lots of love, joy, music, gratitude and goodwill!**

*"Great concert! So wonderful to see so many of your singers...your fabulous new songs...the awesome video... Dorothy Cotton's inspirational words...and such a nice touch to include your 3rd grade 'Vitamin Supplements'! Loved it!"*  
-Dorothy Preston,  
B.J.M. Elementary  
Music Teacher

Some of the 1,000 3rd graders who received a gift CD and booklet of "Sing for Dr. King! Vitamin L Songs for a Beloved Community" thanks to the generosity of the Myrtle Dee Nash Memorial Fund of the Community Foundation of Tompkins County



3rd Graders join Vitamin L onstage on Nov. 2 for the song "Walk a Mile"

## Coming up... Expanding on 25 years of Vitamin L! Here's What's Ahead...

- \* The release of concert videos of a few songs from Nov. 2 on our YouTube channel before the summer.
- \* Participating in the Ithaca Festival Parade in honor of our upcoming 25th Birthday on Thursday, May 29.
- \* Singing at the Festival on Saturday May 31 from 12:00 – 12:45 at the Dewitt Park Stage.
- \* Launching an online crowd-funding effort this summer to raise \$25,000.00 from new donors in honor of 25 years of Vitamin L.
- \* Producing more professional music videos to share with our world community with part of the funds raised. This is an effective way to get Vitamin L's music and messages out beyond our region.
- \* Creating a reserve fund to insure our ongoing programming of regional concerts and leadership opportunities for our youth singers.
- \* Celebrating Vitamin L's 25th birthday with an October 11th concert and birthday raffle.
- \* Using this landmark birthday year as an opportunity to expand our reach and strengthen our organization.
- \* Ongoing concerts at elementary schools in Central New York.
- \* Ongoing efforts to reach more people across the country with our moving, powerful "Step Up, Speak Out!" music video.
- \* Auditions for new chorus members
- \* Reaching and positively influencing as many youth as possible with Vitamin L's music and messages.
- \* Love, gratitude, and our commitment to building a beloved community!



*Sing for Dr. King! A Vitamin L Concert for a Beloved Community: Celebrating 1,000 Concerts, with Sp*

## THE GRATITUDE REPORT

In the last six months The Vitamin L Project gratefully received contributions from numerous individuals and groups, including the Park Foundation, The John Ben Snow Memorial Trust, The Triad Foundation, The Middlecott Foundation, The Butler Family Foundation, The Myrtle Dee Nash Memorial Fund and The Vector Magnetics Fund of the Community Foundation of Tompkins County.

We give thanks to The Savage Club of Ithaca, Cayuga Family Medicine, Audrey Edelmann Realty USA, and several individuals who contributed to a matching grant opportunity from The John Ben Snow Memorial Trust that raised funds to provide partial scholarships for Vitamin L concerts at financially challenged schools.

Special thanks to Brigid Hubberman and The Family Reading Partnership for extraordinary help with the 1,000th Concert and the 3rd Grade CD and Booklet initiative. Thanks to Dorothy Cotton, Dr. Baruch Whitehead and all the singers on Nov. 2. Special thanks to Jeff Hodges for his excellent work making our music video and to Dr. Joe Piskowski for funding it.

*A HEARTFELT THANK YOU TO ALL OF OUR SINGERS, SUPPORTERS, BOARD MEMBERS, VOLUNTEERS and AUDIENCES who've made it possible for Vitamin L to reach the milestone of 1,000 concerts!*



Jan and Janice Nigro with Special Guest Dorothy Cotton - happy campers after the show.

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!

SAVE THE DATE!  
**Vitamin L's 25th Birthday Concert!**  
Saturday October 11, 2014  
at the Hangar Theatre



*Special Guests The Dorothy Cotton Jubilee Singers, directed by Dr. Baruch Whitehead, November 2, 2013*

Center for Transformative Action  
**The Vitamin L Project**  
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Non-Profit Organization  
U.S. Postage

**PAID**

Ithaca, NY 14850  
Permit No. 780

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



**Inspiring children since 1989!**

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



Civil Rights Leader Dorothy Cotton, Jan Nigro, Keara Byron and Vitamin L  
complete the joyful "Sing for Dr. King! Vitamin L Concert for a Beloved Community!"  
Celebrating 1,000 Concerts! November 2, 2013

