

Vitamin L News

Spring 2019

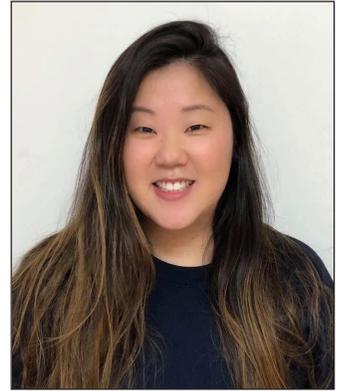
Cheers! TO 30 YEARS OF LOVE!!!



Gillian's Journey

Every year when I was young I couldn't wait for the Ithaca Festival to begin. It meant summer, fun food, and entertainment but especially it meant a chance to watch Vitamin L perform. My little brother and I would start out sitting on our mom's or dad's lap but before long we'd get up to dance, singing along at the top of our lungs. I idolized every performer, hoping to be like them someday. They looked like they were having the best time in the world. Little did I know that, years later, I would get to be a part of this amazing group.

I joined Vitamin L in 2002. I can still remember how it felt when I was told that I'd made it through the auditions! I looked forward to rehearsals, knowing one day I would be on the stage like many before me. I quickly learned all the lyrics and dance moves, practicing every night. (I think everyone in my household learned the lyrics secondhand!) Before I knew it, I was performing in my first concert, smiling away in my brightly colored shirt. I was truly happy to be there.



I remember looking out at the faces of the children we were singing to. They looked the way I had when I'd been in the audience, thrilled with the music, the dance moves, the energy, and especially the fact that the performers weren't all that much older than they were. We got to meet many children in the years that I performed with Vitamin L, and they made me feel like some kind of celebrity, grabbing whatever paper was at hand—often paper napkins from the cafeteria—for us to autograph.

Being a member of Vitamin L was a central and exceptionally positive part of my adolescence. Apart from rehearsing and performing, I loved having the chance to direct weekly rehearsals when Janice asked me to. I mentored new members, coaching them in song lyrics and dance routines. I wanted them to love being a part of Vitamin L as much as I did. Rehearsals were fun whether you were coaching or learning. You quickly made friends with the people you performed with, students from both your own school and others. I appreciated being around people who enjoyed performing as much as I did.

After graduating from college, I studied to be a teacher. Although teaching runs in my family, coaching weekly rehearsals at Vitamin L was a vital factor in helping me gain the skills I needed to become the teacher I am. When I taught Pre-Kindergarten, I often brought Vitamin L songs into my classroom. I had no idea what a strong impact that music would have on the four-year-olds. They listened to the songs during playtime, morning meetings, and even during rest time. In fact, one little boy who had difficulty calming down was so captivated by the songs that he was able to relax. I felt it was important for these preschoolers to take home the musical messages about making new friends, working together as a team, understanding and appreciating differences, and just feeling joyous.

There is a Vitamin L song for almost every situation you could ever find yourself in, and each song has a positive message inside it. I have continued to play the songs for children throughout the years. For one graduation ceremony I taught my class the lyrics and American sign language to "With These Hands." When they performed it, parents, administrators, and other faculty were amazed. Never underestimate the power of children and what they can accomplish when they're inspired.

I don't live in Ithaca anymore, but whenever I am in the area for winter or spring break I make sure to attend Vitamin L rehearsals. This gives me the chance to sing the songs again and relive the wonderful years when I was an active member of the group. I teach three-year-olds in a private school on the Upper West Side in New York City, and even though every day with my children is filled with music and vitality, I miss Vitamin L. I will always be grateful to have had the opportunity to perform alongside some amazing singers, and to work with Jan and Janice.

Happy 30th birthday, Vitamin L!
And a special thank you to my
parents for all their support!
- Gillian Weitz,
who joined Vitamin L in 2002

Gillian at a Vitamin L concert
with Nate, Sam, Jan, Ilana, Adam,
Katie, Nikki, Zach and Fatima
around 2006.



Celebrating 30 Years of Love and Goodwill!

2019 marks Vitamin L's 30th birthday. The foundation of Vitamin L's work is beloved songs written by Jan Nigro. Jan's meaningful songs about empathy, compassion, friendship, solving conflicts, clear communication, gratitude and much more have touched the hearts of hundreds of thousands of audience members via live concerts, and countless more people around the world via our recordings and YouTube.

It's been a great pleasure to share this project with 400 young performers who have sung in the Vitamin L chorus over the years. Perhaps you will recognize some of them in the photos in this newsletter. Their talent, energy, and courage have been inspiring. We couldn't include everyone's photo, but we appreciate and send love to every single singer we've worked with!

Vitamin L founders Jan and Janice Nigro give special thanks to:

- Jeff Waxman, Vitamin L's producer/arranger extraordinaire
- The singers on all of the Vitamin L recordings
- Approximately 400 present and past chorus members and their families
- All present and past Vitamin L Advisory Board Members for their commitment and help in a great variety of ways. *It has been wonderful working with you and learning from you!*
- Anke Wessels and The Center for Transformative Action staff for all their help since 2003
- The Park Foundation, The John Ben Snow Memorial Trust, The Triad Foundation, Alice Saltonstall, Susan McGuirk and Matthew Blank, The Savage Club, Dr. Ira Kamp, D.D.S., and The Vector Magnetics Fund of The Community Foundation of Tompkins County, for vital support through the years
- John Lloyd, our sound engineer of 22 years, and his wife Roxanna too.
- Jeff Hodges, Lewis Clark, Paul van der Veur and Bob Becker for video production
- All present and past volunteers (editors, drivers, and more)
- Every one of our individual, group, and foundation supporters over the years whose generosity made it possible for Vitamin L to reach the milestone of its 30th Birthday!

We are full of gratitude. We want to say thanks, oh yeah!



Please support Vitamin L
with a tax-deductible donation
online at

<https://www.vitaminL.org>

or to:

The Vitamin L Project,
105 King St., Ithaca, NY 14850

THANK YOU!

**For audition info call
Janice Nigro (607)273-4175**



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Inspiring children for 30 years!



Join us!
**Vitamin L's 30th
Birthday Concert!**
Saturday June 1
12:00 - 12:50
Bernie Milton Pavilion
Ithaca Festival
Ithaca Commons



For concert schedule and more info: www.vitaminL.org

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



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30th Birthday Concert
and birthday cake!*
Ithaca Festival
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**Birthday Cake
thanks to Wegmans**

