



# Tasty Morsels

Fall 2011

## Positive Vibe's 500<sup>th</sup> Graduate

When Garth and Max Larcen opened the Positive Vibe training program back in 2005, even they couldn't have foreseen how successful it would become. On November 18<sup>th</sup> at 4 p.m., the Positive Vibe Foundation will honor its 500<sup>th</sup> graduate. All supporters and friends of the Foundation are invited to celebrate at Max's Positive Vibe Café, 2825 Hathaway Road. (Just call 560-9622 to let us know you're coming.)

Who, exactly, is our 500<sup>th</sup> grad?

"This is a significant achievement for the Foundation," says Garth Larcen, executive director of the

Positive Vibe Foundation. "We couldn't choose just one student to receive this honor. So we chose *all* of the students who will graduate on November 18<sup>th</sup>, and we'll honor each and every one of them as our milestone graduate."

A reception follows the graduation ceremony. At 7.30, the Janet Martin Band will play, and other musical guests are expected. Come join us! It's our way of saying "thank you" for helping 500 people receive the training that will help them find meaningful work in our community and self-confidence to enhance their lives.



## Students expected to graduate on November 18<sup>th</sup>.

### Morning Session:

- Khalil Harney (Chesterfield Public Schools)
- Aaron Thompson (Chesterfield Public Schools)
- Jacob Wilkins (Chesterfield Public Schools)
- Nida Naqvi (Henrico Public Schools)
- Virginia O'Brien (Henrico Public Schools)
- Kathleen VanAuken (Henrico Public Schools)
- Maurice Smith (Independent)
- William Tate (Independent)

### Afternoon Session:

- Bianca Ellis (Richmond Public Schools)
- Shytearia Woodson (Richmond Public Schools)
- Kelly Bailey (Independent)
- Raymond Brooks (Independent)
- Trevor Caton (Independent)
- Chardanee Harris (Independent)
- Samuel Thomas (Independent)

### ART 180 Mural Program Leaders:

Marshall Higgins      Liz Mehalko

### Artists:

Isaih Bates                      Brian Estrada  
 Charlene Guidry              Xavier Pearce  
 Sylvester Seward              Mia Shabazz  
 Mookie Turner

## "Positively Vibrant"



Have you seen "Positively Vibrant," the new mural at the entrance to Max's Posi-

itive Vibe Café? It's pretty hard to miss! Seven talented artists from George Wythe High School, both mainstream and special needs students, designed and executed the colorful and energetic mural this summer. The mural design expresses a positive, vibrant and supportive spirit.

The young people were all directed by ART 180, a Richmond-based group that cre-

ates and provides art-related programs for young people living in challenging circumstances, encouraging personal and community change through self-expression.

"Before making the mural, I kind of felt different from the others," said Sylvester Seward, one of the artists. "Now I feel pretty good."



## And at the Positive Vibe Express...

The mission of the Positive Vibe Foundation is to train AND hire people with disabilities – people like Sharyn Mann, one of our more recent hires.



Sharyn got her first job when she was 14. Her resume is impressive: office manager at CarMax, store manager for Pier One, senior manager for FedEx supervising more than 200 people.

Then Sharyn had a stroke – “completely out of the blue,” she says, matter-of-factly. Paralyzed completely on one side, she defied her doctors’ predictions and is learning to walk again, thanks to excellent rehabilitation efforts and her own positive attitude.

Today, Sharyn leads a full life. She drives. She juggles rehab appointments and family responsibilities. (Her daughter is enrolled in a master’s degree program at VSU). She’s a volunteer counselor at Henrico Doctors’

Hospital, where she shows others who have had life-threatening medical events what their future can look like with hard work and a can-do spirit. And, since March, she has been the cashier at the Positive Vibe Express at the Library of Virginia.

Tripp Whitaker, manager of the Positive Vibe Express since August, says that Sharyn is “just the kind of person we want to hire.” Her work ethic and her perseverance make her a role model for others – both people with disabilities, and those without.

Say hi to Sharyn and Tripp on your next visit to the Positive Vibe Express at the Library of Virginia.

## New Season, New Menu

The cooler, crisper days of autumn make us turn to foods like Broiled Bacon-Wrapped Scallops with Pesto, the Library of Virginia Favorite Wrap, and Dave’s Cottage Pie. To see the Café’s full fall/winter menu, go to [positivevibe-cafe.com](http://positivevibe-cafe.com) and click on the “menus” tab.

## Have you been naughty, or nice?

Nice children and their families are invited to the Positive Vibe’s Santa Brunches on December 10<sup>th</sup> and 17<sup>th</sup> at 9 and 11 a.m. Santa Claus himself will be there, and Susan Greenbaum will sing! The cost is \$12 for children ages 3+ and \$18 for adults. Santa Brunches usually sell out fairly quickly, so make your reservations now by calling (804) 560-9622!

## New Faces

The Positive Vibe Foundation welcomes these new staff members.

Kathy Schuler became Training Program Director in August. Kathy holds bachelor’s and master’s degrees from the University of Richmond, where she focused on education and leadership in the social sciences. She has 15 years of food service experience and has worked extensively in the non-profit sector. Most recently, she was program director for A Helping Hand, a group that provides services for elderly and disabled people. In her off time, she enjoys playing with her dog and two cats.

Travis Wilson, formerly of Outer Banks Seafood Company, was named kitchen manager in April. As a natural-born South Carolinian, he’s a BIG Clemson Tigers fan. Travis has two daughters and enjoys listening to a variety of music.

Pete Aird is the new general manager of the Café and the Express. A graduate of Johnson & Wales University in Providence, RI, where he studied hotel/restaurant management, Pete moved to Richmond two years ago to work at Red Robin Gourmet Burgers. He and his wife, Tracy, have three children. Pete enjoys playing golf and coaching his son’s football team.



## Board Member Celebrates CD Release

Most people know Susan Greenbaum as a remarkably talented singer/songwriter whose appearances at the Positive Vibe are guaranteed sell-outs. But there’s another side to Susan. A Harvard-trained former corporate executive with a Fortune 500 company, Susan lends her business management

talents to the Foundation as a member of the Board of Directors.

Susan will release her new CD, “This Life,” on November 19 at CenterStage. (Visit [www.richmondcenterstage.com](http://www.richmondcenterstage.com) for ticket information.) It’s

Susan’s first all-original CD in nine years, and it features musicians from both Nashville and Richmond. Be sure to pick up your copy at the Positive Vibe Café on your next visit. It makes a wonderful holiday gift!



# Honor Roll of Donors

August 1, 2010—July 31, 2011

Space prevents us from thanking the hundreds of people and businesses whose smaller gifts cannot be listed here.

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## With a Little Help from Our Friends

Training 500 graduates without asking for a single penny in tuition (or government grants) is indeed an accomplishment. We are grateful to these donors (and others) for their financial support.

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## Can you help?

We need your help going forward. *Your* tax-deductible gift to the Positive Vibe Foundation will help us train 100 people with cognitive and/or physical disabilities this year. Please mail your gift to: PVF, 2825 Hathaway Rd., Richmond, VA 23225. Or donate online at [positivevibecafe.com](http://positivevibecafe.com). Thanks!

### Positive Vibe Foundation

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### Positive Vibe Staff

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**Pete Aird**, General Manager  
**George Baker**, Front of House Manager  
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**Kathy Schuler**, Training Program Director  
**Kimberly Bryant**, Office Manager



## Positive Vibe Foundation

### Max's Positive Vibe Café

Stratford Hills Shopping Center  
2825 Hathaway Road  
Richmond, VA 23225-1725  
804.560.9622, phone  
804.560.9623, fax

### Positive Vibe Express

Library of Virginia  
800 East Broad Street  
Richmond, VA 23219  
804.692.3808



Training and Employing People with Disabilities in Food Service.

In 2001, Get Lost MD Foundation was established as a 501.c.3 non-profit corporation. In 2010, GLMD became the Positive Vibe Foundation. The name changed, but the mission remained the same. The Positive Vibe Foundation trains people with cognitive and/or physical disabilities for work in the food service industry, and hires people with disabilities at its two eateries: Max's Positive Vibe Café (opened 2005), and the Positive Vibe Express at the Library of Virginia (opened 2010). The Training Program celebrated its first graduate in 1004. Since then, the Vibe has trained 500 people with disabilities – and all training is offered free of charge.

Your patronage and your contributions help us continue to help people with disabilities train for – and obtain – paid employment in the food service industry. Thank you for your support!

## Something for the Holidays

Don't forget! "The Possibility," Shirley Walker's inspiring history of the Positive Vibe Foundation and the people behind it, makes a great last-minute holiday gift. Copies are available at the Vibe, or order at [positivevibecafe.com](http://positivevibecafe.com).

Let the Positive Vibe help you with your holiday entertaining needs! Our catering division can help you entertain 15 people – or 500. We can adapt our catering menu (see website) to meet your particular holiday needs.

