

What's Happening



Vineyard Independence Partnership P. O. Box 1204 West Tisbury, MA 02575

VIP's next Dine to Donate will be Thursday, March 28 at Offshore Ale in Oak Bluffs. To take part, get a copy of the coupon (included with mailed copies of this newsletter) or take a picture of it from a flyer, or print it out from the VIP website. Take it with you when you come to lunch or dinner on the 28th, and 20% of what you spend on your meal will go to support VIP. Bring your friends to make the meal even more of a benefit for VIP!

A few of Nurse Laura Murphy's tips for staying healthy in the winter—and all year round, too!

- Don't forget to wash your hands before and after things like eating, cooking, and going to the bathroom.
- Gargling regularly, even if it's just with plain water, can help keep your mouth clean and wash out germs.
- If you need to cough or sneeze, covering your face with your elbow is the best way to keep germs from spreading. If you sneeze into your hands or a tissue, you should wash your hands right away afterward.
- Don't forget to eat fruits and vegetables, even in the winter. Darker colored ones are especially nutritious.
- Remember to get plenty of sleep! Most adults need between 7 1/2 and 9 hours of sleep a night. Looking at computer or TV screens can make it harder for your brain to fall asleep when it needs to, so it's better to keep them in a different room than the one you sleep in.
- If you're feeling sick, try to stay home and recover there so you are less likely to pass germs on to others. If it goes on for too long or gets worse, make sure to call your doctor's office so you can get checked out.
- When you are healthy, make sure to spend time with your family and friends!



Alexander, Ida, Erin, and David ready to knock down some bowling pins.

Upcoming Events

Saturday, April 6, 6-9 PM -
Potluck dinner and dance featuring DJ Starz at the Chilmark Community Center

Saturday, April 20 and May 18, 7 PM - Movie night at Hillside Village, contact Dale Ferry for details

Wednesday, May 1, 6:30 PM -
Board meeting at the YMCA



Patterned clay cups waiting to be painted.



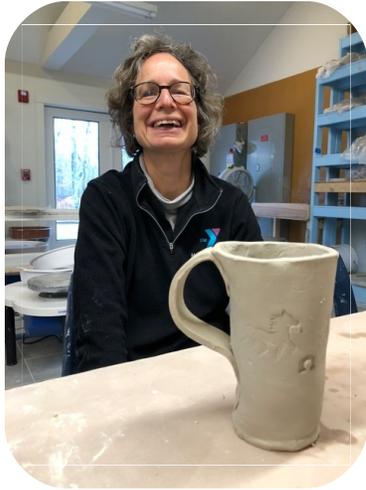
Nancy helping Martha sign her mug while Rhiannon shows hers off.

Ceramics Classes

By Rhiannon Maher

The first three Sundays in March V.I.P. members had the opportunity to take ceramics at Featherstone Center for the Arts in Oak Bluffs. Under the direction of Sabrina and Nancy, everyone was able to make cups and plates out of slabs of clay.

We all followed the same steps. First we had to smooth out the texture of each side of our slab using a flattened tool. This was to prevent the clay from being hard to glaze later. This is my favorite part. It was rhythmic and methodical. I could've done that all day but the end results would not be a cup. Luckily Sabrina and Nancy checked our work and moved us onto the next step. Work was always checked and help was always given so no one was left too far behind.



Erin's cup featuring a horse, of course!

After the clay was smooth, decoration could begin. We were encouraged to use stamps and lace. There were all different kinds of stamps to choose from. Sun and flower stamps were popular. I chose the octopus. Alexander chose dolphins.

The final steps involved getting our sides, handles, and bottoms to stick together so it would look like a cup. Everyone's cups looked slightly different even though we all follow the same steps. It's great for people who want to be part of the group while still doing their own project.

Thank you to Sabrina and Nancy for taking the time to teach us, and for Tessa for coordinating with Featherstone. I would recommend taking a ceramics class if VIP offers it again.



See more of Alexander's art this April at Mocha Mott's in Vineyard Haven. He was inspired by his recent trip to Arizona.

Tessa will dance at Pathways in Chilmark this spring.

**WE DANCE
at Pathways**

Friday, April 19th

Doors open at 6:30,
performances start at 7:00





Pasta Night at Sundy's

By Laura C. Jahn

The evening of Wednesday, January 23rd, VIPers gathered at Sundy Smith's house on Scotty's Lane for a special lesson on how to make homemade pasta. Sundy divided the evening's tasks into different stations to keep things orderly as we prepared supper.

The star of the show was the yellow and green fettuccine. We rolled out the dough first with a rolling pin, then passed it through a part of the pasta maker designed to gradually flatten dough so it'd be thin enough to make pasta out of. Once the dough was its thinnest, it was sliced into noodles, or else cut into squares to make cheese ravioli. Once the noodles were cut, we hung them up to dry until they were ready to be boiled. While this was going on, we were also prepping veggies, grating cheese, and mixing up a delicious tomato vegetable sauce.

Dinner was served, and it was a delight! The smooth texture of the noodles was divine, and the sauce and cheese added a variety of flavor to the dish. Our pasta was such a hit that we stayed longer to make more so that everyone could take some home.

Film Festival

by Erin Doyle

This year from March 21st to 24th is the 19th annual Martha's Vineyard Film Festival (MVFF for short). It will be held at Pathways, the Chilmark school, and the Chilmark Community Center. One of the founder's favorites is *Bethany Hamilton: Unstoppable*. This feature is about Bethany and her challenge to juggle being a mom and surfing.

One of the great events will be the community forum on climate change featuring Liz Burke, the Oak Bluffs conservation commissioner. Local talent will be supplying food, coffee, and music. But you don't need to even buy a ticket! Come to the Hay Cafe and hang out and watch the people and performers. Hope to see everyone there!



Noodles hanging up to dry.

On the right: Martha's farewell celebration from her coworkers at MV Insurance. She worked there for 21 years, but with less snail mail coming in, mail room work isn't as needed.

Keen-Eyes Keenan Movie Ratings

- *Mary Poppins Returns* *****
- *The Favourite* ***
- *On the Basis of Sex* ****
- *How To Train Your Dragon: The Hidden World* ***





A J-shaped caterpillar preparing for its next phase in life.



Dreaming of sunny skies in Mexico...

Judi's Butterflies

By Laura Jahn

Last summer, Judi Schubert raised monarch butterflies on milkweed plants atop her bedroom dresser. She and her husband Larry would check on them every morning, counting them and seeing where they had crawled to.

One day some guests visiting her studio taught her how to find monarch eggs on the milkweed plants growing outside. Monarch caterpillars spend all of their early lives on the milkweed plants, up until they're fully grown butterflies ready to fly away. She started by taking home a few milkweed plants with caterpillar eggs on them, and before long, they hatched. She started out with just four caterpillars, but with all the new plants she brought in over the summer, she wound up with 12!

Once a monarch caterpillar hatches, it spends two weeks just eating the milkweed. When it's ready to start metamorphosis, it hangs off of the branch in a J shape. Before long, their caterpillar skin splits to show the green surface of the chrysalis. After about three weeks, the chrysalises turn dark, then become see-through, meaning that soon adult butterflies will be coming out.

The butterfly's head and legs come out of the chrysalis first and it grabs on to the branch it's hanging from, hanging upside down as its wings open. Judi gave her caterpillars some long oak branches to hang off of while they changed shape, and as they started crawling up the branches in preparation to take flight, she moved the branches so they were sticking out the window so that they would be outside when they finally spread their wings. And spread them they did! Butterflies don't always start out as good fliers; they often glide down onto the grass the first time they test out their wings. The last of the Schuberts' winged guests didn't take to the sky until mid-October.



"Hello, world...I'm ready to spread my wings!"



JP, Laura, Judi, and Greg working on the newsletter.

Updates from Greg Marshall

On January 6th, Stephanie Devine and I went to radio check at the Aquinnah fire station. I rode on the #333 truck with Lieutenant Roy Vanderhoop. I met the fire chief, and I even got to push the siren button to make the horns go off!

I got to go out to some great meals with friends this year. Stoney and I went to the Wharf Pub in Edgartown and had alfredo at The Barn. Margo and I shared a Valentine's Day Pizza at Rocco's. I also went with Wendy and Martha to The Chowder Company in Oak Bluffs for dinner on \$5 burger night.

On February 2nd, Robb, Stephanie, and I went bowling together at The Barn Bowl & Bistro in Oak Bluffs. We had lunch first, then we played. Robb got 83, Stephanie got 110, and I got 91. The day after that, Wendy and I watched Super Bowl 53 together. The Patriots won 13-3 against the Los Angeles Rams.