



Late  
Summer,  
2021

VIP is a 501-c3 and our  
Fed ID # is: 04-2867826

# What's Happening

[vipmv.org](http://vipmv.org)

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## News from Alexander

I had a great day at the Flea Market with Beth, Julie, Wynne, Erin and JP. It was nice to see so many curious shoppers. I sold 56 cards and made over \$200.00. I hope I can do this again. Next time I'll wear sunscreen.

I am currently working with Emily from MVCS. She is helping me get a job. I recently put in an application at the Y for a part time front desk position. I think it would be a great place to work.

Sebastian, my nephew, celebrated his first birthday in Michigan with his father's family on their farm. We are all excited to see him in October when they come to the Vineyard.



At the Chilmark Flea Market, photo by Ray Ewing

## Film Festival To Feature Diverse Abilities by JP

VIP will be one of several island organizations co-sponsoring a film festival highlighting themes of accessibility, advocacy and creating a meaningful life. The festival will take place August 26-28 at the drive-in near the YMCA. The screenings will include *Best Summer Ever*, an original musical featuring a fully integrated cast and crew. This movie was produced by Zeno Mountain Farm in Vermont, a camp co-founded by Vineyarders.

If you are interested in volunteering for behind the scenes roles at the festival, including greeting guests or directing visitors, please contact Julie Schmidt at (508) 274-6840 or myself at [jp.hitesman@gmail.com](mailto:jp.hitesman@gmail.com).

*Robb, Greg and Martha after enjoying drumming on State Beach. Mark, Nathan, David, Gillian, Celeste and Amanda are regulars there on Tuesday evenings at 6:00 with Rick Bausman and friends. Look for the Camp Jabberwocky parking area to join the fun!*



## MV Camp Meeting Association by Martha & Marney

Two recent outings found us at the Campground in Oak Bluffs. On the first, we went on a tour of the grounds, learning about the history of the Tabernacle and gingerbread cottages. Marney was impressed by the history of the Tabernacle construction. When the estimate for the design of a wooden structure came in way over budget for the available funds, a gentleman from one of the cottages stepped forward and introduced himself as a metal foundry owner in Springfield. He said if they didn't mind a metal structure he would build it. He designed the intricate structure of arches and stained glass windows, went to his foundry and fabricated every piece and fastener. He constructed it in Springfield to make sure it worked, deconstructed it and put it on a barge down the Connecticut River to Martha's Vineyard. He hauled it to the site and finally reconstructed where it still stands today. From the time he signed the contract to completion was ... (any guesses????) ... 92 days! Impressive. The highlight of the tour for Martha was the story of the guide's daughter being married there and arriving in a horse drawn carriage! It was a fascinating tour of the grounds capped with admission to the museum which held many interesting artifacts and a gift shop.



Our second outing was to the free lawn concert held there every Friday night from 6:00 - 7:30. The Pickpocket Bluegrass Band played the night we went and they were terrific. Our crew of nine brought chairs, blankets and a picnic. The music was lively and we enjoyed watching some people dance as we chowed down. We both highly recommend the concerts as a fun, free, family-friendly event.



### Great Fun by Erin

The mini golf outing in July was a blast, with about 31 people putting. We broke up into teams of five or six. It was a nice way to see each other. Martha and Nathan got a hole-in-one, and maybe others did too. We caught up with each



other while enjoying hamburgers, chicken sandwiches and popcorn. They had many flavors of ice cream for dessert. It is not a very healthy dinner, but good for an occasional treat!

### Wondering... by Allison

The title of the upcoming Disability Film Festival has made me think about wording. Is "disability" the best word to use? "Individuals with diverse abilities" or "The Determined", or "Individuals with disabilities" are phrases that seem less negative to me. I am so glad these films are being shown to a wide audience. I also welcome the time when films like these will be part of the regular showings, and not a special stand-alone festival. I have learned that we all have our challenges, some are just more obvious than others. What do you think?

## Sailing on the Possible Dream by Amanda

A capacity VIP crowd enjoyed the opportunity to sail on the Catamaran Impossible Dream. It was a great day to be on the water near Menemsha—cloudy and overcast with a breeze. We were out for about two hours and brought our own lunches. The catamaran is equipped with two bathrooms. My favorite part was seeing the resident dog named Bodie—a Portuguese Water dog. This was the first time Lorraine had been on the boat but Greg, having been at the helm previously, made her feel at ease.



*Amanda and McCaull*



*A crew member on left with Ally and Cait. Chris is in the back.*

Thanks to Wynne, Andy, Julie, Marney and Alexander for their photos. Submissions welcome! Send to [chilchoc85@verizon.net](mailto:chilchoc85@verizon.net) or text to (508) 627-0143.



## Eating Healthy and Staying Fit by Shelly

I have been on a new diet for about a month. I am enjoying it more than I thought I would. My main concern was to have a healthier dinner much more often.

My favorite new dinner meal is dry beans and brown rice. I always put it on a small plate and that gives me leftovers for a long time. Sometimes I cut up small pieces of chicken breasts and have it with vegetables. The small pieces of chicken taste especially good with snow peas, onion, garlic, and broccoli. Sometimes for dinner we have baked fish and vegetables. We don't put any breadcrumbs on it. I try to stay away from Linguica because of all the fat. Once a month I like to treat myself to chicken broccoli casserole. I put a little breadcrumbs on top but I don't put any cheese on it and I don't use any butter.

I am learning so much by reading labels and looking up information on the internet. That is how I learned olive oil has only 1.5 grams of saturated fat, whereas coconut oil has as many as 12 grams of saturated fat. I guess I learn something every day like they say. I had no idea coconut oil had so much more saturated fat than olive oil.

My favorite lunch meal is half an organic peanut butter sandwich—the kind of peanut butter that needs to be stirred because it has less saturated fat. Sometimes I use the food processor to make almond peanut butter. I put unsalted almonds and unsalted peanuts in the food processor.

For breakfast, I like purely O's cereal. I love organic apples. Sometimes we eat oranges and bananas together. I have been staying away from crackers and stuff like that. A couple times a week I treat myself to a triple zero yogurt. It is kind of like the light and fit yogurts which are good too. I usually drink water with my meals.

I enjoy exercising like hula hooping, biking, and walking. I have a great bicycle. My dad bought it for me years ago. Even though it's used it is the best bike I have ever had. It feels like a brand new bike. It has bigger tires so it is easy to go up hill. I keep the bike in Mashpee and I also keep my old bike here to have as a back up plan. My boyfriend Bill and I love to bike together.



## **The Reason I Jump** by Connie Berry and Dan Meaney

We love the book "The Reason I Jump" because it is a good description of autism. Like it says that the reason people with autism like movies for younger people is because they are more simple and they can guess what happens next, not because the person with autism is childish or child-like. The book mostly tells the truth.

We look forward to seeing the film based on this book. It will be shown the first night of the festival.



*Summer flowers by Helen*

## **Film Festival Details**

The first night of the festival, Thursday, August 26, 2021, kicks off at 7 p.m. with a live music set by Island band The Black Eyed Susans, followed by an 8 p.m. screening of THE REASON I JUMP, a documentary based on the bestselling book by Naoki Higashida. This film explores the experiences of non-speaking autistic people around the world.

On Friday, August 27, a pre-recorded discussion with rights advocate and film subject Judy Heumann and advocate and filmmaker Jim LeBrecht will be shown at 7 p.m. before the 8 p.m. screening of CRIP CAMP. This film was recently reviewed by Sundy Smith in What's Happening. The Oscar-nominated documentary is about how a group of people with extra challenges became empowered at a summer camp in the 1970s, and then went on to join the national disability rights movement.

Saturday, August 28, an 8 p.m. screening of the original high school musical film BEST SUMMER EVER closes out the festival. It will be preceded by a live performance from the Martha's Vineyard Regional High School's Voyager and Navigator students, and by live music from the Dock Dance Band.

## **VIP Meetings**

Board Sept. 22 , 6:30

General Meeting Sept. 29,  
6:30

Details to follow.



VIP is very appreciative to the following for their support:



The Joy Fund and  
Island Fund of the  
MV Community  
Foundation  
(formerly PEMV)



and the Martha's Vineyard Vision Fellowship.