

# Kushed Bulletin

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## The making of a violin - by Raymond

"The secret of the old violins is in the varnish".

Not true. Some of them have the varnish almost worn off, but still sound excellent. So what is it?

It is in the wood (spruce and maple seasoned 10 – 15 years)

It's in the design; the cavity resonance and the main wood resonance, and the relation between them.

It's in the shape of the curvature of the top and back, and the thicknesses of the top and back.

It's in the outside dimensions of the body.

It's in the *ff* holes – size and position.

It's in the design and position of the bridge.

Also the quality of the strings.

And the oil-based varnish, which must not penetrate the wood (I use finely ground pumice to seal the pores of the wood).

And many many other things.

Basic carving is done with a series of gouges, then small planes and the surface is finished with a scraper ready for varnish. The violin in the picture took about 180 hours.

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## Recovery Bay Report

Life Member Barry Eastment, continues to improve after a bout of pneumonia and a stay in Lady Davidson Hospital. Barry returned home last week. He is looking forward to participating in the next "senior's" gathering.

Di Seely reports that Barb Cooper has been through a "rough trot", with serious illness and hospitalisation. Barb is now home and recuperating. Her recent treatment has, apparently, not only overcome her illness but also provided some respite from her long-term back pain. We miss Barb's gregarious manner, not to mention her coleslaw at our barbecues. We look forward to her return.

Also JJ Jarman has continued to improve after a stroke and has now recovered to the point where he has moved to the "Transitions Department" at Wesley Gardens Belrose. JJ enjoys visitors, coffee and plenty of hugs from the girls. However, ladies, JJ is back on his feet so be ready for the "chase".

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## East Killara Scout Pantry Boxes



A team of members have recently successfully completed a woodwork project for the Scouts. Mike Swartz and numerous contributors built two boxes that the Scouts take on their camps to both convey and secure then prepare their food. The work was a great team effort which occupied the team for a very satisfying program. Scout Leader, Harriet Pearson, was most grateful for the finished products and has promised to show the boxes off to other Scout groups which might reward us with repeat work.

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## Taras – our Electric Harpist



*First three lyres*

*Taras playing the Vulcan*

### *Lyre*

This photo is of the first three lyres I made. The one on the left was made out of an old toffee tin I found at my Grandma's house.

The second one is a Vulcan Lyre from Star Trek which I made for a friend for his birthday. It is made predominantly from jarrah which was a difficult wood to work with. Thankfully I had a great group of craftsmen to help me with it!

The third lyre was a gift to the singer of my band. He uses it for his solo performances to accompany his voice.



This is the first instrument I have made that I plan to sell to the public. It was made from marine ply and took me around 50 hours to complete. The art is done by good friend Melanie.

For more information go to:

[www.TarasMusicChannel.com](http://www.TarasMusicChannel.com) [www.facebook.com/TarasMusicChannel](http://www.facebook.com/TarasMusicChannel)

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## What happened to the Library boxes we made?

From Nic Lowe for whom we made the library boxes: "Here are a couple of the libraries you made for us. They were donated to Cancer Council to be painted by artists and auctioned off. Don't they look great!!!"



Some info on the artists:

### **William Nghiem - (Cancer Council)**

[williamnghiem.com](http://williamnghiem.com) <https://www.instagram.com/williamnghiem/>

"The idea was to create a small sanctuary for knowledge and imagination in the quickly growing concrete jungle and fast paced environment we find ourselves in".

William Nghiem is a Sydney Illustrator, Artist and Designer working with an array of mediums like acrylics, spray paint, inks and more. He possesses a keen eye for fine details, equipped with a drive for constant perfection and going beyond 100% for all his projects no matter how big or small.

William is known for his particular colour palette (turquoise + salmon) and distinctive style which can be spotted in all his Illustrations, Artworks and Designs. He gathers inspiration from street art, editorial illustrations, hip-hop culture, skate culture, documentaries and anything else he finds interesting.



**Robert Hogan - (Street Library Australia)**

[www.roberthogandesign.com](http://www.roberthogandesign.com) <https://www.instagram.com/robhogan/>

Robert Hogan is an emerging designer and artist based in Sydney, Australia. He is currently undertaking a Bachelor of Design at UNSW Art & Design. His work typically focuses on the urban environment, incorporating his own photographic and fine art explorations.



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**Cooking class**



The Shed Cooking Class held its fourth cooking class for the year on Friday 15<sup>th</sup> April. The class was well attended with fourteen attendees under the excellent supervision

of Ruth Fulton. The challenge for the day included the following:

Entrée: Bruschetta - two examples, Tomato and Spanish onion; Borlotti beans and olives

Main: Baked moussaka served with lettuce salad

Desert: Spiced red wine poached pears

All dishes were deemed a gourmet success. For those of you who would like to try the Moussaka, the recipe is as follows:

### **BAKED MOUSSAKA**

(Serves 6)

2 large eggplants cut in 5mm slices

Sea salt and fresh cracked black pepper to taste

Olive oil for shallow frying

2 small brown onions finely chopped

4 cloves garlic crushed

500g minced lamb

400g tin chopped tomatoes

4 Tbsp tomato paste

¼ Tspn ground cinnamon

1 Tbsp caster sugar 4 Tbsp chopped flat leaf parsley

4 Tbsp finely grated parmesan cheese

#### Béchamel Sauce:

50g unsalted butter

4 Tbsp plain flour

2 cups milk, warmed

4 Tbsp grated parmesan

#### Method:

Preheat oven to 180C.

Salt eggplant slices on both sides and place in a colander for 1 hour.

Rinse eggplants under cold water and pat the slices dry.

Brush eggplants with a little olive oil and pan fry (or grill) over high heat until lightly browned – set aside.

Heat 2 Tbsp of olive oil in a non-stick frypan and sauté onions over low heat for 4-5 minutes.

Add garlic and cook another 3 mins or until onion is soft.

Add mince and cook, stirring to break up lumps over a high heat till meat is browned.

Add tomatoes, paste, cinnamon, parsley and sugar and bring to the boil.

Reduce heat and simmer covered for about 20 mins, or till most of the liquid has evaporated.

Season to taste.

For the Béchamel Sauce:

Heat butter in a saucepan, add flour and cook stirring over low heat for about 2-3 mins or till mixture is bubbling and grainy (do not allow to colour – this is a WHITE sauce!)

Gradually add milk, stirring constantly off the heat to begin, then, when there look to be no big lumps, return to the heat and continue to stir adding all the milk and cook till the mixture starts to boil and thicken. Stir in Parmesan and season to taste. Set aside.

To assemble – place 3-4 slices of eggplant in each of 4 x 300ml ramekin dishes. Top with lamb mixture and repeat layering once more finishing with the eggplant. Top final layer with béchamel sauce and sprinkle each ramekin with about ½ Tbsp of grated Parmesan.

Place ramekins on an oven tray and cook 10-15 mins or until golden on top and cooked through.

Serve with a green leaf salad.

Bon appetite

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## **John working on picture framing**



If your arms do not reach, get on your hands and knees.

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Australian Men's Shed Association

## AMSA Newsletter May 2016

This is another exciting newsletter with something for everyone. To view the May AMSA Newsletter, please click here:

<http://mensshed.org/wp-content/uploads/2016/05/Australian-Mens-Shed-Association-Newsletter-May-2016-.pdf>

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