

NEWSLETTER EDITOR  
TOM HUBER

SPECIAL  
POINTS OF  
INTEREST:

- Keith Tompkins
- President's Message

INSIDE THIS  
ISSUE:

About CAW 2

2023 Schedule 3

Jefferson's ice cream 4

Banksia Pods 6

Turn a scoop 8

CAW Picnic 10

Gallery 12

Contact CAW 21



VOLUME 1, ISSUE 7



JULY 2024

## Keith Tompkins— Exploring creative limits

CAW is very pleased to host Keith Tompkins in our new home at the Pimmit Center, Saturday July 13. Keith was originally a furniture maker but has been using a lathe for a long time. He is known for taking abstract concepts and transforming them into completed objects. Keith says, "Working at the lathe gives me a sense of complete freedom; and allows me to explore the limits of my creative ability. I strive to produce bold, dynamic pieces that reveal a small part of me. My woodworking career continues to lead me in new and often unexpected directions."

Keith's elegant forms often incorporate elements from his time as a furniture maker. He uses carving, steam bending, and other



techniques to create unique forms that incorporate graceful and flowing lines. Don't miss this opportunity to see a modern master who brings together different skills to create one of a kind turned forms.

Don't forget to bring a piece or two to share at our Show and Tell session. So, come early and get a good seat.

## President's Message— Welcome to July 2024

In June, we had our annual picnic hosted by Jim and Carol Neam. We had a great turnout, great food, and the weather was perfect. We enjoyed top-notch entertainment, remarkably engaging trivia (thank you, John Clements), and exciting prizes. One of the prizes was the Jason Breach Pagoda box demo piece from his visit last year. I'm hopeful we'll be invited back in 2025! If we do, we will have to keep the table dancing to a minimum...

In July, Keith Tompkins will be our professional demonstrator. Tompkins will conduct a two-day workshop along with a demonstration at our new meeting location at Pimmit Hills Center in Falls Church. As of this writing, the workshop is full. Tompkins is a talented artist, and his work can be viewed at :

<https://www.keithptompkins.com/>.

August is an off month for us, so let's make the July meeting and demonstration count. Please bring your latest and greatest work to show and tell; we want to see what you're working on.

On Saturday, June 22, Phil Mannino passed away at his home. Phil was our Vice President, an honorary member, and served on the board for the past three decades. He was a great woodturner, family man, friend, and an all-around great human being. Phil Mannino, you will be missed! Services are scheduled for July 5th and 6th at the Fairfax Memorial Funeral Home on Braddock Road.

(continued on page 3)

Pimmit Center  
Falls Church, Virginia

## CAW Monthly Meetings

CAW's monthly meetings are held the second Saturday of each month (except August and December) at the Pimmit Center. The doors open about 8:00 with a coffee and donut social time. Our meeting begins at 8:30 with show and tell, followed by a quick business meeting. Demon-

strations begin at 9:30. Until further notice, our meetings will be limited to a one half day demonstration. In 2023 CAW will conduct bi-monthly in person meetings at our Pimmit Center location. The school is on Lisle Avenue in Falls Church Entrance is Door 7 near the parking lot. In the front of the building. Check the CAW

website for directions. Our newsletter will give our members plenty of notice about the dates, times, and programs of our in-person meetings and Interactive Remote Demonstrations.

## CAW's Online Look

CAW's web page contains excellent information about CAW programs. It's very attractive and user friendly. You can also use it to pay your dues. It's a great resource for all things woodturning. Check them out:

Website: <https://capwoodturners.org>

Facebook: <https://www.facebook.com/pages/category/Artist/Capital-Area-Woodturners-310034189708779/>

Flickr:

<https://www.flickr.com/photos/capwoodturners/albums/with/72157711559707478>

## More Ways to Support CAW

CAW now accepts donations, \$10 and up, on our website from anyone who wishes to contribute. Anyone donating \$100 or more gets a free CAW Polo from the color choices. The donations are through PayPal, however, you don't need to

have a PayPal account or be a member of CAW as anyone can checkout as a guest using a credit card.

Another way of supporting CAW is by donating items to CAW. These items can be tools, equipment, mate-

rials (sandpaper, finishes, etc) , or timber. CAW can sell these items to our members at substantial discount. This is a great way to free up space in your shop and help out fellow turners. All donations are eligible for a 501 C3 tax deduction.



Lastly, there's no better time than the present to create some shavings, try your hand at texturing, or embark on a new turning project. I look forward to seeing you all at July meeting.

Happy and Safe Turning, *Ben Johnson*

Ben Johnson



Happy 4th of July

CAW Picnic at the Neams

## 2024 Demonstration and Workshop

January 13 – Steve Schwartz

Using computer graphics to embellish



Jan 17 SEW

February 10

Tips and Tricks (topics TBD)

Feb 14 SEW

March 9– IRD

Mar 13 SEW

April 13– Dion Fralick

Apr 17 SEW

May 11– Bob Pezold

May 15 SEW

June 8– CAW Picnic

June 12 SEW

July 13– Keith Tompkins

July 11-12 Workshop

July 17 SEW

August– No Programs

September 14—TBD

Local Demonstrators

Sept 18 SEW

October 12– Local demonstrator

Colwin Way IRD TBD

Oct 16 SEW

November 9– Ann Ogg

November 8-9 Workshop

Nov 13 SEW

December 14– CAW Holiday Party

(No SEW)

## The Month of July

July was originally the month of Quintilis in the Roman calendar. It was the fifth month of the year until January and February were added in 450 BC. It got its original name from the Latin word for fifth. Later the name was changed to Julius in honor of Julius Caesar who was born on July 12.

July is the warmest month in the Northern Hemisphere on average. It is similar to January in the Southern Hemisphere. There are many countries which have their Independence Day during the month of July. These include the United States, Belarus, Venezuela, Argentina, Belgium, the Bahamas, and the Maldives. The national days for France and Canada occur in July as well.

The birth of the United States is celebrated on July 4th. That was the day we officially declared our independence from Great Britain by the public reading of the Declaration of Independence in Philadelphia. Since that time, this day has been set aside for festivities including parades, cookouts, and fireworks. One of the things most often served is ice cream. In fact, July is actually National Ice Cream Month.

It is fitting that ice cream has become associated with the 4th of July, since one of the great popularizers of this famous cold treat is none other than Thomas Jefferson, the author of the Declaration of Independence. Prior to his election as president, Jefferson was an ambassador to France. It was here that he first came into contact with ice cream. Ice cream recipes appear in French cookbooks starting in the late 17th century, and in English-language cookbooks in the early 18th century. One of only ten recipes surviving in Thomas Jefferson's hand, the recipe for ice cream most likely dates to his time in France. Although Jefferson himself did not note the source, Jefferson's granddaughter Virginia Jefferson Randolph Trist recorded a virtually identical recipe sometime later in the 19th century and attributed it to "Petit," indicating that Adrien Petit, Jefferson's French butler, was the original source of this recipe.

Although Jefferson definitely was not the first to introduce ice cream to the United States, during his presidency it certainly became more well-known. There are no less than six references to ice cream being served at the President's House between 1801 and 1809. After serving as Jefferson's cook for the duration of his presidency, Honoré Julien opened a catering and confectionary business on F Street in Washington, advertising in June of 1810 that he would serve "ice creams on Sunday next, and afterwards every Wednesday and Sunday, during the season."

So, as you enjoy your dish or cone of ice cream this summer, be reminded of its association with Thomas Jefferson, the Declaration of Independence, and American Independence. Bon Appetit!

# Thomas Jefferson's Ice Cream

This is a fairly simple recipe. The hard part is getting the ice cream to set. The cooled mixed has to be scraped and stirred in order to create ice crystals in the ice cream mixture. This can be a chore. To make it easier put the mixture in a metal bowl since it transmits the cold better. You will be rewarded by an authentic 18th century ice cream just like Jefferson, Washington, and Madison used to serve at their 4th of July Celebrations.

Beat the yolks of 6 eggs until thick and lemon colored.

Add, gradually, 1 cup of sugar and a pinch of salt.

Bring to a boil 1 quart of cream and pour slowly on the egg mixture. ( This should be done a spoonful or two at a time to keep the egg from cooking)

Put in top of double boiler and when it thickens, remove and strain through a fine sieve into a bowl.

When cool add 2 teaspoons of vanilla. Place the bowl in a bath of ice with one part of salt to three parts of ice. Scrape the sides and stir frequently until the ice cream sets up. This mixture can also be place into a standard ice cream churn For electric freezers, follow usual direction, but stir frequently.

## Ice Cream for Kids

### Ingredients

- 1/2 cup whole milk half and half, or cream
- 1 tbsp sugar
- 1 tsp vanilla extract
- 6 tbsp sea salt
- 2 cups of ice
- sandwich sized ziplock bag
- quart sized ziplock bag

### Instructions

In the sandwich sized ziplock bag add sugar, cream, and vanilla

**Seal the bag tightly.**

In the quart sized bag , add ice and salt

Place the smaller bag inside the larger bad; seal tightly.

Shake the bag for 5 minutes without opening it.

Remove the smaller bag and give it a quick rinse to remove salt

Open the bag and eat it straight out of the bad with a spoon

# Trees we Turn— Australia— Banksia Pods

One of the most unique turning materials from Australia is not a timber. Rather, it is the seed pod of group of small shrubs and trees known as Banksias.

**Banksia** is a genus of around 170 species of flowering plants in the family Proteaceae. These Australian wildflowers and popular garden plants are easily recognized by their characteristic flower spikes, and woody fruiting "cones" and heads. *Banksias* range in size from prostrate woody shrubs to trees up to 100 feet tall. They are found in a wide variety of landscapes: sclerophyll forest, (occasionally) rainforest, shrubland, and some more arid landscapes, though not in Australia's deserts.

Heavy producers of nectar, banksias are a vital part of the food chain in the Australian bush. They are an important food source for nectarivorous animals, including birds, bats, rats, possums, stingless bees and a host of invertebrates. Further, they are of economic importance to Australia's nursery and cut flower industries. However, these plants are threatened by a number of processes including land clearing, frequent burning and disease, and a number of species are rare and endangered.

The flowers are arranged in flower spikes or capitate flower heads. The character most commonly associated with *Banksia* is the flower spike, an elongated inflorescence consisting of a woody axis covered in tightly packed pairs of flowers attached at right angles. A single flower spike generally contains hundreds or even thousands of flowers; the most recorded is around



6000 on inflorescences of *B. grandis*. The picture shows a flower spike of a *Banksia marginata*. Despite the large number of flowers per inflorescence, only a few of them ever develop fruit, and in some

species a flower spike will set no fruit at all. The fruit of *Banksia* is a woody follicle embedded in the axis of the inflorescence. In many species, the resulting structure is a massive woody structure commonly called a cone.

Specimens of *Banksia* were first collected by Sir Joseph Banks and Daniel Solander, naturalists on the *Endeavour* during Lieutenant (later Captain) James Cook's first voyage to the Pacific Ocean in 1770.

All but one of the living *Banksia* species are endemic to Australia. The exception is *B. dentata* (tropical banksia), which occurs throughout northern Australia, and on islands to the north including New Guinea and the Aru Islands. An extinct species, *B. novae-zelandiae*, was found in New Zealand. The other species occur in two distinct geographical regions: southwest Western Australia and eastern Australia. Southwest Western Australia is the main centre of biodiversity; over 90% of all *Banksia* species occur only there

*Banksia* plants are naturally adapted to the presence of regular bushfires in the Australian landscape. About half of *Banksia* species are killed by bushfire, but these regenerate quickly from seed, as fire also stimulates the opening of seed-bearing follicles and the germination of seed in the ground. The remaining species usually survive bushfire, either by resprouting from a woody base known as a lignotuber or, more rarely, epicormic buds protected by thick bark.

*Banksia* wood is reddish in color with an attractive grain but it is rarely used as it warps badly on drying. It is occasionally used for ornamental purposes in wood turning and cabinet paneling. It has also been used to make keels for small boats. Historically, the wood of certain species such as *B. serrata* was used for yokes and boat parts. The large "cones" or seed pods of *B. grandis* are used for woodturning projects. They are also sliced up and sold as drink coasters; these are generally marketed as souvenirs for international tourists. Woodturners throughout the world value *Banksia* pods for making ornamental objects.

Turned *Banksia* pods create very unique objects. They can be messy since the outer layer is a dense fuzz. *Despite the mess, the pods turn like wood, they sand easily and can take a good finish.*



Banksia pod amphora form



Banksia pod salt and pepper shakers



Banksia pod pen holder



Banksia pod box  
Cindy Drozda

# Woodturning Ice Cream Scoops

Woodturning an ice cream scoop is a great starter project. Handles can be made from various woods or acrylic materials. They can be very plain or elaborate. They are easy to do and make great gifts in the summer season. They are a perfect hostess gift for a summer party.





## Sources for Ice Cream Scoop Kits



Penn State Ice Cream Scoop Kit

\$9.95



Penn State Ice Cream Scoop Kit ( Style 2)

\$11.95



Rockler Ice Cream Scoop Paddle Kit

\$24.99



Woodcraft Ice Cream Hawksbill Scoop Kit

\$22.99

# CAW Picnic



Lunch is served



Trivia Contest



How many CAW members does it take to start a fire?



Ben and George

# Member's Gallery



Jewelry box with dot painting mandala technique  
Al Melanson



Dot painted pendants  
Al Melanson



Necklace hanger with  
painted pendants  
Al Melanson



Cherry bowl with colored appliques  
John Clements



Ash urn with threaded top  
Steve Schwartz



Cherry crotch parabolic bowl form  
Gary Guenther



End grain bowl in spalted historic pecan  
Gary Guenther



Artistic vase with wooden curls  
Sid Edelman





Covered bowls  
John Clements





Figured Maple pepper mills  
Patrick O'Brien



Nested Bowl set in figured poplar  
Ben Johnson



Tulipwood bowl with inclusion  
Justin Prevatte



Hollow form in “mystery” wood (probably ailanthus)  
Tom Huber



Wide rimmed cherry bowl  
Turned by Steve Schwartz; Embellished by Tom Huber



Wide rimmed cherry bowl with sharks  
Tom Huber



## ADVANCED AUTO TECH

7075 C Newington Road, Lorton, VA 22079

703-339-5500 / [advancedautotech.net](http://advancedautotech.net)

***Exclusive CAW Discount***



***10% off any service or repair\****

- Free Loaner Cars
- Tire Sales and Tire Repair
- Courtesy Shuttle
- Fluid Exchanges and Flushes





**Newsletter Editor  
Tom Huber**

thuber829@gmail.com



*Capitol Area Woodturners is  
a chapter of the American  
Association of Woodturners*

Monthly Meeting Information –  
**Pimmit Adult Education Center**  
Map with driving directions here:  
[www.fcps.edu/maps/  
pimmit.htm](http://www.fcps.edu/maps/pimmit.htm)

**Directions To Pimmit  
Adult School– 7510 Lisle  
Avenue, Falls Church**



From VA or MD, take I-495 towards Tysons  
Corner

Take Exit 147A to Route 7 South towards  
Falls Church

Immediately get in the left lane and drive ap-  
proximately 100 yards on Rt. 7

At the first stop light turn left onto Lisle Ave-  
nue. Proceed for about 1 mile. Pimmit Cen-  
ter entry is on the left. Turn right into the low-  
er parking lot. The entrance to the meeting  
rooms is off the back corner of the Pimmit  
Center at door number 7.

## Contact CAW

[President@capwoodturners.org](mailto:President@capwoodturners.org) - for all things President

[VP@capwoodturners.org](mailto:VP@capwoodturners.org) - for all things VP

[Treasurer@capwoodturners.org](mailto:Treasurer@capwoodturners.org) - AR/AP for our organization

[Secretary@capwoodturners.org](mailto:Secretary@capwoodturners.org) - Membership Lists/Update for personal info, Newsletter distribution, vendor discounts

[Programs@capwoodturners.org](mailto:Programs@capwoodturners.org) - Organization of yearly meeting schedule for topics, artists, IRD's, etc.

[SEW@capwoodturners.org](mailto:SEW@capwoodturners.org) - Organizer for SEW's and Mentor program

[Info@capwoodturners.org](mailto:Info@capwoodturners.org) - default/catch-all for general questions, all things Website, Emails about general items & offers