WATERMELON SOUP
By Judy Slotnick, Boston Symphony Association of Volunteers

Ingredients:
1 watermelon
2 tbs lemon juice
2 tbs lime juice
2 tbs honey
1 tbs finely chopped fresh mint
1 tbs finely chopped or ground fresh ginger
1 banana
...and my secret ingredient for all things delicious: 1 tbs maple syrup

Directions:
Fill blender with chunk size pieces of watermelon—comes to about 4-5 cups
Add all of the remaining ingredients to the blender—don’t be afraid to mush it down.
Serve in soup bowls, or enjoy as a hearty juice!
“MOJITO” MELON/BERRY SALAD
By Judy Borger, Boston Symphony Association of Volunteers

Ingredients:

1 small melon (watermelon, cantaloupe, honeydew), balled or cubed
1 pint berries (blueberries, strawberries, raspberries)
1 lime, zested and juiced
1 TBS honey (or to taste)
Fresh mint
Rum (adults only!)
Feta or other favorite cheese

Directions:
Combine lime juice and honey (and rum, if using) to taste.
Add melon balls or cubes, toss, and “marinate” in refrigerator up to 12 hours (overnight).
At picnic time, add berries, cheese, mint, and lime zest
Toss and serve.

(For a special Fourth of July picnic, use Watermelon, blueberries, and feta cheese!)
GEOMETRIC STRING INSTRUMENT COLLAGE
By Judy Borger, Boston Symphony Association of Volunteers

What you need:
Colored paper, or white paper to color
Crayons or colored pencils
Scissors
Glue stick
6-12 inch ruler (optional)
Imagination! Be creative, and just use these instructions as a guideline!

How to make it:
1. For the body of your instrument, you will need to cut out two squares (about two inches for a violin), plus one rectangle (about 1 inch x 4 inches). You can use a ruler or just draw freehand.

2. For the trim, you will need to draw and cut out give small rectangles (about 1 inch x ½ inch) and one small triangle (about 1 inch at the top), using a different color (or you can color it in differently). If you wish to make a larger instrument such as viola, cello or bass, you will need to use slightly larger shapes.
3. Paste the two squares onto another sheet of paper, overlapping the squares pointing downward, like a diamond. Then, paste the large rectangle (going up and down) on top of the top diamond to make the “fingerboard”. Add one of the small rectangles just below the point where the two squares meet. This is the “bridge”. The other four small rectangles go at the top (“neck”), and two on either side for the “pegs”. The triangle is the “tailpiece” and goes at the bottom, pointing downward.

4. Lastly, you need to draw two “F-holes”, which look like the letter S (one forward, one backward) on either side of the bridge. Then draw four lines straight down from the pegs to the top of the tailpiece for the “strings”.

Congratulations! You just made a string instrument collage!

Hear some of our BSO string players demonstrate their instruments:

Violinist Bonnie Bewick also loves to play the fiddle.  https://www.youtube.com/watch?v=J4H9jLogW8&feature=youtu.be

Cellist Mickey Katz demonstrates his instrument with a little help from his kids.  https://www.youtube.com/watch?v=j0ZuBELKPWE&feature=youtu.be

Larry Wolfe, double bass, joined the BSO when he was only 20 years old!  https://www.youtube.com/watch?v=w3GWb533xj8&feature=youtu.be

Violist Cathy Basrak explains how she practices an “excerpt” from a Mendelssohn Symphony  https://www.youtube.com/watch?v=ciNwuJ3-zSc&feature=youtu.be