



Established 1987

First Woodturning Club in New England, AAW #26

Next Meeting
1870 Town Hall
April 4th, 2024

Richard Hunt Memorial
Learn N Turn
5:30—6:30

Business Meeting
6:30

6:50
Demonstration
Joe McGill
McNaughten Coring
System

7:50
Show N Tell

8:20
Wood Swap

President's Message March 2024

When working on the lathe, do you ever find that time disappears? That you completely lose yourself in the work and get fully engrossed in what you are doing? Do you also find that the work you are doing is good? There's a word for this. It's called "Flow."



From Wikipedia:

Flow in positive psychology, also known colloquially as being in the zone, is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by the complete absorption in what one does, and a resulting transformation in one's sense of time.^[1] Flow is the melting together of action and consciousness; the state of finding a balance between a skill and how challenging that task is. It requires a high level of concentration. Flow is used as a coping skill for stress and anxiety when productively pursuing a form of leisure that matches one's skill set.

While the Wikipedia term is flow, I prefer the second term "the zone." I like it because it suggests a place. And I find it easy to imagine being in a place – the zone.

When I'm in "the zone," which, if it's going to happen, happens when I'm cutting wood (oddly sanding doesn't get me there) I lose track of time. I only think about the turning, the wood, the cutting, and the shape. I am completely focused on what I'm doing.

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CNEW STORE PRICE LIST

CA Glue (all thicknesses) \$8.00

Accelerator

Small 2 oz. pump \$5.00

Medium 8 oz. pump \$9.00

Large 16 oz. Pump \$15.00

6 oz Aerosol \$9.00

10 oz. Aerosol \$12.00

Pen supplies

Pen Kits \$6.00

Bushings \$5.00

Replacement Brass Tubes \$1.00

Abrasive Pastes 2 oz. \$2

Sanding Butter (food safe) 2 oz. \$2

Shop Push Sticks \$2.00

Anchor Seal \$10.00/gallon

Sanding supplies

Sanding Disc

All grits, 2 and 3 inches 10 for \$2.00

Sanding Pad Holder

2 inch \$5.00

3 inch \$6.00

Sanding Repair Kit

2 & 3 Inch \$1.00

Sanding Pad Cushions

2 & 3 INCH \$3.00

Walnut oil (food safe) 16 oz. \$9

Glue Shop Brushes 8 for \$1.00

Nitrile disposable gloves 50 count \$13

CNEW Club Store Message

Kits for making your own sanding butter and abrasive pastes will be available for purchase at the April meeting. I will be demonstrating the process for making these useful woodturning shop products.

The kits will include the following items:

Small slow cooker

Measuring cup

Mixing spatula

Bees wax

Mineral oil

Diatomaceous earth (abrasive)

Three different size kits will be available!

I wish to thank all the CNEW members for supporting the club store! I would appreciate any suggestions from club members for new items you would like to see for sale at the store.

Thanks Steve

NEW LATHE & STAND—SOCIAL TIME—CALLING THE MEETING TO ORDER



IMPORTANT NOTICE

In the near future an update will be made to combine the membership mailing database with the active members database. All members who have not kept their membership current by paying their dues will be removed from the mailing list and will no longer receive newsletters, club mailings or access to the website. You can prevent this from happening by submitting your membership dues in a timely fashion.

ALSO OF NOTE

At the March/April meeting a raffle will be held to have some deserving member of the club win the grinder the club is currently using. It is requested that those purchasing tickets be someone that does not currently own a grinder of their own.

This raffle of course will be open to all members as all our raffles are. But the intent is to be able to help a new turner progress on their journey (and build their shop capability) a little quicker. Since this raffle will take place for more than one meeting you will need to mark your name and phone number on the ticket you turn in so that you can be notified in the event you are not in attendance when the drawing is held.

MEETING MINUTES – MARCH 7, 2024

LEARN-N-TURN

Mark Durrenberger led learn-n-turn this evening. The focus was to turn to a desired diameter using a parting tool while riding calipers against the wood. Learn-n-Turn was done on the new Jet lathe.

Mark Durrenberger called the meeting to order at 6:30.

Ten new members/visitors introduced themselves. Welcome Tom, Dave, Tark, Sam, Jason, Jerry, Fred, Connor, and Laurie (missed one gentleman's name).

OFFICERS' REPORTS

Mike Peters (Internal VP)

In-club demonstrations are scheduled through July.

Members are requested to propose types of items for this year's Arnold Arboretum donation. Three different turnings will be chosen from member's online submissions, for final selection by the Arboretum. Post pictures and suggestions to the CNEW Website, "Forum" section, "General CNEW Messages." Possible pieces include mushrooms, bud vases, bottle stoppers, bowls, and candlesticks. CNEW will probably be submitting about 40-50 pieces.

Rick Angus (External VP)

Rick is reaching out to Carl Jacobson for a guest demonstration.

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CNEW Mentors

Below is a list of members willing to spend their valuable free time with other members in hope of helping to promote education and skill building by sharing of their knowledge. Anyone interested in being "Mentored" by a more advanced or seasoned turner please contact one of the members below. Their contact information can be found on the Members section of our website.

Rick Angus	Moosup, CT	Peter Wilcox	Boylston, MA
Joe McGill	Sudbury, MA	Reid Gilmore	Upton, MA
Marty Goulet	New Braintree, MA	Bob Pacini	Holliston, MA

MEETING MINUTES (cont'd)

Carolyn MacDonald (Treasurer)

There is no further news at this time on the status of the tax-exempt issue.

CURRENT BUSINESS

Bob Spigarelli from Groton is selling off his woodturning shop. A number of CNEW members have purchased equipment and tools. He has a large supply of wood. Mark Durrenberger is looking into holding an auction to sell it. Bob donated a piece of Tinio that will be offered at next month's wood raffle.

Carolyn MacDonald presented AJ Moses' prototype stand for the new lathe. Its design includes riser blocks to adjust the height of the machine and a built-in storage box for tools. It is intended that the lathe and stand be transported as two separate items. The prototype was built of framing lumber. The final version will utilize hardwood for structural pieces and softwood for other parts to reduce weight. The feet will also provide leveling adjustment. Members are invited to offer design suggestions. At the meeting it was suggested that the lathe be recessed into the stand for transport, making it more compact and providing protection.

Mike Peters brought in a chop saw stand to see if it could work with the lathe.

Carolyn MacDonald agreed to manage the raffle for the old grinder. It is requested that participation in the raffle be limited to newer members who are currently without grinders.

VOTED: Raffle tickets to be \$5.00 each.

Steve Ball is managing the procurement of a 55-gallon drum of Anchor Seal. The cost will be \$750, delivered, and be sold through the CNEW store for \$15/gallon. Plastic containers are being obtained through a recycling facility. A pump may be needed to fill the containers. Members will be asked to store up to 10 gallons.

VOTED: To spend \$750 for the Anchor Seal and \$100 for a pump.

Reid Gilmore discussed CNEW participation in the Worcester Center for Crafts show around Thanksgiving.

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MEETING MINUTES (cont'd)

VOTED: CNEW will have a booth at the Worcester Center for Crafts.

VOTED: To allow Mark Holden to borrow the CNEW display booth for his use at an upcoming show.

It was suggested that we invite a member of another club to demonstrate turning a coffee scoop. It sounds interesting. A stipend for such a demonstration would be \$100.

DEMONSTRATION

Eric White demonstrated turning a lidded box. His technique includes:

- Turn at 2000-2500 rpm. This speed provides for a smoother surface.

- When hollowing, start at the center with a spindle gouge and work towards the outside in a scooping motion. The direction of this cut is with the grain.

- Hollow the straight sides of the interior using the point of a skew as a scraper.

- Clean the rounded bottom of the inside of the cap with a round scraper.

- Use a jamb chuck to remove the tenon from the bottom of the box.

Thanks Eric. Great demonstration...the boxes are really nice.

SHOW AND TELL

A large number of pieces were presented. In response to the President's Challenge, there were a number of stunning spheres.

WOOD RAFFLE

The raffle included a large quantity of wood (ran out of cups for the tickets.) There was a bunch of nice box elder.

Meeting adjourned at approximately 9:15pm.

Respectfully Submitted,
Gregory Carell

PRESIDENT'S MESSAGE (cont'd)

I'm so focused that if someone comes into the shop, I don't hear them, and if they say my name, it usually causes me to startle. Depending on what I'm doing, that can be a problem. To deal with the need to get my attention without startling me, my wife and I had worked up a system.

I had a light on a remote switch. She had the switch upstairs. Rather than her coming down to the shop and risk making me jump, she'd turn on the light. Then, when I broke out of the zone, I'd notice the light and call her, text her or go upstairs.

That method worked great until my dust collector remote stopped working. I stole her remote and put it to use on the dust collector (the remote triggered a 120v AC Switch. In the case of my dust collector, an AC switch triggers a larger 240V switch that controls the dust collector). Now she either must come and get me or text me. Since she doesn't like coming down to the shop, she texts. Eventually, I look at the phone or I notice the message on my watch.

The zone is, to me, a lot like mindfulness (meditation). When practicing mindfulness, you're supposed to focus on something like your breath, observe incoming thoughts, let them go, and refocus on your breath. I'm not sure how it works, but this process of focusing, observing, letting go, and refocusing helps with stress, anxiety, and, as I've just discovered, pain.

Who would have thought that wood turning helps with pain? And looking back on it, I'm certain this is true. Some of you know that I've been dealing with hip pain now for about 2 years. I've had physical therapy, and various injections. The only thing that makes the pain go away consistently is meditation. That meditation can be when I'm sitting in a comfy chair practicing mindfulness or when I'm in the zone at the lathe.

So get on your lathe, get rid of stress, anxiety or pain. And make something beautiful (And today I learned that being creative also helps with stress!)

Hiding in the zone,
Mark

VIDEO REVIEW by GREG CARELL

. Ed Moulthrop, Woodworking Pioneer (CNEW #211)
AAW Woodturning Masters Series

This video is a biographical sketch of Ed Moulthrop. It talks about his history, philosophy, and a little about his process.

Moulthrop started turning in 1952 on a lathe in his back yard, stored under a tarp. Over the years he became a brilliant and prolific bowl turner. His work is primarily end grain turning of often extremely large (40" in diameter, from blanks weighing up to a ton.)

His work is regarded as fine art. He feels that he is an artist whose medium is wood, drawing the intrinsic beauty out of the material. His success as a fine artist is astonishing. He gave up a career as an architect to turn. His son Phillip gave up practicing law to follow in his father's footsteps. Both are sought after by galleries, museums, and collectors. Moulthrop's house in Georgia itself is replete with furniture by Sam Maloof, George Nakajima, Frank Lloyd Wright, Wendal Castle, and many others.

The video briefly showed some of his process: He rough turns green wood only. He then soaks the pieces for weeks or months in vats of polyethylene glycol (vats that will hold pieces 36"x40".) They are then slow dried in a kiln. His monstrous lathe has a 4" diameter drive shaft and quill that supports face plate work. All of his pieces cantilever, there is no tail stock. He made his own tools usually of blacksmithed tool steel. They include a 9' hollowing tool weighing almost 100 pounds. (He tells a story about getting a catch inside a bowl while leaning over the tool. It picked him up in the air and threw him across the shop and into a wall. He invented a stabilizer that he used thereafter.)

While the history was interesting, and his work, stunning, there were lots of photos set to music, and art authorities expressing their praise.

I didn't know anything about Ed Moulthrop until I watched the video. As a woodturner, I think it is a good thing to be familiar with the masters that have established and advanced our craft. Indeed, it is part of our collective history.

VIDEO RATING: (3) Good

Rating System: 1 (poor) to 4 (excellent)

TOTALLY TURNING 2024



WE WERE DEFINITELY WELL REPRESENTED



RICK ANGUS - FIRST PLACE - BOWLS
IN HIS OWN WORDS"
CHERRY BURL ACORN SERIES
FINISH WITH DANISH OIL
RAIN BOWLS ARE ALSO MINE
THIS BECAME KNOWN AS
"THE TABLE THAT RICK TOOK OVER"



MIKE SMITH
FIRST PLACE
SEGMENTED

TOTALLY TURNING 2024



MIKE PETERS—HONORABLE MENTION—ARTISTIC
MIKE PETERS—HONORABLE MENTION—SPINDLE
MIKE PETERS—HONORABLE MENTION—BOWLS



MARK HOLDEN—FIRST PLACE—HOLLOW FORMS
MARK HOLDEN—HONORABLE MENTION—ARTISTIC

DEMO—LIDDED BOXES — ERIC WHITE



SHOW N TELL— ITEMS



SHOW N TELL— ITEMS



SHOW N TELL— ITEMS



SHOW N TELL— ITEMS



SHOW N TELL— ITEMS



SHOW N TELL—PEOPLE



SHOW N TELL—PEOPLE



SHOW N TELL—PEOPLE



SHOW N TELL—PEOPLE



Central New England Woodturners

A Chapter of the American Association of Woodturners



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Membership



To join or renew membership, please complete the form below and a check made payable to CNEW and bring it to a CNEW meeting, or pay online at

the CNEW website under "join/renew" or mail to: Treasurer, Central New England Woodturners

c/o Carolyn MacDonald 108 Gates Pond Rd. Berlin, MA 01503

Membership Application

To join or renew membership, please complete this form and a check made payable to CNEW and bring it to a CNEW meeting or mail it to:

Treasurer, Central New England Woodturners

c/o Carolyn MacDonald

108 Gates Pond Rd.

Berlin, MA 01503

Annual dues: \$40 including e-mail delivery of newsletter

Name: _____

Street: _____

City: _____

State: _____ & Zip: _____

e-Mail: _____

Telephone number _____

Please check appropriately below

New Member

Returning Member

e-Mail Newsletter (\$40.00)

Please let us know of your interests:

How long have you been turning? _____

What programs would you like to see at meetings? _____

Would you like to demonstrate at a meeting? Yes/No If so, what topics do you offer? _____