

Established 1987

First Woodturning Club in New England, AAW #26

Next Meeting

Sept. 7th 2017

6:30 PM

Arboretum judging

Learn N Turn

Not this month

Demonstration

Dave Eaton

President's Message March, 2017

President's Letter, August 2017



I am very much looking forward to seeing Dave's demonstration at the September meeting. For the newcomers among us who don't know, Dave was a steadfast member of CNEW for many years, served as President and was the incentive behind both Project Goodwill and the establishment of Learn N Turn. He was a turning instructor at the Worcester Center for Crafts and those whom he taught raved about his talent as an instructor. His most remarkable claim to fame was the development of Multi-Grit Sandpaper that unfortunately (or wisely) never caught on.

As my previous email detailed, the September meeting will witness the section of pieces for the October Arnold Arboretum show. If this is news to you, I refer you to the previously mentioned email.

Inside this issue:

Meeting Minutes Turning Extravaganza pics	2, 3
Wood toxicity	4, 5
Food safe finishes	6, 7
Wheelchair Mission	7
Officers Membership Application	8

I know it is a little early to mention the November election of club officers but it appears that there will be a significant number of departing officers, many whom served the club for a number of years. Todd has informed me that he will no longer serve as Treasurer. When Todd first assumed the position the club's account balance was about \$1500. Today, due in large part to his close husbandry of the money, the account balance is almost \$8000. Todd always treated the club's money as his own and therefore monitored it closely. Also departing from the executive committee is Mike Smith. Mike served as external VP and presently is the club secretary. Mike did a great job in both positions and I think that he is glad that he no longer will be responsible for organizing and running the Woodworks Show at the Big E each January. He did a great job and the changes and improvements to the wood swap have been remarkable. Steve also informed me that he would like to step down as Internal Vice President. He has grown fatigued with having to strong-arm folks to agree to do demonstrations and in organizing the Extravaganzas. It was Steve's efforts of persuasion that continually insured that each club meeting was entertaining and informative. Bringing up the rear will be the vacancy as club President. While I have thoroughly enjoyed my tenure, and would very much be eager to continue in that role, my family circumstances have changed. With two grandchildren living in Maryland and my desire to spend as much time with them as possible, I can no longer insure that I will be available each month.

I have not heard from other members of the executive committee regarding their intentions to stay or move on, so there may be more positions open come November. I encourage folks to seriously consider stepping up to fill the vacancies. It has been a blast serving the club and the best part was always working with the other officers in our effort to make CNEW a fun, and vibrant, community.

Best,

Joe



Minutes August 3rd, 2017 Meeting

Mike Smith, Secretary

Meeting called to order at 6:30pm by President Joe McGill

There were 40 members +/- and 2 guests in attendance

The treasurer's report was read and accepted. Beginning balance \$8,594.02, ending balance \$8,761.02

The voting for pieces to be entered into the Arnold Arboretum show

will take place at the September meeting. Each member can bring up to 3 pieces for voting. Each member should bring 30 pennies for voting and no more than 4 pennies per piece. Good luck.

Due to the turning extravaganza the meeting was kept short.

Meeting adjourned at 6:45 pm.

“Extravaganza pictures”



“Show’n tell”



When Joe only takes one picture in the vertical format and you don't know what to do with it you get a page all to yourself. Congratulations!

Wood Toxicity and How to Protect Yourself

Woodworkers need to take precautions against dust when working with any lumber, whether the wood is domestic or exotic. Wood dust is no good for your lungs or eyes, and some wood dust can also react with your body. Possible reactions include skin rashes, watery eyes, respiratory problems, headaches, dizziness, or nausea.

The degree and type of reaction depends on an individual's susceptibility to certain allergies, as well as the concentration of dust and the amount of time exposed to dust. The same reactions from person to person are not always a certainty.

In general, toxicity is in one of three categories: irritation, sensitization, and poisoning.

Irritation

Skin, respiratory tracts, and mucous membranes get irritated easily by any fine dust because dust absorbs moisture, thereby drying out the surface with which the dust is in contact. Itchy skin and sneezing are examples of basic irritation thanks to wood dust. The level of irritation is proportional to the exposure time to, and concentration of, wood dust.

But irritation is not necessarily benign. Woods like walnut and rosewood emit pleasant odors with low levels of dust, which most woodworkers equate with being one of the benefits of working with woods. However, the natural substances in these woods that cause the scents are also potentially toxic with greater dosage exposure and concentration. Long term effects of exposure to wood dust can include developing an allergic reaction to the dust or possibly nasal cancer.

Sensitization

Substances in wood that cause an emerging (and potentially serious) allergic reaction after repeated exposure are called sensitizers. This type of toxicity is specific to individuals and takes time to develop – some people may experience a significant reaction to a wood while others do not. While sensitization typically takes time and repeated exposure to develop, it is possible for some individuals to have an allergic reaction to a wood upon their first contact.

Even if you do not have any reaction to a wood (or its dust) the first few times you use it, it's still vital that you take precautions and avoid as much exposure as possible. It's possible that your body will develop a reaction the more you are exposed.

Poisoning

Universally lethal chemicals are rarely found in *natural* wood that's available on the commercial market. Most poisons in plants and trees are located in the bark and/or sap – there are some exceptions for rare woods.

Sometimes poisonous chemicals are introduced to wood products, such as with pressure treated lumber. Hardwoods cut for cabinetry, flooring, and furniture are not pressure treated.

Some common woods demand that woodworkers be aware of their own allergies. Those who have an allergic reaction to aspirin should avoid using woods from birch and willow trees (*Betula spp.* and *Salix spp.*) because these contain good concentrations of salicylic acid, the key ingredient in aspirin. See [A Guide to Useful Woods of the World Appendix B](#) for more.

Prevention

You should limit your exposure to wood dust by doing the following things.

1. Use vacuum dust collection in your shop, and keep your shop ventilated with fresh air.
2. Use protective equipment while woodworking: dust mask, goggles or a full-face respirator, and a protective barrier cream on your arms or exposed skin.

Immediately after woodworking change your clothes, wash them, and take a shower. This will prevent transferring wood dust to your house where you or your family may be repeatedly exposed to it.

What about toxicity of wood in my finished project?

Baby cribs and food utensils are popular projects, and ones that woodworkers are often curious about “safe” woods and finishes. The short: a sealed and finished wood poses no toxic risk.

What about the sealer or finish then? Solvent-based finishing products (lacquer, varnish, etc) are highly toxic in their liquid state, but cured lacquer and varnish finishes are perfectly safe.

For projects that come in contact with food, such as salad bowls and cutting boards, you really don't want a hard-shell finish (lacquer or varnish) that can chip or rub off. Mineral oil, teak oil, and butcher-block oil are all popular and safe choices for these projects.

A popular finish for baby cribs is shellac, as the FDA approves this for use in the capsules of medications. This approval makes many woodworkers feel that shellac is more safe than other finishes. But cured lacquer is safe, as is any cured solvent- or water-borne finish.



*Quality Imported
& Domestic Hardwoods and Softwoods*

**THE WOODERY
LUMBER CO.**
Finest Quality
Hardwoods & Softwoods

You'll find almost **50 species** of domestic and imported woods, rough or milled, for the most demanding projects.
From Ash to Zebrawood, we've got the lumber for cabinet makers and hobbyists alike.

Food-Safe Finishes

A summary of non-toxic finishing products ideal for cutting boards, salad bowls, and other food-centric woodwork



By Jonathan Binzen #129–Mar/April 1998 Issue

After scores of conversations with chemists, regulatory agencies, finish manufacturers, finishing experts, and woodworkers, I found that there are a few [finishes](#) that everyone agrees are food safe. However, these finishes tend to be the least protective, and the great majority are in a kind of limbo, with many experts saying most are fine for use with food but with others saying they should be avoided because there are some lingering questions about their safety. In the welter of contrary opinions about which finishes are food safe and which are not, a few naturally derived, unblended, no-hidden-ingredients, certainly nontoxic finishes stand out.

[Pure tung oil](#). Extracted from the nut of the china wood tree. Used as a base in many blended finishes. Available from catalogs and hardware stores. Difficult to apply, requires many coats, good water-resistance.

[Raw linseed oil](#). Pressed from flax seeds. Not to be confused with boiled linseed, which contains metallic driers. Listed as a food additive by the Food and Drug Administration (FDA). Very long curing time, good looks, low water-resistance, frequent reapplication.

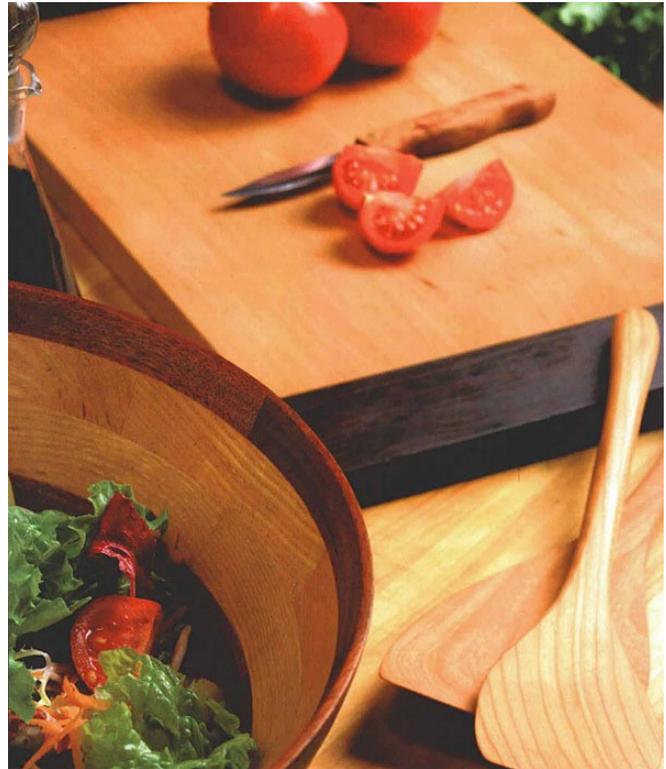
[Mineral oil](#). Although derived from petroleum, it is colorless, odorless, tasteless and entirely inert. Sold as a laxative in drug stores and as a wood finish in hardware and kitchen-supply stores. Simple to apply, low water resistance, frequent reapplication.

[Walnut oil](#). Pressed from the nuts of the walnut tree. Sold as a salad oil in health food stores and in large grocery stores. Walnut oil dries and won't go rancid. Easy to apply, frequent reapplication.

[Beeswax](#). The work of the honey bee. Can be mixed with an oil to create a better-smelling, slightly more water-repellent finish. Sold in woodworking and turning catalogs.

[Carnauba wax](#). Derived from the Brazilian palm tree. Harder than beeswax and more water-resistant. Can be used straight on woodenware as a light protective coating or a topcoat polish. Sold in woodworking and turning catalogs.

[Shellac](#). A secretion from the lac bug. Harvested in India. Super blond shellac in flake form is the most water-resistant variety. A film-forming finish. Sold in woodworking catalogs and hardware and art supply stores.



A recipe for one sweet finish

The food-safe finish that appeals most to me is one recommended by Jim and Jean Lakiotes, West Virginia makers of spoons and other kitchen items, as well as furniture. Their finish is a mixture of mineral oil and beeswax.

To make it, warm the mineral oil in a saucepan over low heat, and melt a chunk of beeswax in it equal to about one-fifth or one-sixth the volume of the oil. (At high heat, there's a potential for fire. Be sure to keep the heat low, and consider using a double boiler.) As the wax begins to flake apart and dissolve, stir frequently. When the mixture is blended, pour it into a jar to cool and solidify.

To apply, wipe on an excess of the soft paste, let it dry a bit, then wipe it off. If you want to apply it as a liquid, you can reheat it. Like any mineral oil or

wax finish that will take a lot of abuse, this one will need to be reapplied often to afford decent moisture protection. But applying this fragrant finish is such a pleasure that you may find yourself looking forward to the task.

This article is excerpted from Jonathan Binzen's article "[Which Finishes Are Food Safe](#)," featured in *Fine Woodworking* #129.

Wheelchair Mission

As Don shared this is really exciting news! You helped us reach our HUGE milestone of 1 million wheelchairs. Please take a look at this short clips:

1 Million Celebration

<https://vimeo.com/226175795>

Millionth Recipient in Peru Video

<https://vimeo.com/226082034>

The second short clip is a preview of a longer 30-minute documentary that we produced with the PBS award winning television series, Visionaries. Free Wheelchair Mission was hand selected by Visionaries to be featured in their 22nd season, which will air across the country starting late Fall.

To celebrate our major milestone of distributing one million wheelchairs to 93 different countries around the world, we will be kicking off a national campaign starting this September. The campaign - ***1 Million for 1 Million*** - will invite individuals to transform the life of one of the world's neediest people - those living with disabilities in the developing world - with the gift of mobility. We would like to host a series of pop-up movie screenings featuring an exclusive "Director's Cut" of the documentary we produced with Visionaries. We would love it if our buddies there in Boston would be willing to host one of these screenings. Would you consider doing this?

Since you live there we need help identifying a local movie theater, church, or school that would be willing to allow us to show this documentary. I can explain more in person if you wish. Thank you again!!!

Central New England Woodturners

A Chapter of the American Association of Woodturners



Officers for 2017

- President:** Joe McGill , Sudbury, MA 978-443-5322, joemcgill96@gmail.com
- External VP:** Rick Angus, Moosup, CT 860-564-3660, rick.angus@gmail.com
- Internal VP:** Steve Reznik, Concord MA 978-287-4821, stevenreznik@gmail.com
- Treasurer:** Todd Heino, Natick MA 508-736-1117, tvheino@comcast.net
- Secretary:** Mike Smith, Hopkinton MA 508-435-4715, whitehallwt@verizon.net
- Newsletter Editor:** Paul Occhipinti, Princeton, MA. 774+641+7301, pocchipinti@missione4.com
- Photographer:** Fraser MacMannis, Mendon, MA. 508-244-2707 fmacmannis@gmail.com
- Librarian:** Roger Boisvert, Fitchburg, MA. 978-852-2636, rogerboisvert48@gmail.com
- Project Goodwill Coord:** Charlie Croteau, Worcester MA 508-756-2049, cpcroteau@verizon.net
- Woodturning Sales:** Reid Gilmore, Upton MA 508-603-1248, reid.gilmore@umassmed.edu
- Learn 'N Turn Coord:** Richard Hunt, Auburn MA 508-832-4425, rhrghunt@gmail.com
- Videographer:** Bob Pacini, Holliston, MA 508-429-7759, rpcpo78@msn.com
- Club Store Manager:** Kevin Nee, W. Boylston MA 508-835-4301, kpni@charter.net
- Big Name Demo Coord:** Rick Angus, Moosup, CT 860-564-3660, rick.angus@gmail.com
- Club Project Coord:** Steve Reznik, Concord MA 978-287-4821, stevenreznik@gmail.com
- Membership:** Ralph Viscomi, Boylston, MA. 617-513-1680, rviscomi1@verizon.net
- Webmaster:** Dominic Ryan, Littleton, Ma. 617-347-1383, m.dominic.ryan@gmail.com



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 Todd Heino, 148 Howe St, Natick, MA 01760

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 Todd Heino
148 Howe Street
Natick, MA 01760

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? _____