

# CHIPS &

August 2023

The latest news and updates from  
South Puget Sound Woodturners

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Water drop from Resilience Series  
Eric Lostrrom  
Photo @Fred Abeles

## *August Presidents Letter by Kathy Garlick*

August is already upon us and another month has passed. How time flies. It is with a sad heart that we have bid adieu to Fred Ables as President of the SPSW and thank him for all of his years of service to our club. He has resigned as President and I, Kathy Garlick have been elected by the Board of Directors to fill Fred's position as his health no longer allows him to lead us. I know I have some big shoes to fill and am up to the task.

I would also like to welcome Pam Parson as the new Treasurer for the SPSW and am confident that she is an amazing addition to the Board. Pam is the mom of our youngest member, Justin Parson who works with Ramon and Ken in our monthly meetings as a camera operator.

Just to recap our July meeting with Dan Stromstad demonstrating the One Way Coring System. Dan's experience, insight and expertise - not to mention the 3 garbage cans of sawdust! You can watch Dan's demonstration on our website: [www.spswoodturners.org](http://www.spswoodturners.org). The cored bowls from our meeting were donated to our Annual Wood Auction which took place on Saturday, July 22nd at the North Lake Improvement Center. Thank you to Dan for the cored nesting bowls, and Devin Garlick for the Sweet Gum block of wood.

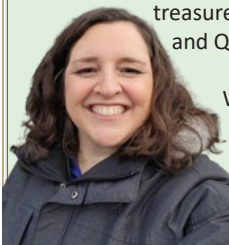
Saturday's Annual Picnic & Wood Auction was a great success! We would like to thank all who brought some wonderful potluck dishes and stayed for the auction. A big thanks to Ray Pelzel for his donations of some pretty amazing exotic wood that added a great value to our auction lot offers. Let's give a big shout out to Doug Reynolds and the Wood Rats group for storing and transporting wood to the event and to the generous donations of other members in our club as well. With that being said, we garnered almost \$2,200.00 less Square fees, of course. We could not have had such a successful auction without our auctioneer, Stephanie Lane and the leadership of John Howard in guiding us newbies through the maze of this event.



At our August 17th meeting, we are excited to welcome, live and in person, Eric Lofstrom : Turning a Viking: Create with Character. We can look forward to a great demo and increase our knowledge and understanding as we learn and do more in our craft and artistry of woodworking.

*Kathy Garlick*

Kathy has been doing a terrific job as treasurer for SPSW for two years now and was brave enough to step up and offer to be president since Fred's resignation. Please give Kathy a warm welcome as we (the board) are sure she will put as much effort and excellency in the position of president as she has as treasurer. Kathy has been watching all of the Ps and Qs of the SPSW finances quite well.



We are excited to see Justin's mom, Pam Parsons step up as treasurer as well. It's a pleasure to see a parent who isn't a turner supporting and encouraging a burgeoning turner.

*Suzette*

Pam Parsons





# EMERGENCY FOOD NETWORK

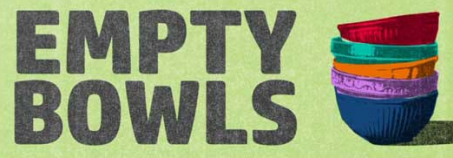
Marissa Lewis-Ryder of the Emergency Food Network (EFN) did a presentation at our May General Membership Meeting regarding the important role our Empty Bowls charity event plays in helping to bring food to the hungry in Pierce County.

This year, SPSW has partnered with Wane and Flitch who has donated wood for us to turn into bowls and other items. to donate to the EFN. I distributed a number of wood blanks and need them back **not later than our October meeting.** Be sure to use a food safe finish.

I will bring more blanks to our next meeting if you choose to participate. With over 85 members I am hoping we can donate at least that many turned items for the auction.

...so that no person goes hungry.

*Doug*



**Saturday, November 18<sup>th</sup>, 2023**  
Charles Wright Academy

- Annual free event, open to the public
- Soup donated by local restaurants
- Highly attended (800 – 1,000)
- Bowls donated by local artists

All proceeds support EFN's work feeding neighbors in need!



Bowls turned for EFN can be turned in to Doug Reynolds at any meeting through October.  
Get to making bowls folks.



The mission of Emergency Food Network (EFN) is to provide Pierce County with a consistent, diverse, and nutritious food supply so that no person goes hungry.

## HISTORY OF EFN

Formed in 1982, EFN provided food and resources to four food pantries. Today, EFN has a network of **75+ food pantries, meal sites, and shelters** as Partner Programs.



## HOW EFN MEETS THE NEED

- Distribution Center
  - Food Rescue
  - Government Food Programs
- Co-op Food Purchasing Program
- Home Delivery Program
- Mother Earth Farm
- Repack Project
- Break Bag Program
- Direct Service Programs



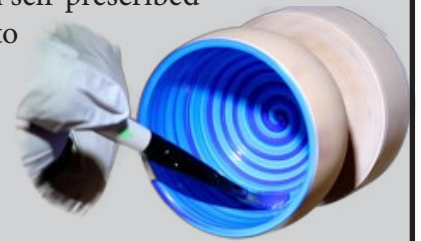
### August Demonstrator - Eric Lofstrom - Turning a Viking: Create with Character

From Eric's [website](#):



Working with wood has been a source of peaceful intrigue since my childhood. When creating, I try to practice “presence,” or mindfulness, so I can stay safe and make the most of my time creatively. I strive to balance the seemingly opposite goals of absolute physical control and creative surrender. On my best days, I can zoom in on the finest material details, while also acknowledging how various elements might play to a piece’s artistic message. Approaching studio time in this way may not be the most productive in terms of volume, but it allows me to explore and fully understand things in a more satisfying way.

As an artist, I aim to create clean-lined forms with minimal distraction. I use grain, color, and texture to invite an intimate conversation with my work. I enjoy working within self-prescribed constraints, focusing my exploration to develop philosophical concepts into series. Currently, my work represents curiosities relating to water, energy, and the human spirit.



*Jim Robson*

## A Word From Kent Horton

Hello, again, this is Kent Horton, your SPSW/AAW liaison. As always, my mantra: "If you are serious about becoming a better woodturner, you owe it to yourself to become a member of the AAW. They have several resources – print, video and professional IRD's to help you"

I just received this month's issue of American Woodturner – The Journal of the American Association of Woodturners. In this issue there were several articles that caught my attention the most, including: creating PVC and wood collet chucks for holding small items, turning small Etui-inspired boxes, turning threaded inserts, incorporating leather into turned objects, steam bending turned work and an article on comparing the relationship of form between pottery and turned wood objects. All-in-all one of the better issues.

Using PVC fittings to create a variety of chucks is a practical and much less expensive way to hold small objects on the lathe rather than expensive commercial specialized chucks is explained in detail.

Sam Angelo's article on turning an Etui-inspired box (Etui – ornamental case). Needle or small pill boxes are an example of these small tubular shaped boxes. The trick is getting the lid to fit just right – not too tight, not too loose.

Walt Wagner's article on turning wood threaded inserts that can then be incorporated into hollow-forms. This process seems to be a much safer way to use threading rather than attempt to create threads directly in the vessel and corresponding lid. I am thinking brass threaded inserts may be the way for me after all.

Denis Beauchesne's article on incorporating leather in bowls and vessels in several different ways along with using leather stitching to enhance the look of a turned wood object.

I never thought of combining steam bending with wood turning. While I have done steam bending wood in the past, Keith Tompkins' article opens a whole new avenue of using this centuries-old technique of woodworking.

Tim Heil's article asks a group of accomplished potters for their thoughts about design and how they directly relate to design implications for woodturners. We all want to turn bowls and hollow forms that are pleasing to the eye and have good form.

Lastly, I want to speak to the upcoming 2024 AAW International Symposium in Portland Oregon. I will be spending this next year working to promote SPSW having a strong presence at this "local" symposium. To this end, I would like to have SPSW have a distinctive polo shirt – bright color perhaps – for members who attend to wear. I am proposing a design contest for a logo to put on these shirts. The winner will receive a free shirt for their efforts (I will provide this).

Design entries need to be submitted to me by April 1st, 2024, to enable us to have enough lead-time to finalize a shirt order well before the event. I welcome

your input.

Thanks,



*Kent Horton,*  
Director-at-Large  
AAW Liaison  
206-242-4432



### Washington State Fair

**Thank you all!** We had a great response from the members attending the June SPSW meeting, and now we have volunteers for all the slots that we reserved for demonstrations at this year's fair.

Again, what happens there is that some of our members bring their wood and tools and physically demonstrate woodturning in the hobby hall. This is very popular with fair goers. Instead of just seeing some static display, they see a craftsman turning on a lathe and making things. Many of our volunteers choose to make tops that we give out to the younger kids. But our volunteers can also do anything they want to do. In the past, some have demonstrated turning small bowls, pens, handles for kitchen implements, etc.

**Note, all are on Stage C in the Hobby Hall**

One of the reasons that we do this, aside from it just being fun, is to promote the hobby and our club. It is a great chance to chat with people about the hobby, and then our brochure.

The chart lists the schedule for when our members will demonstrate. If you happen to be at the fair, please stop by and say hi. Check it out and maybe you will want to join us next year!

*John Howard*

Day	Date	Times	Demonstrators
Friday	9/1/23	3pm-5pm	Pat McCart & John Howard
Sunday	9/3/23	12pm-2pm	Ken Light & Dan Stromstad
		3pm-5pm	Roy Lane & Joe Kubistek
Monday	9/4/23	12pm-2pm	Ken Light & Roy Lane
		3pm-5pm	Jeff Marshall, Jim Robson & Gary Grant
Saturday	9/9/23	12pm-2pm	Ed White, Devin Garlick & Justin Parson
		3pm-5pm	Wayne Wells & Dave Peters
Saturday	9/16/23	3pm-5pm	Ramon Lyn & Kathy Garlick
Sunday	9/24/23	12pm-2pm	Ramon Lyn & Wayne Wells
		3pm-5pm	Pat McCart & John Howard



### Volunteer Needed

Les Young, who has provided coffee and drinks for both our December Holiday Dinner meeting and our July Picnic/Wood auction, is no longer able to fill that role for us. We all owe Les a very big thank you for all his years of service to the club! We need someone to volunteer to step into that role.

If you would be interested in filling that position, please contact John Howard at 253-370-5704, or see John at the meeting so that he can get the coffee pot, coffee, napkins, plastic dinnerware, etcetera all well packed in totes transferred to you.



*John-Paul  
Maple*



*Terry Broberg  
Maple*



*Mike Poirier  
Maple*



### SPSW Store August - Anchor Seal Plus

Several people have been asking for Anchor Seal Plus so I will always try to have a couple gallons for sale at the meeting. I don't always bring it in but will try to have at least a couple gallons in my car. So, if you want a gallon of our freeze stable Anchor Seal Plus, please ask, even if you do not see on the table at the meeting.

We will also have our regular array of abrasives, adhesives, finishes, and all of the woodturning accessories that we always carry. Please stop by the sales table to take advantage of our member-tested products and great prices.

I am constantly trying to monitor what sells and what doesn't, so our club's store sales carries things of the best quality and things that the club's members endorse and want to use in their shops. Hearing from members about what they like is a real help to ensure we are carrying the right mix of products. If you have any feedback on the items we carry, or there is anything that you think the SPSW store should be carrying, please stop by and let me know.

See you at the meeting, and until then, keep those chips flying!

*John Howard*

#### Store Sales Price List

Brand	Description	Unit Size	Price
<b>Adhesives</b>			
Starbond	Starbond Thin, kit	2 oz	10.00
	Starbond Instaset accelerator	2 oz	4.00
	StarBond Thin, set	16 oz	35.00
	Accelerator, Pump	2 oz	9.00
Bob Smith Industries	MaxiCure, Extra Thick Gap Filling	2 oz	9.00
	Maxicure Medium, Gap Filling	2 oz	9.00
	20 minute cure epoxy resin	13 oz Kit	12.00
Insta-Set	Insta-Set Accelerator, Pump Spray	2 oz	10
<b>Adhesive Accessories</b>			
	Extender tips	3 ea	1.00
	Extra fine glue tips	3 ea	1.00
	Tubing (2 feet)		1.00
	CA Applicator, Fine	3 ea	1.00
	Glue Cap Replacement	ea	1.00



*Bill Wells*  
California Pine



*Wayne Wells*  
Maple



## Store Sales Price List continued

Brand	Description	Unit Size	Price
<b>Adhesive Accessories Continued</b>			
	SuperSolvent	2 oz	7.00
	Superglue Pipettes (Eye Droppers)	3 ea	1.00
	Superglue Pipettes (eye droppers)	3ea	1.00
<b>Sanding</b>			
Woodturners Wonders	Toughy Tapered Sanding Disc Mandrels 2"	ea.	7.00
	Tuffy Tapered Sanding Disc Mandrels 3"		10.00
	Soft Intermediate Sanding Pad 2"	ea.	4.00
	Soft Intermediate Sanding Pad 3"	ea.	5.00
	Green Wave Mylar backed Sanding Disks, 3" Oversized	25 Pack	7.00
	Wonderweave 2" disk Kit, Low Grits (60- 600 )	40 Discs	9.00
	Wonderweave 3" disk Kit, Low Grits (60- 600 )	40 Discs	14.00
	Wonderweave disk Kit 3" High Grits Grits (800-3000)	25 Discs	12.00
	Wonderweave 3X8" 60-600 rit sheets Assortment	Pack	5.00
	1/3 Sheet Hook and loop Flexible Hand Sanding Pad		8.00
	Sand Paper, Ekablue from Sweden 120 - 360 grit	2 Sheets	1.00
Uneeda NW	EkaMant Blue Sanding Discs 2" 80 - 1000 Grit	10 Pack	3.00
	EkaMant Blue Sanding Discs 3" 80 - 1000 Grit	10 Pack	4.00
	Emory Cloth Sheets 8.5X11" (120, 180, 220, 320)	ea	1.00
	9x11 Wet Dry Sand Paper 400 - 600 Grit	4 Sheets	3.00
Ultra Flex	Micromesh Wet/Dry Sand Paper	2 Pack	24.00
<b>Finishes and Finishing Materials</b>			
GluBoost	Fill n Finish Kit		43.00
Doctors Workshop	Walnut and Waxpaste	Jar	10.00
	Walnut Finishing Oil		14.00
	Microcrystal Wax Bowl Finish	Pint	14.00
	Walnut Oil and Wax Woodturning Finish	Pint	14.00
	Walnut Oil/Carnuba Wax & Shellac Woodturning Finish	Pint	18.00
	High Build Friction Polish	Pint	18.00
	Pens Plus Finish	Pint	18.00
<b>Lathe and Turning Accessories</b>			
	Anchor Seal 2	1 Gal	18.00
	E-Z Lock Metal screw inserts, 10/bag	Pkg	5.00
	E-Z Lock Metal screw inserts, 25/bag	Pkg	13.00
Multi-Marketing Group	Index Wheel for 3/4", 1" or 1-1/4" spindle		20.00
	Dyna-Glide Plus dry lubricant, 13 oz. Aerosol Can	ea	15.00



Looking for some inspiration?  
Check out the [SPSW YouTube Channel](#)

# 2023 Calendar of Events

Date	Time	Demonstrator(s)	IRD	Subject
Aug 17th	7pm	Eric Loftstrom		Turning a multi-axis character
Aug 19th	9am	Sawdust Session		Wayne Wells' Shop*
Sep 21st	7pm	Mini Symposium		List of demonstrators coming next month
Sept 23rd	9am	Sawdust Session		Wayne Wells' Shop*
Oct 19th	7pm	Russell Neyman		50 nifty woodturning tips and tricks
Oct 21st	9am	Sawdust Session		Wayne Wells' Shop*
Nov 16th	7pm	John Howard		Square Edged Bowl
Nov 118th	11am	Sawdust Session		Wayne Wells' Shop*

\* 12012 28th Ave E, Tacoma 98445

**Note: In house demos are broadcast on Zoom from the Fife Center. DO NOT MISS OUT! Read the ZOOM instructions on the last page.**



### Review of Dan Stromstad Demo

Last month Dan Stromstad demonstrated the One Way Coring System. He started by explaining that you don't have to even cut a bowl blank with the bansaw. Basically just cut the corners off with your chain saw.

As is normal for Dan, he explains some of the basics of turning while doing the demo such as stance and presentation of the tool. Dan began with a 19" chunk of wood that he trimmed the corners off of then he mounted it and started trimming the edges off. Even at slow speeds, the lathe was trying to do a bit of a dance. He mentioned that his lathe at home is bolted to the floor. That's a plus.

One tip he mentioned is he waxes the shaft of his tools so they glide better on the tool rest. Now there's a dandy idea.

Once Dan got the tenon turned, he turned the bowl around on the lathe so the top is facing the tailstock, then he leveled the top of the bowl.

At the 38 minute mark, Dan started mounting the coring unit. After showing how to measure and determine thickness of the bowl, he tightened the mount down then began cutting the smallest bowl. It was a bit funny because the system he was using at the demo didn't have a handle so Dan being a typical turner, made use of what was on hand, an end wrench.

Dan did mention the other coring system, the McNaughten Coring System which you can see a demo of [here](#) on WorththeEffort's YouTube channel. Dan mentioned that the McNaughten system has a pretty steep learning curve.



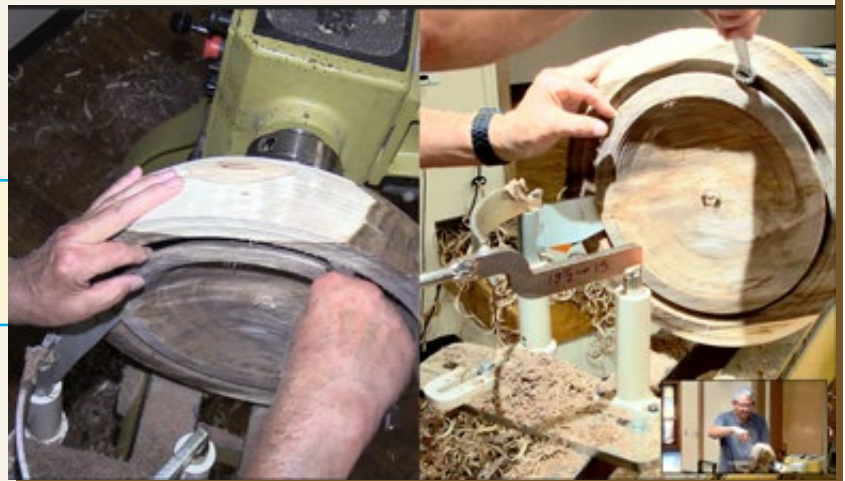
Note the bowl about to fall. Also the wrench "handle".



One thing I noticed that might be worth remembering if one gets the One Way system is that Dan regularly backed the cutter out to clear shavings in a similar manner as you would do while drilling a hole.

After completing the coring, since he had time, Dan went back and trimmed the largest bowl. He included showing a shear cut while doing so.

At right: Dan showing how one can pop the middle bowl out after cutting it almost to the center of the bottom.



## YOUR SPSW OFFICERS

**President: Kathy Garlick**

253-204-9278

kgcloset@yahoo.com

**V. President: Robert Fender**

206-229-8432

dragonius96@comcast.net

**Secretary: Mark Gilbert**

secretary@spswoodturners.org

**Treasurer: Pam Parson**

**Newsletter: Suzette Edwards**

253-846-8418

winginsue@gmail.com

**Membership: Terry Broberg**

253-606-2190

membership@spswoodturners.org

**Webmaster & Social Media: Tim Spaulding**

webmaster@spswoodturners.org

**Store Sales: John Howard**

253-370-5704

**Industry Coordinator: Pat McCart**

253-927-5464

industry@spswoodturners.org

**AV Coordinator & Zoom Tech: Ramon Lyn**

904-993-8106

avcoord@spswoodturners.org

tech@spswoodturners.org

**Wood Rat/Program chair: Doug Reynolds**

253-941-7985

programs@spswoodturners.org

**Mentorship: Michael Poirier**

mentorship@spswoodturners.org

**Director At Large: Jeff Marshall**

206-935-5347

atlarge2@spswoodturners.org

**Director At Large, AAW Liaison**

Kent Horton

scimankent@gmail.com



SPSW is a chapter of the American Association of Woodturners (AAW). Many of our members are just members of the chapter but not the American Association of Woodturners (AAW). **The AAW offers an introductory free 3-month trial membership to chapter members.** The free membership allows access to all online publications like The American Woodturner, Woodturning FUNdamentals magazine, and AAW e-newsletters.

Visit the website [www.woodturner.org](http://www.woodturner.org) (or click the link if you are an email newsletter subscriber) and look under Membership then Join Today. Scroll to the bottom of the page. The above hyperlink will also take you there. For those who prefer to do it by phone, call 877-595-9094 M-F 8:30 to 4:30 Central time.

## 2023 Membership Renewals



Our membership renewals are down by 40 people from the total of last year. If you enjoy SPSW please take the time to renew your membership.

**The dues for 2023 are only \$45 for the entire year and that is for your whole family.**

Terry Broberg, our Director of Membership, is taking dues for the 2023 year. I hope each of you will join us again for another event-filled year. I would like to encourage everyone to get your 2023 dues paid as soon as possible.

Your dues are what enable us to rent our great meeting facility, provide equipment like the new multiple camera system used to enable members to better view demonstrations in person and on-line, and purchase the tools and equipment we need to run demonstrations and sawdust sessions.

You can either pay your dues at the meeting, or an even easier method is to do it online through the members only tab on the [SPSW website](http://SPSW website).



Russian  
Olive



Aspen

We are now collecting dues for 2023. Dues for individuals or for the whole family are \$45/year. We accept cash, check, Visa®, MasterCard®, American Express®, Discover® or debit card.

This is still one of the best deals around. For just \$45 you get a monthly meeting featuring top notch presenters, an avenue to display your talents, and a forum to seek advice and ask questions. You have access to a group of mentors who can help you improve your skills.

Also, there is a monthly “open turning session” (our Sawdust Sessions) on the Saturday following the meeting. Use the membership application below and pay at the meeting or mail it to the address on membership form.

We now also have the option for you to join, renew, or just donate. We are a registered 501 (c)(3) non-profit organization. You can pay at the meeting, or online! Just go to our website ([www.spswoodturners.org](http://www.spswoodturners.org)), fill out the form, and pay with PayPal.

**AAW membership is separate from membership in the SPSW Chapter. Now is also a good time to sign up for the [American Association of Wood turners \(AAW\)](#). Annual memberships in the AAW operate on an yearly anniversary cycle, whereby your membership will start with your join date and continue until the same date the following year.**

If your level of AAW membership includes a printed copy of the American Woodturners journal, you will receive six issues starting with the issue published after you join or renew.

## South Puget Sound Woodturners (SPSW) Membership Application

Name: \_\_\_\_\_ Membership:  New  
 Renewal

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone number: \_\_\_\_\_

Email: \_\_\_\_\_

How long have you been turning? \_\_\_\_\_ AAW Member?: \_\_\_\_\_

Interest: Spindle Turning  Bowls  Vases  Segmented turning  Tool making   
Tool Sharpening  Pen Making  Other

Membership dues for South Puget Sound Woodturners are \$45.00 annually. IF paying by mail, make the check payable to South Puget Sound Woodturners (or SPSW) and mail this form to:

South Puget Sound Woodturners  
PO Box 1792  
Milton WA 98354

If paying online, [visit our website](#), fill out the online form and pay with Paypal



**Zoom Meeting** If you haven't been on Zoom before, just follow the steps below. **(If you have been in a Zoom meeting before, just start at step 3.)b.**

1. **The Zoom meeting invitation is only sent to active members.** So, if you have not paid your dues since October 2022, you will need to go to the members tab on the [SPSW website](https://www.spsw.org) (spswoodturners.org) and renew your membership. Please note that it would normally cost more for just one of these demonstrations than your SPSW dues for the entire year.
  - a. Those of you who get the newsletter by snail-mail will need to get us an e-mail address where we can send your meeting invitation. Please send it to ([membership@spswoodturners.org](mailto:membership@spswoodturners.org))
2. Before the scheduled meeting, you need to go to zoom.com and download the free "Zoom Meetings" app. The Zoom download is quick, easy, and free!
3. **Information and Invitation Delivery Schedule:**
  - a. **Wednesday August 9th** – The Zoom Meeting Invitation will go out to our active member's distribution list. (This is if we get the link by then)
    - i This invitation contains a link that appears in blue letters. Just click it to join the remote demo on Thursday.
    - ii Please save this where you can find it.
      1. If you don't see the invitation(s) in your inbox, then please check your "junk" or "spam" folder. If you get our newsletters, the meeting invitation should come right into your inbox.
      2. If you did NOT get the email, the link will be posted on the SPSW website under [For Members/Zoom Meeting Link](#)
  - b. **Saturday August 12th** – A reminder will be e-mailed to our active member's distribution list.
  - c. **Thursday August 17th** - Log into the meeting by 7:00pm
    - i. Eric's demo will start at 7:00pm
    - ii. When you click on the link, you will be asked if you want to join with video and audio. Answer "yes" to both, then you will enter a virtual waiting room. Wait just a few seconds and one of the co-hosts will admit you into the actual meeting.
    - iii. **Note:** If you have previously downloaded the app, you may see an update is available. If you see it, please update your app. Zoom is making frequent changes to the program to strengthen security.
    - iv. Devices used to view the demo can be smartphones, tablet computers, laptops, etc. To fully participate, the device needs to have audio and a camera.

This month you are getting a printed sample of what the newsletter is like for those who get it digitally. If you would like to get the newsletter digitally, contact Tim Spaulding to get on the newsletter email list.

Unfortunately, it is cost prohibitive to regularly do a color newsletter with this many pages in print.



South Puget Sound Woodturners  
PO Box 1792  
Milton WA 98354