

Est. 1988

#### **July, 2024** Volume 36, Issue 7

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#### Special points of interest:

- Refurbishing a JET1014
- Classifieds
- CWT Tool Library
- CWT Mentors
- AAW Clubs

### **CWT MEETING**

Thursday July 11, 2024 6:30 pm to 10 pm

Hybrid Meeting! Zoom info on back page.



# **Chicago Woodturners Newsletter**

#### A chapter of the American Association of Woodturners

# Is making Art a Benefit to your Health?

#### The uniquely human attribute of creativity

Although everyone has their own concept of what defines art, one thing is universally true: *Creativity is a defining feature of the human species*.

How so? Well, human brains are not computers processing data. They are biological prediction machines that perceive the environment through memories and the senses, with the capacity to use that information to imagine plausible future scenarios.

These inherent predictive and imaginative capacities are the wellspring of humanity's abilities to survive and thrive – because self-expression is a safety valve that helps us cope with uncertainty. No one truly knows the future; they must live each day not sure of what will happen tomorrow. Art can help us all practice this imaginative muscle in a useful way.

In our study examining brain activity while using virtual reality tools to create 3-D digital artwork, my team demonstrated that creative expression is a natural state of being. The brain naturally uses fewer cognitive resources to be expressive and creative,



**Refurbishing a JET 1014 lathe** A 20 year old lathe gets a facelift! *Page 17* 



## Happy 4th of July!

compared with the brain power needed to do a rote task that requires conscious effort.

Seemingly ordinary everyday activities can provide opportunities to tap into one's natural creativity and imagination: whipping up a meal from leftovers, figuring out an alternate route to work, dancing a little jig in response to hearing

Cont. on Page 16



Have you signed up for Turn-On! Chicago?



Walnut inkwell Phil Moy

## Editor's Corner | Phil Moy

The year's half over! Happy July 4th to all!

Since my shop is still in storage, I couldn't make a bowl to celebrate our country's birthday. AI came to the rescue, providing the cover page image and a few more shown below. Check out the images and ask yourself, how would you turn that bowl?

Having a smaller basement to work with, I was almost ready to spring for one of those new Rockler mini-lathes. Something made me check Craigslist. Surprise! A previously driven JET 1014 was available in Evanston. Not only did I end up with a new (used) lathe, but also met an avid group of woodturners in Evanston (*Page 8*) After I got it home, it looked so well travelled, I thought it deserved a makeover. *Check out the results on Page 17.* 

Now I have a lathe that is sized for pendants, pens and ornaments! Marie Anderson takes us through making pendants. *Page 6* 

Turn-On! Chicago draws closer - it's only four weeks away. Al and Kurt have been working with the different committees to get everything in place for the symposium. Get your registrations in to help the planning process. *The TOC vendor list is found on page 15!* 

Phil



## ChatGPT: Could you turn me a 4th of July bowl?

I asked Chat GPT to 'create an image with a segmented bowl using a 4th of July theme sitting in a woodshop.' Here are a few of the results. The level of detail is surprising for the request. It only took AI seconds to create these images. If one was commissioned to create these images, turn a bowl and photograph it in your shop, I might be done by the next 4th of July. Plus, I wish I had a shop that looked liked these!

Another example that AI has a larger 'outside the box' to work with than the average turner. and it doesn't hurt to jump start your creativity!



### Letters to the Editor

Comments or ideas? Even complaints! *Send them to the Editor!* Email them to: **editor@chicagowoodturners.com** 

**As the Wood Turns** is a monthly publication of the Chicago Woodturners, a Chapter of the American Association of Woodturners.

PresidentRich Hall-ReppenVice PresidentRich NyeTreasurerMike CanfieldSecretaryFrank PaguraNewsletterEditorPhil Moy

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36 years of craft, art, technology and tradition

#### **CWT MEETING**

Thursday July 11, 2024

Format: Hybrid

In person at the Arlington Heights Senior Center and by Zoom



https://us02web.zoom.us/ j/9157899589

Meeting ID: 915 7899 5899 Passcode: 003359

#### **July Demo**



Mark Dreyer presents



## **President's Curls** | *Rich Hall-Reppen*



We're halfway through the year. While you are sitting on the patio drinking a beverage, it's a good time to reflect what

Happy Summer!

you have accomplished this year – woodturning wise and figure out what you need to do the rest of the year to accomplish your woodturning goals for 2024.

I have a whole bunch of projects and kits I need to make before the end of this year. I got 4 done so far this week and I have 3 more to go. My goal is to finish 7 projects / kits a week. That should give me enough finished product for sale, gifting and donating.

If you haven't registered for Turn-on! Chicago, now would be a good time to do it. We have ten national and local demonstrators to see over three days.

Demonstrations on bowl and spindle turning, carving, coloring and woodburning embellishment, production vs. one off pieces, wood identification, using compressed wood, and many more.

I know I am going to have to make choices when two demonstrations are happening at the same time that I want to attend. Plus, an instant gallery, vendor room, pens for troops, and the Saturday evening banquet with a live and silent auction.

The August meeting will feature TOC demonstrator Greg Gallegos demonstrating and doing the Instant Gallery critique followed by three days of classes on Friday, Saturday and Sunday from 9 am to 5 pm. The classes are held at the Chicago School of Woodworking and cost \$150 a day or \$400 for all three days. We still have a couple of openings in the classes. Classes are limited to eight people. This is one of the best values for woodturning education.

In November, TOC demonstrator Elizabeth Weber is coming to town to give our demo and Instant Gallery critique at our November meeting followed by three days of classes on the Friday, Saturday and Sunday after our meeting. Cost is \$150 per day or \$400 for all three days.



We have a few openings for Elizabeth's classes, too. Sign up with Brenda.

If you attended the AAW Symposium in Portland or purchased the virtual option, the recordings are online and viewable until September 3, 2024. There are several demo's I couldn't attend so I have to setup and watch the demos.

We had a Board of Directors meeting at the end of June. In addition to our normal review of our financials, upcoming demonstrators and TOC updates; the Board approved the donation of three sets of turning tools that we had in our tool library to the Arlington Heights Senior Center wood shop.

Don Felch teaches woodturning classes for the Senior Center and requested an update of tools since their turning tools are out of date.

Additionally, Steve Glass is working with Andy Kuby to expand our Open Shop at the Chicago School of Woodworking to a Thursday evening twice a month. Once the Steve and Andy have finalized the procedures, they will update us at the next meeting.

Rich



CWT lathe and video setup at CSW



## June Minutes | Frank Pagura

June 13, 2024

Rich Hall-Reppen welcomed everyone and got the meeting started at 7:00 pm.

He thanked the Audio-Visual team, Mike, Todd and Andy for all the preparations leading up to the meeting. He announced that tonight demonstrator is Marie Anderson, she is going to show us how to make pendants. Marie is going to do the gallery review as well.

**AAW News** AAW Symposium recordings are available online for those who attended, and those who purchased the video option before the symposium. Check the good coverage of all the upcoming regional symposia and virtual demonstrations on the woodturner.org website.

**Membership News** Open Shop day for this month is going to be on June 30, 9:00 am to 3:00 pm at CSW. Remember to check in with Andy Kuby if you plan to attend. This is a good opportunity to meet up with a mentor if you need some assistance with a project, or you are a new turner. **The Tool Library** is at CSW, and members can try out that new tool before committing to a purchase.

**Scout STEMORAMA**, will be held at Jefferson Junior High in Naperville, on August 10, 2024, from 9:00 to 4:00. Rich announced that this year he needs some help with coordinating the event, he has a previous engagement that day. He will handle all the details with the Scouts leading up to the event, see Rich if you can help.

**Turn-On! Chicago** Al and Kurt reported that we are only seven weeks away from COT opening day. All is proceeding well with registrations; it is encouraging that, even though only 40% of our own membership has signed up so far, we have reached 100 registrations to date. Be aware that if you can't commit to the whole weekend you can sign up for a single day or a two-day registration.

**Upcoming hands-on classes** August 9-11, **Greg Gallagos** will hold a three-day class. He will also demonstrate at our August monthly meeting.

On November 15-17 we will have Elizabeth Weber. Check with Brenda to sign up for these classes.

**Pens for Troops** As always, Dave has pen kits for you. He is building inventory of completed pens for the next shipment. Dave will have a mini lathe set up in the vendor area at TOC to make a few pens in between rotations. Drop by and make a few pens to help support this worthy cause.

**Safety report** Frank showed a new face shield he got at Peke booth in Portland. He was excited to have finally located a face shield which can be used by small child, like when the Scouts participate in a Turn a Pen outreach program.

Frank also reminded everyone about getting and keeping up to date a **First Aid Kit** for our shops. He reinforced the message by relating a phone conversation with our President, Rich Hall-Reppen . Rich told me he was very glad he had his First Aid Kit handy and ready to go when he had a minor, but bloody encounter with a razor-sharp carton box flap.

**Membership Report** Brenda reported that we have 45 attending in person and 6 via Zoom. We welcomed three guests at tonight's meeting. New Members: Jack Harkins (who was a previous member and has rejoined), Laura Cadmus who is joining (She has been taking classes at the school)...and Alan Kaminsky who was a visiting member and now became a member.

**Raffle** The raffle netted over \$200. Paul was pleased to have surpassed last month's total. The monthly drawing included a record number of items, including push sticks laser engraved with the CWT logo by Andy Kuby, pen blanks from The Pensmiths and bottle stoppers from Niles Bottle Stoppers.

Demonstration Pendant techniques by Marie Anderson. Catch details in the Demo summary.

Gallery review followed, conducted by Marie Anderson

Dutifully submitted by Frank Pagura, Secretary





## Instant Gallery | Marie Anderson

June's Gallery critique was conducted by Marie Anderson.

Check out the gallery submissions for past months on our website!

chicagowoodturners.com/gallery



Andy Kuby



Derek Cadmus



Paul Boarini



Boyd Black



Andy Kuby



Paul Pyrcik





David Warren



John Dillon



Frank Pagura



Dawn Herndon-Charles



Kurt Wolff-Klammer



Rich Nye

## Interactive Demonstration | Clint Stevens



### Marie Anderson: Making Pendants

June is the classic month for weddings, Father's Day and Best Friends Day. Yes, Best Friends Day has been around since Congress enacted it in 1935. If the Chicago Woodturners have a best friend, it is arguably Marie Anderson. Our woodturning "bestie" gave us a gift this month to celebrate our friendship.

## *What better gift between besties than a handmade pendant?*

Marie's pendants begin circular and then are embellished with a wide variety of pyrographic techniques and coloring. They can be almost any diameter but all have an off center hole to accommodate the chain, leather strap, jute or anything else that will serve as a necklace.

The process begins with a square of wood attached to a shop made waste block with carpet tape. The waste block is about three inches in diameter with

an end that has been tapered and flattened to provide a secure setting for the project blank.

Marie had selected a multi-colored laminated blank similar to SpectraPly blanks.

The tailstock was engaged with a live center mounted with a bit of paper towel. This keeps the point on the live center from marring the project. Once secured, a spindle gouge is used to nibble away the corners and eventually make the project blank round. The tailstock is then







pulled away and the blank is shaped so that a smooth dome is formed. This is the opportunity to sand because once the blank is repositioned, sanding would be difficult.

Yorkshire Grit is wiped on without the power on first, then power is turned on to get a good shine. A clean paper towel removed any leftover residue. The entire blank and waste block had been tilted in the 50 mm chuck jaws and

> resecured.. A <sup>1</sup>/<sub>2</sub> inch Forstner bit was held in the tailstock with a Jacobs chuck. The pendant is now held with additional tape to improve the hold. The Forstner bit was engaged at a slow speed. Marie drilled at about 590 rpm.

Once the Forstner bit is through the pendant, Marie used a spindle gorge to roll a smooth opening into the newly drilled hole. The new opening was sanded and finished to match the rest of the pendant.

The pendant was gently pried away from the waste block. It was sticky because of the carpet tape. The residue adhesive was removed and the back face sanded and finished. The final result is a stunning piece of jewelry that has curved bands of color throughout.

Marie started another pendant using a waste block that had two rabbets cut into it at right angles. The back of the waste block had two threaded holes.

#### Interactive Demonstration | cont.



One hole was in the center and the second was slightly offset. The offset appeared to be about a centimeter. The center hole was mounted onto a threaded stopper mandrel similar to a Ruth Niles Stopper mandrel.

The cutting tool used this time was a <sup>5</sup>/<sub>8</sub> inch high speed steel bar. The tool resembled a fluteless spindle gouge with a fingernail grind on one side and a negative rake crown on the other. This tool did the majority of the cutting to shape the second pendant.

A negative rake scraper (skew chisel) helped smooth the surface. Sanding was the final step while it was on the lathe. An Allen wrench was inserted in the rabbet to pry off the pendant. The waste block was then removed and remounted on the off center threaded hole.

Although there was no additional turning, it was obvious that this would allow for a variety of surface enhancements from strategically placed gouge cuts.

Marie used a French curve and pencil to lay out a sunflower on her second pendant. Once drawn, she used a pyrography knife to cut the individual petals.



Artists colored markers added the enhancement that the flowers needed. The darkest color (red) was used first at the base of the petals. Then orange and finally yellow. Alcohol swabs made the colors blend together and appear very natural.

Pendants are a gift for both men and women for any occasion with minimal wood. No wonder Marie is our woodturning "bestie."

Thanks, Marie!

Clint





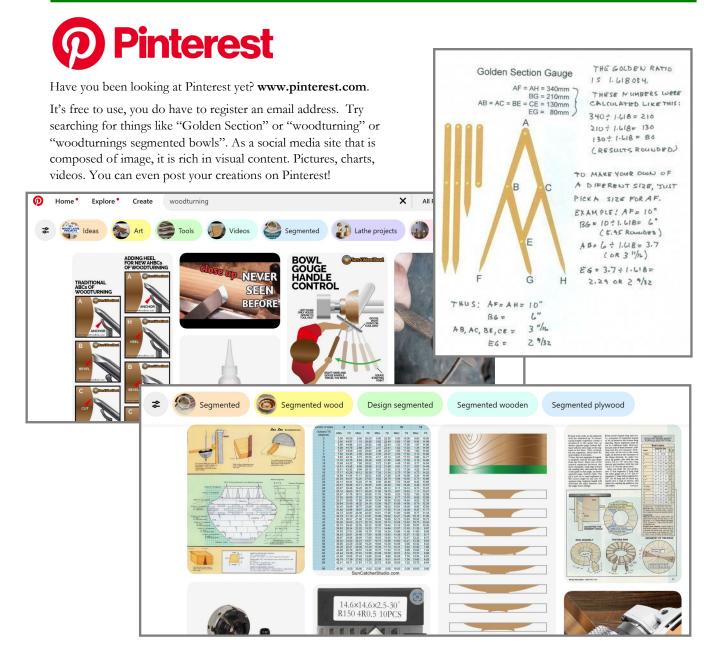
## Woodturners found in Evanston

Every month at the Levy Senior Center in Evanston, one can find a nucleus of some very talented and experienced woodturners!

The group was made up of some CWT members, some former CWT members and a few other avid turners. If you are in the Evanston area, do join the lively discussion! 10 am on Wednesdays, contact me for July's meeting date!

Phil editor@chicagowoodturner.org





#### The American Woodturner, June, 1991

Bob Jarrett 4104 Nailon Norman, OK 73072 405/366-0168

The number of local chapters continues to grow. Forty one local chapters belonged to the American Association of Woodturners at the end of February. We would like to recognize four new chapters and welcome them to our organization.

Georgia Association of Woodturners Jim Rozelle, Pres. 404/428-7122 512 Pickett Road Marietta, GA 30064

Mid-Cal Woodturners Rick Johnson, Pres. 209/299-0658 520 W. Polson Clovis, CA 93612

Northeastern Oklahoma Woodturners Gary Blackburn, Pres. 918/743-6588 4916 S. Columbia Place Tulsa, OK 74105

Olympic Peninsula Chapter AAW Steven H. Blenk, Pres. 202/683-2626 148 B. McBride Road Sequim, WA 98382

#### FEATURED CHAPTERS

This issue's feature is the story of an active local chapter. We are doing this because we want our chapters to receive the recognition due them, and because we want our new chapters (or ones that are having problems) to get some idea of what makes a chapter successful.

We plan to feature one chapter in each future journal. If your chapter would like to be included, please write to Bob Jarrett, page editor. As journal space permits, we will tell your story.

#### CHICAGO WOODTURNERS

Previously called the Woodturners of Northern Illinois, the Chicago Woodturners changed their name to better describe the area in which they meet. They have been a chapter since the beginning of AAW. John Zych is currently the president of the chapter, and there are approximately thirty members.

This club's outstanding newsletter serves many functions. It advertises the next meeting, publicizes the club, and communicates with the national

30 June 1991

organization and officers. An executive council meeting two weeks before the regular meeting takes care of most business in order to allow more time at regular meetings for turning activities. A raffle is held during each meeting to create interest and to raise money.

The most popular club activity is the presentation and discussion of turned pieces. The club requires each member to bring a recently turned piece—most do. These are placed on a table with a white cloth and members are free to handle and examine the work. Each piece is then put on a lighted turntable during the members' gallery and the turner is asked to comment. Other members comment and question as they see fit.

The Chicago chapter recently completed a membership questionnaire. That document reveales that their oldest member is 73 years old, and that their youngest member is 40 with the average age being 52. The average amount of education is 16 years, and their turning experience ranges from zero to 55 years. The total years of experience is 332 years, and the average is 11 years.

Members of the club own 17 different types of lathes with 32 percent of the membership owning two or more lathes. Sixty percent of the members have had no formal training on the lathe. Most of the members favor bowl turning rather than spindle turning.

Some of the highlights of past activities included visits by Denver Ulery, a traveling library exhibit, a program on pricing work, a Richard Raffan demonstration, a Michael Hosaluk demonstration, a social affair, and many video presentations and demonstrations by local talent.

Chicago Woodturners is a lively group dedicated to their craft. They have contributed to the organization in many ways and their involvement will continue in the future. John Zych would like to see local work presented in the journal in order to show the range of work done by local chapters. This would also provide woodturners with photographic experience.

#### NCW 3rd Annual Symposium

Robert Jarrett, Page Editor

LOCAL CHAPTER NEWS



Kip Christensen dazzles all with another beautiful lidded box.

The Northcoast Woodturners hosted their 3rd annual symposium on April 19, 20, and 21 in Akron, Ohio. Springboarding off their previously successful events, the NCW featured demonstrators Bonnie Klein, Kip Christensen, and Michael Hosulak.

The symposium was held at Coventry High School which is a superb facility for this type of event, and by limiting the total number of attendees, the NCW was able to offer an intimate atmosphere at each demonstration. The weekend's activities started Friday evening with socializing, snacks, and a slide show. Saturday's events included demonstrations, lots of comradery, good food, and ended with their traditional auction that raises money for their yearly events. Sunday's demonstrations and activities ended early enough for outof-town guests to head for home.

The Board of the Northcoast Woodturners are already discussing plans for their 4th annual regional symposium.

Steven Geiger, Treasurer, Northcoast Woodturners.

## Classifieds

I'm looking for someone to create eight custom gavels along with sound blocks and presentation boxes to house them. We'd like for them to be made with local IL hardwood by a local IL maker, based on your website/shop, you seem like a great fit!

We'd need the product in hand in Chicago around the beginning of August. I'm attaching here some sample photos of what we're looking for-- it would not need to be a replication, these are intended as helpful information.

I'm happy to send through some additional specs if this project is feasible within your schedule. Please let me know how best to provide additional info to obtain pricing and timeline information. I'm available for questions any time. Many thanks!

Best, Natalie Pira <u>Nataliepira@gmail.com</u>



- Powermatic Thickness Planer, jointer, and table saw (all Powermatic)
- Delta 14" band saw.
- Router table with a 1/2" router.
- Several dust collectors
- Assortment of small tools.

Contact, Louis Skydell 312 510 3094 lskydell@comcast.net









#### **For Sale**

I have a twenty year old Ringmaster that my brother gave me. I tried it out and it works well. Mounted firmly on plywood base. New belt, manual, and the ability to change speed.

A new one lists around \$750. I think a firm \$200 is fair. I could bring to the parking lot of a meeting or buyer could come to Glenview to try it and pick it up.

Please and Thank you.

Emil Baukert

847-707-6977 or Baukert@ameritech.net.





## Mystery object

Acquired at a booth at the Chicago Pen Show in May for \$5.00. It's not that I really needed one, but a search on line valued it a eight times more than the cost, and served an invaluable service for those who used it.

#### Clues:

- 1) Circa 1930
- 2) An accessory for a writing or drawing instrument
- 3) Made of cast iron, supports a bottle for ink
- 4) Push down on the rectangular pad to pivot and raise dipper out of bottle



Answer on page 21

## Fine Line Creative Arts Center Hosts a Sculpture Exhibit

The Fine Line Creative Arts Center, in St. Charles, IL. (Kavanagh Gallery) is currently hosting a sculpture exhibit. Club member John Dillon found out about this art exhibit last spring, through Marie Anderson. Marie has been doing some behind the scenes work with "Fine Line" related to woodturning.

The sculpture show's opening night and artist's reception was held on July 27, 2024. John was joined at the reception by family members and friends including Rich Nye.

The sculptures on display were made with a variety of media including wood, glass, clay, fabric, steel and other materials. The artists came from near and far, some mailed their art pieces,

John submitted three entries all of which were accepted into the show.

If you have the opportunity to visit the show, it is open until August 8, 2024. Hours are Monday through Friday from 10 am until 5 pm. The Gallery is closed from July 4<sup>th</sup> until July 7<sup>th</sup> in observance of Independence Day. The address is 37W570 Bolcum Rd., in St. Charles.



Reception at Kavanagh Gallery



John Dillon & Rich Nye



John's submissions: A tall Maple vase, embellished and dry brushed, a Walnut lidded vessel and two carved Aussie Seed pods

## **Upcoming Demonstrations & Workshops**

## July CWT meeting with Easy Wood Tools

#### July 11, 2024

Please join Easy Wood Tool demonstrator Mark Dreyer as we take a look at carbide tools, the easy chuck, and Yorkshire grit. Mark will take you through tool selection, cutter selection and use.

We will make 3 or 4 projects and you can step up and try the tools yourself. This will be a very interactive demo so please bring your question and comments.

#### This is going to be fun!





# August CWT meeting & Workshop with Greg Gallegos

#### August 8 & 9-11, 2024

Contact Rich Nye or Brenda Miotke to sign up for the workshop!

Cost for the classes are \$400 for all three days or \$150 a day.

Greg Gallegos will be a demonstrator at Turn-On! Chicago August 2-4, and staying in town for a few more days to do our club meeting and his own Hands-On workshop at the Chicago School of Woodworking, Aug 9 through the 11th.

Visit Greg at naturalselectionstudio.com



## November CWT meeting & Hands On Workshop with Elizabeth Weber

#### Nov 14 & 15-17, 2024

Contact Rich Nye or Brenda Miotke to sign up for the workshop!

Cost for the classes are \$400 for all three days or \$150 a day.

Elizabeth Weber was featured in the February issue of American Woodturner!

Not only is she a demonstrator at Turn-On! Chicago in August, she is doing the September club meeting demonstration and she'll follow it up with her own Hands-On workshop at the Chicago School of Woodworking

Visit Elizabeth at icosawood.work



**Demonstrators** 

**Stuart Batty Roberto Ferrer** 

**Greg Gallegos** 

**Keith Gotschall** 

Niclot Laurent **Kristin LeVier Rob Wallace** 

**Elizabeth Weber** 

Kurt Wolff-Klammer



## Work from our Demonstrators



Keith Gotschall, Pink ivory bowls



Greg Gallegos, Podlets



Stuart Batty, Cocobolo bowls



Roberto Ferrar, Wall hangings



Jeff Hornung, Nuts & Bolts

#### Crowne Plaza Northbrook Hotel

2875 Milwaukee Ave, Northbrook, IL 60062

As a Chicago Woodturners member, you have been hearing a lot about the club sponsored 8th biennial symposium, Turn-On! Chicago 2024. It is now right around the corner and it's the perfect opportunity to learn lots of new skills, and there are topics for everyone regardless of your turning experience.

Turning techniques, interesting projects made before your eyes, carving and painting techniques, etc. The complete rotation schedule and all the event information is on the website so you can begin planning your visit now. This year's demonstrators include some of the best woodturners from around the country including Stuart Batty, Keith Gotschall, Jeff Hornung, Laurent Niclot, Kristin LeVier, Roberto Ferrer, Elizabeth Weber, Greg Gallegos, Rob Wallace, and Kurt Wolff-Klammer.

During the weekend you can choose from five classrooms which will run a total of 48 rotations. You can also count on seeing an excellent tradeshow, instant gallery with people's choice awards, banquet, auction, hands-on pen turning to support our troops, and a Women in Turning meeting. It's going to be a busy, fun, and educational weekend for everyone. If you are not available for the entire weekend, stop by for a day or two. If you have already registered, we look forward to seeing you this summer.

This is also the major event that helps to support all the benefits of being a member of the Chicago Woodturners. If you have any questions about the event, feel free to contact us.

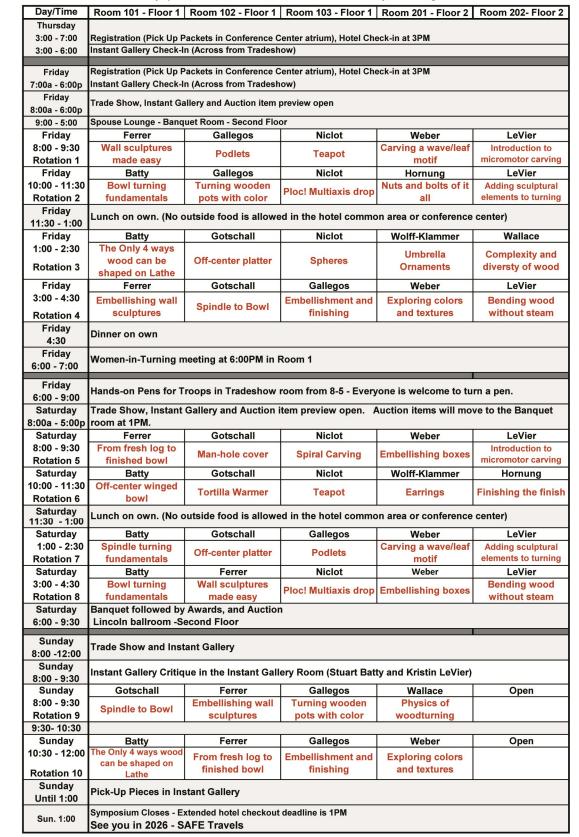
#### Co-chairmen Al Miotke & Kurt Wolff-Klammer

## To learn more and to register, visit www.turnonchicago.com

#### Turn-On! Chicago 2024 Symposium Schedule

August 1-4, 2024

Symposium schedule - Demonstrators and times are subject to change.





# **Turn-On! Chicago Vendors**



## Is making Art a Benefit to your health? (cont.)

a song, or planting and tending a garden.

We have repeatedly found in our studies that even a single session of real and honest self-expression can improve self-confidence and reduce feelings of stress, anxiety and burnout.

This is partly because creativity activates reward pathways in the brain. Using our hands and bodies to express ourselves activates dopamine pathways and helps us feel good. Dopamine is a neural messenger that is associated with feeling a sense of hope, accomplishment or reward. Our brains are wired to secrete feel-good hormones whenever we move, create something or engage in any type of expressive activity.

Tapping into the creative resources within is one of the most underrated seeds of well-being in the world.

Since creative expression can engage the senses, it can also be a body workout: a sensual as well as emotional and cognitive experience. Being active in expression – be it art, music, dance, drama, writing, culinary arts or working with nature – imparts a sense of confidence and hope that challenges can be navigated and overcome.

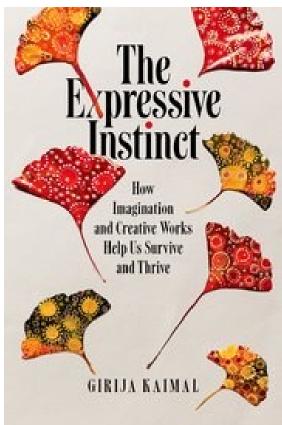
#### The role of art therapy

Given the integral role of art in our lives, it makes sense that making art can help people manage transitions, adversity and trauma, such as the stresses of puberty, the death of a loved one or experiencing a serious illness.

According to a global study, 1 in 2 people will experience a mental-healthrelated challenge in their lifetime, whether from life's challenges, genetic predispositions or a combination of the two.

This is where art therapy can come in. Art therapy is a regulated mental health profession in which clinical psychotherapists with extensive clinical training offer psychotherapy to patients with diagnosed mental health needs.

The origins of art therapy go back to attempts to treat soldiers struggling with post-traumatic stress during the 20th century's two world wars. Today there is evidence that traumatic experiences tend to be stored



as sounds, images and physical sensations in the brain. When someone lacks the words to process these experiences through traditional talk therapy, art therapy can provide an indirect way to express and externalize those feelings and memories.

The process of making art can help people process feelings that they aren't able to put into words.

Creative self-expression is especially relevant in coping with trauma because it provides an outlet through which a person can regain a sense of agency and control.

#### How to bring creativity into daily life

For those new to exploring art as a creative pursuit or for wellbeing reasons, engaging in creative activities begins with letting go of unrealistic expectations. Being creative isn't about becoming a famous artist or even a mediocre one. It is about allowing ourselves to flex the creative muscle that we all have and enjoying all the sensory and emotional aspects of imagining.

Next, think about activities that made you feel free to explore when you were a child. Did you like singing, playing in the outdoors, dancing, making up pretend plays, or writing little

tales? Allow yourself to indulge in any and all of these creative pursuits that made you feel relaxed and joyful.

Whatever it is, make time for this creative pursuit every week – which is possibly the hardest step of them all. If it seems "unimportant" compared with the demands of daily life, such as work or family, try thinking of it as another form of sustenance.

Remember that creativity is just as critical to human health as eating nutritious meals or getting exercise and good rest. So as the Latin saying goes: "Plene vivere." Live fully.

Excerpts from the conversation.com

Read the book to learn more about Art Therapy, The Expressive Instinct ny Girija Kaimal, Oxford University Press.

## **Refurbishing a JET 1014** | *Phil Moy*





Before

After

Last month I acquired a used JET JML-1014, (Serial No. 5090148). The earliest mention online for JML-1014's is 2002. After many years of service, it deserved some TLC. Here's some notes from the makeover!

- A 1014 breaks down pretty easily. The headstock, tailstock, banjo and lathe bed are all cast iron. An assortment of Allen, Crescent wrenches and a Philips screwdriver does most of the work. The handwheels would not come off, and a pair of snap ring plier is needed for total disassembly. So I didn't take it apart completely and just masked the rotating components. The motor came off its swivel bracket and was covered with a plastic bag.
- 2) A wipe down with mineral spirits took off old spattered finishes. The

The tailstock masked and painted. The cord was masked too. Holes were plugged with paper towel.



original paint was pretty thick. I think that it is why it is prone to chipping. Originally I was going to strip it down to metal, but without a sandblaster and a total disassembly, I went to Plan C.

- 3) A light sanding with 320 grit sandpaper, i roughed up the surface in prep for a coat of Rust-Oleum Sandable Automotive rimer. Teflon tape, the stuff for wrapping around pipes worked well where a shaft met a flat surface
- 4) The original color is not pure white and JET off white is not a spray can color. I went with a white Rust-Oleum Industrial grade paint. At Lowe's, I picked a gloss white, but it turned out to be a matte white. I was OK with that, matte is easier to touch-up. It is said that today's paints are much more durable and a thick coat of paint is not needed. We'll see if that's true! I do expect that nicks are likely to happen.
- 5) The power switch was a little puzzling. Why were there six screws? It turns out that two attach the switch to a housing, two attach the housing to the base, and the last two were ground wires.
- 6) Total time: Approximately 8 hours to (carefully) disassemble and mask, three or four hours over three days to prime and paint, a few hours to reassemble. Some WD40 in different areas.
- 7) In retrospect, I would allow more dry time between coats of primer and paint. Logos and labels that were metal rather than laminated foil would have been nice
- 8) Will order a new belt from jettools.com.
- 9) Upgraded the toolrest with a Robust 6" toolrest

#### Summary

Giving a 1014 an overhaul is a fairly easy project, even if you have never done one before. I suppose the next one could be easier and faster. Maybe I should do my JET 1221!

The tailstock minus the masking. Looks brand new!

Z

### Open Shop at the Chicago School of Woodworking

As part of our partnership with the Chicago School of Woodworking, no fee Open Shop Days will continue to be available to the members of the Chicago Woodturners on the last Sunday of the month Open Shop Days provide our members with access to all our shared equipment and tools as well as incidental (or prearranged) mentoring. Each of the Shop Days has a facilitator/mentor on site.

The Chicago Woodturners has six JET 1642s, two JET 1224 mini's and three Powermatic 3520's in a dedicated turning area at the Chicago School of Woodworking. Turning tools are available, both from the school stock and the Chicago Woodturners lending library. Of course, all members are free to bring whatever tools and wood blanks they choose. Two slow-speed grinders, with a variety of aluminum oxide/CBN wheels and Wolverine Jigs, are available.

To avoid overcrowding, members who intend to attend should contact Andy Kuby <u>studio@riverwoodsturner.com</u>.



Zhi Lu working on a bowl



Marie Anderson working with a student

## Next Open Shop Date: Sunday, July 28



5680 N. Northwest Hwy, Chicago, IL 60646 | Phone: 773.275.1170 chicagowoodworking.com

## WIT Happenings | Marie Anderson



Registration for the 2024 WIT EXCHANGE will open August 12th and I encourage all of you to consider joining the fun of collaboration. The EXCHANGE offers opportunities for all skill levels to stretch your creativity as you focus on process while creating a project conceived from two randomly chosen inspiration words.

If you have never joined the EXCHANGE, the benefits of participation include a supportive community of women makers, various enrichment activities, skill building opportunities, and the chance to create lifelong friendships. Take the time to visit the EXCHANGE page on the AAW website tiny.cc/WITExchange2024 to view the presentation of projects from past WIT EXCHANGES.

Coming soon: Hands on (in person) WIT mentoring sessions. I will be hosting several hands on mentoring sessions at my home (in Itasca) in August, September and October (and possibly November). A planning session via zoom has been scheduled for July 18th at 7pm for anyone who is interested in attending these new mentoring sessions to determine what topics will be covered. Contact Marie for Zoom link. is the supportive community that is available to you. There will be a WIT meeting on Friday evening at Turn On! Chicago! Hope to see you there! (If you haven't signed up yet, this is just another good reason to attend the symposium!)

Lastly, Marie Anderson and Don Felch will be teaching a two session Pendant class at the Arlington Heights Senior Center on August 8 & 15. Registration is through the Arlington Heights Park District website. The last time this class was offered, it sold out quickly so if you are interested, please register asap!

Participants will turn a medallion pendant on week one and embellish it the following week. Beginners to advanced are encouraged to attend.

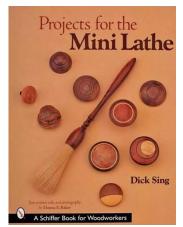
Link is here:

https://anc.apm.activecommunities.com/ahpd/ activity/search?onlineSiteId=0&activity\_select\_ param=2&center\_ids=58&activity\_keyword=wo\_ od&viewMode=list\_

Marie

One of the best parts about being a woman in turning

# Book Review | Phil Moy



#### Projects for the Mini Lathe

Dick Sing

Schiffer Publishing, 2001

Marie Anderson sent me note that she found a Dick Sing book in the World's Largest (Independent) Bookstore while she was in Portland - Powell's Books. They even had a section in the store that was called 'Woodturning!'

A search online finds that title on many sites and you can find some good prices for the book. Dick has been authoring books since at least 1997, with books on turning pens, ornaments, birdhouses and more. Even though this book came out 23 years ago, it's a treasure to have a book where you have a personal touch with the author!

The book reads like seeing Dick Sing in person, and here in Chicago we have the luxury of seeing Dick present at the different clubs, at MPG and AAW symposium.

It doesn't matter if your lathe is larger than a mini. The advise and suggestions are priceless.

Grab a copy and ask him to sign it for you the next time you see him!

## Last Cut | Phil Moy



Checking to see if my new lathe lines up!

I hope you read that CWT was the feature club in the June, 1991 issue of The American Woodturner. If you didn't, it's on Page 9.

34 years later, it is interesting to see that many of the activities of this chapter are still happening. There are regular exec committee meetings, regular monthly meetings, instant galleries, a newsletter that communicates activities, a raffle to raise interest and to raise money for the club and bring in world class turners like Richard Ruffan and Michael Hosulak.

We still do library exhibits, social events (Christmas parties) and encourage local turners to share their knowledge.

It shows that we have had active and dedicated exec committees that have done a great job in keeping true to the initial desires of the guys who created this club.

While our member count floats around 150, we can also count the number of Chicagoland clubs who have their own chapter meetings.

I even found an Evanston group that is not an AAW chapter but brings together up tp twenty woodturners for some lively discussion and show & tell. How many turners does that total? Anybody want to venture a guess?

AAW in parallel has established 365 chapters and over 16,000 members, which includes

members worldwide. AAW is close to celebrating 40 years soon.

Last yar, at the Louisville AAW symposium I had a chance to talk to Jennifer Newberg, newly appointed Executive Director about the demographics of the membership.

I had mentioned to her how a woman had come up to me when I was standing at the door of a packed demo room, she was looking for her husband. When asked what he looked like, she said he's got gray hair and a bit balding.

With a wave of a hand at the room, I said that you might need to be a bit more specific. 90 % of that room was gray hair and balding!

Jennifer is well aware that the need to bring a younger crowd into AAW. We need to do the same. Perhaps all of the crafts also have a similar problem, quilting, knitting, etc.

At the Levy Center in Evanston and at the Arlington Heights Senior Center it struck me that these are marvelous places for seniors to hang out, but also it's not a place where the younger crowd will hang out.

I guess we have that problem at our different levels of government too, from the Presidential level on down. It's a problem that needs a long term strategy, nou just on election day.

Phil



#### **Quad City Arts Regional Contemporary Woodturning Exhibition**

Quad City Arts invites woodturners living within 250 miles of the Quad Cities to enter up to 3 Pieces of work for show and sale in two galleries. Artisans are free to use any medium, but at least part of the piece must be created on a lathe. Work must not exceed 24" in any dimension. Collaborations are accepted.

Works will first go on display at Quad City Arts' Rock Island gallery with a public reception on February 7, 2025, from 6-8 pm. After one month, gallery staff will pack and transport the work to Quad City Arts' Airport gallery inside the Quad Cities International Airport. Works will go on display beginning March 5 and ending April 29<sup>th</sup>. All works displayed at the airport gallery will be locked behind glass and available for viewing 24/7. Additionally, all accepted works of art will be available for viewing and purchase through Quad City Arts' website. Work will be selected through a blind jurying process. If works are sold, Quad City Arts will retain a 35% commission.

Two cash prizes will be awarded: \$300 Masters' Choice, selected by the jurors, and a \$200 People's Choice award.

Entry fee: \$30

For more info: Abi Kongkousonh, Gallery Assistant Quad City Arts Phone: 309-793-1213

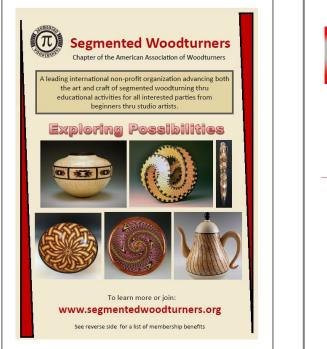


## Chicago Woodturners Tool Library

Rich Piper (<u>richpiper@aiaillinois.com</u> 773-350-5617) has assumed the responsibility for the Chicago Woodturner's tool library and is in the process of transferring our tools to the Chicago School of Woodworking.

These tools will be available during Open Shop Days for members to use during the day. The tools will also be available for checkout so you can try them out at home before purchasing one of your own. A checkout system is currently being developed and any assistance would be appreciated.

Over the past twenty years the club has accumulated many interesting tools for members to use on a special project or just to try before investing. *One of the many benefits of CWT membership.* 





A tool library is just like a book library—you can register and check out tools as needed. No need to buy that one-time use tool! We have over 1,600 tools!

- Hours & Location

Tuesday 4–7 PM Saturday 9:30 AM–3:30 PM

428 N Chicago Ave, Mundelein, IL 60060

**L** <u>224-475-0435</u>

**office@mundeleintoollibrary.org** 

Simply



Low Profile Ligh Threaded R

Bottle stoppers, bo

## **CWT** Mentors

Want to speed up the learning process?

Let a CWT Mentor help you. Leverage the wealth of woodturning knowledge at CWT!

Levels B-Beginner I-Intermediate A-Advanced

Name	Town	Levels	Areas
Marie Anderson	Itasca	В <b>,</b> I, А	General turning, brainstorm with anyone
Dave Bertaud	Libertyville	B, I	General turning
John Dillon	Elburn	В	General turning
Tom Eovaldi	Evanston	В, I, А	General turning, natural edge, thin wall, hollowing and carving
Reto Gallati	Chicago	В	General turning
Rich Hall-Reppen	Geneva	B, I	General turning
Andy Kuby	Riverwoods	В, I, А	General turning, spindles, bowls, platters, pens, multi-axis, ornaments, finials and other topics
Al Miotke	Mt. Prospect	В, I, А	General turning, segmenting
Phil Moy	Chicago	В	General turning, pens
Rich Nye	Batavia	В <b>,</b> I, А	General turning, carving, texturing, painting, burning
Frank Pagura	Elk Grove Village	В, I, А	General turning
Paul Pyrcik	Lisle	B, I, A	General Woodturning, Overview of Lathes, Tools, Accessories, Shop Set-up, Turning Acrylics and Alternative Materials

## It is even more fun when you bring a friend!

#### Reasons to join Chicago Woodturners

- Monthly meetings & newsletter
- Access to club member expertise and mentors
- Classes and hands-on sessions with name turners
- In-person demonstrations, product discounts, raffles
- and generally a good group to hang out with!....

#### **Membership Fees**

- \$30 Individual membership
- \$40 Family membership.
- \$10 Under age of 25

Yearly membership fees for Chicago Woodturners are due at the beginning of the year. You can join at any time of the year!

Pay with cash or a check at the monthly meeting. (Make checks payable to 'Chicago Woodturners') Application forms are found online! Contact Brenda Miotke for more information. By email: bkmiotke@comcast.net

Or by snail mail

#### Chicago Woodturners

c/o Brenda Miotke 920 North Sumac Lane Mount Prospect, IL 60056



*Join the movers and shakers of woodturning in Chicago!* 

## Mystery Object: A Vintage Inkwell



1930 Theo Alteneder Inkwell Drafting Architect Tool Cast Iron Glass Vintage

US \$39.95

or Best Offer Condition: Used

"The condition is very good. It works. The rubber stopper is in great condition. The glass bottle"... Read more



Vintage PAIR of Theodore Alteneder RULING PENS 1950's Drafting Drawing wood handle...

The mystery object is an inkwell for ruling pens (above). 100 years ago, the linework on mechanical drawings was ink on cloth, not pencil on paper and not with a mouse. Ruling pens were used to draw the lines, the line thickness controlled with the thumbscrew on the pen.

Since the ruling pen needed to be filled often, this device helped free up the hands of the draftsman for faster refills. Today ruling pens can still used to draw with colored inks and paints (and perhaps for embellishing bowls!)



International Association of Penturners







The Chicagoland Chapter of the International Association of Penmakers meets every third Saturday of even months, from 10:00 am to 1:00 pm at Woodcraft.

Join us, learn more about making custom pens

WODCRAFT

7440 Woodward Avenue Suite, Woodridge, IL 60517



Turn-On! Chicago is sponsored by the Chicago Woodturners
Chicago Woodturners
Chicago Woodturners
Chicago Woodturners
Chicago Woodturners
Chicago Page 100 (2000)
Chicago

Women-in-Turning Meeting. Quiet suburban location close to the interstate highway.

The Chicago Woodturners is a 501 (c)(3) Organization and a chapter of:

AAW OF WOODTURNERS

## A New Location for Woodcraft!

Woodcraft has announced a move to a new location at 504 Ogden Avenue in Downers Grove. The new store is being built out, and they expects that they will be in the new store sometime in July / August.



Another packed meeting at the Arlington Heights Senior Center!

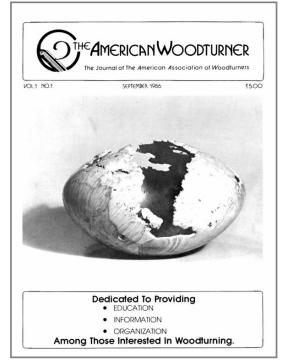


AAW is a nonprofit organization dedicated to advancing the art and craft of woodturning worldwide through education.

With more than 16,000 members and over 365 local chapters globally, AAW members include amateurs, hobbyists, professionals, gallery owners, collectors, tool and equipment suppliers, and others. Join the AAW and have access to the largest portfolio of woodturning-related material in the world!

Hone your knowledge and skills using AAW's online learning portals, exclusive print and digital publications, curated educational videos, high-quality safety resources, and more.

#### Visit the American Association of Woodturners at woodturner.org



American Woodturner Volume 1, No. 1



The June Issue of American Woodturner, Vol 39, No. 3, is out. As an AAW member, it's in your mailbox or also available online at **woodturner.org** 

# Did you Know?

The *American Woodturner* journal is the premier source of woodturning inspiration and instruction since 1986. AAW members have free access to the entire archive of journals when they sign in. Individual issues may be purchased in our online store.

Looking for a special article? Specific topic?

Go to www.woodturner.org Click tabs Resources, | Publications, AmericanWoodturner, Index to view or download the Index An index entry such as this: "New lathes at AAW Trade Show, 34.3:61" means the information would be found in volume 34, issue 3, page 61.

#### Volume to Years

35:1 to Present > 2020 to Present 25:1 to 34:6 > 2010 to 2019 15:1 to 24:4 > 2000 to 2009 4:3 to 14:4 > 1990 to 1999 1:1 to 4:42 > 1986 to 1989



#### **The Demonstration Recordings Are Ready!**

Anyone who purchased a multi-day registration for the 2024 AAW Symposium in Portland, Oregon or purchased an AAW Virtual Symposium registration gets access to 20 recorded demonstrations (30 hours of video!). (This does not include single-day Portland registrations.)

To start watching, click the link below and enter your woodturner.org username and password.

All recordings are available to watch until September 3, 2024.



#### **Start planning today!**

# The AAW International Symposium comesback to the Midwest next year!

For those who have been to previous events, you already know how rewarding they are! If you have never been to one, its time to make plans. It's 400 miles to St. Paul, MN, (a 6 hour ride with pit stops in Madison and La Crosse). With St. Paul so close, it is easy to expect a good turnout from Midwest turners!

The year goes by so fast, for the many things aspects of the Symposium, from Instant Gallery submissions, Silent Auction submissions, signing up to be a demonstrator, volunteering for videography, show support, shopping or exhibiting at the trade show or competing for the new chapter awards for communications and community support, it's never to late to start planning!

## **AAW Chapters in Illinois**

Club	Location	Website
Central Illinois Woodturners	Normal, IL	centralillinoiswoodturners.com
Chicago Woodturners	Arlington Heights, IL	chicagowoodturners.com
Flatland Woodturners	Champaign, IL	flatflandwoodturners.com
Lincoln Land Woodturners	Springfield, IL	llwonline.com
Northern Illinois Woodturners	Rockford, IL	northernillinoiswoodturners.com
Quad Cities Woodturners	Rock Island, IL	qcwoodturners.com
South Suburban Chiselers Illiana Woodturners Windy City Woodturners	South Holland, IL Naperville, IL	illianawoodturners.wordpress.com windycitywoodturners.weebly.com



36 years of craft, art, technology and tradition

# Join us for our monthly meetings, all are welcome!

## New meeting location!

#### **Arlington Heights Senior Center**

1801 W. Central Road, Arlington Heights, IL

6:30 pm Networking 7:00 pm to 10:00 pm



	2024 Meetings*	
Jan 9	May 9	Sept 12
Feb 13	June 13	Oct 10
Mar 14	July 11	Nov 14
April 11	Aug 8	Dec 12

\*CWT meetings are on the second Thurs of each month!

#### Can't come in person? Join us via Zoom!

https://us02web.zoom.us/j/9157899589 Meeting ID: 915 7899 5899 Passcode: 003359



## **Calendar of Events**

July 11	CWT Monthly Meeting / Easy Woods Tools Demo	Arlington Heights Senior Center	Arlington Heights, IL
July 28	CWT Open Shop	Chicago School of Woodworking	Chicago, IL
August 1-4	Turn-On! Chicago	Crowne Plaza Northbrook Hotel	Northbrook, IL
August 8 & 9-12	CWT August Demo & Hands On Workshop with Greg Gallegos	Chicago School of Woodworking	Chicago, IL
Nov 14 & 15-17	CWT Sept Meeting & Hands On Workshop with Elizabeth Weber	Chicago School of Woodworking	Chicago, IL

Visit the Chicago Woodturners at chicagowoodturners.com

