

# Catoctin Area Turners

<http://catoctinareeturners.org/>



Next meeting: Thursday, January 13, 2011, 6:30 pm  
Location: Banshee Reeks Nature Preserve,  
Leesburg, VA



*Volume 3 Issue 1 - January 2011*

## Happy 2nd Anniversary CAT

**H**appy 2nd Anniversary CAT, and Happy New Year! I hope you enjoyed the party festivities at Whitestone farm. Thanks to everyone who contributed in making this a

huge success. A special thanks must go out to our most gracious host, Mark Duffell of Whitestone Farm, our own CAT member and the managing director of the farm. What a great place this is to hold our event.

So, some of you may be asking, who won the turning session with national renowned turner Bob Rosand at his Bloomsburg, PA studio? It was none other than our newsletter editor, Ron Cote.

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## Membership Renewals

It's that time of the year again. Renewals for 2011 are due and will be accepted at our next meeting. Should you not be able to attend, you are certainly encouraged to make your checks out to Catoctin Area Turners and mail them to our treasurer,

Individuals: \$30                      Family: \$45

Mark Kaplan,  
12013 Canter Ln,  
Reston, VA 20191



# The President's Page

George Carrigan



**W**ell here we are starting our third year as the Catoctin Area Turners. We have four new officers that have volunteered to serve for the year, and three officers who have volunteered to serve another term. The new officers are George Carrigan as President, Jeremy Baker as Vice-President, David Bell as Secretary and Terry Lund as Program Coordinator, Holdover officers are Mark Kaplan as Treasurer, Jeff Greene as Operations Director and Ron Cote as our Newsletter Editor.

Thanks to everyone for volunteering to serve.

There is a lot of enthusiasm building for the new year with new demos being planned for both local and nationally renowned turners, If anyone has any ideas regarding demo's they would like to see please let Terry or myself know what you're interests are. Also, if you know anyone who might be interested in doing a demo please let us know. Demos don't always need to just be about turning. We've had Jeremy Baker do a demo about how to use a chainsaw properly as well as Ron Circe taking us for a walk around Banshee Reeks to learn about different trees. Keep an open mind and think outside the box and you'll be surprised how far woodturning can reach into our everyday lives.

## IMPORTANT

A quick reminder that CAT will be helping install **deer fencing** at Banshee Reeks on February 19th. We'll start gathering about 8:30 AM at the main house and divide up into teams. If we have eight people on each team we should be able to build the enclosure within three hours. Make sure to dress for whatever the weather is for the day. Ron promises to have hot coffee and chocolate when we're done.



# Upcoming Demonstrations

**January:** Bill Autry, from Frederick MD. Bill will be doing inside outside turning with an offset, which promises to be an interesting demo and should give us some good ideas for new and possibly different projects. Please see his bio and more information on page 17.

**February:** Aaron Grebeldinger, who is a member of CAW and an instructor at Woodcraft in Springfield. Aaron's topic will be "spheres and boxes".

**April:** David Reed Smith - <http://www.davidreedsmith.com> (tentatively for April)

**June:** Bob Rosand, Bloomsburg, PA. Look for an additional day workshop when Bob comes into town. If you are not familiar with Bob, check out his web site at <http://www.rrosand.com>.

Keith Holt - <http://kholtartwork.com> (tentatively for August)

Jamie Donaldson - <http://www.jamiedonaldson.com> (possible for Sept)

Alan Lacer - <http://www.alanlacer.com> (possible for Nov)

## 2011 CAT Officers

### *President*

George Carrigan  
716-812-0096

[George.carrigan@yahoo.com](mailto:George.carrigan@yahoo.com)

### *Vice President*

Jeremy Baker  
571-246-5166

[jeremywbaker@gmail.com](mailto:jeremywbaker@gmail.com)

### *Secretary*

David Bell  
703-476-0839

[new.turner@offthisweek.com](mailto:new.turner@offthisweek.com)

### *Operations Director*

Jeff Greene  
703-787-1858

[jeff\\_greene@bmc.com](mailto:jeff_greene@bmc.com)

### *Treasurer*

Mark Kaplan  
703-608-6914

[markap6@comcast.net](mailto:markap6@comcast.net)

### *Program Director*

Terry Lund  
585-455-2517

[terry.lund@gmail.com](mailto:terry.lund@gmail.com)

### *Newsletter Editor*

Ron Cote  
703-444-0026

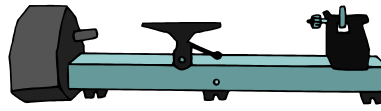
[ron4519cote@yahoo.com](mailto:ron4519cote@yahoo.com)

### *Support Volunteers*

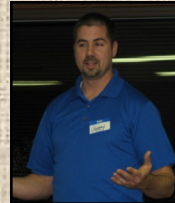
Burgan Pugh - Lending Library  
Terry Lund - Mentors / rep to VWI  
- Silent Auction  
- Raffle Tickets

Chet Olson - Web site/Gallery Photos  
Jeter Benbow - Gallery Photos  
Brian Sullivan - Bulk Purchases  
Jeremy Baker - Arborist Extraordinaire  
Tom Boley - Newsletter Proofreader / rep to VWI

# Thanks to All!



A special thanks has to go out to Jeremy Baker, our incoming president, George Carrigan, helpers, 5 children, did an excellent job. How watching the joy on his children's faces draw out the prizes to the winners.



club vice president for filling Jeremy and his merry band of could you not smile while the raffle tickets and deliver

Unfortunately, George and his family were called out unexpectedly to Buffalo, NY to attend to his very seriously ill mother-in law. We certainly wish he and his family the best.

A special presentation and recognition was giving to our outgoing president, Tom Boley. Tom certainly has been the driving force and the founding father of CAT. Jeremy Baker presented Tom with a plaque in appreciation for his past and continuing support of CAT. Tom, thanks from all of us.



Additional presentations and recognition were to three of our outgoing club officers who were in attendance. Hmm, I wonder what they were thinking of?? Dale Bright, Don Maloney and Tom Boley.

Thanks guys, we certainly appreciate your service to the club.

## Display Table

Thanks to everyone who brought in items for display. The display table, as last year, was a particular hit with our spouses. I kind of felt sorry for Dave Brown, who must have been asked dozens of times, how did you do that beautiful segmented bowl? Great job Dave!



# The Editor's Bench

by Ron Cote



**M**oney?? As probably most of you know, I didn't win the lottery this past month, and that is why I'm publishing another CAT newsletter so soon. Had I won the lottery, I would probably still be designing a new



house, and of course a state of the art woodturning studio (dreamer). So, somewhat disappointed, but with great anticipation, I turned my attention to the AAW web site to see if I won the end of year grand prize, a new Powermatic 3520b lathe. I didn't, but maybe one of our CAT members did. Naw, that didn't happen either, but who did, you ask?



The AAW End of Year membership drawing winner was from Southern Arizona. The Grand prize was the Powermatic 3520b for the individual and his woodturning club receives a number of Jet mini lathes. Wow, those were great prizes. Regardless, how you may feel about how the AAW operates, the cost of membership alone is worth the opportunity to win any of the monthly or end of year raffles. Take a look at this year's prizes that were won this month and previous months. [http://www.woodturner.org/org/mbrship/drawings\\_winners.htm](http://www.woodturner.org/org/mbrship/drawings_winners.htm) I heard that the chances of winning the power ball lottery this past month was 1 in 175 million. Your chances in winning one of the monthly AAW prizes are about 1 in about 13 thousand. And guess what, you only pay for your membership once a year, while you have to pay for each and every power ball drawing. What a bummer!

Another good reason to join is to have insurance coverage on each and everyone of you when turning at club functions, especially when the public is involved. There are certainly other benefits in joining our parent organization. So please, consider joining the AAW if you haven't already done so. Besides, you can't become the next CAT president or club officer unless you are a member. (Hmm, George, should I have said that??)

*Keep Turning,  
Ron Cote*

# Monthly Meeting

Next meeting: **Thursday**, January 13, 2010, 6:30 pm

**Location: Banshee Reeks Nature Preserve,  
Leesburg, VA**

**This month demonstrator/speaker:**

Bill Autry, from Frederick MD. Bill will be doing inside outside turning with an offset, which promises to be an interesting demo and should give us some good ideas for new and possibly different projects.

## Volunteers Needed



The club is looking for two volunteers to help out at our monthly meetings.

Someone who will take on the responsibility of our monthly raffle tickets and another to for our silent action. Please see George Carrigan or any other of our elected officers.



# Advice from The Arborist

Jeremy Baker

**T**his month, I thought I would share some vital information regarding your health and well-being. I review this topic at least twice each winter with my crews to ensure that they are staying safe. It may seem like boring reading at first glance, but pay close attention. I know that at this time of year, many of you may be out scouting for deadfall or other 'good wood'. As always, I welcome ideas for future articles or questions regarding this one. [jeremywbaker@gmail.com](mailto:jeremywbaker@gmail.com)



## Protecting Yourself in Cold Environments

### Temperature Extremes

If you work in cold temperature conditions, you must ensure that adequately protected yourself.



you have

### Major risk factors for cold-related stresses

- Wearing inadequate or wet clothing increases the effects of cold on the body
- Taking certain drugs or medications such as alcohol, nicotine, caffeine, and medication that inhibits the body's response to the cold or impairs judgment.
- Having a cold or illness or becoming exhausted or immobilized due to injury or entrapment, may speed up the effects of cold weather.

on the

### Frostbite and Hypothermia

Frostbite occurs when the skin tissue actually freezes, causing ice crystals to form between cells and draw water from them, which leads to cellular dehydration. Although this typically occurs at temperatures below 30 degrees F (-1C), wind chill effects can cause frostbite at above-freezing temperatures. Initial effects of frostbite include uncomfortable sensations of coldness, tingling, stinging or aching feeling of the exposed area followed by numbness. Ears, fingers, toes, cheeks, and noses are primarily affected. Frostbitten areas appear white and cold to the touch. Deeper frostbite involves freezing of deeper tissues (muscles, tendons, numb, painless and hard to the touch. If you suspect frostbite you should seek medical assistance immediately. Frostbitten parts should be covered with dry, sterile gauze or soft, clean cloth bandages. Do not massage frostbitten tissue because this sometimes causes greater injury. Severe cases may require hospitalization and even amputation of affected tissue.

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# Advice from The Arborist

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General Hypothermia occurs when body temperature falls to a level where normal muscular and brain functions are impaired. While hypothermia is generally associated with freezing temperatures, it may occur in any climate where a person's body temperature falls below normal. For instance, hypothermia is common among the elderly who live in cold houses. The first symptoms of hypothermia: shivering, inability to do complex motor functions, lethargy, and mild confusion occur as the core body temperature decreases to around 95 F (35 C). As the body temperature continues to fall, hypothermia becomes more severe. The individual falls into a state of dazed consciousness. The victim's speech becomes slurred and his or her behavior may become irrational. The most severe level of hypothermia occurs when body temperature falls below 90 F (32 C). The body moves into a state of hibernation, slowing the heart rate, blood flow, and breathing. Unconsciousness and full heart failure can occur in this severely hypothermic state.



Hypothermia treatment involves conserving body heat and providing additional heat sources. Measures vary depending upon severity and setting (field or hospital). Seek medical assistance if moderate or severe hypothermia is suspected. If the person is unresponsive and not shivering, assume he or she is suffering from severe hypothermia. Reduction of loss can be accomplished by various means: obtaining shelter, removal of wet clothing, adding layers of dry clothing, blankets etc. It is best to have the person lying down when applying external re-warming. You may give mildly hypothermic people warm fluids orally: avoid beverages containing alcohol or caffeine.

## **Prevent cold-related disorders**

- The best protection in cold weather environments is dressing in a manner that provides layers of insulation.
- The outer layer should break the wind and allow ventilation.
- A middle layer of wool or synthetic fabric will absorb sweat and retain insulation qualities in a damp environment. Down is a useful insulator, but is ineffective once it becomes wet.
- An inner layer of wool blend or synthetic fabric such as polypropylene will allow ventilation and wick moisture away from the body. Pay special attention to protecting feet, hands, face and ears. Up to 40 percent of body heat can be lost when the head is exposed. Boots should be insulated to protect against cold and dampness. Have a change of clothing in case work garments become wet. Wear a hardhat liner and gloves in addition to underwear that will keep moisture away from the skin (polypropylene).

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# Advice from The Arborist

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- Avoid exhaustion; energy is needed to keep muscles warm.
- Use the buddy system (perform strenuous work in pairs).
- Drink warm, sweet beverages (sugar water, sports-type drinks). Avoid drinks with caffeine (coffee, tea, or hot chocolate) or alcohol. Eat warm high-calorie food.
- Take periodic short breaks in a warm dry environment to allow the body to warm up.



Remember to always use the appropriate safety equipment while working. Bundle up in layers, keeping a synthetic layer next to your skin possible. Keep your eyes, ears, and hands safe. Chaps are an absolute must while using a chainsaw! Safety equipment is replaceable—you are not!

*Jeremy W. Baker*  
*Arborist*

## AAW Tidbits

Cindy Bowden. A long-time administrator and leader in the international craft community has been appointed **executive director** of the American Association of Woodturners (AAW). Bowden, who assumed her new duties on January 3, 2011, has been executive director of the American Museum of Papermaking at Georgia Institute of Technology in Atlanta, Georgia for the past 17 years. She also is currently president of the World Craft Council North America. CAT members certainly wish her well as she transitions into her new position.

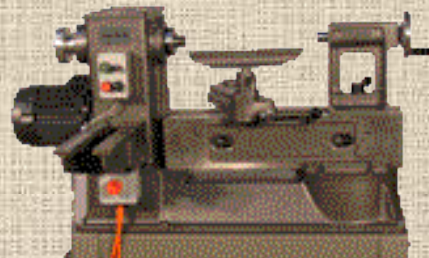


## Lathe & Equipment Listings

Terry Lund

Terry Lund maintains a listing of what lathes members own, which can be used by other members who might be considering a purchase of a new (or additional) lathe. Terry is interested in adding some additional information to this listing to also include some specialized tooling or other items that might be of interest to other members, such as the following items:

1. Hollowing system(s)
2. Coring system(s)
3. Favorite turning tool
4. Favorite homemade tool
5. What model bandsaw
6. What model(s) chainsaw
7. Favorite web site related to woodturning



There will be a copy of the current listing of member lathes at the December meeting, and Terry will have some sign-up sheets to submit this additional information, or you can contact Terry via email at [terry.lund@gmail.com](mailto:terry.lund@gmail.com) (his information is also listed on the Contact page on CAT web site to get a copy of the form if you are not able to attend the meeting).

## Show and Tell



**Black Ash Burl—Dale Bright**



**Maple Hollow—Dale Bright**



**Black Ash Burl—Dale Bright**



**Hollow form Boxwood Root  
Ralph Redmond**



**Hollow Form Butternut  
Ralph Redmond**



# Mentoring Program

by Terry Lund

**W**e have established a mentoring program for CAT members, so Terry Lund is looking for volunteers to be mentors as well as requests from any of our members who would like to be paired up with a mentor in one of the following areas of interest for turning skills, or for general mentoring activity. Terry will have sign-up forms for those who want to be a mentor as well as for those who would like to be matched up with an assigned mentor at the next meeting on January 13. If you are interested in either opportunity but will not be at the meeting, please contact him via email at [terry.lund@gmail.com](mailto:terry.lund@gmail.com) or call him on his cell phone 585-455-2517. Please include your name, address, phone number, email address, and indicate your level of experience as Beginner, Intermediate, or Experienced when requesting a mentor.

We will try to match interested individuals with a mentor who lives “reasonably close” whenever possible, and if we get enough mentors to sign up, we will also try to match based on one of the following areas of interest, or feel free to mention another area of interest.

## **Areas of interest for mentoring**

Functional turning	Ornaments and small items
Artistic turning	Pens and Pencils
Bowls	Lidded Boxes
Natural Edge Bowls	Segmented turning
Square Bowls	Spindle turning
Hollow forms	Turning/Chasing Threads

## Member Discounts

# Woodcraft of Leesburg



Leesburg Plaza

512 E. Market

Leesburg, VA 20176

Phone: 703-737-7880

Fax: 703-737-6166

[Leesburg@woodcraft.com](mailto:Leesburg@woodcraft.com)

**Store Hours:** Sun: 9 AM— 5 PM Thr: 9 AM— 9 PM  
Mon: 9 AM—9 PM Fri: 9 AM— 9 PM  
Tue: 9 AM— 9 PM Sat: 9 AM- - 6 PM  
Wed: 9 AM— 9 PM

Show your CAT membership card and get a 10% DISCOUNT! Valid Thursday thru Sunday of each monthly meeting week.

## Dunlap Woodcrafts

Located near the Dulles Expo Center at  
14600F Flint Lee Road, Chantilly, VA 20151  
Tel (703) 631-5147 Fax. (703) 631-7103

### Discounts are available to CAT members

Purchase \$100 and receive a 10% discount  
Purchase \$250 and receive a 15% discount  
Purchase \$500 and receive a 20% discount

I would suggest that you give them a call prior to making the trip to ensure that they are open.

# Turning Classes

## Tom Boley Woodturning Workshops (Leesburg / Woodcraft)

Winter 2011 Schedule:

**Bowl Turning:** 15 Jan

**Natural Edge Bowls:** 19 Feb

**Bowl Turning:** 19 Mar

**Natural Edge Bowls:** 16 Apr

## Mark Supik Woodturning Workshops (Baltimore, MD)

Winter 2011 Schedule:

**Woodturning with Your Child:** Sunday, January 2<sup>nd</sup> from 9 AM to Noon or from 1 to 4 PM.  
\$100 for each parent/child team.

**The Right Start, Spindle Turning:** \$150/day (20% discount for club members)

8:30 to 5:00 PM. All materials and lunch provided.

Saturday January 22, Sunday, February 13, Saturday, March 26, or Sunday, April 10

**Bowl Turning:** \$150/day (20% discount for club members)

8:30 to 5:00 PM. All materials and lunch provided.

Sunday, Jan 23, Saturday, February 12, Sunday, March 27, Saturday, or April 9

Small class sizes, all levels welcome. Advanced turners, please let us know the specific skills you'd like to work on so that we can have the materials ready for you.

More info at: [www.marksupikco.com](http://www.marksupikco.com)

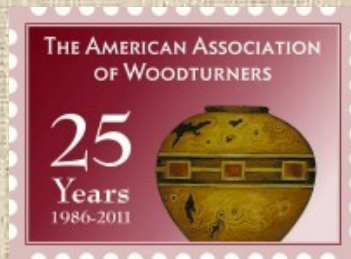
Guest Turner, Jerry Kermode ([www.jerrykermode.com](http://www.jerrykermode.com))

Jerry Kermode will offer two all day, hands-on classes in Mark's shop on February 19<sup>th</sup> & 20<sup>th</sup>. Call or e-mail Nancy Supik for more information. 410-732-8414 or Nancy

@marksupikco.com

# Symposium

**2011 AAW Symposium  
June 24—26  
St. Paul Minnesota  
At the St. Paul River Center**



Additional information on this symposium can found in the AAW site.

[http://www.woodturner.org/sym/sym2011/recent\\_info.htm](http://www.woodturner.org/sym/sym2011/recent_info.htm)

# Bill Autry

## Woodturner/Woodworker

Bill Autry has been a woodworker for over 40 years and woodturner/woodcarver for over 30. He worked as a full time professional for over 20 years specializing in high end custom furniture until an auto accident ended building heavy items.

Teaching has filled much of his professional career beginning with military service in the U.S. Army. As an instructor for the Defense Mapping Agency teaching Construction Surveying he taught subjects including road and building layout, Drafting and Math. Before moving to Maryland he taught adult education for Fairfax County including turning in the intermediate and advanced woodcarving course.

Bill will demonstrate a couple of techniques which are a little out of the norm for beginning turners: Inside/ Outside Turning and Offset Twist Turning. The results from both techniques appear to be complicated but with the proper set up, understanding and practice they are anything but complicated.

An inside out turning results in a piece which has a hollow inside surrounded by segmented turned outside and has solid ends. Kind of like a turned version of the carved ball in a cage without the ball.

How is it done?

Well, come out to the meeting on Thursday and see for yourself.

## Dinner Bill Autry

### Red / Hot & Blue

CAT members are welcome to join Terry and Bill Autry for dinner at Red Hot and Blue in Leesburg (members pay for their own meal) at 4:45 Thursday before the meeting. Let Terry know ([terry.lund@gmail.com](mailto:terry.lund@gmail.com) or cell 585-455-2517) if you are planning to come to dinner so he can get a big enough table.