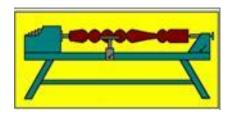


Volume 35 Number 10

November 2021



Presidential Words For November 2021



Special General Meeting

Our Special General Meeting will be held at 9.30am on Tuesday 16 November to fill the committee and other positions for the 2022 year. There are a few positions for which we need to fill vacancies, or which need assistance:

Treasurer – Mike Dunne is currently holding down the Vice President and Treasurer roles and would like to concentrate on the Vice President position, hence we ae looking for a new Treasurer. It's not a difficult position and no bookkeeping experience is required as the accounting program takes care of everything. A new Treasurer won't be left on their own as there is ample experienced backup available. **Grants** – John Carney is looking for an assistant to help him with grant applications.

Assistant Editor – Geoff Holbeck also recently flagged his desire for an assistant to help him with the preparation of Turning Talk.

Assistant Librarian – Toni Dowd has advised that she will be unable to continue next year. This role involves covering for the Librarian during any absences.

Web Manager – With our new website nearing completion, Gary Bidgood is stepping down as our Web Manager.

If you are interested in any of these positions, or indeed any of our committee or other roles, please have a chat with the incumbent or with me. Nominations for committee positions need to be given to the Secretary by Tuesday 2 November.

Also, at the SGM, some minor amendments to our Constitution will be voted on. You would by now have received the formal notice of the proposed amendments and explanatory notes.

Please come to the SGM so that you can have your say on next year's committee and on the proposed constitution changes. A "special" morning tea will be provided.

Mount Coot-tha Exhibition

The exhibition on 27 and 28 November is fast approaching. Last month, I re-published a letter from 1999 by Doug Bates, our then President, explaining the need for all members to volunteer some time during the event. Unfortunately, the number of volunteers hasn't improved. Volunteers are still needed for:

Café to assist with orders and to take orders to the dining tables. Donations of

cakes, scones, slices etc. are also required.

Sales counter to process sales and to wrap purchases.

Raffle sales for our usual door and the "Woodturners Must Have" raffles.

Floor Walkers to oversee general COVID requirements and to regularly sanitise touch

points.

Demonstrators to demonstrate woodturning and pyrography.

As you can see, to run a successful event, there are a lot of tasks involved, other than displaying and selling our items. Volunteer sheets etc. are on the notice board and it is hoped that a greater than usual number of members will offer their assistance. If you are unable to attend WSQ Hall prior to the exhibition, but would like to volunteer, please let either myself or a committee member know; contact details are at the end of Turning Talk.

Christmas Party

Current COVID restrictions, and in particular the one person per 2m² rule, will prevent us once again having a Christmas Party in the normal format. We are monitoring the situation and hopefully when the border regulations are relaxed on 19 November, there will also be some relaxation of the density requirement. I'll keep you updated.

Mitre Guillotine



We were recently donated a foot operated mitre guillotine which enables perfect mitres to be quickly cut. I'm sure the box makers and others will put it to good use.

Thanks to Jai from **Base Art & Framing** at Holland Park for the donation.

Woodturning Course

Our first batch of students have completed the new Woodturning Course – see the later article.

My sincere thanks to the trainers, Rob McKee and Wayne Molloy, for their time and effort. Thank you also to Mick Pythian for being the driving force behind this new initiative. A job well done by all.

Until next month,

John Reed

President

Woodturners Society of Queensland Inc Nomination Form for the Management Committee 2022			
Nomination for the position of: (Please tick one only)			
President Vice President Secretary			
Treasurer Committee Member			
I nominate:(Member's name) for the above position.			
Your name:Signed:			
Seconded by:Signed:			
I, the member nominated for the above position, accept the nomination and understand that the Woodturners Society of Queensland Inc holds Public Liability Insurance cover to the value of \$20,000,000. In agreeing to the nomination, I confirm that I am not ineligible, as outlined in Section 61A of the Associations Incorporation Act 1981, to be elected to the Management Committee.			
Signature:			

Diary for November 2021

Date	Day of Month	Session Title	Times
1 November	1 st Monday	Training Program	6.00 pm to 9.00pm
2 November	1 st Tuesday	Open Workshop	8.00am to 12.00pm
2 November 1 Tuesday Open Works Library			8.00am to 12.00pm
		Open Workshop	1.00pm to 3.30pm
		Training Program	1.00pm to 4.00pm
		Pyrography Workshop	1.00pm to 3.30pm
		Open Workshop	6.00 pm to 9.00pm
4 November	1st Thursday	Convenor Training	9.00am to 12.00pm
5 November	1 st Friday		8.00am to 3.00pm
5 November	1 Filday	Toy Group Open Workshop	8.00am to 12.00pm
6 November	1st Saturday	Demonstration	9:00am to 12.00pm
8 November	2 nd Monday		6.00 pm to 9.00pm
		Training Program	
9 November	2 nd Tuesday	Open Workshop	8.00am to 12.00pm
		Library	8.00am to 12.00pm
		Open Workshop	1.00pm to 3.30pm
		Training Program	1.00pm to 4.00pm
		Pyrography Workshop	1.00pm to 3.30pm
11 November	2 nd Thursday	Open Workshop	6.00 pm to 9.00pm 9.00am to 12.00pm
11 November	2 nd Thursday	Pre-booked Project Tuition with Rob McKee	9.00am to 12.00pm
12 November	2 nd Friday	Open Workshop	8.00am to 12.00pm
13 November	2 nd Saturday	Management Committee Meeting	9:00am to 12:00pm
		Open Workshop	8.00am to 12.00pm
15 November	3 rd Monday	Training Program	6.00 pm to 9.00pm
16 November	3 rd Tuesday	Open Workshop	8.00am to 12.00pm
		Library	8.00am to 12.00pm
		Open Workshop	1.00pm to 3.30pm
		Training Program	1.00pm to 4.00pm
		Pyrography Workshop	1.00pm to 3.30pm
		Open Workshop	6.00 pm to 9.00pm
18 November	3 rd Thursday	Convenor Training	9.00am to 12.00pm
19 November	3 rd Friday	Open Workshop	8.00am to 12.00pm
20 November	3 rd Saturday	Show & Tell Forum	9:00am to 10:30am
22 November	4 th Monday	Training Program	6.00 pm to 9.00pm
23 November	4 th Tuesday	Open Workshop	8.00am to 12.00pm
		Library	8.00am to 12.00pm
		Open Workshop	1.00pm to 3.30pm
		Training Program	1.00pm to 4.00pm
		Pyrography Workshop	1.00pm to 3.30pm
		Open Workshop	6.00 pm to 9.00pm
25 November	4 th Thursday	Pre-booked Project Tuition with Rob McKee	9.00am to 12.00pm
26 November	4 th Friday	Open Workshop Cancelled this	8.00am to 12.00pm
20 November	4 Tilday	Month - Setting up Exhibition at Mt	0.00am to 12.00pm
		Coot-tha	
27 November	4 th Saturday	Open Workshop Cancelled this	8.00am to 12.00pm
28 November	4 th Sunday	Month - Exhibition at Mt Coot-tha	5.00dili to 12.00pili
30 November	5 th Tuesday	Open Workshop	8.00am to 12.00pm
CO 140 VOITIBOI	Jacobay	Library	8.00am to 12.00pm
		Open Workshop	1.00pm to 3.30pm
		Training Program	1.00pm to 4.00pm
		Pyrography Workshop	1.00pm to 3.30pm
		Open Workshop	6.00 pm to 9.00pm
L	1	1 - p	_ 0.00 p to 0.00p

Geoff Holbeck

Editor – Turning Talk

Date Claimers

for Demonstrations and Show & Tell Forums

Our Demonstrations on the first Saturday morning of each month are an excellent way to learn new skills and ideas from our talented demonstrators. You will have the opportunity to ask questions of our demonstrators and see a project evolve before your very eyes.

The Show & Tell Forum on the third Saturday morning of each month are designed to give you a couple of weeks to have a go at the project demonstrated the fortnight before and bring your complete or incomplete attempt to receive feedback on your efforts. This is a fabulous learning opportunity, particularly for relatively new members and those wishing to further develop their mastery of skills and techniques.

Date	Demonstration	Show & Tell Forum
6 November, 2021	lan Symes - Christmas Choir lan will demonstrate the turning of figures that make up a Christmas Choir.	
	This session will be made available on Zoom to your internet connected PC and/or mobile device. The WSQ Zoom Connecton Information Is available on page 15 of this newsletter	
20 November, 2021		Bring along your Christmas choristers, trees, decorations and snowmen and be further inspired to get into the spirit of the season.
4 December, 2021	Rob McKee – Square Winged Bowl This is the cancelled demo from July because of a lockdown.	
18 December, 2021		The last one for the year! Bring along your square winged bowl or any of the Christmas items or Christmas gifts you have made.

I am looking for suggestions for the 2022 Demonstration calendar.

Is there some project or some skill that you would like to see as the topic of a Saturday morning demonstration at Pine St.? Please let me know and every effort will be made to feature it in our monthly demonstration schedule.

Do you have a particular pet project that you like to turn? Would you be prepared to demonstrate it to your fellow members of WSQ Inc.?

Binny Willis Secretary

Members' Dates of Birth

As I mentioned last month, we need to have better data regarding the age demographics of our members when preparing grant applications etc. However, only a few members have since advised their date of birth. Please, take a minute and advise your date of birth to our Membership Secretary, Alwyn Clark at membership@wsqld.org.au Please be assured that any personal data is kept in house and is not divulged to any third party.

John Reed

President

Secretary's Jottings

Important information from the Management Committee Meeting held on 9 October, 2021.

- 1. There was a significant discussion about future Grant Applications in the light of the changes to the Brisbane City Council offerings and those of the Gambling Benefit Fund. Both of these have significantly increased the amounts available for capital works programs for community organisations. WSQ has established a sub-Committee to investigate how we might best take advantage of these changes to improve our facilities at Pine St.
- 2. Membership increased by 5 this month with Jason Dickson, Colin Howkins, Tee Howkins, Luke Splatt and John Lindsay accepted as members.
- 3. Alwyn Clark reported that he and John Reed are in the process of reviewing the current Membership Application Form and producing a new Information Booklet for new members.
- 4. A new trophy has been completed and is to be awarded for the People's Choice category in the Competition. Brian Crease made a plinth on which is mounted Stephen Hughes' stylized rippled piece made at an earlier demonstration.
- Planning for the Mt Coot-tha Exhibition on 27-28 November is in its final stages. The COVID Plan has been submitted to the Brisbane City Council. There will be two (2) raffles drawn on the Sunday afternoon – one the online

- raffle with the 1st prize a lathe donated by Hare & Forbes, and 2nd prize the \$300 voucher to purchase timber donated by Carbatec. The prizes in second raffle will be turned items kindly made and donated by Alan Dickson, Dan Woodward and Paul Tierney. Volunteers are still required to ensure that all jobs are filled.
- 6. There will be a table at Mt Coot-tha for the sale of good quality second hand turning and woodworking tools. These tools are to be in good working order and no electrical tools will be allowed.
- 7. The second round of the Beginner Turning Course will commence on Tuesday 2 November. The course will be held on Tuesday afternoon and Tuesday evening. Mick Pythian is the Course Convenor and he, Wayne Molloy and Rob McKee are the instructors.
- 8. The Convenor's Course, co-ordinated by Bob Kennedy, is proceeding well with three (3) new convenors in training.
- Work is progressing on the new Website with Mike Dunn further liaising with the web designers to modernize our logo.
- 10. John Reed is working on a plan to streamline the management of the key system at Pine St.

Binny Willis

Secretary - WSQ Inc

Treasurer's Report

A summary of our financial pos	ition for	Library Book Purchase	\$	14
September 2021:		Membership Expense Badges	\$	60
		November Exhibition Advertising	\$	183
Receipts		Newsletter Expenses	\$	47
Container Refunds	\$ 170	Rates & Taxes	\$	346
Memberships	\$1,180	Repairs & Maintenance	\$	332
Raffle Sales	\$ 400	Soft Drink Purchases	\$	70
Shop Profit	\$ 831	Telephone & Internet	\$	116
Workshops	\$1,540	Workshop Expenses	\$	969
Sundry Income	<u>\$ 323</u>	Website Upgrade	<u>\$1</u>	,229
	\$4,444		\$4	,364
Less Payments				
Bank Charges	\$ 20	Net Profit/(Loss)	\$	80
Cleaning	\$ 240			
Computer Expenses	\$ 53	Mike Dunne		
Electricity	\$ 498	Treasurer		
Equipment Purchase	\$ 187			

Demonstration of Chuck Maintenance

Well over 20 members assembled at 8am on Saturday October 2 in the Woodturning Workshop at Pine Street, Greenslopes to attend a demonstration on Chuck Maintenance by Reg Weber. Reg's presentation covered 4 different types of chucks used by members on a regular basis, i.e.

- 1. VM120 Scroll Chuck
- 2. Non-branded Scroll Chuck
- 3. Nova Scroll Chuck
- 4. Jacobs Chuck.

1. VM120 Scroll Chuck

Reg put the chuck jaws down on a cleared bench top. He removed 2 small screws from the back plate using a small Allen key. He put the back plate to one side and put the screws in a small plastic container. He removed the 2 grub screws that hold the pinions in place. He pushed the 2 pinions out and placed them near the back plate. Reg added the screws to the plastic container.

The scroll is held in place by an external circlip. Reg removed the circlip with circlip pliers and then removed the scroll. He turned the chuck onto its back. He carefully noted the numbering on the slides and marked the body with a pen. Slide 4 has a roll pin under it which stops the jaws going beyond their designed maximum size. Reg knocked it down with a parallel punch so that the slide could be removed. He removed slides 1 – 4 in an anticlockwise direction

All parts were placed into a degreaser bath to clean them. These were then rinsed and dried. Compressed air was used to dry and clean some parts. The parts were examined to see if there were any burrs on any edges which would indicate wear. These burs would be removed using a file. This wasn't necessary with the VM120.



The VM120 Ready for Reassembly

Reg reassembled the chuck. He put the scroll back in place and refitted the circlip with the appropriate pliers. He reinserted the pinions and grub screws. He used silicon lubricant as necessary. The most difficult part of the process was the reinstalling the jaws in the correct order 1 – 4 in an anticlockwise direction and capturing each jaw on the beginning of the scroll. He raised the roll pin under slide 4 using a parallel punch from the bottom of the chuck. The final step was the reattaching of the back plate. Reg demonstrated the improvement in the chuck's movement.

2. Non-Branded Scroll Chuck

Reg repeated the process above. The steps were essentially the same. The main difference was the degree of wear on the internal components. This gave Reg the opportunity to demonstrate how to use a file to remove the burrs from some components.

3. Nova Scroll Chuck

This is a scroll chuck like the Vicmarc. The differences are that the Nova has a plastic back plate which can be a bit difficult to remove, the back plate holds the pinions in place, the jaw slides are fitted in a clockwise order, and there is no pin to stop the slides from coming out completely. The components were degreased and dried. Reg filed burrs off some components and reassembled the chuck. The following link woodturner shows а UK performing chuck. maintenance on а Nova https://www.youtube.com/watch?v=d5 X4YON s2k

4 Jacobs Chuck

Reg spoke briefly about this chuck but advised that he could not demonstrate how it worked and how to service it as WSQ does not have a suitable metal jig to allow the chuck to be disassembled for maintenance or demonstration.

WSQ President John Reed presented Reg with a Certificate of Appreciation, and the members present gave Reg a round of applause for a very interesting and useful demonstration. Well done, Reg.



Reg Receives His Certificate of Appreciation

At this point the session became very hands on with members taking the opportunity to do some maintenance, under supervision, on their own chucks, and on some of WSQ's numerous chucks



Some of WSQ's Chucks

Geoff Holbeck
Editor – Turning Talk

NOTICE

SPECIAL GENERAL MEETING

This is to advise all members that in accordance with the Constitution of the

WOODTURNERS SOCIETY OF QUEENSLAND INC

there will be a

SPECIAL GENERAL MEETING

at 19 Pine Street, Greenslopes

at 9.30 AM

TUESDAY 16 NOVEMBER 2021

AGENDA

- 1. Confirmation of Minutes of Annual General Meeting held on 16 March 2021
- 2. Proposed changes to the Constitution
- 3. Election of the Management Committee for 2022
- 4. Other Business

People's Choice Trophy

WSQ has a new perpetual trophy – the People's Choice Trophy. The first voting for the People's Choice Award was at the WSQ Open Days in June 2017, when Allan Short won with his segmented bowl, 'Willy Willy'. Since then, the Award has been won by Gary Bidgood (2018), Allan Short again (2019) and Wayne Molloy (2021). We all know why the Award was not made in 2020!



2017 - Allan Short - 'Willy Willy'



2019 - Allan Short - 'Field of Pansies'



2018 - Gary Bidgood - 'Marine Life'



2021 - Wayne Molloy – Pair of Identical Lidded Containers

This year, the Management Committee decided that we should have a Perpetual Trophy for the People's Choice. I suggested that we could re-purpose an artistic piece of woodturning, created by Stephen Hughes during his demo in June 2019 as part of our 40th Anniversary celebrations. The piece, entitled 'Ripple Pond', was originally designed as a lamp, illuminated by an LED bulb let into the base. I turned a new base for the piece using a piece of Australian Red Cedar donated by one of our members. Plaques have been engraved with the name of the trophy, the first four winners, and an acknowledgement of Stephen's contribution. The Trophy will reside on the top shelf in the Library with the other perpetual trophies, ready to be awarded again next year.



'Ripple Pond' lamp by Stephen Hughes, June 2019



People's Choice Trophy 2021



When giving his blessing to the new trophy, Stephen Hughes wrote: "I am delighted and honoured that my demo Ripple Pond light has been repurposed as a prestigious and perpetual trophy. Thank you and no objections from me. I have always believed a People Choice award is the most relevant indicator of how likely a piece of art or craft would sell to the general public. All the best to you and the club members."

The new trophy was announced at Smoko during the morning Open Workshop on Tuesday October 26. All the winning pieces were on display together with the trophy. Allan Short and Wayne Molloy joined me for the announcement.

Brian Creese
WSQ Member

October Show & Tell Forum

The Show & Tell Forum on Saturday October 16 saw an amazing collection of Christmas themed projects, interesting tools and a fantastic homemade jig by Rob McGregor that wooden box makers would love to have. Once again, it was a very interesting and enlightening morning as the conversation ranged over turning techniques and the use of an array of tools.

In his inimitable fashion, Charlie Edwards brought along two off-centre turned boxes and a fluteless spindle gouge that he had fashioned from a piece of rounded steel. In order to get into the tight area between the dome and the wings of the lid without the threat of engaging the opposite side of the fingernail grind, he simply made himself an appropriate tool — a fluteless spindle gouge ground to a very sharp angle.





Don McMillan's Christmas Bells and Peter Wyer's tree decorations were much admired as much for their shape and design as for the fine workmanship and finish.





Neil Howard's contribution was also much admired, as much for its novelty and simplicity as it was for his wife's Finnish cultural traditions. These traditional Christmas decorations are called *tonttu*. Simply, logs cut at a 45 degree angle and painted in Santa livery. The little Christmas elves are made from small off cuts of pine cut at 45 degrees top and bottom and painted.





It certainly made for a great learning opportunity, with the chance to sit around and talk about the very thing that we have in common and which brings us all so much pleasure. It is a very informal discussion and it really doesn't matter whether you have a project to bring along, it can simply be an opportunity to look at and talk about what your fellow WSQ members have been up to.

I had the opportunity to talk about my most recent disasters with my skew and be reminded again about tool presentation techniques, which I tried out that very afternoon. Proved to myself that I need to loosen the death grip on the handle, be particular about the grain direction of the piece, the height of the tool rest and the section of the cutting edge I was using. I doubt that it will ever be my favourite tool, but maybe soon I wont have to buy so much 80 grit abrasive!

Show & Tell is a great opportunity to tap into the collective wisdom of some very experienced turners and woodworkers. It is always on the 3rd Saturday of the month starting at 9am. We are usually finished by 11.30ish, depending on how long we chat over morning tea. Feel free to join us on Saturday, November 20 for some more Christmas bits and pieces and anything else that you would like to bring along or discuss.

Binny Willis Secretary

Completion of the first Beginner Turning Course

The smiling faces below belong to some of our newest members who have just completed their Tuesday afternoon Beginner Turning Training Course. The Course Convenor, Mick Pythian and one of the instructors, Rob McKee, look quite justifiably proud of students' efforts with their first bowl. The course has been run on a Tuesday afternoon for this group and another on Tuesday evenings for new members unable to attend during the day. Rob McKee and Wayne Molloy have been the instructors during the day, assisted by Mick Pythian, John Carney and Alwyn Clark. Mick Pythian was the instructor for the evening class.



The course covered the basics of both spindle and bowl turning and began in the second week of August with a few interruptions caused by COVID lockdowns. Participants made tool handles and a mallet as well as the small bowl. The feedback so far received from participants has been very positive with all agreeing that they have enjoyed the course, having learnt new skills, and gained confidence at the lathe.

Course Convenor, Mick Pythian reported that it was very gratifying to watch the growth in confidence and enjoyment as the turning skills of the students increased over the duration of the course. Apparently, a number of the participants have become quite adept at turning beads!

The next evening course will be conducted on a Monday evening commencing on 1 November and the day course will commence on Tuesday afternoon, 2 November. The change to Monday night has been brought about by the increase in the number of members wishing to attend the traditional Tuesday evening workshop. It is anticipated that most of the spindle section of the course will be completed before the Christmas shutdown of Pine Street with participants continuing with their course when the workshop opens mid-January 2022.

The Management Committee wishes to express sincere thanks to Mick Pythian, Rob McKee and Wayne Molloy for their time and efforts to organize and conduct the course. Their continuing support in the training of new members is very much appreciated and achieves one of the important goals set down in our Strategic Plan.

Binny Willis

Secretary

Woodturners "Must Have" Raffle

Due to the cancellation of our Mt Coot-tha Exhibition, we unfortunately had to suspend our raffle. I'm pleased to advise that our sponsors have graciously agreed to the raffle being run on a "stand alone" basis and the raffle is therefore being relaunched. Details are:

The Prizes

First Prize - Swivel Head Wood Lathe (RRP: \$750.00)

310MM Swing x 900MM Head Wood Lathe



The WL-18 wood lathe is an excellent "value for money" floor standing lathe, perfect for getting the green wood turner started in the craft with a minimum of outlay.

Features cast iron construction, bed, head and tailstock, variable speed control 500-2000rpm, swivelling headstock can be locked in position, outboard tool rest extension, dust proof magnetic switch, headstock and tailstock have 2 Morse tapers, 1" x 10tpi spindle thread.

Includes bowl turning attachment, faceplate, drive & live centres, toolrest, & stand.

Second Prize - \$300 voucher from Carbatec (RRP: \$300.00)



A \$300 voucher from Carbatec to select timber for your next wood working projects.

Ticket Prices

1 for \$5

2 for \$10

5 for \$20

10 for \$30

20 for \$50

How to Buy

Tickets can be purchased using the link or QR code below.

https://www.raffletix.com.au?ref=rasz8



The Draw

The raffle will be drawn at 3.45pm on Sunday 28 November 2021.

How to Sell Tickets

I encourage you all to promote the raffle to your family, friends and acquaintances. simplest and easiest way to sell tickets is to be registered as a "seller" which will enable you to sell tickets via your mobile phone, tablet or other device, rather than asking the buyer to go to the website to acquire the tickets. To be email registered, simply myself (president@wsqld.org.au) or Mike Dunne (treasurer@wsqld.org.au). Alternatively, the buyer can log onto the raffle site using the above links.

John Reed

President

The Woodturner and Neck Pain

Strategies for Relief Robin McIntyre Photos by Andrew Campbell.

There are several strategies you can employ to enhance your neck comfort during turning sessions. To start, if you consider that your body is your most important machine, it makes sense to perform regular maintenance on it. Making simple alterations to your turning routine can also help minimize neck-related symptoms. Note that if you are experiencing some of the more serious neck conditions noted in Rich Foa's preceding article, consider seeking medical interventions individually tailored to your needs.

Body prep—warm up and stretch

Just as you prep a blank for ease of roughing, it is a good idea to prep your neck to enhance its function before and during turning. Apply heat on your neck and shoulders, using a heating pad or microwave pack. Perform a series of stretches to maintain and improve the flexibility and comfort of joints and muscles. This can be done before you start turning and during breaks in your turning session. Note that neck flexibility varies from person to person, depending on several factors—general conditioning, age, gender, and pre-existing conditions—so move only within your comfort range for a gentle stretch. Good form is one of the most important aspects of stretching. Stand upright, as if your body were positioned between two sheets of glass and hold your lathe for balance as needed. Move only the neck and/or shoulders during the following stretches, holding each comfortably for thirty seconds.











Shop setup and safety equipment

Consider these shop setup and maintenance ideas to ease the strain on your neck.

- Lathe height. Spindle at elbow height or slightly higher is generally accepted as a good choice. Also, check the height of your grinder and worktable and adjust to a comfortable height for an upright posture and neck position.
- **Shop layout.** Ironically, if your shop is set up so efficiently that you almost never have to change positions, your neck could be adversely affected by lack of movement. It is good to vary your posture and get some neck and total body movement during turning sessions.
- Lathe operation. When you have to strain using your hands and arms to perform tasks at the lathe, such as adjusting the banjo or toolrest position, your body tries to compensate using your neck and back muscles. Use a lubricant regularly on your banjo, tailstock, tailstock wheel, and lathe bed to ease the stress on your neck. Try a captured system for hollowing, which supports and stabilizes the tool with less strain on your neck.

• **Personal protection equipment.** The weight of face shields and respiratory helmets and masks can add to neck strain. Try various shields and respirators to find the lightest, most comfortable models that still offer suitable protection.

You and your turning

Attention to turning form and technique is important for every level of turner and his/her body and neck.

- Posture and position. Good posture starts with a well-aligned foundation. Your feet should be aligned to directly support your back and neck. Wear shoes or boots that provide level support without worndown heels. As you turn, periodically clear the shavings from under your feet, so you are standing on a clean, level surface. To help you stand as upright as possible, rather than bending forward, position your body close to the lathe.
- Whole body movement. Moving your body with the tool supported against your torso, rather than moving the tool with just your arms and hands, will protect the smaller muscles in your neck. Allow the larger muscles in your legs and trunk to do the bulk of the work.
- Good vision. Being able to see well as you turn directly impacts the comfort of your neck. Holding your head at odd angles to accommodate visual challenges can add unnecessary strain to your neck muscles. For most turning tasks, we use mid-range vision. If you wear bifocals or poorly adjusted trifocals or progressives, you may be unknowingly tipping your head either forward or back to achieve the required range.
- Work pace. Take periodic breaks from your turning. Move in different ways, change your position, and give your neck a break. Subtle changes such as switching from an overhand to an underhand grip on tools can vary the position of your arm, shoulder, and neck.
- Tool handle ergonomics. Consider modifying your tool handles with textured wraps. Eric Lofstrom addressed this topic in the June 2019 issue of AW (vol 34, no 3, page 31). Also, consider turning or purchasing non-round tool handles. Both of these suggestions can lead to a lighter grip and less strain on your neck muscles. Turning strains our bodies, and our necks particularly susceptible. Consider making changes in your shop and approach to turning to minimize neck strain symptoms. Attention to key details can make a significant difference in the comfort and function of your neck, ultimately affording you more turning enjoyment.



Robin McIntyre is a retired physical therapist with both bachelor's and master's degrees in physical therapy. After working for thirty-eight years in clinical practice and teaching, Robin is now a hobbyist woodturner currently serving as the secretary, newsletter editor, and WIT liaison for the Cape Cod Woodturners

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The above article was published in the February 2020 edition of "American Woodturner". It is included here in the belief that it provides valuable health information to our members and friends. Our thanks go to the American Association of Woodturners.

Geoff Holbeck

Editor - Turning Talk



All contributions for the December 2021 edition of Turning Talk need to be submitted by no later than Sunday 28 November 2021.

The views expressed in this publication are not necessarily those of the Woodturners Society of Queensland or its Management Committee.

Other organisations are welcome to use, with appropriate acknowledgement, editorial material from this publication.

You're invited to contribute to the content of TT. To do so, preferably by Email: gholbeck@hotmail.com

Council Library Displays

John Byrne and I would like to express our appreciation and gratitude to those members who have loaned us some of their wonderful, turned items to use in our library displays for another year. Thank you very much. The library staff we deal with all comment about how much their customers like and comment

favourably about our displays.

We are always on the lookout for new display items ... Please.

Month	Northside	Southside
October	Grange	Inala under
		renovation
November	Banyo	Annerley
December	Zillmere	Fairfield

Geoff Holbeck & John Byrne Library Display Coordinators

Membership Matters

Birthdays for November			New Members (Suburb)		
-	Andrew Rodger	•	Jing Jing Bull	•	Geoff Lindsey from Hillcrest
-	Angelo Leonforte	•	John Fortunaso		4118
-	Chris Taylor	•	Sam Rollason	•	Jason Dickson from Carina
-	David Chinchen	•	William Darbishire		4152
-	Glenn Dawson			•	Mags Bell from Ormeau 4208

Please give the new members a cheery hello and introduce yourselves when you see them at the club.

Alwyn Clark

Membership Secretary

How to Access Zoom Connection to WSQ Demonstrations/Sessions

WSQ Conference is inviting you to a scheduled Zoom meeting.

Topic: WSQ Demonstration

Every month on the First Sat, until Jan 1,

2022, 7 occurrence(s) Join Zoom Meeting

https://us02web.zoom.us/j/84114973458?pwd =SSsxaWljczILVkU4dEhGcjlGdS9Mdz09

Meeting ID: 841 1497 3458

Passcode: 972342 One tap mobile

+61731853730,,84114973458#,,,,*972342#

Australia

+61861193900,,84114973458#,,,,*972342# Australia

Dial by your location

+61 7 3185 3730 Australia Meeting ID: 841 1497 3458

Passcode: 972342 Find your local number:

https://us02web.zoom.us/u/kAykeH0as

Ian Symes WSQ Member

Turning Talk

Published by the Woodturners Society of Queensland Incorporated

Management Committee

President: John Reed 0414 661 395
Vice President: Mike Dunne 0410 400 954
Secretary: Binny Willis 0438 09 1053
Treasurer: Mike Dunne 0410 400 954
Members: Alwyn Clark 0414 622 715

Barry Wilson 0409 260 786 Bob Kennedy 0400 497 049 John Donaldson 0407 022 403 Philip Oestenbroek 0415 688 894

Reg Weber 3206 2325

William Darbishire 0418 742 801

Other Positions

Newsletter Editor: Geoff Holbeck 0412 434 883

Membership Secretary: Alwyn Clark 0414 622 715
Librarian: Alwyn Clark 0414 622 715
Assistant Librarian Toni Dowd 3175 0383
Storekeeper: Don McMillan 0439 704 622
Training Manager: Rob McKee 3207 1785

Asst. Training Manager: Wayne Molloy 3273 2659

Events Co-ordinator: Philip Oestenbroek 0415 688 894
Competition Organiser: Richard Cooper 0403 301 499
Web Co-ordinator: Gary Bidgood 0407 144 763
Welfare Officer: William Darbishire 0418 742 801

Caretaker: Len Young 3397 8827

Bage Words

Scientists today
announced that they
have invented a car
powered by parsley.
Next, they are going to
try a bus that will run
on thyme.

Anonymous

