



GOING 'ROUND

Front Range Woodturners Newsletter

Vol. 21, No. 6 June 2021

Editor: Brenda Blaesing

JUNE DEMONSTRATOR – Eric Lofstrom

Tuesday, June 1st via Zoom

Joe Levy - jelevy.1977@gmail.com

Eric grew up in a family of engineers and mathematicians and developed a love for learning early on. As a boy, Eric’s grandfather taught him woodworking and carving which, in turn, taught him the benefits of good technique. In college, while studying sports medicine and biomechanics, he continued to enjoy designing and creating with wood. About 20 years ago, Eric watched a woodturning demonstration at a local Rockler store where he saw the demonstrator turn and finish a pen and a letter opener in under an hour. BOOM!!!!... mind blown! Eric was astonished how quickly the demonstrator was able to create her pieces and couldn’t stop telling his wife about it. Two months later, his wife gave him a mini-lathe for Christmas.

Eric soon joined a local turning club and, over the next couple years, he pursued learning the craft of woodturning with abandon by reading books, watching videos and demonstrations, and a healthy dose of experimentation. Through the club, Eric was able to develop instrumental mentor-mentee relationships with Ted Bartholomew and Bob Sweazey. I’ll mention here that Eric avoided learning the skew in his early days of turning.

During this time, he would hear demonstrators talk about doing the “dance” at the lathe without ever explaining the dance. Eric decided to put his education in biomechanics to use and put the dance into words. An obvious requirement of the “woodturner’s dance” is maintaining one’s balance through the complete range of motion. Through his lens of Kinesiology, Eric sought to explain how the turner can maintain balance and move with an efficient manner... taking advantage of the larger/stronger muscle groups which can best provide stability and dedicating smaller muscles to fine tool control. To this end, he began to break down the body movement into components from the tool

WHERE TO FIND US:

Website: www.frontrangewoodturners.org

Facebook: <https://tinyurl.com/yacakdwa>

Ladies of the Lathe: <https://tinyurl.com/yap8m6x4>

YouTube: <https://tinyurl.com/yxem4vw9>

THIS MONTH'S NEWS:

June Demonstrator	1-3
Club Information & Officers	2
Librarian’s Corner	3
Ladies of the Lathe	3
Swap Meet	3
How To	4
Mentors.....	5
AAW Symposium	5
Upcoming Demos	6
Group Buys	6
Photo Gallery	7-8



CLUB INFORMATION

Front Range Woodturners is the Denver-area chapter of the AAW (American Association of Woodturners), serving woodturners throughout Colorado's Front Range. We help woodturners gain experience by providing monthly demonstrations with professional turners, mentoring, a ladies group (Ladies of the Lathe) and youth mentoring.

MONTHLY MEETINGS

Once we're back to live meetings again, everyone is welcome to check out one of our monthly meetings. Meetings are held on the first Tuesday of the month at Rockler Woodworking, 2553 S Colorado Blvd. #108 in Denver. Meetings start at 6:15pm.

MEMBERSHIP DUES

Individual - \$45, Couple - \$50, Student - \$22.50.

FRW members consist of the following:

Co-Club Members	10	Lifetime Members	13
Family Members	34	Roster	46
Individual Members	102	Student Members	1
Total Membership			206

CLUB OFFICERS & BOARD MEMBERS

President: Ed Sonny Jones

Vice President/Program Director: Don Prorak

Secretary: Patrick Crumpton

Treasurer: Larry Abrams

President Emeritus: Pat Scott

Club Historian: Joe Levy

Coffee Chair: Gary Starritt

Communications Chair: Jim Proud

Group Buy Coordinator: Jay Miller

Internet Chair: Amelia Gentile

Ladies of the Lathe Chair: Robyn Herman

Librarian: Bob Britt

Membership Chair: Mike Mullen

Mentoring Program Chair: Marty Christensen

Newsletter Editor: Brenda Blaesing

PHEOG Grant Chair: Bob Franklin

Photographer: Jim Record

Publicity Chair: Jay Miller

Shop Tour Chair: Al Murphy

Videographer: Richard Kuivila

Wood Raffle: Lavonne Kaiser

Youth Chair: Don Prorak

through the hands and arms, through the body, down the legs to the feet. In the end, Eric developed his own style of "dance" which makes for some lively demos as he will often ask his audience to stand up and go through the stance (er, dance) as a group.

Eric soon began demonstrating at local trade shows. One year, opting to perform a "minimalist" demonstration with as few tools as possible, Eric brought only some spindle blanks and the one tool he would use throughout—the tool he never learned—the skew. (He also brought a diamond hone, a strop, a pocket knife and some sharpies.) Not having learned to use the skew previously, the demonstration was simply Eric learning to use the skew "in front of a live studio audience." Eric set about turning tops. When he got a catch, he'd talk through his analysis with the growing audience to understand what went wrong and how he would change his technique. So long as the demonstrator is well spoken (as Eric is), I imagine such a demo could appeal to many different viewers. An experienced viewer might enjoy watching the learning and experimentation process, and pick up something useful; the uninitiated might be inspired to learn to turn, to learn the skew, or even simply how to experiment, analyze, and learn from mistakes. This demo was pivotal in two ways. First, Ted Bartholomew told him after the demo that he could turn for a living if he wanted to. Such statements from a mentor can be quite powerful—encouraging to say the least. Second, this demo taught him to love the skew, which he now describes as a "transformational" tool.

Encouraged by his mentors, Eric sought more demonstration opportunities on larger stages. Two years in a row, he applied to demonstrate at AAW's national symposium; two years he was turned down. After some reassurance from Stephen Hatcher that rejection happens, Eric decided to let demonstration requests come to him. In 2018, Eric was invited to be a demonstrator at the annual AAW Symposium. Then, in 2020, AAW invited Eric to participate in their online demonstration series called AAW Presents. By the time you read this, you'll have missed it if you didn't watch it as Eric performed his virtual demo on Saturday, May 22nd.

Eric tries to create beautiful yet simple pieces that capture something profound. Two such examples are his Resonance and Breathing Box series. Inspired by the memories of his mentors, the concentric ripples in his Resonance pieces represent the effect people have on others. Providing a "mechanical picture" of the calming effect of slow, controlled breathing, his Breathing Boxes are made so that the lids slowly lower into place under their own weight as the displaced air inside slowly escapes.



Check out Eric's website (www.ericlofstrom.com) to see more of his work.

In June, we will have the opportunity to see Eric demonstrate his favorite tool and to see his "dance" in action. See you there!

LIBRARIAN'S CORNER

Bob Britt - bob.britt@q.com



SHA-02 - book- Contemporary Hawai'i Woodworkers - the Wood, the Art, the Aloha

Just in and while not a new publication this hard-cover features woodworkers, woodturners, artists and sculptors. Additionally a detailed section on the various wood species of the islands. Outstanding photography throughout the book's 222 pages bring to life the work of famed as well as lesser known woodworkers of these enchanting islands. While not a "how to" book it certainly contains many inspiring projects and ideas one might adapt to their own designs. The authors, Tiffany DeEtte Shafto and Lynda McDaniel have succeeded in putting together this outstanding volume.

www.ContemporaryHawaiiWoodworkers.com

LADIES OF THE LATHE No Meetings This Summer



Robyn Herman - rrherm@gmail.com

Since many people are especially busy during the summer, LOTL will take a hiatus from meetings during the months of June, July and August. We'll resume again in September.

Don Prorak gave a great remote demo on multi-axis turning for our May meeting. He started with a tool handle, then made a twisted box and lid. He showed how the axes can be changed for numerous possibilities and gave lots of tips throughout the presentation. He highly recommends the shown book by Barbara Dill, which can be purchased on her website.



HOW TO:

If you've learned a technique or tip that would be helpful to other members, please send an article to b.frezeman@yahoo.com for inclusion in a future newsletter.

LET MORE LIGHT IN

Al Murphy - ajmurphy1@comcast.net

I was browsing on Sawmill Creek Turner's Forum and read a post about upgrading my weak Rikon grinder lightbulb. The one that came with the grinder is 0.36 watts 12V LED bulb with an E14 base. They recommended one with 10x more watts, I found it on Amazon here is the link I used:

https://www.amazon.com/gp/product/B078JJSTCQ/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

Here's a photo of the old bulb (left) and new one (right). I did have to bend up the tab in the socket just a millimeter to make contact with the new bulb (with it off, of course). The photo of the new bulb in action shows the improvement.



The package came with 5 bulbs. I thought I could use the other 4 for undercabinet lighting or fixed shop lighting. The 3rd picture is a shot of some LED lights mounted above my shelves, I could always use more of these. I just need to get some E14 sockets and a 12V power supply, which I already have. Socket link on Amazon is below:

<https://www.amazon.com/TOTOT-Plastic-Experiment-Lighting-Accessories/dp/B07N19SK1R/>



Along the same lighting subject, I installed a Wiser Energy monitor in my new breaker box to monitor energy consumption. The device links to an app on my phone and gives me real time updates on power usage. Link to the monitor is below:

https://www.homedepot.com/p/Square-D-Wiser-Energy-Smart-Home-Monitor-WISEREM/309169110?mtc=Shopping-VF-F_Vendor-G-D27E-27_8_CIRCUIT_PROTECT_DEVICES-Generic-NA-Feed-PLA-NA-NA-CIRCUIT_PROTECT_DEVICES&cm_mmc=Shopping-VF-F_Vendor-G-D27E-27_8_CIRCUIT_PROTECT_DEVICES-Generic-NA-Feed-PLA-NA-NA-CIRCUIT_PROTECT_DEVICES-71700000033149223-58700003867184469-92700048703482900&gclid=EAJalQobChMI673wx9m5gIVDNvACh1JmwmwEAQYASABEGldK_D_BwE&gclidsrc=aw.ds

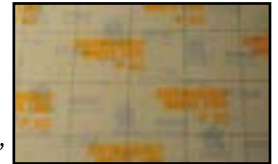
You will need some space in your breaker box and a spare 250VAC breaker (or an existing breaker designed to attach 2 wires for each phase). Once I deployed the monitor, I use the included Sense app on my phone. This motivated me to replace my incandescent light bulbs with LED bulbs to lower my power bill. I found LED bulbs use 1/10 the energy of incandescents and 1/2

the energy of compact fluorescent bulbs. If you buy color temperature soft white 2700K they look good around the house. 4000K is cool white and is OK for shop lighting. Color temperature 5000K is super white and very harsh. As I replaced these around the house, I could see the reduction in energy usage on the Sense app.

SANDING DISCS - FRW GROUP BUY

Dave Hawley - Dbh001@gmail.com

If you use the FRW Group Buy program to purchase a sheet of Hook & Loop sandpaper (36" x 36") from Industrial Abrasives @ \$17.95 + 17% S&H (total of \$21), and you mark out, on the hook & loop side, 2.25" squares with a pencil and straight-edge, you get 256 squares. You can use shop shears to cut several rows when needed. **Cost: \$0.08 per square.**



Now, why would you mark out 2.25" squares when the mandrels are only 2" in diameter? Simple, slap a square onto your 2" diameter mandrel, approximately centered, use a shop shears to quickly trim the corners, leaving a 2.25" diameter "octagon" of sandpaper, and use that to sand. Using the larger diameter "octagon" of sandpaper facilitates sanding the insides of bowls and also preserves the edges of the 2" mandrel, thereby significantly extending the life of the mandrel. Another way to extend the life of the mandrel is to coat the edges of the top of the mandrel with an epoxy such as 3M's T-88 2-part epoxy. Yet another way to extend the life of the mandrels is to dedicate each mandrel (after all, the mandrels from Industrial Abrasives are basically half price in the marketplace) to a particular grit of sandpaper.

Instead of purchasing the sheet, you can purchase (also Group Buy) a 25-pack of pre-cut 2" discs for \$4.75 + 10% S&H (total of \$5.23). **Cost: \$0.21 per disc** - a 2.62x premium over the larger squares garnered from a sheet.

Which is the better deal? The sheet, of course. But...FRW must order about 10 sheets to make it cost effective to ship an order to FRW. So...what are you waiting for - in July order a sheet of 80 grit, 120 grit, 180 grit, 220 grit, etc. - and if the cost seems prohibitive, find a buddy with whom to split the cost and sheets!

A 2.25" square mounted on a 2" mandrel with corners roughly removed, and T88 epoxy on the mandrel



MENTORS

Marty Christensen -
meturning@gmail.com



Quite a few FRW members have volunteered to be one-on-one mentors to help other members. No matter what skill level you are, a few hours of personalized instruction may be all you need to master a new tool or technique. Check out who is available in your area. If you'd like to volunteer as a mentor, contact Marty.

LOCATION OF MENTOR	NAME/ CONTACT INFO	AREA OF EXPERTISE
Arvada	Dennis Fanning dcfanning@aol.com	General
Boulder	Dave Hawley Dbh001@gmail.com	Beginner/ General
Brighton	Don Prorak donprorak@comcast.net	Beginner/ Youth
Centennial	Keith Motzner knotzner@me.com	Firewood into Art/ Wood Prep
Centennial	Les Stern sternsclass@hotmail.com	General
Centennial	Scott Thomsen thomsen-s@comcast.net	Hand-Threading/ Segmenting
Central Park	Ed Sonny Jones edsonnyjones333@gmail.com	General/ Segmenting
Denver SW	Henry Williams williamshenrya@gmail.com	Spindles/ Bowls
Denver SW	Phil Houck houckpc@comcast.net	General/ Spindles
Denver- Rockler store	Larry Abrams laabrams.51@me.com	General
Hudson	Marty Christensen meturning@gmail.com	General
Littleton	Jay Miller jaymiller9637@comcast.net	General
Louisville	Roger Holmes roger_holmes@comcast.net	Beginner
Thornton	Bob Franklin Btheb66@gmail.com	General/ Stabilizing
Westminster	Mike Skiba mrpsmj@gmail.com	General

AAW MEMBERSHIP

Front Range Woodturners is a chapter of the American Association of Woodturners. Club members may become individual members of AAW, if desired. Benefits include resources, weekly emails on various woodturning topics, and the quarterly American Woodturning magazine.

See AAW's website at www.woodturner.org for more information.

AAW VIRTUAL SYMPOSIUM

AAW's annual symposium will be virtual this year. Scheduled for July 17th & 18th from 8:00 to 4:00MT, registration is now open. There will be multiple concurrent live demonstration tracks, panel discussions, special interest topics, a trade show, instant gallery, live and silent auctions, drawings, and more. The cost is \$45 for AAW members and \$60 for non-members. Register at www.woodturner.org.

ROCKLER

Patronizing the Rockler store is the best thank you we can give Rockler for their generosity in letting us use their facilities for our meetings. They keep the register open late on meeting nights just for us. but be sure to complete any purchases no later than the mid-meeting break. All FRW members get 10% off all items, except electrical or sale items, all the time. Just present your FRW membership card at time of purchase. Note: This offer is good only at the Denver store and is not valid at other Rockler stores or for online purchases.

NEWSLETTER SUBMISSIONS

Brenda Blaesing - b.frezeman@yahoo.com

Articles and photos for the monthly newsletter are always welcome. Please email your submissions by the 26th of the month for inclusion in the next issue.

UPCOMING DEMOS

Don Prorak - donprorak@comcast.net

I know we're all anxious to resume in-person meetings, but we have not yet gotten clearance from Rockler. We've scheduled two really exciting remote demos for June and July, and hope to be back in person after that. While many things are returning to (somewhat) normal, we want to proceed with caution to ensure everyone's safety.

Our June 1st demonstrator is Eric Lofstrom from the Seattle area. I saw Eric at the Rocky Mountain Symposium in Loveland a few years ago, and was really intrigued by his approach to the body dynamics of turning. He will be demonstrating skew technique, incorporating biomechanics and artistic inspiration.

IMPORTANT: There will be an extra step to the login for Eric Lofstrom's demo. You will need to register via the link below, then receive the login info. It's simple, and adds security to our meeting.

You are invited to a Zoom meeting.

When: Jun 1, 2021 05:30 PM Mountain Time

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZcudefqtrj4vH9EhcCvE4z60NmTBCMGs0_5K](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZcudefqtrj4vH9EhcCvE4z60NmTBCMGs0_5K)

After registering, you will receive a confirmation email containing information about joining the meeting.

In July, I'm happy to announce that Barbara Dill (www.barbaradill.com) is now offering remote demos on her famous multi-axis work. Barbara's work explores a systematic and inspiring approach to multi-axis turning. (If you want to buy her book, I recommend contacting her directly so you can have an autographed copy.)

Please note that the date of our July meeting has been changed from July 6th to July 13th due to the Independence Day holiday.

QUARTERLY GROUP BUYS



FRW places group buys once a quarter—in January, April, July and October—to obtain discounted pricing from the below manufacturers. Our next group buy will be in July. Jay Miller is the group buy coordinator and Ted Mellin is his assistant. See the FRW website for more info, price lists and order forms.

Industrial Abrasives - send orders to Jay Miller

Industrial Abrasives is our principal vendor for sanding supplies. Prices for hook & loop mandrels and discs remain the lowest in the marketplace and their backing is a heavier weight than the competition.

Starbond - send orders to Jay Miller

Starbond is our cyanoacrylate (CA) glue supplier. Our minimum order is \$100, but we receive an additional discount at \$200, making shipping and handling essentially free.

Wood Carvers Supply - send orders to Jay Miller

All types of woodworking tools are available from this company. We receive a discount on everything in their catalog.

Craft Supplies - send orders to Ted Mellin

Craft Supplies sells a very wide range of products. Our minimum group purchase is \$1000. Members may not place individual orders using the club's ID to get a discount.

Spence Industrial Supply - send orders to Ted Mellin

We will be purchasing band saw blades from Spence in April and October only, unless a member can meet the minimum order in another quarter. All blades are carbon steel flexback in 1/4" (4 tpi), 3/8" (3 tpi), or 1/2" (4 tpi) width, hook tooth, and .025" thick. Our minimum buy is 20 blades for each width in any length.

Send orders and checks to:

Jay Miller
9637 W. Vandeventor Dr
Littleton, CO 80128
303-945-4306

Ted Mellin
9043 W Coco Dr
Littleton, CO 80128

Individual Catalog Orders

Two additional companies, Klingspor and Hartville Tool, offer discounts to members who wish to place individual catalog orders. See the website for more information.

PHOTO GALLERY

Here are some projects that members have been working on this month.



Don Prorak made two Norfolk Island Pine lidded bowls, both about 10" diameter. The first was a gift for a friend's 40th birthday, and the other was for his wife. Now that they can actually go to people's houses again for dinner again, if bringing a salad or something, it would be nice to have a lidded container.



Gordon Dalby made one of these for his wife out of scrap aspen paneling his neighbor had used to finish his office. He got the paneling from a factory in Cortez. His dad lives in Cortez so Gordon asked if he could pick up some more scraps of crooked boards and he did. So I thought it wise to make a bowl for him for his effort. Hope he likes it! It measures 7"h x 12" dia.

Debra Higley-Feldman

made this 9" "Say No to Crack" myrtle bowl and a 6" maple burl and purple heart bowl. CA, it's not just for bike tires and wound sutures.



Bob Brown made this 8" x 7" diameter piece of elm and resin.



Al Murphy has been working on shop-made maple and mahogany veneers glued to a mahogany square. The second photo shows one completed spiral leg. He's using these for a carved mahogany footstool. Should be a good one!



2

Turning Math Challenges from Al Murphy relating to the photos shown at right:

Intermediate Level: Knowing the size of the central square, what is the equation for the max total thickness of the veneers given that I want the turned diameter to include the outer mahogany veneer and to not include the maple veneer corners? This is shown in Photo 3.

Advanced Level: Assuming the spirals have a circular cross section, what is the equation for the shape of the outline of the partial maple veneers remaining in the center of the leg?

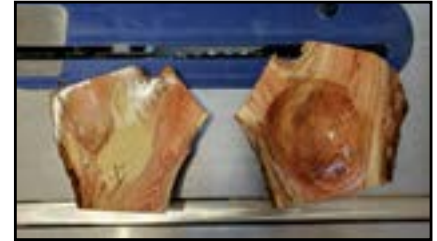
Mike Mullen has been working with checked willow blanks that a friend rescued from a tree lot. They looked bad enough that he couldn't give them away at the wood raffle. He thought he'd try turning them as good practice wood. Then he started filling the cracks with black CA glue to highlight the cracks. They finished up very nicely. He calls this the Cracked Pot bowl series.



Jill Rice tried a new technique, Japanese Ukibori, which involves heavily denting but not breaking the wood fibers, then cutting back the wood to the bottom of the dimples. As soon as feasible, brush the area with hot water and pimples appear. If you can't remember Ukibori, call it dimples and pimples. Jill was very happy with the dimple stage and will leave future pieces at that stage. She wanted the pimples to form exact patterns, and side versus end grain variations left her unimpressed. But if you just went with the grain the raised pattern might be more even.



Steve Claycomb made a small mortar and pestle of unknown wood, an egg in a cup with finial attached and two small winged bowls from locust.



Larry Hughes made another Beads of Courage box (#17) for a 3-month-old recovering from heart surgery. The other photo shows a small vase made from walnut, mahogany, maple and padauk using 612 segments.



Don Prorak made this 12" ash salad bowl from a blank he won in a drawing at the Rocky Mountain Symposium a while ago.

