

# SOUTHERN UTAH Woodturners



American Association of Woodturners Chapter Since May 2010

August 2024

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## From the Office of the President--

Last fall, after Thanksgiving, Cedar City had their Historic Downtown Holiday Lighting Ceremony, which included a Christmas Market. The club was invited to have a booth to sell a variety of items. All proceeds were given to Canyon Creek Services. Club members made the items to sell. We, the club members, put in a lot of work into making those items. Several club members spent a very cold day at the booth. Eventually we donated over \$1200 to Canyon Creek Services. Over a third of that came from sales that did not occur at our booth. I am willing to admit that I was disappointed. I was not alone in my disappointment. The amount we earned for Canyon Creek Services did not reflect the effort we put into the event. This year we decided to donate \$1500 to Canyon Creek Services and forego the Christmas Market.

Last spring Jim, Will and myself, visited the Canyon View High School woodshop. They have five midi lathes and two Powermatic lathes. For all those lathes they had one Apprentice chuck with 1"-8 threads. We, Joe, Jim and myself, decided the club should buy two Vicmarc 120 chucks and two Apprentice chucks for the school. At our last meeting you saw the chuck tote trays made by Will. The tote trays will help them keep track of all the chuck parts. We appreciate Will making the tote trays. We want students to have more viable options to use all those lathes.

Gayle Adams arranged an opportunity for the club to harvest aspen on the mountain. The wood handed out at our meeting was from the aspen we harvested. Six of us, with an average age of 82, cut down a single standing dead aspen tree which required four and one half pickup truck loads to haul away. It is beautiful wood. We saw fun turnings from that wood at our meeting and we will be seeing turnings from that wood at our meetings for months.

**We are making the application for membership to Southern Utah Woodturners available on our website as well as including with the newsletter mailing as a separate attachment. Please mail form, with dues check (\$30) for 2024, to Glenn Pearson at the address on the application so he may update our records for the membership roster.**

**The demo of the month was: A discussion of various multi axis Christmas trees by Joe Peacock and Leon Olson. The discussion included instructions and how to get around issues that cause problems.**



**Joe Peacock holding one of several trees he turned for the meeting. In the bottom right corner of the photo you see five trees that were turned on multiple axes and painted. Joe talked about changing the direction the blank is held on the lathe to make it easier for him to make the required cuts. He also talked about issues with painting the notches cut into the side of the trees. Acrylic craft paint is cheaper and does work better than spray paint even if it did not work as well as Joe expected.**

**In this photo Leon is holding a segment in his left hand and a dowel in his right hand. There are three trees in the photo made of segments glued onto a dowel. The one by his right hand is the third one he made and the only one he liked. The other two trees in the lower left are multi axis trees. The one in the bottom left, the axes are on a straight line. The tree just to the right, the axes are on a circle. Leon has written instructions for four of the trees they discussed and has emailed them to the club members.**





## Show & Tell



**Jerry Keller**  
**Aspen vase with a zipper**



**Jim Pope**  
**Segmented bowl in**  
**Southwest design**



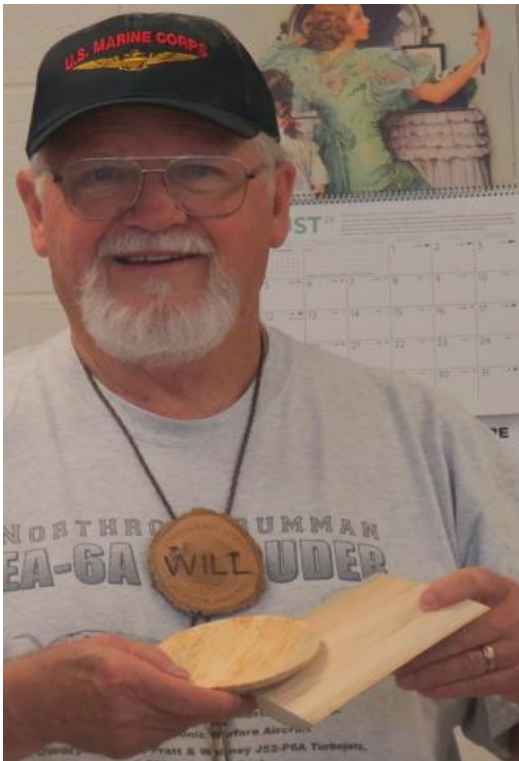
**George Mason**  
Small walnut bowl that flies

**Will Arcularius**  
Coca Cola retirement trophy bottle and base is aspen and a square chipboard plate

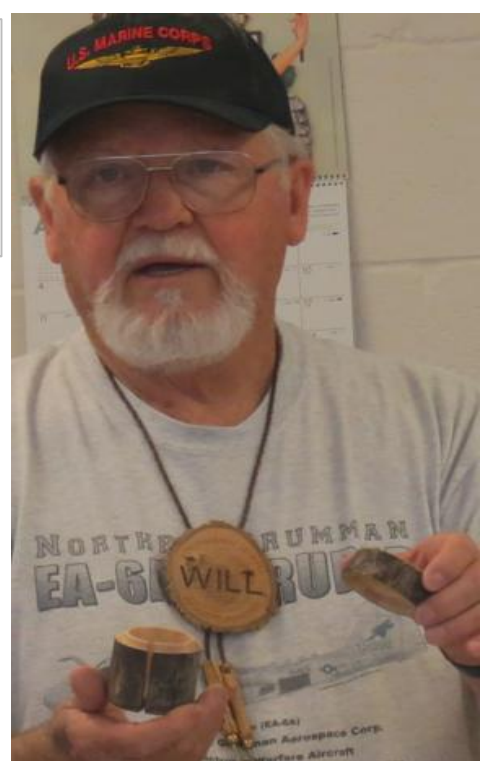


**Will Arcularius**  
Coca Cola retirement trophy bottle and base is aspen and a square chipboard plate





**Will Arcularius**  
Decorative gavel for the Cedar  
City Chamber of Commerce, an  
aspen plate, an aspen box





**Bruce Sharp**  
**Walnut vase made from a branch**

**Joe Peacock**  
**14 Christmas trees, five are multi axis trees,**  
**made from a variety of woods**

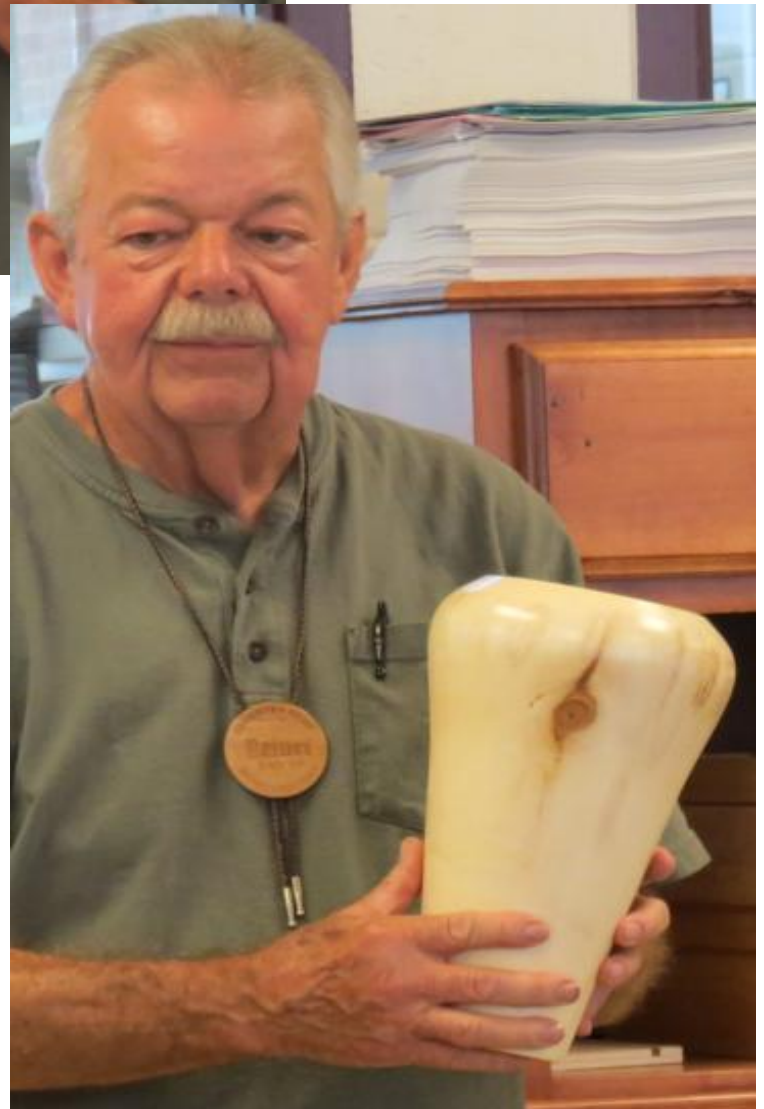






**Reiner Jakel**  
**Large natural edge aspen bowl,**  
**Tall aspen vase**

**Reiner was one of the six to  
harvest aspen**





**Elroy Bryant**  
**Two cedar vases and a**  
**bowl of unknown wood**





**Chuck Zimmerman**  
Pen and pencil set



**Karl Bradshaw**  
laser engraved toy trucks  
for his great grandson



**Will Arcularius**  
**Tote trays for the Vicmarc and Apprentice chucks the club**  
**bought for Canyon View High School**



# GALLERY



**Jerry Keller**  
Aspen vase with a zipper



**Karl Bradshaw**  
Toy trucks for his great grandson

**Jim Pope**  
Segmented bowl with a Southwestern design





**Will Arcularius**  
**Aspen retirement trophy**  
**aspen box**  
**chipboard square plate**  
**two small bowls**  
**decorative gavel for the Cedar City Chamber of Commerce**







**Will Arcularius**

**Small aspen plate, tagua nut vase, tote trays for Vicmarc and Apprentice chucks for Canyon View High School woodshop**



**George Mason**  
**Small walnut bowls that fly**





**Elroy Bryant**  
**Two Cedar vases and a bowl**  
**of unknown wood**



**Reiner Jakel**  
**Large aspen vase**





**Reiner Jakel**  
**Large live edge aspen bowl**

**Joe Peacock**  
**14 trees turned from various wood**  
**Some of the aspen was part of the aspen we harvested**



## Lathe posture

At the AAW symposium in Portland this year Janice Levi gave a presentation on lidded boxes with finials. She began by talking about proper spindle height and back pain. When she had back issues, she went to her doctor. He had her explain how she stood and moved at the lathe. She turns a lot of boxes. With the spindle at her elbow height she had to bend over to turn. Then she twisted to present the tool to cut into the wood. Finally she was bent over in a twisted position to see into the turning. All of which can cause back pain.

AMERICAN WOODTURNER October 2019 Vol. 34.5: 36-37

*"Thoughts on lathe height So, from a functional movement perspective, the most effective approach is a bit more complicated than just raising the spindle to a height of X. A more comprehensive solution that accounts for the way a turner moves his/ her body, in combination with tool presentation and spindle height, is best."* Eric Lofstrom, Washington

Evidently the spindle should be higher than your elbow. You should also stop atleast every hour and do some stretching exercises. Janice put both hands on the ways of the lathe and in a bent over position stretched out her lower back. She also mentioned drinking water to stay hydrated.

When I was still working I would do exercises while the CNC milling machine ran. The younger guys laughed at me. I smiled and told them that when they got to my age if they did not do what I was doing they would have difficulty moving at all. I retired after I turned 70.

AMERICAN WOODTURNER October 2019 Vol. 34.5: 32-35

*"To get an idea of the prevalence of low back pain among woodturners and to understand its impact on turning, I conducted a survey of members of three Washington, D.C., area clubs. There were 67 respondents of whom nearly three-quarters (49) currently have or have had back pain that limits their turning. More than half (28) of these turners saw a healthcare provider about their pain, had one or more imaging studies, and were given a specific diagnosis. These individuals received a total of 36 diagnoses, with many receiving more than one. A herniated disk was the most common (14), followed by lumbar spine degeneration (5) and spinal stenosis (5). Respondents weren't asked their age. It is safe to assume the average age was above 60, but any of these problems may appear in younger individuals."*

Rich Foa

While I was still working I developed a compressed disk which caused me a lot of pain. With the help of a physical therapist my body was able to repair the disk. I am a lot more careful about how I do things now. Your physical comfort while turning is important and does effect your ability to turn. Change the height of your lathe if you experience back issues. Stop and stretch often. Keep yourself hydrated. Your productivity will improve and turning will be a more pleasant experience.



## WHY WE LIVE IN SOUTHERN UTAH



Brian Head Peak Trails

Glen Pearson Photos

### *Attendees to regular meeting August, 2024*

Gayle Adams, Will Arcularius, Steve Ashworth, Roger Bender, Jeff Blonder, Karl Bradshaw, Elroy Bryant, Kim Christopherson, Les Gray, Reiner Jakel, Jerry Keller, Ken Kofoed, George Mason, Leon Olson, Joe Peacock, Glen Pearson, Jim Pope, Ken Ragsdale, Mike Russel, Carl Scott, Bruce Sharp, John Spevak, Chuck Zimmerman.

**Dedicated to promoting woodturning in Southern Utah through educational demos, classes & fellowship between members.**

**"Learning Through Turning"**

**Turn Often & Turn Safe**

**Meeting the 2nd Saturday of each month**

Visit our website at :

<https://www.southernutahwoodturners.com>

Email-- [suwtclub@gmail.com](mailto:suwtclub@gmail.com)

## ITEMS FOR SALE BY MEMBERS

Please submit items for sale to Leon Olson (leonolson@aol.com) before the 15th of the month to be included in the newsletter. Include SUWT Newsletter in the title of the email

**FOR SALE**



**Fishlake Lumber Co.**  
 Rough Sawn Lumber Specialists  
 Full Line of Building Supplies  
 Ace Hardware & IFA Dealer



435-438-5454  
 800-304-5454  
 Fax 435-438-5477  
 1627 N. Hwy. 357  
 P.O. Box L  
 Beaver, UT 84713

Lynn Anderson  
<http://fishlakesawmill.com>  
[fishlakelumber@infowest.com](mailto:fishlakelumber@infowest.com)



**The Foundation**  
 of Valley View Medical Center

**SUU** SOUTHERN  
 UTAH  
 UNIVERSITY

LEARNING LIVES FOREVER

**NEVINSTOOLS.COM**  
 508.846.4512

CANYON CREEK SERVICES




**MOTION**

Dennis Gledhill  
 Customer Service Representative  
[dennis.gledhill@Motion.com](mailto:dennis.gledhill@Motion.com)

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3284 E. Deseret Drive, Suite 15  
 St. George, UT 84790  
 Motion.com

P: 435-705-7660  
 D: 435-705-7664

FREE ESTIMATES ALL BRANDS

Mike's  
**TOOL & NAIL** LLC  
 CONSTRUCTION SUPPLY  
 Sales • Service • Fasteners

Mike Finn  
 Owner

635 W. 2675 N.  
 Cedar City, UT 84721

Ph: 435-531-0077  
[mikestoolandnail@yahoo.com](mailto:mikestoolandnail@yahoo.com)  
[www.mikestool.com](http://www.mikestool.com)

Motion Industries is near Costco. They sell belts and bearings among other things. This location is a sales office but they gets things quickly.

Mike's repair is not far from Canyon View High School but it is on the north side of the freeway. There is a road under the freeway from the school. The website is [mikestool.com](http://mikestool.com) You need to be careful to get it exact. There is another website that is one letter different.