

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given of the Annual General Meeting of the Association Woodturners of South Africa, to be held on Saturday 28th April 2007 at 15:30, at Jan van Riebeeck High School, Tamboerskloof, Cape Town

AWSA Congress 2007

The dates for AWSA Congress 2007 are: Registration from 14:00 on Thursday 26th April, and closing at lunchtime on Sunday 29th April 2007.

The venue is Jan van Riebeeck High School in 129 Kloof Street, Tamboerskloof, Cape Town

Hostel accommodation is available at R120 per person, on a bed and breakfast basis, bedding provided. Bookings can be made directly through the school. There are also a number of B&Bs and guest houses in the Tamboerskloof area.



Andi Wolfe pictured with Bonnie Klein at Utah Symposium 2005 (taken, with kind permission, from Andi's blog: (http://andiwolfe.blogspot.com/2006_06_01_archive.html#115005535599647393))

Our international guest turner is Bonnie Klein of the USA. Bonnie's speciality is boxes with threaded lids, in addition to developing and producing her own small lathe and accessories. Bonnie has been seriously involved with woodturning since the early 1980s. In 1986 she designed

the small Klein Lathe which has been in production for over 20 years. In 1992 she introduced the Threading Jig as an accessory to the lathe for cutting threads in wood. Bonnie has produced 5 turning videos which have now been converted to DVDs and in 2005 wrote a woodturning project book. She has demonstrated and taught workshops in many countries as well as all over the USA. In 2003 the American Association of Woodturners recognized her as an Honorary Lifetime Member in recognition of her contributions to woodturning. More information about her work can be found on her website: <http://www.bonnieklein.com/>

Updated information on the Congress can be found on: <http://awsa2007.blogspot.com/>

From the Chair

It is already this time of the year where everyone is preparing for the conference. Conference arrangements for all the tasks associated with putting a well organized programme together, under the chair of Juri van den Heever, are well underway. We have taken the feedback of last year's conference into account, aiming for a super conference this year.

Regarding the issue of individual membership versus club membership, the committee has looked into the matter and traced the amendments to the constitution back, as it developed over years. The driving force of the constitutional changes, were towards the individual as a member of the AWSA and not the club. The draft changes that the committee proposed are in line with the AWSA's constitutional development and the decision of the 2006 AGM. I do hope that this attempt will close this debate.

At the AGM we have to elect a new committee, please apply your minds and nominate candidates for the respective positions on the executive committee. Due to personal reasons I will have to stand down and are thus will not available to serve on the committee.

Looking forward to see you all at the conference. Enjoy a super weekend of woodturning!. Cape Town is awaiting your arrival!

Louis van Niekerk

From the Editor

Our modern lifestyle certainly has one major drawback – we are living in an era of serious time crush. It feels as though we're spinning wildly on a merry-go-round, breathlessly trying to cram far too many things into shorter and shorter hours. The result unfortunately is that days disappear without one having had the chance to make all the phone calls, send all the emails, or write the articles, that one dreams of achieving each day – therefore please forgive this late newsletter, for my

part, and for a rather one-sided content, as contributors are evidently suffering the same malady.

Overall though, woodturning in South Africa is doing well, with most regions reporting good attendance of club meetings and events.

In my last newsletter I promised to cover some aspects of health hazards associated with working with wood, at the request of one of our members, who gave me a number of articles on this topic. One does not always realise that many timbers contain toxins in one form or another, and coupled with the inherent risks of working with sharp tools, the workshop can be a very dangerous place. During my stint as editor of *Turnings*, I covered these topics in a number of editions, so I'm taking the liberty of reproducing some of the articles here.

Keep those curly shavings streaming, and if anyone knows where I can get a sixty-hour day, please let me know....

Looking forward to seeing many of you in a couple of weeks....

Gigi

From the Members

Congratulation to Butch Smuts for Winning the Axminster Competition.

Butch Smuts was awarded first prize in the Professional Section of the Axminster Woodturning Competition 2006, for his entry titled Dune Landscape II. This was a photographic competition, and Winston French's entry of two tall goblets with spiral stems was featured in the March Edition of *Woodturning* magazine.

ASHWIN RAMHITH



I was born and educated in the sugar town of Stanger on the Natal North Coast. I furthered my tertiary education in Alice where I obtained a BA [Human Movement Science] degree from the University of Fort Hare. I had been a teacher for 2 years before joining the business fraternity.

I started turning wood on a Toolmate lathe in 2003, under the guidance of professional woodturner **Nico Swart** who has had the greatest influence on my work. Recently, more of my time and energy has been devoted to woodturning as I have found it a pleasurable way to express myself.

Over the years I have won competitions and received certificates for my achievements in woodturning from the Port Elizabeth Woodturners Guild [PEWG] which I am affiliated too.

- 2004 – Received the PEWG novice face plate turner of the year and participation trophy.
- 2005 – Runner up in the PEWG intermediate face plate turner of the year and open categories.
- 2006 – Joint winner of the PEWG James Nash trophy in the intermediate face plate turning category.
- 2006 – Two Resin Inlay bowls turned by me where among the 60 pieces chosen out of 187 pieces entered for the Eastern Province Society of Arts & Culture gallery running over the December period.



Marula Bowl

Currently my love for wood and desire to show it off in the best possible way has steered me to the creative art of Resin Inlay turning. Initially it was more a challenge because in the pursuit of acquiring my casting resin inlay knowledge, I was told to purchase the resin in a shop. But be that as it may, here I am today through trial and error. Lots of the latter. I mainly try to turn items with the "Out of Africa" theme. I gain a lot of inspiration from telephonic interaction with my fellow woodturners, reading, surfing the net and other art forms.

If I am not busy in my workshop, you will find me on the Fort Beaufort Golf course, where I am also the Captain. I am an active tableter at Fort Beaufort Round Table No 62.



"LADYBIRD" insert

This inlay is turned from Casuarina Limbs with a two part liquid type casting resin dyed black. I constructed a temporary support wall out of Duct tape on the outside, to support the inlay during curing. The inlay cured at normal room temperature for a period of 24 hours. The inlay was then returned to the lathe and the high spots removed, thus creating a smooth and even flow. A full range of sanding grits was used. The final sanding was done at 500rpm. The inlay was then polished with a finishing wax and parted of the waste block.

Hopefully woodturning will take over my day job one day.
HA! HA! HA!

Ashwin Ramhith

SAFETY

As a little girl, my mother had a saying “Mann kan nicht so dumm denken wie es passieren kan” which translates as “you cannot think as stupidly as it can happen” – and this applies to what can happen in the workshop, as readily as anywhere else – a couple of simple precautions and some planning can prevent most accidents, but it is impossible to foresee every eventuality, and accidents can happen anywhere, anytime. Safety in the workshop is largely a matter of common sense, however it is inevitable that accidents will happen. It can also be said that carelessness and a lack of insight into the consequence of actions will facilitate accidents occurring.

The very first step to safety in the workshop is to understand how all your equipment (including hand tools) works, therefore read and understand the instructions for all the equipment in your workshop BEFORE commencing to use it. Ask advice from the supplier or other experienced woodworkers if you are uncertain about anything.

Before working on the lathe, consider what could go wrong and then take appropriate action to prevent accidents. The basic principle of turning involves a piece of timber mounted by whatever means on a lathe, and a sharp instrument applied to this rapidly revolving chunk of timber to remove wood in order to achieve a desired shape or form. This holds the following basic hazards:

1. Loose clothing gets caught on the wood – so do not wear floppy clothing, and as Ed Brymer of the Western Cape described in a club newsletter, “dress the part” by wearing some sort of protective clothing like an apron, a smock, jacket or an overall and tying loose sleeves. The same caveat goes for longer hair – tie it back or wear a cap to prevent it from flopping forward on to your turning. Watch out for long beards, guys – I imagine Father Christmas would have to tie back his beard if he got up close and cosy with turning (we were amused when a guy abseiling on Table Mountain was heard to complain loudly when his hair was caught up in the rope, but this could have had serious consequences, had it not happened when he was coming down slowly, and fully in control). Rings and other jewellery should be removed.
2. Wear shoes to protect your feet should a tool drop off your working area.
3. The next potential hazard is the piece of wood flying off the lathe, therefore ensure that your wood is securely chucked and will not touch the tool rest as it spins, before turning on the lathe. It helps to have the “raw” block of wood balanced as well as possible

through trimming it before mounting. Periodically as you work, check the security of your mounted piece and tighten as necessary.

4. Once you start turning, particularly when you use a roughing gouge, chips of wood may fly up into your face, so your face mask or other eye protection is essential.
5. Do not make any adjustments on the lathe or toolrest while the lathe is running.
6. Have enough room around your lathe to move freely and always have the correct stance when working at the lathe – do not lean over in such a way that you are unbalanced – this can also compromise your back, and a cricked back is no pleasure when turning.
7. Keep your work area clean – avoid a build-up of shavings – this also ensures you do not lose things like Allan keys. Do not have power cables lying around where they can trip you up.

These are a couple of very basic safety precautions, but the bottom line is logic and the understanding of cause and effect.

The next aspect is the intrinsic hazard of the material you are working, as wood dust and sap of many trees have more or less toxicity. After a couple of members had asked for more information on possible harmful effects of woodworking, I did some research and have include a table that summarises some of this information.

From personal comment, David Anderton noticed that he appears to have a sensitivity to camphor wood. He has not been able to find any conclusive documentation in medical literature that identifies camphor as the culprit. However Dennis has observed that in winter when he felt he was coming down with one of the typical winter ailments, he felt much better after a day in the workshop, engulfed in the pungent aroma of turning wet camphor.

An article on occupational asthma indicates that carpenters, joiners and papermill and sawmill workers develop negative reaction to wood dust, as well as fungal spores. In particular hardwoods like cedars (western red cedar, cedar of Lebanon), oak, mahogany, iroko and zebrawood are implicated, with long term health problems being caused in some cases.

It is also well known that chemicals used in treating wood, such as formaldehyde in plywood and sodium compounds in white pine to prevent blue stain, are harmful to health.

Other identified medical conditions resulting from exposure to wood dust are sequoiosis caused by redwood (respiratory) and maple bark disease, as well as workers in a bottle stopper factory. In many instances, however, it appears that allergic reactions in woodworking environments are caused by fungi associated with the wood.

The attached table is based on one that appeared on a chart that appeared in *American Woodturner* June 1990, Originally posted to rec.woodworking by Bruce Taylor taylor@tpwosf.tay1.dec.com on the website: <http://www.cs.rochester.edu/u/roche/rec.wood.misc/wood.toxic>. The information in the original table has been augmented with information from other sources.

Wood	Reaction	Site	Potency	Source	Incidence
Afromosia	I	E,S	++	D	R
Alder	I	E,S,R			
Angelico	I	E,S,R	++	D	
Arborvitae	I	R			
Ash	I	R			
Bald Cypress	S	R	+	D	R

Wood	Reaction	Site	Potency	Source	Incidence
Balsam Fir	S	E,S	+	LB, D	C R
Beech	S,C S	E,S,R R	++ ++	LB,D D	C R
Birch	S S,N	R R	++ ++	W,D D	C R
Black Locust	I,N I,N	E,S	+++ ++	LB	C R
Blackwood	S	E,S	++	W,D	C
Boxwood	S	E,S	++	W,D	C
	S	R	+	W,D	R
Cashew	S S	E,S E,S	+ ++	W,D W,D	R R
Chechem	I	E,S,R	++	W,D	U
Cocobolo	I,S I	E,S,R E,S	+++ ++	W,D W,D	C C
Dahoma	I S	E,S R	++ ++	W,D D	C C
Ebony	I,S I,S	E,S E,S,R	++ ++	W,D W,D	C C
Elm	I S	E,S E,S	+ +	D D	R R
Fir	I	E,S	+		R
Goncalo Alves	S S	E,S E,S	++ +	W,D W,D	R R
Greenheart	S S	E,S E,S,R	+++ +++	W,D W,D	C C
Guarea	S	E,S	+++	D	R
Hemlock	C C	R	? +++	D D	U R
Ipe	I	E,S,R			
Iroko	I,S,P I	E,S,R E,S,R	+++ +++	W,D W,D	C C
Katon	I	R			
Kingwood	I	E,S			
Mahogany	S,P	S,R	+	D	U
Mansonia	I,S N	E,S	+++ +	W,D D	C
Mahogany	S	E,S,R	+	D	R
Mahogany, African	S	R	++	D	R
Makore	I	E,S,R			
Mansonia	I	E,S,R	+++	W,D	C
Manzinilla	I	R		D	R
Maple	S	R	++	W,D	R
Maple (Spalted)	S,P	R	+++	D	C
Mimosa	N I	N	? +++	LB W,D	U C
Myrtle	S S	R R	++ ++	LB,D W,D	C C
Oak	S C	E,S	++ ?	LB,D D	R U
Oak, red		N	++	D	R
Obeche	I,S S	E,S,R E,S,R	+++ ++	W,D D	C C
Oleander	DT,N	C	++++	D,W,LB	C
Olivewood	I,S S	E,S,R E,S,R	+++ ++	W,D W,D	C C
Opepe	S	R	+	D	R
Orangewood		R			R

Wood	Reaction	Site	Potency	Source	Incidence
Padauk	S	E,S,R	+	W,D	R
	I,N	E,S,R	+++	W,D	C
Pau Ferro	S	E,S	+	W,D	R
Peroba Rosa	I,N	R	++	W,D	U
	S	R	++	W,D	C
Peroba white	S	E,S,R			
Purpleheart		N	++	W,D	C
	S,N	E,S	+	D	
Quebracho	I,N	R	++	LB,D	C
	C		?	D	U
	C		++	D	R
Ramin	I	E,S,R	+	D	R
Redwood	S,P	E,S,R	++	D	R
	C		?	D	U
	S,C	R	+	D	R
Rosewoods	I,S	E,S,R	++++	W,D	U
	I,S	E,S,R	+++	W,D	C
Satinwood	I	E,S,R	+++	W,D	C
Sassafras	S	R	+	D	C
	DT,N		+	D,W,LB	R
	C		?	D	U
	S,N	R,N	+	W,D	R
Sequoia	I	R	+	D	R
	I,C	R	+	W,D	R
Snakewood	I	R	++	W,D	R
	I	R	++	W,D	R
Spruce	S	R	+	W,D	R
Stavewood	I	R			
Sucupira	I	R			
Teak	S,P	E,S,R	++	D	C
	S	E,S	+++	D	C
Walnut, Black	S	E,S	++	W,D	C
	S	E,S	++	LB	U
Wenge	S	E,S,R	+	W,D	C
	S	E,S,R	++	D	C
Willow	S	R,N	+	D,W,LB	U
	S,C		++	D	U
West. Red Cedar	S	R	+++	D,LB	C
	S,C	R	+++	D	C
Yew	I	E,S	++	D	C
	DT	N,C	++++	W,D	C
Yew, Europe	I	E,S	+++	D	C
Zebrawood	S	E,S	++	W,D	
	S	E,S	++	D	R

Key

Reaction	Site	Potency	Source	Incidence
I Irritant (Rapid reaction after exposure, with similar reaction to repeated reaction)	S Skin (hives, itching, redness)	+ Small ++ great +++ extreme	D Dust LB Leaves, Bark W Wood	R Rare C Common U Uncommon
S Sensitizer which may manifest only after period of hours or months. It may require repeated handling before reaction occurs. Sensitizer's are the more severe, because once you're sensitized, you're sensitized for life and the reactions	E Eyes R Respiratory C Cardiac N Nasal	This is the potential of the wood or sawdust doing harm and would vary with the individual i.e., those who are allergy prone might think twice about working with wood classed as extremely potent.		

Reaction	Site	Potency	Source	Incidence
C only get more dramatic Nasopharyngeal Cancer. Statistics show that woodworkers have a 40 per cent greater chance of nasal cancer than the general population, but the majority of statistics on nasal cancer are based on data from 1920-1960 when the furniture industry became highly mechanized with little or no dust control methods.				
P Pneumonitis, Alveolitis (hypersensitivity pneumonia)				
DT Direct Toxin				
N Nausea, general malaise, headache, or, possibly even liver or kidney malfunction				

My thanks to David Anderton for originally providing medical references.

Some other useful references are: *Woods Toxic to Man*, author unknown (accompanied table on the website); *Woods*, B., Calnan, C.D., *Toxic Woods*. in *Br. Journal of Dermatology* 1976; *ILO Encyclopedia of Occupational Health and Safety* 1983; *AMA Handbook of Poisonous and Injurious Plants* Lame, K., McAnn, M.; *AMA* 1985; *Poisondex*, Micromedix Inc. 1990.

SAFETY ASPECTS OF WOOD TURNING

*Article by Peter Nicolle
Reprinted from Turnings, January 2002*

As long as memory itself, man has had daily contact with wood and always regarded it as innocuous. Nowadays, however, this is known to be not completely true. Wood dust can prove hazardous, as many varieties of wood, particularly tropical varieties; can be potentially poisonous or biologically hazardous. It is easy enough to ignore the hazards of dust by saying "It won't happen to me" or "I don't do enough wood turning to have a problem". But your health can be put at risk by breathing in wood dust.

You may think this is only important in the woodworking industry where continuous exposure occurs. There is evidence recently that schoolchildren have shown effects such as sneezing, wheezing and runny nose, and these are only the short-term effects. Also Mick O'Donnell of Craft Supplies almost had to give up wood turning due to asthma problems after only part-time turning for seven years. The effects can be due to various substances in the wood - free silica - chlorophenols - toxic substances.

SYMPTOMS THAT CAN OCCUR

Primary Irritating Effects

- Skin itching and rash and allergic eczema, especially when working green wood.
- Eye irritation (conjunctivitis) with inflammation, tearing and occasionally disorders of vision.
- Irritation of upper airways with coughing, hoarseness and wheezing.

- Allergic Conditions
- Nasal allergy with hayfever-like symptoms, sneezing and runny-nose.
- Asthma - wheezing and shortness of breath.
- Skin disorders - eczema, wheals and itching.
- Cancer Promotion

Wood dust has proved to be carcinogenic, and increased incidence of various cancers have been shown eg. :

- Nasal passage and sinus cancer -
- Several members of an Indian family business in Durban have developed cancer of the nasal sinuses - they work mainly with Tambotie.
- Lymph-gland cancers. (Hodgkin's disease).
- Various soft tissue cancers due to chlorophenols.
- Lung cancer and bladder cancer.
- Lung Disorders

These are not so common and may be acute attacks such as shortness of breath, high fever and aching pains; or more chronic conditions with irreversible lung damage.

Miscellaneous Symptoms

- Nose bleeding, nausea, vomiting, listlessness, headache, weakness and dizziness.

These are often associated with toxic substances in woods - Tambotie is well known to be toxic.



PREVENTIVE MEASURES

A variety of measures can be used to lessen the health risks :

- Dust Removal By Suitable Exhaust Ventilation:
- A simple fan in the wall or window can be very effective and can be better if a length of ducting is positioned close to the work
- A dust extractor is the best solution, but more costly. It must be easy and convenient to use otherwise you probably won't bother.
- A portable one can be a nuisance with cables and tubing getting in the way.
- A permanently located one with ducting plumbed in is better.
- The on-off switch must also be easily accessible eg. a cord pull switch can be used.
- Locating the dust extractor outside the workshop also reduces noise level.
- Personal Respiratory Protection :
- Small face masks are okay for occasional turning, but you should think seriously about something more effective.

Many dry woods create dust even before sanding. A helmet with visor gives double protection - eye protection and air filtration. Several types are available in the U.K. and are easily imported, but rather expensive, however your health and many happy years of turning are worth the expense.

- Racial Dustmaster DM4 is a helmet, with visor and tubing, going to the battery, motor, fan and filter which are worn on your belt.
- Racial Airlite and Record Turbovisor have a small motor, fan and rechargeable battery built into the helmet.

I have used a Racial Airlite for a few years and found it very comfortable, light and effective. It gives about 4 hours use before battery recharging. It is an effective eye protection for people wearing glasses and easier than a mask if you have a beard!.

General Measures.

- Suitable working clothes are important.
- Barrier creams or surgical rubber gloves can be used to minimize skin sensitization.

GENERAL SAFETY MEASURES IN WOODTURNINGClothing

- Appropriate clothing should be worn.
- Long, loose-fitting sleeves should be avoided and I'm sure no present-day South African would contemplate woodturning with a tie on!

Eye Protection

- Goggles or visor protection is essential to prevent splinters, woodchips or the workpiece itself striking you in the eyes or face.
- Also wood dust irritation is avoided.

Ear Protection

- Most lathes are reasonably quiet, but prolonged exposure to noise, especially low frequency sound can cause irreversible inner ear damage and deafness.
- Soft compressible earplugs or industrial-type ear muffs are a big help in reducing noise, and one also can't hear the telephone!

Tools

- Just as safety must be easy to use or you won't use it, turning tools and other items need to be close at hand.
- Turning tools need to be nearby and easy to select when turning.
- A tool shelf under the lathe works well.
- Otherwise a trolley on castors or a hinged pull-out shelf is useful for positioning your chisels where you want them.
- It is obviously important not to stretch over a spinning workpiece!
- Other items like dividers, calipers and rulers can be stored on hooks close by the lathe.

Surface Finishing

- The solvents used in various varnishes and lacquers can be toxic.
- Examples are methyl alcohol, toluene, xylene, acetone, turpentine oil and white spirit.
- They may be toxic and explosive as most are flammable.
- Epoxy resins and cyano-acrylates ("superglue") can cause skin reactions besides sticking easily to the skin.
- Toluene (the solvent used in "Craftlac Melamine") for example, is dangerously flammable.
- It is more toxic than benzene and can cause dizziness and vertigo and intense headache.
- Chronic exposure can cause irritation of nasal passages, headache, light headedness, nausea and, worst of all: intolerance to alcohol!
- So all lacquers and varnishes should only be used in well ventilated areas, preferably with exhaust ventilation.

General Precautions

- Extension leads and electrical cords can trip one up - it is better to have a plug and switch near to the lathe.
- Adequate lighting is necessary.

- Make sure any wood mounted in the lathe clears the toolrest : rotate by hand first.
- Start at a slow speed
- Make sure wood is held securely between drive centres and tailstock locked.
- Wood held in a chuck must be securely held with chuck jaws locked tight, glue cured etc.
- Last of all - in view of the flammable nature of wood - especially dust and shavings and flammable solvents - a fire extinguisher nearby is a good idea.

Table of some common woods which can be hazardous (usually causing skin irritation, nasal allergy and eye irritation).

Afromosia	Lignum vitae
Beech	Mahogany
Blackwood	Oak
Boxwood	Panga-Panga
Camphorwood	Partridgewood
Cedar	Pau-marfim
Chamfute	Pine
Chestnut	Plane
Ebony	Poplar
Elm	Rosewood
Eucalyptus species	Sapele
Iroko	Stinkwood
Jacaranda	Tambotie

References:

International Labour Organization Encyclopaedia.
Ray Key - Practical Woodworking, May 1994.
Mick O'Donnell - Practical Woodworking, September, 1992.

Footnote :

A case report by Linegar *et al.* in the SAMJ March 2001, reported a near fatal asphyxiation in sawdust. A healthy 20 year old fell into a sawdust storage bin at a sawmill. He was saved through prompt resuscitation and 80 g. of shavings and sawdust was removed from his bronchi.

In discussion it is mentioned : Wood dust is known to be associated with severe respiratory diseases. Allergic alveolitis occurs in 5 - 10% of sawmill workers, and is believed to be due to the combined effects of inhalation of fungal spores and dust particles.

Peter Nicolle

The following is an article by Bill Sewell which I found a couple of years ago on the Australian site, that covers some health aspects of working with wood
(<http://www.ubeaut.com.au/woodstuf.htm>).

WORKING WITH TIMBER: SOME HEALTH HAZARDS.

Workers who are exposed to wood dust in any of its many forms should follow the work practice guidelines outlined below.

For processes which generate dust – cutting, sanding and drilling – coveralls, gloves and a respirator suitable for trapping dust, eg a half face canister respirator.

The most effective control of dust is at the source by either enclosing the operation and/or by using a local exhaust ventilation system with a filter installed to catch the dust and draw it away. Any contaminated air should not be passed through the breathing zone of the workers.

This method is most suited to the factory environment where the workplace can be easily reorganised to incorporate these requirements.

For on-site work an area must be allocated where all cutting, drilling or sanding must be done prior to installation. Exhaust Fans with appropriate filters must be installed immediately adjacent to the product being cut, drilled or sanded in order to draw the dust away from the worker. The filters must be changed regularly and a store of replacements kept on-site at all times.

Tools and Equipment: Whenever possible all equipment used for cutting, drilling or sanding must be fitted with dust extractors.

Extract from Health & Safety Bulletin No. 15

THE EFFECT OF TIMBER ON HEALTH

I have studied the literature on this subject extensively. Considerable work has been done on the effects of Western Red Cedar (*Thuja plicata*). The dust from this timber acts on the bronchial tree causing asthma. It is often difficult to diagnose because there is a time delay in the development of symptoms. It frequently comes on late at night or in the early hours of the morning. I personally have found that I can make one bowl without ill effect but a second bowl will cause me to wheeze in the early hours and I am not normally an asthma sufferer.

ADVERSE EFFECTS OF TIMBER

1. Physical Factors

- Injuries caused by flying chips, falling trees and branches.
- Splinters.

2. Chemical Factors

Sap – acutely irritant to eyes, can cause temporary blindness. Ivy water lily juice – personal experience. Paint.

Scratches – going on to infection, inflammation and poisoning.

Wood Dust – produced in breaking down – sanding and finishing act as:

- Primary Irritant. Causes irritation of skin when there is direct contact for

- (I) sufficient period,
- (11) in a great concentration.

Sufferer does not develop an allergic condition.

- (b) Sensitizing Substance. This produces a reaction on the skin. This reaction causes dermatitis,

SENSITIVITY

Only a limited member of woods cause sensitization and only some people will be so affected.

Those who are sensitised to a specific timber such as Western Red, Silky Oak, will react to these timbers-on renewed contact but not necessarily to other timbers unless they contain one or more of the sensitising substances.

1. Patch Testing

This method is used to show whether a person has become sensitised. Parts of body affected by wood dust – skin, eyes, ears, respiratory and alimentary tract, genitalia.

2. Symptoms

Coughing, sneezing, breathing problems, nose bleeding, vomiting, nausea, diarrhoea and occasionally headache, dizziness, giddiness, disturbances of vision, fainting.

3. Health Problems

Wood dust can cause contact dermatitis in those working or even near the activity.

A number of Australian timbers have been identified which can cause problems. With some woods a gas is liberated when wood cells are opened up. This gas (eg. Western Red Cedar) is toxic and so an air filter is not adequate; you require a filter suitable for removing solvents.

Timber	Effect
Alpine Ash	Irritation to nose, eyes and throat, dermatitis.
Brigalow	Dermatitis.
Coolibah	Bark and wood dust may cause skin irritation.
Grey Box	Eczema, irritation of mucous membranes
Jarrah	Irritation to nose, throat and eyes.
Merbau	Dermatitis, rhinitis.
Meranti	Dermatitis, Irritation to nose, throat and eyes
Messmate	Dermatitis, asthma, sneezing
Miva Mahogany	Congestion of lungs, eye inflammation, irritation of mucous membranes, headache, bleeding of nose, loss of appetite
Mountain Ash	Irritation to nose, throat and eyes, dermatitis.
Mulga	Wood contains a virulent poisonous principle, used for spear heads by aboriginals. Dust may cause irritation to mucous membranes, headache, vomiting.
Myrtle Beech	Irritation to mucous membranes

CHEMICAL CONSTITUENTS

Alkaloids, Saponins, Resins, Glycosides, Tannins, Colouring Agents,

Silica, Glucosinolates, Toxic inorganic substances.

PREVENTION

1. Avoid unnecessary exposure.
2. Good ventilation.
3. Gloves or protective clothing - clean frequently.
4. Barrier creams.
5. Cleanliness of worker and workplace. Wash hands before going to toilet - wood dust very irritant to anus and genitalia.
6. All cuts and wounds cleaned and dressed.
7. Dust extraction: Face masks – dust – toxic gases Air hood

It is clear that we must all be careful in handling timber and if you have any problems, you should consult your health professional. Protection against dust and wood gases or fumes is essential. Some timbers are much more troublesome for some woodturners. If you find a certain timber is bad for you, avoid it if possible and if not, protect yourself.

Good turning,

Bill Sewell

References:

- E. Bolza C.S.I.R.O. Timber and Health.
- L.. Webb Guide to Medicinal and Poisonous Plants of Queensland.
- Charles Mitchell M.J.A. 1970
- James Milne M.J.A. Oct 1969
- Impulse Plant Enquiries Part 1.
- I. Binit. Irritant Properties of Miva Mahogany.

Article reproduced and gratefully acknowledged, from: <http://www.ubeaut.com.au/woodstuf.html>.

Post Script Beware of bandsaws ... they chew unwary hands...

From the Regions

The purpose of this column is intended to provide substantial news on what is happening on the woodturning scene throughout South Africa. I would therefore value reports on any exhibitions, demonstrations, and club activities that can be shared with other members. Time constraints make it very awkward for me to compile this section by gleaning news from all the newsletters that are sent to me (particularly, as many are not specifically woodturning newsletters), so input from members is appreciated. News from the regions has been a little scarce this quarter – therefore feedback in this column is welcome from all members. Nevertheless, many thanks to those who did take the trouble to send me their inputs, however brief (or late) they were.



A New Club in Grahamstown!

Hi

In response to your request in the September "Turnaround", some information is given below about the recently formed Grahamstown Woodworkers Group.

The Grahamstown Woodworkers group has been in existence since April 2006 and has already attracted 40 members who meet at 6 pm at various venues on the second Tuesday of each month. Meetings have included: demonstrations of table-lamp turning, large-scale sawing of raw timber, woodworking jigs, wooden musical instruments, miniature furniture and dolls houses, Hitachi powertools and Rystix coatings, bowl turning and routing of wooden signs. A full programme is being prepared for 2007. The first meeting of 2007 will be on Tuesday 13th February at 6pm in the Maintenance Workshops at Rhodes University. Rob Moss will demonstrate the Domino method of jointing and also spiral turning. Anyone interested should contact Mike Brown (m.brown@ru.ac.za) at 046-622-4187

Best wishes

Mike Brown

m.brown@ru.ac.za; 046-622-4187

Knysna

Just thought I'd pass on some news from this part of the world for the newsletter. I've moved out of Woodmill Lane, reformed the old Natural Edge Partnership; Mike, Dennis and Grant have given up!

The new Gallery is in the Scarab Art Village near the Engen 1 Stop on the way into Sedgfield from Wilderness. Richard Henley, Thinus Barnard and Frans Nel have joined me and we opened on the 1st of December; it's going well.

Just before Christmas, we set up three Jet lathes and the trusty Carbatech in the courtyard of the Village and spent Friday and Saturday demonstrating turning to the poor unsuspecting Public! Following in the footsteps of the WCWA event at the Flower Show, we were able to present a sum of R550 to the Local Hospice from donations collected in the bucket of the wishing Well!

Club meetings are gaining attendance and our numbers are increasing slowly. We even have a few Ladies who have joined the Jet Set, ideal little lathes for the girls, as well.

Regards, in turning,

Dave Stephenson

gleneden@telkomsa.net

Turners of the Natal MidlandsWoodworkers Guild

The woodturners interest group continues to meet on a regular monthly basis and the interest and enthusiasm of this group continues to grow. At our last meeting we had 17 woodturners in attendance including 3 women turners.

These women started out as an embroidery group and having seen the turning produced by a husband decided that they would like to give it a try. The bug bit them badly and they have now all purchased their own lathes and are now turning out some very nice small items. Needless to say the founder of the embroidery group is now missing her former embroiderers.

The standard of work produced among all turners in this group has improved and will continue to improve with the mutual sharing of ideas and skills.

Our meetings over the last 6 months have ranged from visiting John Earlys' workshop in the Dargle where he demonstrated the turning of a large natural edge bowl to sessions on pen making and tool sharpening.

A committee from within this group has already started researching venues and prices for the 2008 AWSA congress. We are now waiting for a final firm quotation but believe based on pricing given to us verbally at a meeting that we can afford and can secure an amazing venue for the this congress. Hopefully we will be in a position to reveal all at the 2007 AWSA agm and that others will be as enthusiastic as we are about the venue.

Clyde Neumann

(033) 343 4433 ; neumann@mweb.co.za

Pretoria Woodworkers Association

At Smit reports that the turners in Pretoria are going strong, with about 20 turners attending their meetings

Woodworking Association of Pretoria: Editor of *Tambotie*:
Louw Trichardt: 012 653 1874; louwmarie@icon.co.za

Witwatersrand

Witwatersrand Woodturners are happily ensconced in their new Club House and things are going well

If you are visiting in Jo'burg, you are welcome to visit them in our new clubhouse.

Visitors are welcome, but should phone to confirm arrangements beforehand. The web site (<http://mysite.mweb.co.za/residents/tpope/homepage.htm>) will be kept up-to-date with any developments.

For the main club meetings, our secretary Roger Matthews can be contacted on: (011) 465 9009(h), 082 893 0193 rbmatthews@hixnet.co.za. For the turning section, the chairman of the turner's section, Chris O'Connell, who can be contacted on: chrisoco@icon.co.za (011) 803-4198 082-900-5353

Woodcrafters Association of Durban

Unfortunately I haven't had any newsletters from this region for a while – however John Morgan reports that they have in the region of 20 – 30 turners coming to meetings, and they have a very full programme.

Durban Contacts are:

Charles Thatcher	084 444 5532
Perrie Bullock	082 442 7114



Lower Albany Woodworkers Guild

Don Wood reports things are going strong in this area, with 12 – 15 turners coming to their meetings – only problem is finding demonstrators – so, anyone visiting the Eastern Cape – how about it – go and share your skills with another club when you're next on holiday!

Contact: Don Wood (Port Alfred), (046) 624 4049; Arnold Rudolph, President. (046) 624 2469.

Western Cape Woodturners Association

Despite the rumours that are circulating the Western Cape is alive and well.

Yes – we know our usual newsletter has not appeared for a while, but major technical hitches and staff shortages have been the major contributing factors. Both Gigi and Ken our past editors are too snowed under with work and we felt it would be highly inconsiderate of us to approach them and place more of a burden on them and had they offered we would have refused their offer. So we will battle on and do our best accepting that the gestation period of our newsletters will a bit longer than normal.

That has not stopped us from turning though – on the contrary. At our monthly meetings the most prolific exhibitors to our “Show and Tell Gallery” are the newcomers who are showing a lot of enthusiasm and have put their “beginners shyness” aside to accept constructive criticism of their pieces in order to better themselves.

Our most important exhibition and demonstration for the year the Cape Town Flower show was again held in the grounds of the spectacular Lourensford Estate near Somerset West.



Mike Richards (PRO) answering all the difficult questions from visitors.

The stand created a great deal of interest and there was not a moment when no one was walking through it or looking at it.

Shelving made for easy transport assembly or disassembly was designed and manufactured by Mike Richards especially for the show and it will no doubt be used often in the future. Six members manned the stand at all times, two acting as PROs and four turners. One record, two Jets and an Arbotek were in constant use.

The “esprit de camaraderie” on the stand was intoxicating and was often remarked on by the visiting public. Members came from far and wide in the Cape to give a hand.



Ken Pilkington working on a hollow form

Sales of turned items were very good and everyone who exhibited took home at least enough to cover their expenses plus a bit more.



Dave Stephenson mesmerizing the public with his miniatures.

The charity table consisting mainly of items turned during the show netted a nice four-figure amount for the Red Cross Children's Memorial Hospital.

Thanks to all the members who helped make this a great success.

Our next task in which all members are involved is to put the final touches to this year's congress and get ready to welcome all up country visitors to the Fairest Cape of All.

Cheers for now see you in April.

Eric

notnorth@mweb.co.za 531 1559, 082 465 4237

East London Woodturners Guild.

Elliot Murray reports the club is active, and that they have recently launched a programme to assist street children – which is proving to be a very heartening experience.

Contact Gavin Knowles: woodyone@polka.co.za; (043) 726 6749

Port Elizabeth Woodturners Guild

If you have any questions, please contact:

Nico Swart (041) 583 3344 / 487 0487;
barenesta@absa.co.za
Jez Rowe (041) 371 5866 (h) jez@telkomsa.net

We thank Hardware Centre for their sponsorship for *Turnaround* for this year.



Some Hardware Centre events that readers can note are as follow:

Cape Town

- Design for Living – Good Hope Centre; 21st April to 2nd May 2007
- Hobbyex Cape Town Conference Centre – 1st – 3rd June 2007
- Hardware Centre – Open Day: – 7th July 2007

Johannesburg

- Hardware Centre – Open Day Boksburg: – 30th June 2007
- Hardware Centre– Open Day – Randburg 1st July 2007

Some past events that readers can note are as follow:

- Hardware Centre opened a new store on the East Rand Johannesburg Unit C1 Cynthia Road Bardene Boksburg (directly opposite the East Rand Mall off North Rand Road) at the End of October. The opening show date was pegged for the 25th November with some unbelievable opening specials!
- The 26th November was the main show date for Hardware Centre Randburg with all of our suppliers exhibiting.
- The 2nd December was the Cape Town show with a host of New Products!

AWSA CommitteeThe 2006/7 AWSA Committee

Louis van Niekerk – Chairman. louisvn@iafrica.com (021) 913 1470(h)
Juri van den Heever - Vice Chairman and AWSA 2007 Symposium convenor. javdh@sun.ac.za (021) 887 1879(h)
Eric Thornton – Secretary. notnorth@mweb.co.za ; (021) 559 1409(h)
Izak Cronje – Treasurer. izak@kantkraft.co.za (021) 685 1857(h)
Jez Rowe – PRO/communications and membership enquiries. jez@telkomsa.net (041) 371 5866 (h)
Gigi Laidler - <i>Turnaround</i> Newsletter Editor and Membership Database. gigi.laidler@lando.co.za; gigi.laidler@gmail.com (021) 797-7755(h) 082 485 8399; Fax: 086 618 3113

Reminder of Membership Renewal

Many thanks to everyone who has renewed their membership – though there are still many of you who need this reminder to prompt them! Membership fees remain at R80 for 2006/2007, and remittance can be made to:

Association of Woodturners of S.A
ABSA Bank, Cresta Branch, code 334 705,
Current account #40-5156-7354. Please **use Surname and Initial as Reference** to facilitate identity of payment.

Remember, this is your association, so constructive inputs and feedback from the membership are welcome.

Gigi

Reminder of Schalk's Challenge

For once, size does not matter! Schalk's Challenge for AWSA Congress 2007 is a little more complex this time, as turners are required to make use of both faceplate and spindle turning techniques, and they must include at least two identical spindles; namely produce any bowl/vessel and then incorporate at least two identical spindles. So, set to it folks, and put your thinking caps on, have the muse kiss you, and create something beautiful/interesting/intriguing for next year's congress. Remember, you do not have to attend the congress for your work to be entered; if you really can't make in person due to other commitments, your works are welcome to get here without you in attendance.

See you in Cape Town

