



VOL 02/24

February 2024

PRESIDENT'S REPORT

Presidents Report February 2024

Hi everybody, I hope you are back behind your lathes and producing amazing pieces of woodturning. Time now to think ahead about what birthdays, anniversaries and other events are coming up and making great presents for these lucky people.

At our last meeting we had a Guest Speaker, Tony Gibson -Optometrist, who presented to us an extremely interesting talk on how eyes function and the sort of things that can cause eye problems. This talk was very informative and provided a great deal of information and really instilled in us how valuable eyes are to us and the value of an optometrist to help solve any issues we may have.



It was a good reminder to take care of our eyes and the importance of eye protection in the workshop. They can be so easily damaged so please use eye protection at all times. Any cost for glasses, visors etc is much cheaper than the cost of eye damage or loss.

All the toys for Country Hope have been sent. Also, John Osborne 2 was presented with the John Atkinson Award. This is presented for the best array of toys produced. Well done, John.

Pens For The Troops are due at the February Meeting. Please remember to bring them and if you are unable to attend then call me or any of the Committee and make arrangements for collection.

At the January Meeting I asked the members a couple of questions:

- Firstly, any ideas for a demonstration or a guest speaker?
- And, if anyone is prepared to demonstrate at a meeting?

We now have some good ideas but if you have any other suggestions, please let me know.

Remember it's Fun To Turn.

Gary.

NOTICES

Next Saturday's Meeting

Our next meeting Saturday 24th Feb. will be a

HANDS ON DAY

THE THEME IS A PROGRESSIVE TURNING

The committee select people to form groups of 3 or 4.

Each group will:

be given a timber blank from which to turn a piece

decide what they will turn

arrange who turns first, second, third etc

Turners will have a set time before they hand over to the next person in their group.

There will be 2 rotations

The above details may change!

More details will be given the day

Please bring you sharpened tools with you for a morning of fun

John Atkinson Award

Congratulations to John Osborne 2 on taking out the 2023 John Atkinson Award for his work, making toys for Country Hope kids. John did an amazing job on his racing cars, trucks and sedan cars, the quality and his workmanship were both excellence. Thank you John for your donation

Thank you also to all those who donated toys, they will be much appreciated by the children



ACCESS TO THE WEB SITE

Could you all please note that for access to our website you just need the password and no longer need to create a user ID.



Monday Night Discussion Group

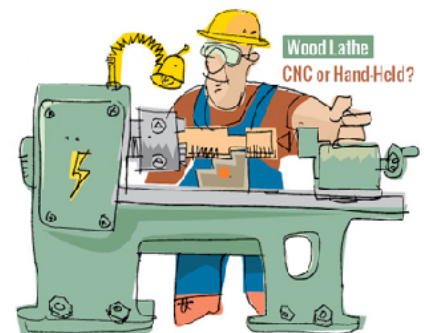
Monday night discussion group has recommenced and has been fairly well attended, but there is still room for more members

Monday night discussion group is aimed at helping new and experienced turners solve problems, improve techniques and finishing objects to obtain very high level of finish.

Wednesday Group

The Wednesday Turning group has recommenced - from 12.30 (or there about) til 3.00.

The Wednesday group is a group of more experienced turners who work independently but often share tips and advice. If you feel confident there are still some vacant lathes every week.



Thursday Group

The Thursday Turning group has not recommenced.

If you know of anyone interested in learning wood turning please encourage them to come to our Thursday session of some expert tuition.

All is going well, new "WhatsApp" group is working successfully, and the mentors can turning up knowing they have a group to assist.

Pens for the Troops

Pens for the troops are to be returned no later than the February Meeting.

We ordered 50 sets of slimline pens which were all snapped up quickly by our members, we are looking forward to seeing an amazing array of well turned slimline pens.

We will forward the pens onto the Army so they can distribute them to service people on or before ANZAC Day

Nunawading Library Display



It

Thank you to all those members who provided items for display at the Nunawading Library. was very successful!

UPCOMING EVENTS 2024

January Meeting:

Our guest speaker this month will be Tony Gibson an Optometrist from Eye Care Plus Mitcham.

Tony will be talking about how the eye works and how we see things, eye care and common injuries and treatment.

This will be a very interesting presentation and well worth attending.



Standing invitation

Members of CWC clubs have a standing invitation from Mike Davies to watch Record Power's free live international woodturning demonstrations. Further information from [https://](https://recordpowertv.com/)

recordpowertv.com/

Snippets from Australian Wood Review

Project - A mid century modern table

Article - Indian Swing seats

Project - A bandsaw box

Article - Making Metal Planes

Article - How to "spalt" your own wood

Article - How to restore a handplane

Article - Self Locking joinery

Video - Optical Illusion marquetry box

Article - Making a Japanese traditional plane

Project - Making a Peddle Chair

Project - Making a carver's bench

Project - Making Lego people

Video - Straw Marquetry

Where do you
learn to make
ice cream?

Sundae school.



SHOW AND TELL - JANUARY 2024

January's show was defiantly NOT over subscribed. Could you please remember to bring an item even if it is something you have shown previously.



Rick Hillier brought along 4 very different shaped pepper grinders he made for his family
Various timbers, two with a Celtic Knot



Some sculptural pieces from Graham Besley
Turned and hand shaped solid forms finished with a green stain or dye and hand brushed polyurethane.
Brass rod connecting pieces, bases and stands finished with black Japan.



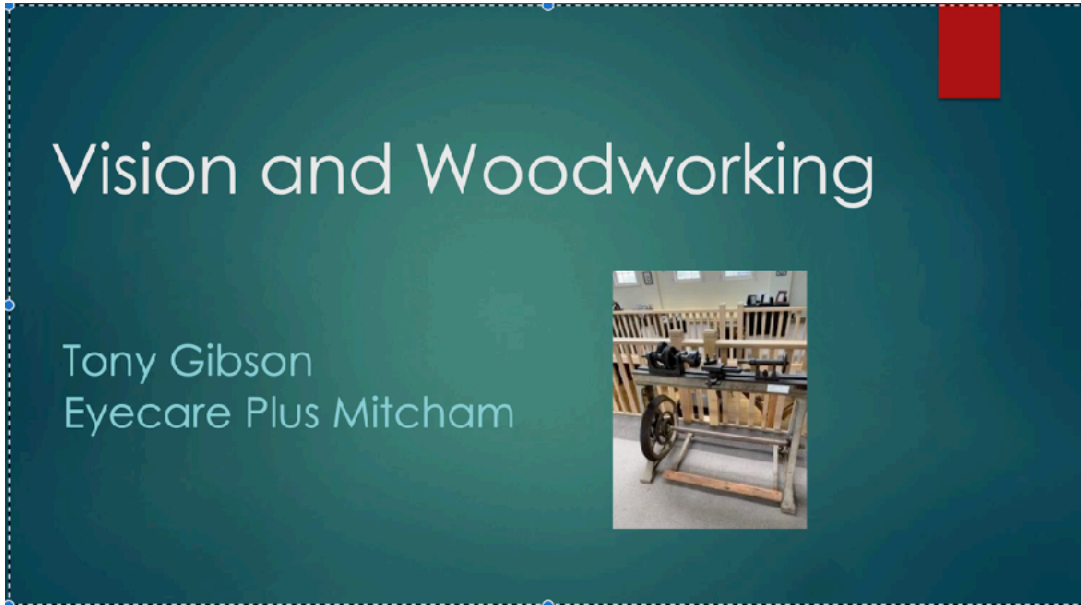


Gary Jenvy brought along a
Potpourri Bowl and a serving
bowl (platter)
Bothe items finished with
Danish Oil



**A ham sandwich
walks into a bar
and orders a beer,**

**bartender says
"sorry, we don't
serve food here."**



This was a very interesting and informative presentation by Tony Gibson, not only is he an experienced and practising optometrist but is also a very good woodturner and woodworker. In his presentation he covered a large range of topics related to the eye:

- How the eye works (front half and back half)
- What goes wrong as we grow (6 top eye problems)
- Spectacle Correction
- Common eye injuries
- Common eye disorders

We have included some of the more relevant pieces from Tony's presentation to help jog your memories.

The image shows a presentation slide with a dark teal background and a white dashed border. The title 'Spectacle Correction and Woodworking' is written in white font at the top. Below the title, there is text in white and orange fonts. On the right side, there are two inset photographs: the top one shows a man working at a lathe, and the bottom one shows a pair of glasses. A red rectangular graphic element is positioned in the top right corner of the slide.

Spectacle Correction and Woodworking

What correction is best ?

- Measure comfortable working ranges and advise optometrist
- Intermediate correction good for lathe, near for fine detail
- Also need distance vision to negotiate workshop safely

Well prescribed spectacles will provide best detailed vision each eye
best binocular vision (accurate depth perception)

We get best results with the best tools
Don't bother with mass produced readymade glasses
Minimal chance that they will provide best correction

Common Eye Injuries

- 30% of eye injuries occur in a domestic setting
- Most common are chemical burns, penetrating eye injuries and small particles and irritants entering the eye
- Many household products contain chemicals that can cause burns to the eyes. Alkalies (cleaning products) worst
- DIY projects, hobbies and gardening are leading causes of penetrating eye injuries
- Up to 90% of eye injuries can be avoided by wearing appropriate eye protection

Common Eye Injuries: Woodworking

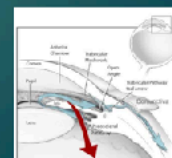
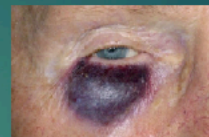
- Contusions, bruising, lid damage
- Foreign bodies, penetrating injuries (lids ,cornea)
- Anterior eye damage:
 - bleeding (hyphema)
 - pupil, iris damage, angle recession -> glaucoma
 - Cataract
- Posterior eye damage:
 - Scleral laceration
 - Retinal tear, detachment
 - Optic nerve, macula swelling

External Eye Injuries: Woodworking

- Contusion
- Sub conjunctival haemorrhage

Chemical burn
Dust

Hyphema,
Iris damage
Angle recession,
Glaucoma



Factors affecting age related eye disease treatment

Choose the right parents
(e.g. glaucoma in family increases risk by 25%)

Stay healthy and active with good diet

Maintain good cardio-vascular health

- Blood pressure
- Lipid and blood sugar control
- Diabetes
- Sleep Apnoea
- Avoid smoking

Have regular eye exams

Follow professional advice



Spectacle Correction and Woodworking

What is safest correction?

For safety:

- Strong comfortable plastic frame
(robust hinges, saddle bridge, more secure lens rim rebate)
- Hard coated resin or polycarbonate lenses (not glass)
- Safety visor over specs is better option than safety goggles
(scratch reduction, better dust and impact prevention)



Magnifiers and Woodworking

- ▶ Consider lighting
- ▶ Cool white LED globe reading lamps on stand good option
- ▶ Inverse square law:
- ▶ Halve the distance of globe to work = 4x brighter on work
- ▶ Overhead lights now LED not fluorescent globes, adjustable colour
- ▶ Choose brightness equivalent to old 100W globes

- ▶ Alternative Digital magnifier
- ▶ Digital phone or tablet images are excellent quality
- ▶ Image magnification variable using finger spread
- ▶ Image can be downloaded and shared



Magnifiers and Woodworking

Magnification achieved by creating virtual image of object

Single lens magnification related to lens power

4x magnifier image is 4x size of object viewed at normal reading distance

Increasing magnification, decreases field of view and working distance

All single lenses only allow monocular viewing, no depth perception

Not very practical for wood turning



Take home messages for vision and woodwork

Best option is safety visors over spectacles

Dust control significant for respiratory health
Positive ventilated visors ultimate best option

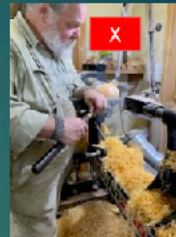
Keep enjoying wood turning

Ensure:

Work secure in lathe,

Tools well maintained & sharp

Eye protection when sharpening, grinding,
hammering



Take home messages: vision and woodwork

Don't smoke

- Watch your diet

- Stay active & healthy, maintain social connections

Find a trustworthy GP and optometrist

Prepare for eye test with list of occupational requirements

Ask about eye health status (cataract, optic nerve, macula)

Take advice on recommended correction

Wear corrective lenses while woodworking

2023/2024 COMMITTEE

President	Gary Jenvey	0411 593 754
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Committee		
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The Koonung Woodturner's Guild meets at 9.00am
on the fourth Saturday of each month at
109 Koonung Road Blackburn North 3130



**John Osborne 2 receiving the John Atkinson award from our president
Gary Jenvy**

If unable to deliver please return to Roger Annells 8 Windsor Street Kew Vic 3101