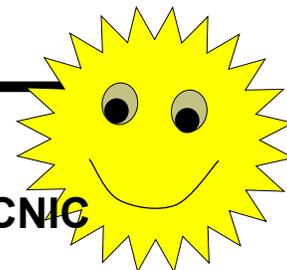


# OREGON WOOD WORKS



## TEN PRINCIPLES OF GOOD DESIGN

*In the 1970's Dieter Rams redefined the parameters for successful mass-produced (and craft) design by creating his Ten Principles of Good Design. These tenets continue to inspire makers around the world:*

### #9 Good design is environmentally friendly.

*Design makes an important contribution to the preservation of the environment. It conserves resources and minimizes physical and visual pollution throughout the lifecycle of the product.*

## NEXT PROGRAM:

# ANNUAL SUMMER GUILD PICNIC

**TUESDAY, AUGUST 20**

**SOCIAL TIME 5PM, PICNIC 5:30, GUILD ANNOUNCEMENTS 6:30  
SUMMERLAKE PARK, TIGARD**

Come one, come all! It's that time of year and with all of this wonderful weather it also means that it's time for the annual combined Guild Picnic/ Meeting on Tues., Aug. 20!

Come one and all out to spend the afternoon with other Guild members and their families. There will be great people, food and drinks! Be sure to bring your kids or grandkids, there is a great play structure right next to our picnic shelter. We again have the pleasure of meeting at Summerlake Park in Tigard, OR. This is a wonderful covered section of the park reserved for us and the setting could not be more beautiful. The Guild will provide one of the main dishes, beverages, and tableware. Just bring another dish of your choice (with serving utensils) to share.



Bring yard games! Either ones you have made or something you have purchased!

Show & Tell: Bring your Show & Tell items for display before & during the event.

Tables/Chairs: There will likely not be enough seating at the existing picnic tables. To be sure that you have seating, we suggest to bring along chairs for you and your guests. Assistance would be much appreciated in getting beverages/ice organized and tables brought to the site and with the Tear-Down at the end. If there are any questions, please

contact CJ Marquardt at 503-267-1930 or email him at [cj@cjmwoodcraft.com](mailto:cj@cjmwoodcraft.com)

### Approximate Picnic Schedule:

- Setup @ 4:15pm;
- Social Time @ 5:00pm;
- Picnic @ 5:30;
- Guild Announcements @ 6:30;
- Done/Tear Down @ 8:30pm.



From 217, take Scholls Ferry exit and head west. Proceed about 2 miles to 130th. Turn left, headed South on 130th which changes names to Winterlake in about 1/2 mile. Wrap around the park about half way and watch for the pavilion and people on your left. Park along the street.

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## NOTES FROM THE GUILD PRESIDENT

*Steve Poland*

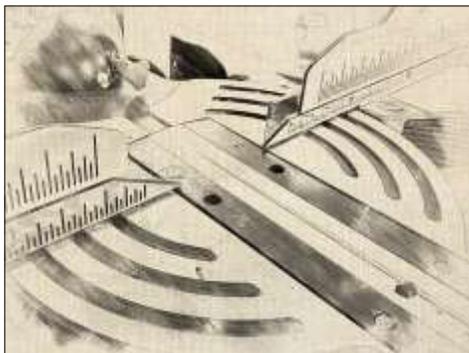


Hello, I hope your summer has a good balance of family activity, with time for woodworking and a bit of Guild participation. Maybe you've added some experienced tools from the Bob Oswald estate sale and are planning projects to take advantage of that experience.

Our Community Projects team has completed the recycling enclosures for YMCA Camp Collins and will shortly install the Forest Heights School benches. Tim Moore will be looking for new projects, so while you are thinking about your own next projects, you might also think about other community organizations that could benefit from this team's effort. We ask that the organization pay for material cost, and we provide our team's labor at no cost.

Your education committee is working hard on refreshing the array of classes for the full range of ability levels, and there are new instructors from our ranks that are anxious to teach classes in their area of interest and expertise, so keep an eye on the class listings, I'm sure there will be something intriguing for everyone. You may also want to contact Doug Drake to volunteer your time as a class coordinator for these upcoming sessions. Coordinators serve as an organizational assistant to instructors, helping acquire and prepare materials, communicating with class members, helping instructor in tracking costs etc., and as an obvious side benefit you can absorb the lessons at no cost.

Finally, I hope you can come to the Guild Picnic at Summerlake Park on August 20!



## PARKING AT THE SHOP

Parking is heating up in the Village these days and no less so at our property. We are getting to be a busy spot in a busy neighborhood. Life in the village sure has changed since the bottom of the recession.

We are starting to get wind of and anticipating neighborhood complaints. In specific, there are traffic congestion moments that create difficult flow on SW 34th Ave. for neighbors including blocked driveways. In addition, we have put the large rocks in place to cover the water main area. It is critical that folks do not drive over this area. We notice people cutting through that area and parking very close to it.

Please show courtesy to each other and especially to the neighbors. We all have to live together and somehow make this parking situation work.



## MARK YOUR CALENDAR: FUTURE GUILD MEETINGS

**September Meeting: Tuesday the 17th**  
Currently Open - maybe 'Bring your jigs show and tell'?

**October Meeting: Tuesday the 22nd**  
Mary May Carving Presentation

**November Meeting: Tuesday the 19th**  
Terra Firma Design NW, Tom and Jennifer, teachers from Port Townsend, Marquetry and leaded glass focusing on furniture and lighting pieces.

**December Meeting: Thursday the 12th**  
Annual Guild Holiday Party at the Multnomah Arts Center

### The Guild of Oregon Woodworkers is...

..., a group of amateur and professional woodworkers committed to developing our craftsmanship.

*Our Mission: To promote the craft of woodworking to the woodworkers of today and tomorrow.*

*Our Vision: A community of woodworkers that provide significant opportunities to develop, practice, enhance, and share woodworking skills.*

The Guild offers many benefits for members, including:

- ◆ Monthly programs
- ◆ Monthly newsletter
- ◆ Weekly Volunteer Special Interest Groups (SIGs)
- ◆ An education program to help members develop woodworking skills through a variety of hands-on and lecture classes
- ◆ Sponsor discounts
- ◆ Woodworking shows (such as Gathering of the Guilds)
- ◆ Network of business partners.
- ◆ A woodworking shop
- ◆ A network of friends and opportunities to volunteer and make a difference in our community
- ◆ Free and low cost community programs to join in learning woodworking skills through special interest groups, community build, & estate sales volunteering

What you can do for the Guild

- ◆ Volunteer your time to contribute, assist, organize, lead, teach
- ◆ Take a class
- ◆ Contribute your knowledge

For more information see the Guild website or visit the shop.

Guild Shop - 7634 SW 34th St, Portland, OR 97219

[Guildoforegonwoodworkers.org](http://Guildoforegonwoodworkers.org)

## WELCOME NEW MEMBERS

Welcome to our newest **32** members. We're happy to have you with us and hope you'll make a regular appearance at the monthly program, contribute articles to the newsletter, and volunteer in other ways. Say hello at the next meeting so we can get to know you. New member orientation is 6:30-6:45 at each monthly meeting.

Paul Barker, Frank Cercone, Aaron Endelman, Derrick Gillan, Kristen Gillan, John Gustafson, John Houck, Leslie Howell, Mike Jolley, Ryan Kinstedt, James LaFollette, Weston Landis, Brandon (Bear) LaPier, Bayard Lyons, Carlos Medica, Michael Muneyirci, Cameron Ough, Mitch Phillip-Walker, Steve Press, Ryan Price, Andrea Reust, Dustin Robbins, TJ Robinson, Jeff Ruggiero, Nicole Santamaria, Partha Sarangam, Evan Segura, Nathan Skalsky, Laura Sparks, Marc Spitz, Karleigh Taylor, Craig Turner



Many of us who have joined the Guild recognize that woodworking can be a lonely avocation. It's fun to get together with other woodworker's to swap stories, share successes, and failures, and to ask questions. Come join the fun at the next MEET-UP ...

**MONDAY AUGUST 5 - 11:30AM**

**Buster's Barbecue**

11419 SW Pacific Hwy (99W) Tigard

We will be in their meeting room. Everyone's welcome.

[www.bustersbarbecue.com](http://www.bustersbarbecue.com)

**MONDAY, SEPTEMBER 9 - 11:30AM**

**The Lodge at Cascade Brewing.**

7424 SW Beaverton Hillsdale Hwy, Portland

It is just west of New Seasons Market and the intersection of Scholls Ferry Rd and Beaverton Hillsdale Hwy.

[www.cascadebrewing.com](http://www.cascadebrewing.com)

The monthly Meet-Ups are held on the first Monday of the month and try to visit all parts of Portland. The goal is to allow members to get to know each other and develop friendships. Attendees order off the menu and pay on their separate check.

All the Meet-Ups gather at 11:30 am, but late comers are always welcome. Everyone in the Guild is invited.



*Last year visitors at Art-In-The-Pearl left our collaborative demonstration with NW Woodturners with a lovely box and spinning top.*

*[See call for volunteers for this year's event on page 7.](#)*

**GUILD CLASSES** - See the Guild website for registration and details. Contact the Class Coordinator with questions. All classes are held at the Guild Shop unless otherwise specified. 7634 SW 34th St, Portland, OR

### **Foundations of Classical Carving**

#### **Chuck Rinehart**

3 Sessions, Sep 7-21, 9:30-1:30

Class Fee: \$180

Multnomah Art Center

Class Coordinator: Larry Wade

This class provides an excellent foundation to classical carving in its own right, with an expert and very experienced instructor. You will learn tools and sharpening along with basic carving techniques. But for some of you, there may be more. **PREREQUISITE** for Mary May. If you are registered for, on the Wait List for, or even thinking about taking one of Mary May's classes in October, and if you have not completed the prerequisite or just want to freshen up your skills in advance, consider taking this class.

### **Carving Hints & Helps**

#### **Mary May**

Oct 15, 10-2

Class Fee: \$50

Multnomah Art Center

Class Coordinator: Larry Wade

In this session, Mary will provide photo and demo carving tips from her experience as a master carver and carving instructor. Beginning and intermediate carvers will be especially welcome. Submit your questions — which may be addressed if time allows. No prerequisite for this program.

### **Letter Carving - Signs and Personalization**

#### **Mary May**

Oct 16-17, 9-5

Class Fee: \$350

Class Coordinator: Heidi Mc Namee

This two day, hands-on class will focus on carving letters as a means to enhance your own furniture and perhaps create your own signs. Students in this class need to have a foundation in carving and sharpening. Be sure to check that you meet the prerequisites. If the class is full, please add your name to the Wait List.

### **Shell and Fan Carving**

#### **Mary May**

Oct 19-20, 9-5

Class Fee: \$350

Class Coordinator: Ruth Warbington

This two day, hands on class will focus on shells (concave

and convex) and get you started on related fans. As we go to press, the class is full, but if you are interested, please add your name to the Wait List. If a spot opens, we would like to get you in and we would also like to have a full class for Mary. As in the Letter Carving class, be sure to check prerequisites.

## **AFFILIATE UPCOMING CLASSES**

*See their websites for more details and offerings.*

### **NORTHWEST WOODWORKING STUDIO**

#### **Joinery Concentration: Dovetails**

Aug 26-30

Instructor: Gary Rogowski

### **ANVIL ACADEMY**

#### **Knife Making**

Aug. 4

Instructor: Chuck Cook

## **SPECIAL INTEREST GROUPS (SIG)**

*These groups have discussions and hands-on demonstrations. The SIG groups meet in the Guild Shop unless stated otherwise.*

### **WOMEN'S SIG**

Next Meeting: Thursday, August 1 (1st Thursday each month) at 6pm (We will be there by 5 if you'd like to come help set up)

Lead: Eddee Edson - [mseddeee@gmail.com](mailto:mseddeee@gmail.com)

### **CNC SIG**

Next Meeting: August 8 - 2nd Thursday each month - 6pm

Where: Multnomah Art Center

Lead: Craig Jones - [cjones3106@gmail.com](mailto:cjones3106@gmail.com)

503-975-7541

## COMMUNITY BUILD TEAM GOES TO BAT FOR YMCA CAMP COLLINS

### Asa Christiana

If you happened by the Guild almost any Sunday afternoon this spring or summer, you would have seen a busy team of volunteers working feverishly on a never-ending series of big, strange cedar boxes. If not, you definitely saw a few of the boxes stacked at the back of the parking lot. Well, your parking spots are clear again, as the last of sixteen trash enclosures was just picked up by the YMCA on Monday, July 22.



Last fall I traveled to YMCA Camp Collins, near the lovely



Steve Anderly (left) & Asa Christiana

Oxbow Regional Park in Gresham, with Guild officials Tim Moore and Steve Poland to meet with the camp director and maybe identify some suitable projects for our community build team. (I'm a member of the Camp's board,

and a huge fan of the YMCA mission). Turns out what the camp needed most was something mundane but actually quite impactful: sixteen durable, attractive enclosures for the pairs of trash cans loosely scattered around camp.

Steve got to work designing a great enclosure, I priced materials and gave the YMCA a bottom-line cost, and then it was off to the lumberyard for materials (thanks, Steve Anderly and others!). This was



a team effort in all the best ways. Thanks to a few well-placed announcements in the Guild newsletter (thanks, Roger!), I assembled an email list of potential volunteers, and by May we were building.

As we completed small groups of boxes — screwing together the big frames, covering them with cedar boards and battens, and adding a weatherproof composite rim around the top — the YMCA

*continued on page 6*

**YMCA CAMP COLLINS** ...continued from page 5

showed up every other week or so to pick them up. After six Sunday afternoons sweating in the summer sun, a few stressed-out moments by yours truly, and more than a few cold beers at Lucky Lab, a steadfast group of fifteen or more volunteers completed the last of sixteen boxes on Sunday, July 21.

The good folks at Camp Collins, including the director, Willard Burks, want us to know how deeply they appreciate our efforts, and what a difference the boxes have made at camp. Camp Collins serves a diverse group of the region's kids, many on scholarships, offering them a rich, supportive experience in the outdoors.

For the record, all the frame joinery was cut at home, because we can't machine pressure-treated wood at the Guild.



*With the trailer loaded with the final product are Camp Collins' maintenance director Brian White (left) and the camp director, Willard Burks.*

## CONTRIBUTE TO THE NEWSLETTER

Your opinions, suggestions, and thoughts about the newsletter are always encouraged.

Your articles, photos, announcements, etc. are also encouraged. Articles etc. can come from any Guild member and can be on whatever woodworking topic you think others might enjoy, learn from, or otherwise be interested in, such as...

- ◆ a project you are working on now or have completed recently
- ◆ interview and write about a fellow woodworker - coffee and pastry time
- ◆ something interesting about the history of the Guild
- ◆ a technique that you just discovered or have developed that others will learn from also
- ◆ a woodworking mistake you made and how you fixed it, or didn't
- ◆ something you built for your shop that makes woodworking easier.
- ◆ an original cartoon or drawing - woodworking related, of course

- ◆ a job you just completed from the Job Request list
- ◆ an announcement for upcoming event

Also, remember to send in a photo and brief description of a project you have recently completed for the SHOW & TELL page.

Everything must have been received by end of day on the 27th of each month. That way I can get the newsletter out by the end of that month.

Send your questions, suggestions, requests, articles, etc. to  
Linda Howarth

[newsletter@guildoforegonwoodworkers.org](mailto:newsletter@guildoforegonwoodworkers.org)

### GUIDELINES

**Photos** - JPEG files only – if there are people in the photo, please let us know names so they can be included

**Articles**, etc. – Ideally a Word or other Doc or Text file – even emails with the text will work just fine. Preferably **not** PDF files (they will need to be reformatted and that causes tons of extra work) Including a photo or drawing etc. is always a good idea.

**All** - to be included in the newsletter as space permits.



*This award is given to highlight individuals who put in an extraordinary time and effort support the Guild. The Guild wouldn't exist if not for all our volunteers. Thank you to all.*

## MEET BILL KEAY

### Roger Crooks

Bill has been an active member in the Guild for the last six years. He pretty much started our IT department before we knew we even needed an IT department. He's done a fantastic job with the shop computers and especially detailed documentation which only a few people have seen. He has identified needs we did not know we had such as backup of our files (which are now automated) and security for our systems. Bill set up the camera system that allows us to view activity in the shop from our website.



Bill is instrumental in driving our IT strategy that includes rolling out guild emails over next few months and started the Google Drive setup and training. He is always reliable and hard working and willing to help when asked.

If you see him at the shop or at Rockler, say hi and thanks.



*Sachet of cedar shavings from Art-in-the-Pearl.*

## ART-IN-THE-PEARL VOLUNTEER AND HAVE SOME FUN

### Roger Crooks

Art-in-the-Pearl (AIP) [www.artinthepearl.com/](http://www.artinthepearl.com/) is one of our most important shows and is one of the top ten Arts and Crafts festivals in the country. For the sixth straight year we have been invited back, and we need your help to staff it. The show is over the Labor Day weekend, Aug 31 – Sept 2 (Saturday - Monday) and is in the Pearl District North Park blocks. It is free and will have over a hundred artists showing and selling work ranging from fine wooden furniture to beautiful paintings to photography, glass, clay, metal, jewelry, and much more!



**Where do we fit in?** We are one of eight demonstrators invited this year to promote the art of woodworking. In addition to being invited, last year they doubled our space from 10' to 20' based on how much interest our past demonstrations have shown the public. The Pacific Northwest Woodturning Guild is next to us and they also have 20' of booth space. Last year we did a collaborative demo where visitors walk away with a box and a spinning top.



**Why Volunteer?** – it is a lot of fun, supports the Guild and you meet a lot of interesting people.

We will be doing our cedar shavings demo to let visitors experience using a hand plane and walk away with a sachet of cedar shavings.

**How to Volunteer** – It's easy. We are using an on-line tool called Signup Genius. Click here [Art-In-Pearl](#). If you have any questions about using Signup Genius, a help document is [here](#). The show is Saturday-Monday and from 10am to 6pm except Monday it is 10am to 5pm. We will need a minimum of four people per four hour shift and two shifts a day – that is a lot of help. Please reserve time on your calendars. Send any questions to Charlie Meyer [goow.volunteer@gmail.com](mailto:goow.volunteer@gmail.com) or Roger Crooks [guild.rogercrooks@comcast.net](mailto:guild.rogercrooks@comcast.net)

## WOOD DUST

*Doug Ugoritz via San Diego Fine Woodworkers Association, June 2019 - ugoretz.r@gmail.com*

All woodworkers\* produce wood dust. We must put up with dust in spite of the time, effort and expense of collecting and disposing of it. In this article I'll survey options for dealing with wood dust, the health issues related to exposure, and what can be done to protect ourselves from harm. \*Carvers who don't use sandpaper excepted.

In order of complexity and cost, measures for dust control include:

- ♦ a broom & dust pan - which actually adds to airborne dust
- ♦ a shop vacuum attached to individual machines by hand as needed
- ♦ a dust collector connected to a single machine by hand or, if you can afford it, to several machines through permanent ducts suspended from above or even embedded in the floor when you build the shop of your dreams
- ♦ as above plus the addition of an air filtration system

Dust particles are measured in microns. Dust collectors and air filters are most efficient in removing particles larger than 50-100 microns. The sheet of paper in your printer is 10 microns thick. Unfortunately, particles smaller than 2.5 microns are the greatest health risk because they can pass right through vacuum bags or filters into the room air and through your nose into your airways and lungs.

Dust collectors use a powerful fan to force large volumes of air and dust, into a bag. How efficient this is depends on how much air is moved (cubic feet per minute) and the percentage of dust that is held back (should be at least 95%). Check these ratings when you shop for a machine. If the performance of your machine is unsatisfactory replacing the original bag with a custom made one or a canister type filter will help; at less cost than buying a new collector. You will find several choices on the Internet.

A dust collector can also be upgraded by adding a second stage which is placed between the duct system and the collector. This consists of a container and a cyclone or turbo device which separates chips and larger particles before they reach the collector and increases the efficiency of collecting the smallest particles.

There is some debate about using air filtration systems. These are usually suspended from the ceiling and force large volumes of room air through a filter. But their best use is probably to clean the air in a workshop at the end of a work session rather than running continuously to remove dust while it is being produced. HEPA filters are most effi-

cient at filtering out a high percentage of very small particles. Air filter specifications depend on the size of the room. The system should be able to filter the entire volume of air in a shop 6-8 times per hour. Before you select a system calculate the volume of your shop, multiply that by 6 or 8 and divide by 60. This gives a figure in cubic feet per minute to compare with the specs for the filter. Some sources advise placing the air filter near a wall to promote circular air flow.

There is little consensus on exactly how dangerous wood dust actually is. References I was able to find in the medical literature report various levels of risk. Here are some typical published studies on the health risks related to dust.

**Cancer** - Cancer of the nasal cavity and sinuses is the most well documented risk related to exposure to wood dust [journals.plos.org/plosone/article?id=10.1371/journal.pone.0133024](https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0133024)

But the association with lung cancer is, at best, weak and probably limited to long term, occupational exposure.

[www.verywellhealth.com/wood-dust-and-lung-cancer-whos-at-risk-3971878](http://www.verywellhealth.com/wood-dust-and-lung-cancer-whos-at-risk-3971878)

[oem.bmj.com/content/68/8/599](http://oem.bmj.com/content/68/8/599)

No other forms of cancer have been found to be associated with wood dust.

**Asthma** - A very comprehensive discussion of this problem has been prepared by the California Dept. of Public Health.

[www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/WRAPP/CDPH%20Document%20Library/WoodDust-eng.pdf](http://www.cdph.ca.gov/Programs/CCDPHP/DEODC/OHB/WRAPP/CDPH%20Document%20Library/WoodDust-eng.pdf)

**Pulmonary insufficiency** - This illness occurs primarily in association with long term occupational exposure.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC6399759/pdf/10.1177\\_1559325819827464.pdf](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6399759/pdf/10.1177_1559325819827464.pdf)

[www.ncbi.nlm.nih.gov/pmc/articles/PMC3534253/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3534253/)

**Wood Dust in the Eye** *First, you should have been wearing safety glasses. Do not rub your eye.*

1. Wash your hands and look in the mirror and try to locate the sawdust particle. Blink several times and allow your eyes to tear up, the tears may wash the sawdust out. Dab the tears gently with a tissue.
2. Gently pull your lower lid away from the irritated eye while looking in the mirror. Search for the sawdust.

*[continued on page 9](#)*

**WOOD DUST...continued from page 8**

The irritant may have moved into the corner of your eye. Repeat the process with your upper eyelid if you still haven't found the sawdust...

3. Allow your eye to rest for a moment and blink some more. Allow your eyes to tear up, then repeat Step 2. If you still feel the particle ...
4. Immerse the side of your face with the affected eye in a shallow container of water. While the eye is under water, open and close the eye several times. The same result can be accomplished using an eyecup from a drugstore.
5. If the dust is still present pull the upper lid away and stretch it over the lower lid to loosen the dust.
6. If the problem persists *call your doctor or go to urgent care.*

William Pentz, who sells high end central dust collection systems, is the most radical and controversial commentator on the risks associated with exposure to wood dust.

[billpentz.com/woodworking/cyclone/beginnerscorner.cfm](http://billpentz.com/woodworking/cyclone/beginnerscorner.cfm)

For some interesting discussion threads on the subject of safety and preferred methods of dust control, see:

[www.lumberjocks.com/topics/102298](http://www.lumberjocks.com/topics/102298)

[sawmillcreek.org/showthread.php?132114-Just-read-all-the-Bill-Pentz-DC-stuff-and-I-m-ready-to-give-up-woodworking!](http://sawmillcreek.org/showthread.php?132114-Just-read-all-the-Bill-Pentz-DC-stuff-and-I-m-ready-to-give-up-woodworking!)

Each of us must make his or her own choices about the level of risk and how far to go to protect yourself. But here are some practical tips to maximize the management of dust control in your own shop.

What about the bag that collects your dust? The American Fabric Filter Co, says, "a fine layer of dust coating the inside surface of the upper bag actually works with the fibers of the filter to trap small particles". They advise that, if you notice a thick crust of dust inside the bag and decreased suction, before you toss the bag in the washer, try these steps: with the dust collector running and the bag inflated, tap the it with your hand or a broomstick. If that doesn't clear up the thick crust, try blowing compressed air against the outside of the bag with the collector running. If that fails, remove the bag, turn it inside out and vacuum any remaining dust cake.

Check this company for information about custom dust bags. [americanfabricfilter.com/filter-bags/](http://americanfabricfilter.com/filter-bags/)

Air filter systems vary considerably in quality and cost but all filters gradually become clogged and eventually need to be replaced. HEPA filters are expensive but generally

agreed to be best. OSHA provides a good summary on the subject of dust collection and filtering.

[www.osha.gov/SLTC/etools/woodworking/health\\_wooddust.html](http://www.osha.gov/SLTC/etools/woodworking/health_wooddust.html)

Random orbit sanders are not only notorious for producing a lot of dust but they are also typically used right under our noses. The original equipment bags and filters provided are often inefficient. A down draft table can serve as a very effective way to reduce exposure to the dust created by a random orbit sander. You can shop for a wide variety of down draft tables for sale on the Internet or make one yourself. Rockler sells a nice kit for a 14" X 17" table for about \$30.

None of these devices work if you fail to turn them on. Even if we remember to do so, inconvenience often leads us to skip this step. Several brands of a radio-frequency remote controller can serve as a very convenient, inexpensive way to turn machines on and off and save time as well as helping to preserve your health.

Depending on the species, direct contact with wood and dust can act as an irritant, causing nasal congestion, sneezing, eye burning, itching and rashes. Over time contact can also be sensitizing, leading to allergic reactions. (see [page 11](#) for a table of specific species and possible health risks).

Even the best air filter or dust collector can't completely clear the air of dust. But devices that catch dust before it reaches your nose and airways can help. They come in a wide variety of designs and expense, ranging from simple paper masks to a fully enclosed, power respirator. Paper masks are inexpensive but they are prone to leak. A good one should have two straps. The addition of some sort of seal around the edges of a mask adds more protection. An exhalation valve will your glasses from steaming up and sweating under the mask. Paper masks are rated according to their efficiency at filtering particles: N = 95%, C = 99%, R = 99.97%. A similar rating system used in the UK refers to FFP1 - FFP3 but also relates to aerosols and particles other than wood dust.

Better fitting, more elaborate masks which have replaceable filter cartridges, usually advertised as respirators, are more effective and can cost as little as \$20. A silicone face seal will form an airtight barricade around your nose and mouth - unless you have facial hair which might require a full face hood.

Here are three online reviews of dust masks and respirators.

<https://healthyhandyman.com/best-respirators-dust-masks-for-woodworking/>

*[continued on page 10](#)*

**WOOD DUST...continued from page 9**

Best - GVS SPR457 Elipse Pro - \$32

Best for the money - 3M Rugged Comfort 6503 QL - \$20

[woodworkingtoolkit.com/best-dust-masks-respirators/](http://woodworkingtoolkit.com/best-dust-masks-respirators/)

1. 3M Rugged Quick Latch Half-face Respirator
2. Fichtech Dust Mask
3. 3M Half Facepiece Respirator
4. GVS SPR457 Elipse P100 Respirator

[www.woodworknation.com/best-respirator-and-dust-mask-reviews/](http://www.woodworknation.com/best-respirator-and-dust-mask-reviews/)

1. AMSTON N99 Disposable Dust Masks 10 pack \$22
2. Safety Works 817664 Toxic Dust Respirator \$30
3. GVS Elipse Half-Mask Respirator \$37
4. 3M Half Facepiece Respirator, medium \$13.50

If your work requires long exposure to large amounts of dust, consider the ultimate in dust protection: a half or full face respirator with or without powered air flow. These devices range in price from \$200 to \$400 and up.

<b>Table 1: Health Effects Reported with Various Types of Woods</b> <i>(Adopted from Work Safe Alberta (2009))</i>	
<b>Wood Type</b>	<b>Health Effects</b>
Alder (common, black, red)	Dermatitis (black alder); decrease in lung function (red alder)
Aspen	No health effect reported
Beech	Dermatitis (wood cutter’s disease) due to lichens growing on the bark of beech trees, rhinitis, asthma, nasal cancer
Birch	Irritant dermatitis
Cedar (western red)	Asthma, allergic contact dermatitis, sensitizer, decrease in lung function, eye irritation and conjunctivitis, rhinitis
Douglas Fir	Contact eczema, decrease in lung capacity
Fir (grand, balsam, silver, alpine)	Skin irritation, dermatitis, rhinitis, asthma, possible decrease in lung function
Hemlock	Skin irritation, decreased lung function
Larch (European, western)	Allergic dermatitis from European larch; no reports with western larch
Mahogany	Dermatitis, sensitizer
Maple	Rhinitis, asthma, Maple Bark Stripper’s disease (mould spores in bark)
Oak	Nasal cancer
Pine (white, lodge-pole, jack)	Skin irritation, contact dermatitis, Wood-Pulp Worker’s disease (mould in bark), rhinitis, asthma
Poplar	Contact dermatitis, sensitizer
Rosewood	Eczema, allergic contact dermatitis
Spruce	Skin irritation, Wood-Pulp Worker’s disease (mould spores in bark), decrease in lung function
Teak	Toxic, dermatitis, sensitizer
Walnut (black)	Skin irritation, rhinitis, possible asthma
Yew	Irritation of skin, dermatitis, toxic

## What Our Members Build

*Send in your photos - Please send us photos and notes about your wonderful work. Please include a little info on the piece: type of wood used etc. Send your photos to [newsletter@guildoforegonwoodworkers.org](mailto:newsletter@guildoforegonwoodworkers.org)*

**Bob Tompkins:** This lovely garden lattice was built with cedar and the joints are lapped.



## ON BEING A SKILLED BOXER

**Gary Weeber, GOOW Vise President**

I am not a pugilist. I have been known to throw a good punch line on occasion but I don't think anyone was ever hurt by them. OK, enough.

We are talking a lot these days about the Guild culture, not only what it is but what we want it to be. Clearly one element of our existing culture is the combination of woodworking and community service. We do that as a Guild... yes? How about each of us as individual members of this Guild culture? Do we reflect that in our own lives?

Here is my story. I sing...or at least try to. As part of this vocation, I sing in a men's a capella barbershop chorus

*(Bridge Town Sound)*. If you are not familiar with barbershop you should check it out. It is pretty demanding four-part harmony that a cappella guru Deke Sharon calls 'the blackbelt of a capella'.



Ok, to the point. Our chorus has hit some tough financial times recently and there has been much hand-ringing about that. So, thought I, can I do something with woodworking that would be helpful? looked around my home shop and, I am sure unlike your shop, I saw a lot of scrap and inexpensive lumber I had accumulated over time. So, feeling that I was a little boxed in by that scrap accumulation I had an epiphany...how about making some boxes and selling them for a donation to the chorus?

So, I have done that and am I having a great time! These are not complex boxes...in fact they are very simple. But it has reacquainted me with the value of boxes in woodworking and how many skills they can require and the design options that are available. Now I am obsessed...maybe. I am back to reading Doug Stowe box books (check out our library!)



and dreaming about all the variations that are available with boxes.

I have made a number of these hummers now which I sell to members for a \$45 donation to the chorus. We have already added about \$500 to the treasury and hope to do more. So it has not only been an investment of my time and skill but I am also having a great time! How can you beat that?

So what is your story? How have you individually used your woodworking skill to benefit others? Let's hear those stories. Interested people want to know.



### Ships in Bottles Demo

Chip Gardes will be showing us his techniques for building ships in bottles, Saturday, August 3 at 10:00 at the Boat Shop.

### RiversWest Swap Meet

We will be holding a Swap Meet/Garage Sale in the RiversWest Parking lot on Saturday, August 24, starting at 10:00 AM. Everyone is welcome including non-members, anyone who wants to can set up a table to sell, swap, or give away their excess items. These do not have to be boat related, though the attendees will mostly be interested in boat or shop related items. There is no charge to set up a table, though we do accept donations.

RiversWest Small Craft Center  
1455 N Pier 99 St, Portland, OR 97217  
[www.riverswest.org/](http://www.riverswest.org/)

## GUILD INSTRUCTOR ASA CHRISTIANA RETURNS TO SHOP TALK LIVE PODCAST

### *Asa Christiana*

While I was in Connecticut for my daughter's college graduation, I had a chance to return briefly to Fine Woodworking's popular Shop Talk Live podcast, a weekly broadcast I helped to kick off and co-hosted for its first four years. You can find the podcast by Googling *Shop Talk Live* or by searching your podcast app. My visit is Episode 193, titled "Pocket Screws vs. Dominos."

It's been 100 episodes since I was last on the show, and it's as strong as ever, thanks its new host, Ben Strano, and the incomparable Mike Pekocih, who was there from the beginning. Mike, Ben, and I had a lot of laughs and shared some solid information, as always. It felt like being back in the saddle, and I was thrilled to be invited.

If you haven't heard *Shop Talk Live*, you should check it out. It's a perfect companion for a long commute or long session in the shop. Funny how an audio podcast works so well for such a visual medium, but somehow it does.

Here is a link to *Shop Talk Live*

(<https://www.finewoodworking.com/2019/07/05/stl193-pocket-screws-vs-dominos>)




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**Start Woodworking Season 1 by Matt Berger, Asa Christiana**

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