

The Push Stick

We are blessed to have a hobby in this strange time:

by Steve Good

I am terrible at just sitting and doing nothing. If you enjoy woodworking and the scroll saw then you are likely the same way. You want to be doing something so you don't get bored. Watching TV is okay for a while, but I want to be making something. I need to be using my hands for more than just shoving potato chips in my mouth.

Hobbies can play a part in our physical and mental health. I'll be honest with you, my stress and anxiety are higher than I would like right now. When I went into my shop today I completely forgot about watching the news. I turned on some music and zoned out. My mind was on the project. It is a simple project, but it kept me busy for a while.

Stress is a two-sided sword. We need stress to motivate us to accomplish an important task. Stress is a warning system that triggers our body to produce different chemicals that get our butt in gear. Too much stress is not so good. Stress can weaken the immune system, increase your blood pressure, elevate depression and even damage your heart. You already know all of this, but I just want to point out that we have something simple that will help. That something is our hobby. Don't underestimate the value of doing something you enjoy.

You know what I want? I want a half-hour of Walter Cronkite each evening at 6pm. Tell me what I need to know then go away and let me watch Bonanza and Johnny Carson. The rest of the day I will find something else to do that I enjoy. Rant over.....

Steve Good is well known in the scroll saw community. He makes new patterns available daily for free.

<http://scrollsawworkshop.blogspot.com/>



Club Volunteers

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Alan Webster
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Founders
John Erickson &
Jerry Hughes

Established 1993

April Meeting Cancelled

Because of Covid 19 isolation.

Good Time To Make Stuff

Being stuck at home gives you an opportunity to make cars or Christmas door prizes for WOW. There was a Facebook challenge to make 1000 cars for charity in a day. They easily made that goal. It was your choice of which charity to give them to. I made 20 to give to WOW.



Member Creations

I asked for members to submit pictures of what they had recently made. We were going to have a drawing, but that couldn't happen. I asked if I could use their pictures in the newsletter. When we don't have a meeting, I have less to write about. You can still send me pictures of your creations for future newsletters. Here is what was sent to me.



Dick Toney turned a 12" stylus on the lathe from a Don Sterrenberg design. Maple with lacquer finish. Harry Potter could cast a spell or it is good for pointing at things.

Jim Sparling made a ring box for a wedding. Ray Sosa did the wood burned design. A collaboration.

Steven Bruhns says this about the bowl he made. "Got this slab from our local cemetery owner. Flattened it and sawed out the shape on my bandsaw. Bought an 1/2 inch extender for my router Lots of hand sanding. Mineral oil finish."

Steve Romo turned a bowl using African Paduk and Yellow Heart.

Club Calendar

April Meeting- None

Steering Committee- None

May Meeting To be announced

Steering Committee Meeting To be announced

Meet 2nd Thursday of the month at Adventure Park
10130 Gunn Avenue Whittier , CA 90605





Al Winberg said “I recently completed a Marine Corps Logo for a neighbor and he showed it to a friend. As a result, his friend asked me to make an Intarsia of his Street Rod. Woods used for project were: Dog-eared cedar fence boards and pine from Home Depot. Also, Walnut for the Wheels. Background is ¼” Birch Plywood. Frame was made using Red Cedar, Stained Walnut.”

Rene LeClair made a lumber storage cart to organize his pile of wood. Some he got from Andy Stanton.

Rubin Johnson made many boxes and wine displays for the Whittier Art Gallery Show.

Michael Perovich said “I made this recreation of an Abbott’s Magic Company Coin Ladder. Coins are produced by a magician and fall to a brass bowl after ricocheting off a series of glass plates.” He also made a “Faro Layout”

Alan Webster was busy with the scroll saw making gifts including the mini monster truck on previous page. These were made using free Steve Good patterns from the site listed above.

Thanks to all that submitted your pictures. You make great stuff!