

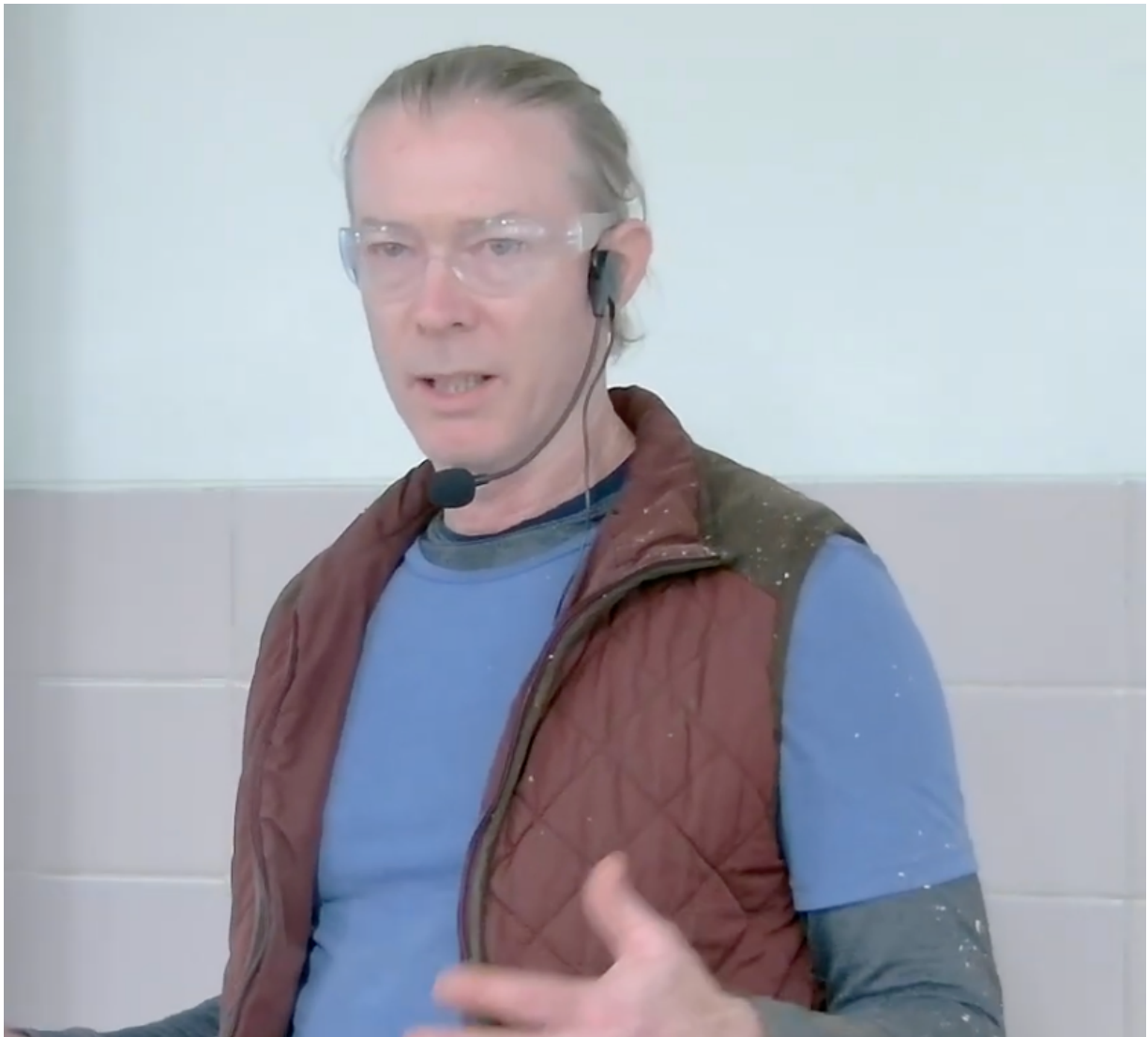


Long Island Woodturner's Association
Newsletter

September was cancelled due to the storm

October 17th, 2026

Greg Gallegos: Texturing and Embellishing



LIWA is a chapter of the American Association of Woodturners. Our purpose is to foster a wider interest and appreciation of woodturning on Long Island and in the Metropolitan area.



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Crystal Ball: Upcoming Meeting Schedule for 2026

All meetings run from 9:00 am to 12:00 noon on the 3rd Saturday of the month. Dates subject to change. Doors open at 8:00 am for socializing and setup. Live meetings are held at Northport High School (154 Laurel Hill Road, Northport, NY 11768) and are also available via Zoom. Links will be sent to all members in good standing.

**As noted below, an additional fee will be collected to help defray the costs associated with this presentation (and will include lunch).*

November 21 Jim Cleary: Fixtures

December 19 Bob Lee:



Club Board for 2026

Officers:

President:	Bob Lee	(516) 232 3910	rlee@liwoodturners.org
Vice President:	Mitch Friedman	(516) 697 4890	Mgfassoc@gmail.com
Treasurer:	Larry Rubinson	(631) 969 8535	randweng1@aol.com
Secretary:	Barry Dutchen	(516) 443 5342	bdutchen@gmail.com
Chair of the Board:	Ken Deaner	(917) 318-2982	ggoosie@aol.com

Board Members at Large:

Jodi Gingold	jgingold1@gmail.com
Les Hoffman	hoffmanclaims@verizon.net
John Kowalchuk	howzbyu@optonline.net
Bob Lindstadt	lindst1@live.com
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Barry Saltsberg	woodartist@optonline.net

Committees:

Finance/Membership:

Larry Rubinson

Audiovisual/Zoom:

Jim Moloney

Mentoring:

Jodi Gingold

Barry Saltsberg

Refreshments:

Ray Bohn (amb1227@aol.com)

Newsletter:

Barry Dutchen

Photography:

Jodi Gingold

Webmasters:

David Pickman

Bob Lee

To all members: **If not you, who?** Please consider joining a committee and helping your fellow woodturners and yourself.



Summary of September Meeting

Meeting was cancelled due to the storm.

Summary of October Meeting

The October meeting started with a show and tell. Thank you to all who showed their work. This was followed by a presentation by Greg Gallegos on texturing and finishing.

This is the link to the recording of the Oct 17th meeting.

<https://www.youtube.com/watch?v=4lWWiqTXk08>

Good and Welfare

The Board has suggested that we run a new column each month entitled “member tips”. Please send me suggestions/ideas to be included in this space.

And, a reminder to support YOUR professional organization: American Association of Woodturners. Join now at: <http://woodturner.org/>



A few words from the Chairman of The Board:

It Has Never Happened Before
Ken Deaner Chairman

The LIWA has never missed two meetings in a row. We were locked out only twice in my memory from a club site. We were locked out of BOCES when they decided not to have Saturday classes. We were locked out of the Old Bethpage Museum when they forgot to send the custodian to open the door when it was on hiatus for the winter months. Awful weather finally won out in August canceling our event at Steve Fulgonie's home and again this September when a NOREASTER shut down the Northport high campus. Hurricane Sandy did not stop us as we met in Steve's warehouse. It did shorten the demo by a visiting demonstrator but it did not stop us. We WILL MEET THIS MONTH barring some unforeseen catastrophe.

The entire board looks forward to seeing all of you. We certainly want to see the work you have created over the past months at show and tell. We will be distributing new supplies for the wig stand project. WE WILL HAVE A GUEST DEMONSTRATOR kick off the new school term. Please bring work to show in the cabinet Northport High has generously provided to us.

Our club has survived multiple site moves, rain storms, passing of members, changes of leadership, hurricanes etc. Nothing has stopped our growth in membership numbers. Nothing has slowed our effort to provide learning opportunities for our members. The work of both novice and expert have blossomed. We have reached out to the community we live in and we are appreciated.

Thanks to our wonderful board of directors and to our club officers for all of their hard work to make the Long Island Woodturners Association Inc. a decades long success. We look forward to many years to come as we fulfil our mission statement.

Ken



El Presidente - A Message from our President

We held our first meeting of the second half of the year at the East Northport Middle School with a presentation from Greg Gallegos on texturing and embellishing. There are common traits to the presentations by Michael Kehs and Elizabeth Weber but I saw subtle differences in the approach to carving and painting. I hope everyone enjoyed as much as I did.



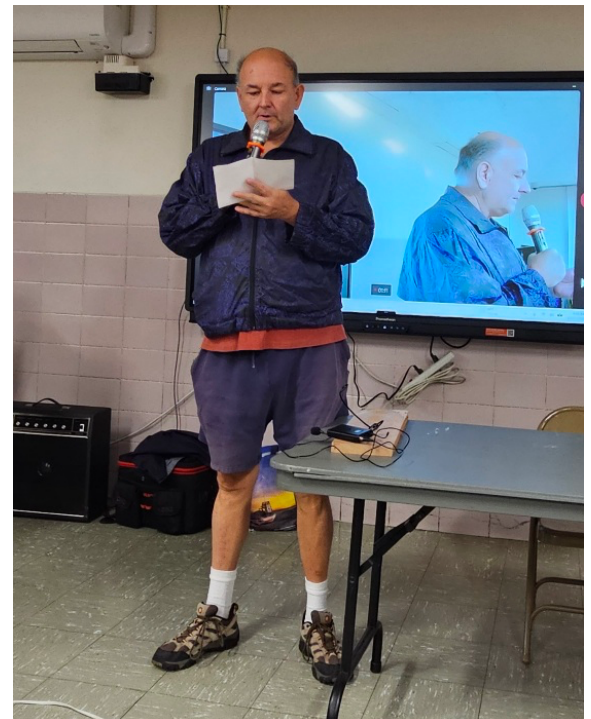
Bob and Pam Urso hosted a club picnic in July on the 25th. I was not able to attend but only heard good things about it. Thanks to Bob and Pam for many years of hosting.

We made our second donation of wig stands to the Stony Brook Hospital. This is in addition to the one done earlier to Hewlett House. There have been directed donations as well as informal donations to a hair Salon that also supports wigs. I hope everyone is enjoying this project as much as I do. The turning itself, the skills learned, and team building done and most importantly the ability to help a people in need with a skill that we have. Another round of blanks from Robert's plywood was distributed at this past meeting. Please try to complete by the November or December meeting.

In November we will have our own Jim Cleary present fixtures and eggs.

Our next Board meeting is scheduled for Monday, Oct 26 at 7 PM.

Bob
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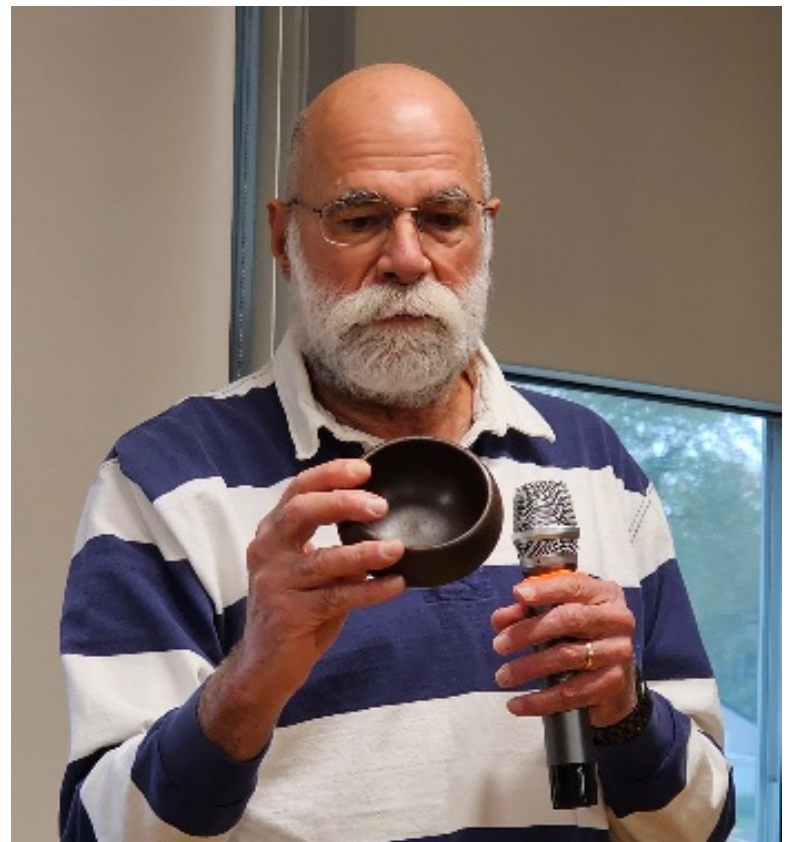




Show and Tell















## The American Association of Woodturners

Reproduced with permission from American Woodturner, Oct 2026.

Each month we select an article we believe may be of interest to our club members. These articles were first published in American Woodturner magazine, the Journal of the American Association of Woodturners and are republished by permission of the Editor of American Woodturner. We greatly thank Joshua for allowing us to use reprints from the magazine.

We strongly urge you to consider joining the AAW. By supporting our national organization, you also help our club. Here is a link: <https://woodturner.org>

In keeping with our newsletter theme, this month (from American Woodturner): Woodturning and Respiratory Safety.





# WOODTURNING AND RESPIRATORY SAFETY

Brett Cooper

Woodturning has seen a massive resurgence in the United States since the early 2000s, with hobbyists and professionals alike making use of a wide variety of woods, including domestic hardwoods and exotic woods imported from all over the world. The explosion of popularity of the hobby and the diversity of the materials used means that many people are wondering whether respiratory protection is necessary, and, if it is, what level of protection is adequate for their specific use case.

To begin with, regardless of the type of wood you're working and how you're working with it, wood dust will result that puts you at risk. Wood dust is a biologically active, chemically complex, and physically harmful invader that can impact your respiratory system, eyes, and skin—both immediately and long-term, sometimes both.

Woodturning is unique because it combines high-speed mechanical shearing and intensive sanding, with the turner often making minute, detailed cuts at close range, putting themselves as close to the source of contamination as possible and because committed hobbyists and professionals can turn in these conditions for hours at a time. When

assessing risk, the individual must evaluate three things: type of exposure, length of exposure, and intensity of exposure. All three are discussed here.

## Type of exposure

Turning creates two kinds of dust:

1. Visible Dust: heavy chips that fall to the floor
2. Respirable Dust: Particles smaller than 10 microns

It is this respirable dust that is of primary concern, and there are three qualities of wood dust that cause short- and long-term damage:

- Physical: the complex, jagged shape of the dust particles irritates and wounds the lining of the respiratory tract
- Chemical: some woods can contain "extractives" including alkaloids, quinones, and terpene which serve as natural defenses protecting the tree from fungal infections and insects, but are toxic to human cells
- Biological: green or stored wood often carries bacteria and fungi like *Aspergillus* that thrive in the damp environment of a turning blank

While the nose and throat act as a natural coarse filter for large wood chips,

particles under 10 microns (PM10) in size can bypass these defenses, and particles under 2.5 microns (PM2.5) can travel deep into the lungs' alveoli where they can enter the bloodstream. This means that in addition to chronic respiratory diseases like COPD, wood dust can cause chronic inflammation, scarring (fibrosis), and even DNA damage in the long run.

Turners in the United States are blessed with a diverse range of available timber, most of which carry their own specific risks. Here are some categories and examples:

### 1. Domestic Hardwoods

- Black walnut (*Juglans nigra*): a staple of American turning. It contains juglone, a known irritant. Turning walnut can cause respiratory distress. Exposure can cause "walnut poisoning" in animals; in humans, it's a potent sensitizer.
- Oak (red and white): classified by the International Agency for Research on Cancer as a Group 1 Carcinogen. Exposure to fine oak dust is directly linked to nasal adenocarcinoma. The tannins that make oak durable also make its dust highly caustic to mucus membranes. Because it can take



## FEATURE

20-30 years for health impacts to manifest, many turners only realize they've been overexposed when it is too late. This development of sensitivity over time is known as "Type IV" or delayed-type hypersensitivity. Over time and with repeated exposure, T-cells remember and react to chemical irritants and will rush with increasing intensity to the site of recognized irritation and trigger an inflammatory response, such as a violent rash, swollen eyes, or respiratory shutdown.

- Cherry: while beautiful, the dust can cause wheezing and "giddiness" in some turners due to trace amounts of cyanogenic glycosides in the wood and bark.
2. Western red cedar
- Western Red Cedar: the primary culprit for occupational asthma due to its plicatic acid content. Once the body has reached a sufficient level of exposure to plicatic acid, even a single microscopic particle can trigger a life-threatening asthma attack.
3. Exotic woods
- Cocobolo and rosewoods (*Dalbergia* species): many turners report that after years of turning cocobolo with no issues, their bodies suddenly produce strong reactions to these types of woods. As with oak, this is a Type IV hypersensitivity and can manifest as violent rashes, swollen eyes, or respiratory shutdowns.
  - Ebony: highly irritating to the eyes and lungs; the dust is so fine it behaves like smoke.

### Intensity of exposure

The Occupational Safety and Health Administration (OSHA) sets a Permissible Exposure Limit (PEL) for general wood dust at 15 mg/m<sup>3</sup> (total dust per a certain volume). The National Institute for Occupational Safety and Health (NIOSH) and the American Conference of Governmental Industrial Hygienists

(ACGIH) have pushed for much tighter limits that most experts now adopt as their internal standard of 1 mg/m<sup>3</sup>. For some hardwoods, like western red cedar, that limit can be as low as .5 mg/m<sup>3</sup>. Those with pre-existing conditions or who are working in enclosed environments like basements must also factor in the speed at which the atmosphere can become laden with dust and plan to protect themselves accordingly.

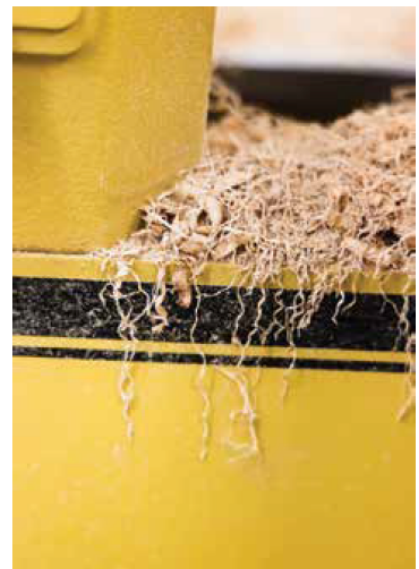
### Length of exposure

OSHA exposure limits are nominally calculated by taking the level of contamination and dividing it by the number

of hours of exposure. For example, if a woodturner spends 2 hours in an environment with 40 mg/m<sup>3</sup> and then 6 hours in an environment with 0 mg/m<sup>3</sup>, then their total exposure in that 8-hour period is below the recommended 15 mg/m<sup>3</sup>. But the obvious problem with that approach is that the impacts of wood dust are permanent and cumulative; taking six hours off doesn't reset you from the damage done during that 2-hour window. For that reason, NIOSH recommends a short-term exposure limit (STEL) to high concentrations of wood dust, which varies by type, of no more than 15 minutes at a time. ►

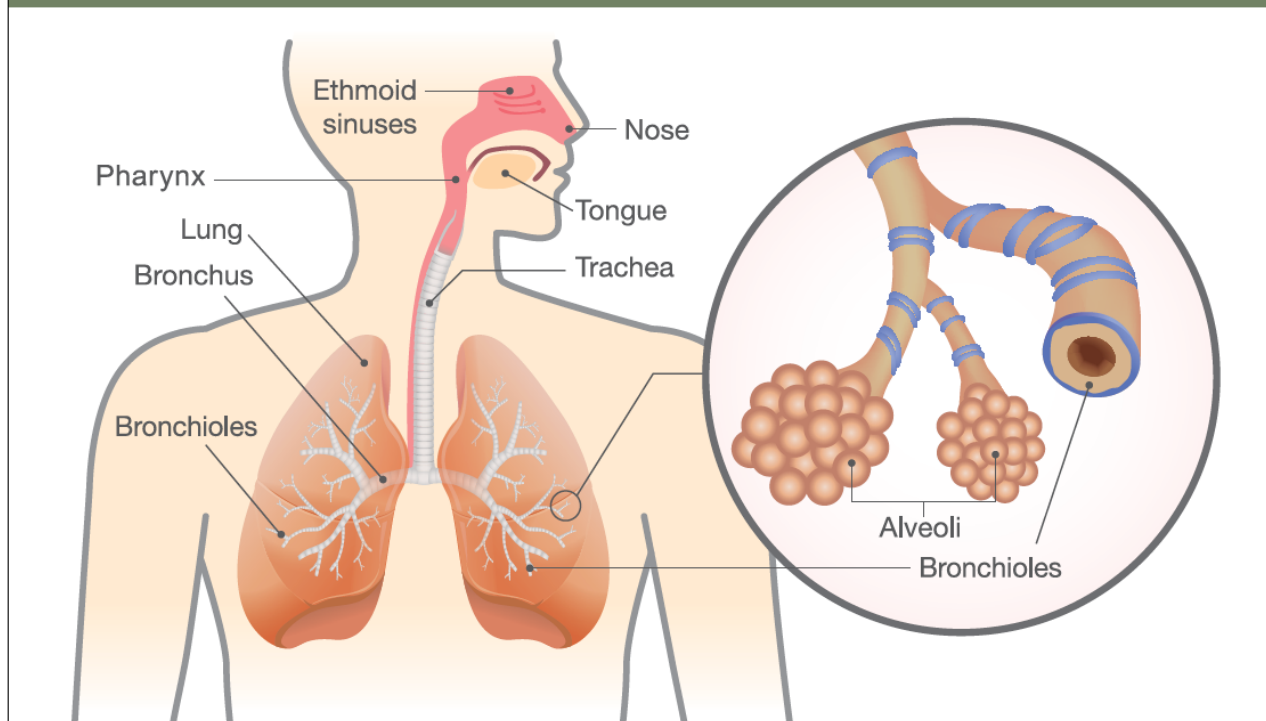


Turning creates two kinds of dust: visible dust (heavy chips that fall to the floor) and respirable dust (particles smaller than 10 microns).





## Respiratory System



Wood dust particles under 10 microns (PM10) are small enough to bypass the body's natural filters in the nose and throat. Particles under 2.5 microns (PM2.5) travel even deeper, reaching the lungs' alveoli, where they can enter the bloodstream. Over time, this exposure can lead to chronic inflammation, scarring, and even DNA damage.

### The exposure experience

Many woodturners ignore immediate exposure symptoms to keep working: sneezing, runny nose, and itchy eyes. In the first few instances of such irritation leaving the shop will lead to relief, even if wood dust levels in the shop have reached a level that indicates the health of the turner is starting to be at risk. Beyond that, however, and especially as the symptoms persist, the risk of chronic rhinitis and worse goes up dramatically.

This process of sensitization builds up to an eventual "all or nothing" immune response and thus should not be thought of as a positive, like gradually building up immunity to snake poison. Unlike that irritant, where "the dose makes the poison," once a turner is sensitized to a wood like oak or rosewood, the level of exposure no longer

matters. They are permanently allergic and cannot risk exposure again. On top of this, because wood dust is often trapped in the sinus cavities, the chemicals have years to mutate cells.

The risks are backed up by the statistics. Woodturners are at ten to forty times higher risk of nasal cancer when compared to the general population. They are three to five times as at-risk of developing asthma, two times more likely to develop chronic bronchitis, and in the long run developing COPD.

### Types of Respiratory Protection Available

It is commonly said that an N95 is acceptable for hobbyist or novice woodturners who only very occasionally expose themselves to wood dust. However, the fact is that while NIOSH-approved N95 filters purport to filter

95% of particles down to .3 microns, they rely on a perfectly tight "fit tested" seal to achieve that kind of efficiency. This is a problem because:

- **Beard / Stubble Problem:** A beard, or even stubble that has grown for only 2-3 hours, breaks the seal of an N95 (or any half-face respirator), rendering the level of protection provided the wearer effectively zero.
- **User Acceptance Factors:** Woodturning is physical work frequently done outside in poorly conditioned spaces like garages. In these conditions breathing through a high-resistance filter causes a stifling effect and can lead many woodturners to pull the mask away exactly when levels of airborne contamination are highest.



Woodturner Monique Council wears a half-face respirator with a faceshield for eye and face protection.



A powered air-purifying respirator provides a constant flow of filtered air along with integrated eye and face protection.

A powered air purifying respirator (PAPR) addresses the fitment and user acceptance issues by eliminating the need for a tight seal and providing a constant flow of air into the breathing zone of the user. They also frequently come with much more efficient filters that have a longer useful life and that can be changed to suit a variety of applications beyond woodturning, such as finishing work. Key benefits include:

- **Positive Pressure:** PAPRs have a battery-powered blower that forces air through a filter and into a hood or face piece. This creates a positive pressure bubble of air that prevents dust from entering the sides of the mask or hood, forcing contamination out, even if you have a beard and no matter what shape your face is
- **Integrated Protection:** PAPRs often provide additional forms of protection beyond lung protection, including eye and face protection from flying debris
- **Cooling Effect:** the constant airflow of a PAPR prevents goggles from fogging—a major safety hazard when using a lathe.

See “About PAPRs” at right for a breakdown of filter types and approval ratings to help you choose the right setup.

## Conclusion

Every individual woodturner is free to make their own determination as to what method of protection is suitable for their workspace and habits, but an honest accounting based on the intensity and length of exposure in their working environment and the types of woods in use is critical to staying safe. Wood dust exposure is cumulative and often irreversible, which makes prevention, not treatment, the only real strategy. Committed turners should also consider supplementing their respiratory protection with HEPA dust extraction, wiping down surfaces periodically, and other methods that go beyond the scope of this article. ■

*Brett Cooper is the CEO of Peke Safety and has provided guidance on respiratory protection equipment to everyone from woodworkers to first responders across government, military, commercial, and medical institutions for over 15 years. He is obsessed with respirator usability, testing each system by putting them through their paces on home renovation or vehicle restoration projects to ensure that they are comfortable enough to recommend to someone else.*

## About PAPRs

When selecting a PAPR it is most important to understand what types of filters it is rated to use. For American woodturners, the two types of filters required most often are:

| Filter Type        | Efficiency            | Best Use Case                                                                                                                                                     |
|--------------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| P100 (HEPA)        | 99.97%                | Mandatory for sanding, exotic woods, and spalted timber.                                                                                                          |
| Organic Vapor (OV) | 100% (until consumed) | Use when applying finishes (lacquer, CA glue, oils).                                                                                                              |
| Pre-filter         | N/A                   | Used to extend the life of the main filter, protecting the filter media from large visible particles that can create large holes for sub-PMS dust to pass through |

PAPRs sold in the United States most commonly carry three approval types. These approvals are awarded based on the fit, form, and function of the system, which means the blower unit, the head piece, and the filter are all tested together to produce the accreditation. Different approvals are offered based on different combinations.

| Filter Type | Efficiency           | Meaning                                                                                                                 |
|-------------|----------------------|-------------------------------------------------------------------------------------------------------------------------|
| NIOSH       | NIOSH / OSHA         | Suitable for private and professional use in OSHA-regulated environments                                                |
| EN          | CEN / CENELEC / ETSI | Suitable for private use and professional use in non-OSHA regulated environments with sign-off from OSHA representative |
| Unapproved  | N/A                  | Suitable only for personal use and should be approached with caution                                                    |