



# THE SUSSEX WOODCRAFT SOCIETY

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Hi everyone, here is your latest SWS newsletter.

## CHAIRMAN'S LETTER

As mentioned in Brian's article below, last month's speaker (Lorraine Kelly) spoke about her creations in wood and from her exhibiting at Wild Wood at Wakehurst this year got some very different commissions from people seeing her work. She has since produced some of her work out of waste plastic. Recently Katrina and I were at the New Forest County Show and there on display at the Marine Conservancy Council stand was one of her creations, pictured below. Many of the creations we produce are from recycled/waste wood which is wonderful to see. It is a shame plastic is treated the way it is and, in many cases, just dumped. A fact for you to think about:



while speaking to a member of the Marine Conservancy Council he mentioned that a plastic island has just been measured that is floating in the Pacific Ocean. It is six times the size of France!

So many people are completely unaware of the threat plastic poses for us and our oceans. He mentioned that the RSPB has nearly a million members supporting the conservation of our feathered friends. However, this group who have been warning of this catastrophe for many years only numbers around 7,500 members. Let's hope Lorraine's efforts help their plight to make people more aware of what is happening to our planet!

## LAST MONTH'S SPEAKER

Last month's speaker was Lorraine Kelly who showed us her amazing driftwood sculpture. To think they were all made from small pieces of driftwood picked up from the beach just goes to show what is one man's waste is another man's treasure, or in this case a lady. Most of her timber will have been mostly seasoned and partly preserved by the salt water. I thought she gave a very interesting talk. We have over the years had some talented people talk to us but Lorraine's way of talking was so natural. She also spoke about her new line in making sculptures out of plastic waste which has to be applauded. One thing; she should have no shortage of materials for this.



## MEMBERS WORK



I brought in a couple of elephants I had turned recently plus four small engravings I have recently finished, all done with my Dremel type drill. I still have a lot to learn but am enjoying learning. Jim Harman brought in a lovely "lace up" wooden boot that had a small drawer set in the top of it. It was beautifully crafted and had a lovely finish on it.

## FEATURE ARTICLE BEECH TREE AT BAYHAM ABBEY

Some years ago, while out for a drive, we saw a sign for a place named Bayham Abbey. We spent an enjoyable hour or so looking round the ruins. Situated near Frant in East Sussex border, the ruins of Bayham Abbey are quite impressive and it must have at one stage been a massive building.

At one corner of the ruins however, is an equally impressive Beech tree which is growing right over the top of a ruined stone wall. The roots had grown over and through the wall into the ground. I don't know how old the tree is but from looking at the scars on the trunk, it looks like several large branches have broken off from the main trunk over the years (Probably from the storm of 1987) and I suspect it has been there for a good few years and probably a lot older than I am.

My son again made a comment about not understanding why I was taking more photos of the tree than I did the ruins; I can't help it if I love trees, can I !!!!!.



## THIS MONTHS WOOD QUIZ

In which country did the bonsai technique develop?.....Answer on page 5

## AMAZING TREE FACTS

Trees help prevent city flooding by catching raindrops and offsetting runoff caused by buildings and parking lots.

### AMAZING TREES

#### MORINGA TREE

Listen up, Popeye, there's a new leafy green in town and it's better than spinach. The plant is called moringa, and it can do much more than strengthen your biceps. It may also be able to help fight the side effects of cancer.

Moringa is a naturally grown plant native to India but is cultivated worldwide in tropical and subtropical regions worldwide. It is known for its nutritional and medicinal properties that can potentially help combat the symptoms of cancer, asthma, cardiovascular disease, diabetes and other diseases. There are 13 species of moringa that range in size, from tiny, leafy herbs to tall, massive trees. The most commonly harvested species, *M. oleifera*, is a small, fast-growing tree used for centuries to combat many different ailments, including symptoms associated with a mesothelioma diagnosis. That species also is commonly known as the drumstick tree because of its long, slender, triangular seedpods and the horseradish tree because of its taste.



#### Nutritional Benefits of Moringa Tree

Cartoon character Popeye may have been on to something when he discovered that spinach, a good source of iron, strengthened his muscles. However, moringa contains three times the amount of iron found in spinach, and it has many other benefits, too.

ECHO, an organization that aims to reduce hunger and improve the lives of the poor, reports that researchers at the Asian Vegetable Research and Development Centre (AVRDC) found that moringa leaves contain high levels of nutrients, including protein, calcium and iron; and high levels of antioxidants, such as vitamins A, B and C. Antioxidants help protect against cell damage caused by chemicals in the body, known as free radicals, which can play a role in the development and spread of cancer.

Vitamin C helps to maintain a healthy immune system, while Vitamin A is essential for normal growth, vision and bone development. It can also help maintain mucous membranes that protect against infections in the respiratory and digestive tracts. Moringa leaves also contain essential amino acids that can help boost the immune system. This is extremely important while undergoing treatment such as chemotherapy, because the drugs used during chemo can wreak havoc on the immune system and the body needs ways to combat this side effect in order to fight back. Additionally, the National Institute of Nutrition published a book, titled "Nutritive Value of Indian Foods," which reports that a handful of moringa leaves contain:

- Seven times the amount of vitamin C in an orange
- Three times the amount of iron in spinach
- Four times the amount of vitamin A in a carrot
- Four times the amount of calcium in one glass of milk
- Three times the potassium in one banana
- Two times the protein found in regular, plain yogurt

## THIS MONTHS JOKE SPOT

### One for you, one for me

On the outskirts of a small town, there was a big, old pecan tree just inside the cemetery fence. One day, two boys filled up a bucket with nuts and sat down by the tree, out of sight, and began dividing the nuts. "One for you, one for me, one for you, one for me," said one boy. Several nuts dropped and rolled down toward the fence. Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me, one for you, One for me....." He just knew what it was. He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along.

'Come here quick,' said the boy, "You won't believe what I heard! Satan and the Lord are down at the cemetery dividing up the souls!" The man said, "Beat it kid, can't you see it's hard for me to walk." When the boy insisted though, the man hobbled slowly to the cemetery. Standing by the fence they heard, "One for you, one for me. One for you, One for me." The old man whispered, "Boy, you've been telling me the truth. Let's see if we can see the Lord..." Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord. At last they heard, "One for you, one for me. That's all. Now let's go get those nuts by the fence and then we'll be done...."

They say the old man had the lead for a good half-mile before the kid on the bike passed him.

## THE AMAZING WORD OF WOOD



An upright chess board and a huge lathe are this month's items.



## FUTURE SWS TALKS

2018

August 8<sup>th</sup> David Dyke, Luther + Exotic wood supplier

September 12<sup>th</sup> SWS Tool Auction

October 10<sup>th</sup> Michael Blencowe: - Sussex Nature Reserve

November 14<sup>th</sup> TBA

December 12<sup>th</sup> Video Tiger Safari / Paul and Katrina Reader Quiz

## 2019

January and February **No Meetings**

March 13<sup>th</sup> Resume of Christmas Show

When you are out and about at wood shows or exhibitions, if you see any person you think might be a candidate to give us a talk, please do ask them or at least take a note of their details and pass it on to Robert Packer who is taking over from Wendy in organising our future talks or any of our committee member so we can maintain the great speakers we have had. We are always open to suggestions for new speakers and we do need your help and input to help with this.

Please also let me know of any shows or exhibitions you think may be of interest to our members so I can include them in the section below.

## EVENTS FOR 2018

### AUGUST

25<sup>th</sup> 26<sup>th</sup> The Stock Gaylord Oak Fair Sturminster Newton Dorset

25<sup>th</sup> 26<sup>th</sup> 27<sup>th</sup> Wakehurst Place (SWS members will be exhibiting)

### September

16<sup>th</sup> 17<sup>th</sup> European Woodworking Show, Cressing Temple Barns Essex

28<sup>th</sup> 29<sup>th</sup> 30<sup>th</sup> Bentley Woodfair

28<sup>th</sup> 29<sup>th</sup> 30<sup>th</sup> Yandle's Autumn show Martock Somerset

29<sup>th</sup> 30<sup>th</sup> Surrey Hills Woodfair (to be confirmed) Birtley House Estate, Guildford, Surrey

### October

12<sup>th</sup> 13<sup>th</sup> 14<sup>th</sup> D & M Tools Tool Show Kempton Park Racecourse Surrey

26<sup>th</sup> 27<sup>th</sup> Woodworking Power Tool Show Westpoint arena Exeter Devon

### December

21<sup>st</sup> Setting up at Henfield for Sussex Woodcraft Society Annual Show and Exhibition

22<sup>nd</sup> Annual show at Henfield for Sussex Woodcraft Society Annual Show and Exhibition

(9.00 a.m. to 4.30 p.m.)

Please note - as it is possible some shows may be cancelled or have the dates changed. Please check with organisers before

## ANSWER TO THIS MONTHS WOOD QUIZ

Answer..... Bonsai was developed in Japan.