



### My Fellow Woodcarvers,

Warm weather and good progress regionally with controlling Covid19 hopefully has everyone enjoying time outdoors this summer.

Please feel free to send me more pictures of projects that you are working on, or have completed. There are a few pictures on the back page; and I could use more pictures and articles of Interest for the Fall issue.

The picture to the left is a set of carving knives created by Paul Edwards to loan to novice carvers at CWCA meetings. Here's hoping that we will be able to return to meeting monthly and put them to good use!

Mike Schulde



### Calendar:

- Aug 1st CWCA Club Picnic – CANCELLED.
  - Sep 12th Ct Christmas Tree Growers Festival – CANCELLED.
  - Sept 13 CWCA Monthly Club Meeting – CANCELLED.
  - Sep 18-21 Mystic Woodcarving Retreat-Ender's Island Mystic CT - Postponed to 2021.
  - Oct 4th CWCA Monthly Club Meeting- held @ N.E. Carousel Museum -Project TBD.
- New England WoodCarvers's October Show is tentatively planning an "On-line Event". Details to follow.

Currently Serving CWCA Officers:					
President	Leo Hein	860-675-5473	Secretary	Dan Holiday	860-620-2255
V. President	Michael Audette	860-388-7874	Treasurer	Bob Mcvety	203-288-3161
Membership	Mark Austin	860-283-2177	Events Director CWCA Show	<b>Looking for volunteers . . .</b>	<b>Will you help?</b>
Newsletter	Mike Schulde	860-379-5805	mikeschu62@gmail.com		

Membership 2020 Yearly dues- Please send to Mark Austin to renew your 2020 membership! # \$15 for 2020 calender year, and checks should be made to CWCA and the following mini form mailed to: **CWCA Membership 258 Campville Road Northfield, CT 06778**

Name \_\_\_\_\_ New Member?  Yes

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

All newsletters will be emailed. No email? Check box for a mailed copy.

### Zen and the Art of Wood Carving

This title could have you thinking about a relief carving with Chinese characters or creating a Buddah figurine; but these are not the point of this article. I'm thinking more of the nexus of meditation or mindfulness and wood carving.

While it may seem like poor form to not pay full attention while using knives, axes, and chainsaws, there are surprising activities associated with meditation and mindfulness. For instance, in the practice of Tai Chi there is a form of walking meditation that goes back thousands of years. And adventurers involved in a variety of extreme sports have found that their sport appeals to them exactly because the inherent danger brings them so intensely into the present moment that it provides a type of spiritual experience. Creative and artistic activities have a similar effect on many people.

- Have you ever found that time passes differently while you are carving?
  - Do you feel more relaxed while carving, even knowing that a wrong move could cause an unfortunate shift in the material that you are carving? - Like cutting yourself or accidentally severing a critical detail of your creation-in-progress?
  - Do you find that carving distracts you from worry, pain, or pressure in your personal life?
- Any of these could be indications that carving is providing a kind of mindfulness or meditation for you.

Mindfulness and meditation can have the beneficial effect of reducing mental activity, and calming emotions. They cause you to focus enough on what you are doing that you push much of repetitive and potentially upsetting 'mental chatter' out of your mind.

Next time you put a carving tool to use, a bit of self-reflection on this topic may give you yet another reason to like wood carving!



### President's Message

To my fellow carvers....

Recently our carving group has lost two members:

- Richard "Wood" Taylor passed away on July 22. Wood was our link to VT carvers and also to supplies of basswood.
  - Dawn Marie Galat Lorenc, a supporting member, passed July 18th.
- Both members will be sorely missed. Our heartfelt condolences go out to their families.

Be safe everyone!! And keep carving. This is the time to make gifts for family and friends. You can get a jump on holidays, birthdays, et cetera. Nothing says that you care about a person in your life as sincerely as a hand-made gift.

We will hopefully be able to get together again before too long . . . The Pres

M. Schulte, 126 Goose Green Rd., Barkhamsted, CT 06063

