

WOODBITS

NEWSLETTER
Issue 176
January 2021
Welcome

SHAVINGS FROM THE CHAIRMAN

Hello!

What Prospects for 2021?

Covid vaccination IS proceeding! Trish my wife, had her first jab a week ago as have many of our older friends. Our doctor's surgery has put me on standby to be called in. Hopefully some of you have likewise have been vaccinated or have imminent appointments. We will be monitoring the situation closely in the hope that when most of our members have been vaccinated at some point later in the year, we can resume our normal meetings at Adeyfield. I have been in contact with Scott Boyer, the Adeyfield Centre manager, and he is all set to welcome us back when we decide that we can safely return and when the current lockdown rules have been relaxed. In the meantime we shall continue with our...

Zoom Meetings

We had another well-attended meeting on the 12th January with 36 participants. By popular request the meeting topic was Work-holding on the Woodturning Lathe. Many thanks to Allen Kaye, Grahame Tomkins and Tony Taylor for putting together an excellent presentation. For those who missed it an illustrated version appears in this issue of Woodbits. Many thanks also to the many club members who contributed to the lively ensuing discussion. Lots of interesting ideas and techniques were aired.

Future Zoom Meetings

The next Club Zoom meeting is scheduled for Tuesday 9th February. This meeting will be a completely new departure. We had originally booked Martin Saban-Smith for a February demonstration at Adeyfield. Our intrepid demonstration manager Grahame Tomkins has been in contact with Martin who has agreed to do a remote Zoom demonstration for the club at no extra cost. The topic and joining details will be circulated to all members a few days before the event.

AGM Advance Notice

This is scheduled for the 13th April 2021 and will also most likely be a Zoom meeting.

Next Middlesex Zoom

Will be on the 19th January. Please support our Middlesex friends and participate if you can. Joining details will be circulated as soon as we receive them.

Member's Choice Competition – December/January voting.

You should all have received an e-mail with an attached file containing the entries for the combined December/January roll-over competition. We have had a fascinating and unusual assortment of entries for this one and it's definitely a case of quality as against quantity!. This time round there were no Beginners or Masters entries and 7 Advanced entries. Please have a look at the entries and vote for the piece of your choice (A1 to A7). Voting closes at midnight on Sunday 31st January. E-mail your vote to me at chairman@hertsandbedswoodturners.co.uk. The winning entry will appear in the February edition of Woodbits.

Member's Choice Competition – February entries

Please take part if you can. As ever the rules are very simple: Choose one item and submit up to three photographs as a Beginners, Advanced or Masters piece. Send the photographs and brief supporting information (which category, what wood and dimensions etc.) to me at chairman@hertsandbedswoodturners.co.uk.

The closing date for February Member's Choice entries will be midnight on Sunday 31st January.

Club Committee news

Committee Vacancies: Treasurer urgently needed!

We are still desperately looking for a volunteer replacement for Peter Hoare our Treasurer who, after serving the club for many years, is due to retire at this years AGM. Peter has generously offered to stay in office (from May 2021) on a temporary basis whilst mentoring a successor until they are confident to take over the post completely (within the 2021-22 financial year). The treasurer is a core post and it is vitally important that a successor to Peter is found. Without a treasurer, the continuing existence of the club is put at risk!

Finally I hope you enjoy another bumper edition of Woodbits put together by Allen and please keep the contributions coming so we can continue to have an interesting and entertaining monthly woodturning related read.

Meanwhile, keep making those lock-down shavings!

Tim

Tim Pettigrew Chairman

Tim's contact details: chairman@hertsandbedswoodturners.co.uk Telephone 01923 241107, Mobile 07713803894.

Other Club News

Annual Subscriptions 2021

Firstly, thank you to those who have paid their 2021 (AWGB) Subs.

We have decided not to charge any 2020 members an annual Club fee for 2021. However, if we do have any meetings, where there is a paid demonstrator, there will still be the usual £2 fee.

Depending on what happens in 2021, there may be the need for an Extraordinary General Meeting (EGM) to discuss the Club's finances. we will, as usual, review subscriptions for 2022 at the end of 2021.

However, as we are an Affiliated Club. Under our Club Rules (6 and 11), to be a member of the Club you have to be a member of the AWGB.

Your annual AWGB fees is due on 01 January 2021, which is £18.00 (or £28.00 for a family of two).

Note: If you pay for your AWGB membership via another club, or direct to the AWGB, you don't need to pay anything to the Club and can ignore this notice.

If you would like to continue as a member please contact me for payment details, you can e-mail me via treasurer@hertsandbedswoodturners.co.uk

If you renew your AWGB membership via the Club, I will be able to supply your 2021 AWGB card. Note: As the AWGB is a Registered charity, if you are a Tax payer you can, if you wish, complete a Gift Aid Declaration. You can register any time. You can register by going to the AWGB web site (www.woodturners.co.uk), go to "Resources" and under "Individuals" click on "Gift Aid Declaration, under the "Web Form" heading (centre column), complete the form and "Submit". You can also print a form and post it.

Thank you, Peter Hoare - Honorary Treasurer, H&BW

Donation

The family of Adrian Sims who sadly passed away recently have kindly donated a woodturning smock to the club. It was a present for Adrian bought last year. The smock will be kept with the club equipment and used for demonstrations and also for training sessions. The committee express their thanks.

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Work Holding

This is a summary of the Zoom presentation on 12th January by Grahame Tomkins, Allen Kaye, Tony Taylor and Tim.

A number of different methods for work holding were described and discussed at the Zoom session. If you missed this session and want to view the whole presentation then please contact me directly and I will send a PDF document to you.

Between Centres or Spindle Turning

Before the growth in interest in Woodturning in the 70's and 80's this was the primary method of workholding going back to Egyptian times. As the craft developed the design of chucks used in metalworking was adapted for use with woodturning. The biggest change was in the development of scroll chucks which allow all jaws to be controlled together. Also 4 jaws became standard. In this form of work holding the grain of the wood generally runs along the same axis as the lathe and the blank is held between both the headstock and tailstock.



Faceplates

Faceplates are again an old and well established method of workholding and are the ideal tool for mounting larger or heavier work, for items particularly turning across the grain.

They are very solid and secure fixings but remember to use normal wood screws and not drywall ones that could snap if overtightened and don't forget how long the screws are. Often used when converting sections of natural trunks and you may need to flatten off an area and/or remove some of the softer bark.



Capying Fold Ruttaren 1

Chucking systems

A commonly used scroll chuck has four replaceable jaws

Example shown has dovetail shaped jaws, others have internal jaws straight with lip or grooves – check your own jaws is the best advice.

Most jaws can be expanded into a mortise or compressed onto a tenon

One big advantage is that unlike between centres, pieces can be held by the drive end only, allowing for example the easy hollowing out of bowls and boxes - often the tailstock is brought up for safety until you need to access the end of the piece.

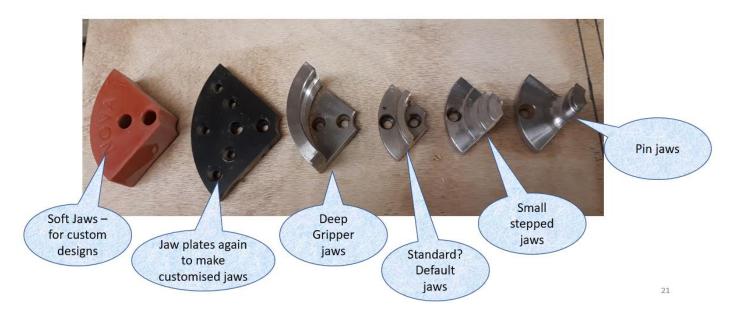
Other techniques allow this as noted by members in the Zoom session such as the use of double sided sticky tape attaching blanks to faceplates for example.

Chucks like this can hold small square stock directly, not with the jaws but inside the body of the chuck. The chucks screw directly onto the spindle of the lathe. They have a large mass and together with the mass of the blank and this means that when you turn off the lathe and try to stop it turning manually, the

momentum can cause the chuck to unscrew. One way of managing this is to get a chuck with a small grubscrew which fixes the chuck to the spindle.

Adapters or Inserts are available to allow chucks to be used on different spindle threads. There are quick change jaws now but expensive

There are a whole range of jaws that have been developed by companies to take money from woodturners. The first two below allow you to make custom jaws, the first one being made of a material you actually turn on the lathe to the size and side shape you want.



The others in order from left to right are:

Deep gripper jaws – for holding large heavy wood, the inside profile has gripping serrations that help to keep the piece in the jaws

These were the default jaws that came with my Nova chuck and are generally useful, in this case the outside is dovetailed shape and the inside fairly straight with an internal lip. Knowing these profiles can help us shape the mortise or tenon to suit.

Finally on the right are some stepped jaws (which IMO were not to be found as useful) and pin jaws which used to be called spigot jaws and are ideal if you are working with small openings in jars for example.

Mortise or tenon??

The decision to an extent depends on the design in terms of the shape of the overall piece and what you want the foot to look like. Also the grain direction is important if you don't want the piece to fly of the chuck because it is not held securely enough or the sides of the mortise crack or the tenon is damaged.

Normally, conventional wisdom says that attaching an end-grain bowl to the lathe works well with a tenon because the tenon is compressing wood fibres whereas expanding into a mortise can push apart and break the wood fibres on an end-grain bowl and potentially fly off the lathe. In the case of large bowls with a fairly flat bottom and you only have a small set of jaws it might be safer to use a mortise because there is a considerable mass of wood in the edges.

Screwchucks

These can be secured in a normal chuck or screwed directly onto lathe spindle

They are quick and easy for small'ish pieces but generally not very suitable for soft wood or endgrain. If you are going to use one for some soft wood then you may want to consider drilling a slightly small hole than usual to make sure it is a tight fit. You do need to ensure that the wood does sit fully onto the top of the chuck jaws as that is the main way by which it is secured.

For same size screwchuck you may need a slightly smaller drill hole for softwood rather than hardwood.

Screwchucks can be home made.







Chucks and devices for handling larger pieces.

These are particularly useful for such things as platters and large bowls when you want to remove the evidence of how the piece of initially held – either with a tenon or mortise.

The first device specifically designed for this was the Cole jaws or button jaws. Here the piece is held by a series of soft buttons screwed into plates that fit into a 4 jaw chuck. The buttons can be put into a number of different holes for different sizes of pieces but it can be a chore to unscrew each button jaw individually and relocate them. The original design of the buttons has been improved over the years and a better profile shape introduced that holds the edges more firmly.





Stacking Studs have been added in this version to give extra height to the rubber buttons. These can also be used on their own without the rubber buttons.

An alternative device is the Longworth chuck and this has two advantages in that the buttons are more flexible and distort over the edge of the piece as they are tightened. The second advantage is that the diameter is adjusted by rotating the two

plates against each other and there is no need to keep on removing and replacing them in different holes.





Cole jaws and
Longworth style are
not as secure as other
jaws – keep tailstock
up as long as possible
and keep all force
directed towards the
head stock

Jam Chucks and Pressure pads





A **jam chuck** mounts in the **lathe** headstock and provides a friction-fit cavity or surface that the turning can "**jam**" against. Each jam chuck may well be turned specifically turned to a

shape that fits snugly into one particular item. They are designed to enable you to finish a turned item without marking it with a centre drive or revolving centre. While the jam chuck provides no grasping connection to the reversed wood bowl, the lateral surface pressure applied by the tailstock is enough to hold the bowl securely in place during turning.

In a similar way, pressure pads can be created in the workshop using a flat piece of plywood or similar with a soft surface formed with a suitable material. If used to finish off the bottom of a bowl then the rim needs to be flat (or spacers added to keep it firmly held. Clearly in this case no holding force is employed at all apart from the pressure exerted by the tailstock against the pad.



Double Sided Tape

In the zoom discussion, mention was made by Malcom Wickens of the use of double sided tape to hold work against a faceplate or flat board. Julian Cooke confirmed that this was a very good way of holding without marking the wood. Noting that some (cheap) tape was not a good idea he later gave the following advice:

'The double sided tape is made by Tesa and I think it is part number 4970. I purchased mine from my old company some years ago. According to the website it is about £15 a roll 19mm wide by 50m long, so it last a long time. You can get the full specification from the Tesa or RS websites. It is definitely not to be confused with pound shop specials.

The way I came across this tape is that at where I worked we used it to hold thick PVC sheet for machining. I have since used it a lot at home and one example of this is to make a shallow bowl/platter. I came across a nice piece of spelted beech from which someone had carved out the centre leaving just about half an inch thick in the centre. The diameter was about 13 inches. Holding it the conventional way was not going to work, so I screwed a large disc of ply to a face plate and used the tape to hold the blank against the plywood disc. I then placed a small wooden disc between the live centre and the blank, so I could turn this at normal speeds. I have a Cole chuck but tape is more flexible.'



This is Julian's bowl in spelted beech

Vacuum Chucks

Most vacuum chucks require an expensive specialised pump. If you are mostly concerned with reversing a bowl to finish the bottom or remounting a bowl to finish the inside, the suction provided by a vacuum cleaner or shop vacuum will be sufficient.

A rubber hose links the cleaner to a piece of brass tube which is a sliding fit in the headstock spindle. The chuck itself is mounted on a face plate and can take the form of a flat rubber disc glued on a wooden disc or a ring made of rubber tubing glued in a groove turned in a wooden disc.

There is, of course a hole through the centre.

The force holding the work against the chuck is given by the product of the vacuum (pounds per square inch or Kg/sq. m) and the area of contact (square inches or square metres).





So, for a bowl 10 inches diameter the area is 78.5 sq in. and with just 2 pounds per sq in. there will be some 150 pounds force to hold the work in place. Since a vacuum cleaner shifts a large volume of air, the system does not need to be very leak-proof.

There was a lot of follow up discussion, questions and comment about this part of the presentation — all well answered by Tony Taylor whose home made system is pictured here. Members mentioned ideas such as using vacuum pump from air conditioning units and various ways of ensuring that the piece was well centred on the plate. Tony confirmed that the rubber ring was set into a groove in the plate.

The presentation was followed by a couple of examples of work holding techniques as used in basic bowl turning, thin platters and small items. These will be featured in a subsequent issue of Woodbits.

Another very secure way of securing work, (the doughnut chuck) was discussed in the Zoom session prompted by comments from David Wilks. A full article on its construction will be included in next month's newsletter. Also the construction of a home made Longworth chuck was talked through and again we will be including a detailed article next month.

Members Projects

Open bowls - Rob Wissgott

The photos below are of two bowls I've turned, one iroko and the other sapele. They are not supposed to match, I just took a fancy to that shape and wanted to try it with another species.

Both are finished with microcrystalline wax and are about 9x3".









Simple wine bottle coaster – Harvey Alison

Based on a design by Mike Fitz

Based on a design by Mike Fitz





Glove Rack - Tony Taylor

I was asked to make a glove drying rack. Here is the result in Oak - 62 cm tall. Completing the top required the use of my home made steady rest.





I turned the base first from a 9 inch diameter Oak blank.

It was mounted on a screw chuck, trued up and the underside finished with a mortice for mounting. It was then reversed and held by a chuck in expansion mode in order to turn the top and sides. The Screw chuck hole was redrilled to 15 mm to receive a spigot on the bottom of the stem and care taken to make the surrounding surface perfectly flat. Finishing was with sanding sealer and wax on all parts. The stem was turned from a 3 inch square 30 inches long.

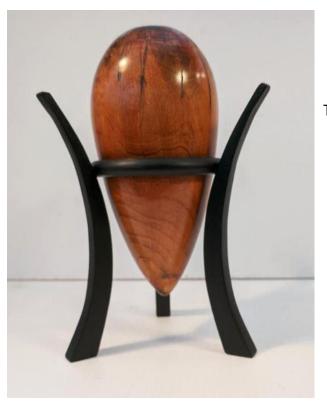
The holes for the pegs were drilled on the lathe using its indexing and a sliding clamp to hold the drill (the Oneway Drillwizard). It is best to drill these holes before finishing the turning in order to leave perfectly clean edges. In order to finish the turning of the top of the post it was necessary to remove the tailstock and to support the work with a steady rest – here my home made rig came in useful.

To glue the parts together the base was remounted on the lathe and the stem pressed into place with a cone mounted in the tailstock.

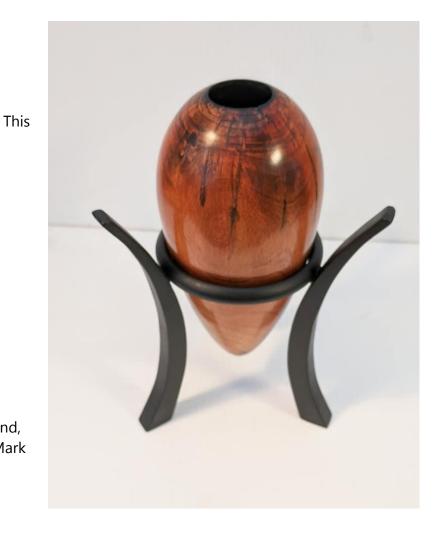
'Split Ends' - Teraina Hird

Suspended hollow form/vase in a Horse Chestnut log that had a lot of cracks. Finished with Hampshire Sheen Intrinsic Black sanded back & then coloured with Chestnut Products - first for finishes Wood Colours Spirit Stain Yew & Acrylic Gloss Lacquer.

The stand is brush painted with black chalk board paint & waxed with JK's carnauba & bees wax.

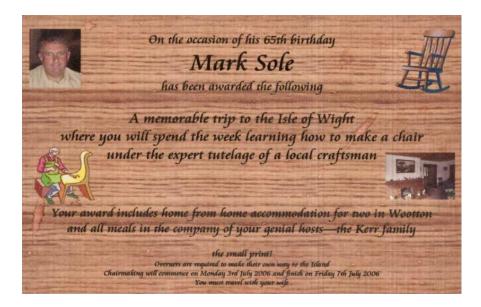


This piece was a challenge, especially the stand, and was inspired by American turner/artist Mark Nantz whose work I have been studying on Pinterest



How I started in woodturning – Mark Sole

Having retired at 65, one of my presents for my birthday was a 5 day course on the Isle of Wight to make a Windsor armchair under the tuition of a local artisan Paul Wise, given to me by my Daughter and Son in Law who live on the island as they knew that I was reasonable at most things DIY.



This was the official invitation.

My wife and I travelled over on the Saturday and the course started on the morning of Monday 3rd July 2006. It was attended by one other but unfortunately, he had to leave after the first day due to unforeseen family problems, he did return at a later date however I understand.

Prior to that morning I had never used a lathe or any of the associated tools but I was shown how to turn, simple spindle turning of beads and coves, the use of the parting tool etc. During the next five days I turned the legs, back spindles, stretchers and the other bits that went to make up the chair. My tutor drilled all the required holes using his set of formers on a pillar drill and he also cut the splat for the back on his scroll saw, the majority of the seat shaping was also done by him using an adze but the finishing was left to me using a chair maker's travisher, blooming hard work!





By Friday, the components had been completed and MY chair was assembled but not polished. It was very carefully loaded in to the boot of our car and taken the couple of miles back to the family's house. It had been an eye opening and wonderful week and that is what started my woodturning off.

The chair is made of Ash and is said by many of our visitors to be the most comfortable wooden chair they have ever sat in.

My wife spent the week sightseeing with our Daughter, at Osborne House, Carisbrooke Castle and the numerous pretty villages that make up the Island.

I now have an Axminster Perform lathe and a grinder on my 5 ' x 2' bench in my shed plus the usual turning gouges which in the main are kept in their original case, a selection of forstner bits and drills, and three chucks in drawers under the bench, any cutting of wood has to be done outside on a B & D Workmate using a hand or jig saw. One thing I have learned over the years, is, **Do Not** buy cheap tools or chucks, they end up giving you grief.

Since then I have made numerous bowls, candle sticks platters etc, many have made lovely personal gifts.

My other interest are, Travelling in France, Tropical Fish, My Model Railway and of course any necessary DIY round the house and garden.

Mark Sole



Notes from Chestnut Products

This month again I chose a couple of things from the Chestnut Newsletter. I have edited them slightly to reduce space but all info comes from Chestnut. Allen

General tips for working in cold workshops

Applying finishes in cold conditions can be a problem and often used paper towels may not be effective. Safety Cloth should be fine, and has enough texture to help spread it, and also squares of NyWeb is useful for applications of wax.

Be careful with Acrylic Sanding Sealer, Acrylic Lacquer and End Seal. As water based finishes, they don't like extreme cold, and if they freeze or even just get frost damage it's the kiss of death for them. Once affected, they do not return to their original state – they tend to have crystals form in them, rendering them unusable.

Most of the other products in the Chestnut range won't freeze, the solvents prevent that by having a low freezing point (meths, for example, is minus 97.6 degrees C). The notable exception is Tung Oil which, being solvent free, will freeze to a hard jelly consistency. Allowed to thaw, though, it will return to its original state and will be fine.

Care needs to be taken regarding application of lacquers and sealers - the real enemy isn't the cold, although this will slow down drying time dramatically. Rather, it's the damp atmosphere that is associated with cold sheds and workshops. Lacquers are susceptible to damp conditions, the moisture will permeate into the material and cause it to 'bloom' – that is, have a white, cloudy effect in it. Sprayed lacquers are even more prone to this as they collect moisture even easier. There's no easy cure for this, other than heating, or wait for a warmer day.

Always consider the ambient conditions when you're finishing and if it's a bit cold and damp it might be best to wait for it to get warmer.

Old Sandpaper

There is a theory that 'old 180 grit cuts like 240 grit' or the like. This is myth, but for more complex reasons than you might think. The abrasive particles are a multi-faceted block, vaguely rectangular in profile. The smaller edge does the cutting, and is electrostatically charged so that when it is applied to the backing the majority of the blocks stand upright (think of iron filings on a magnet). In use, the blocks break down, but here's the important part – they break diagonally, exposing fresh abrasive each time, which is what helps them stay sharp longer. Eventually, of course, they will break down to pretty much nothing, which is when it's time to replace it. But the abrasive doesn't get 'finer' with age, it either works, or it doesn't!

Finishing oily woods – olive, rosewoods, teak etc.

Being oily already, the best thing to do is to use oil on top of them. Most oil finishes will be fine, this becomes a personal choice, whether you want to colour the wood at all, and what sort of finish you want – matt, satin, gloss etc.

It is also possible – and acceptable – to apply a wax onto an oily timber (and over an oil finish too, if you've already oiled it). As I often say, waxes are fairly universal and will stick to pretty much anything.

Woodturning sessions -on-line

Apart from our own Zoom sessions there are others that members might want to participate in. If you do come across any others one that look useful please let me know and I will include the details in next month's Woodbits.

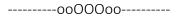
Chestnut Products CONKERS sessions

Dates already published for these free sessions

4 February 2021 24 February 2021 19 March 2021 12 April 2021 12 May 2021 2 June 2021

Check out their website and sign up if you want reminders and updates

https://chestnutproducts.co.uk/conkers-live/



Meet the Woodturner – Pat Carroll

Meet the woodturner; interviews with Q&A sessions by Pat Carroll. Pat interviews a well-known wood turner about their journey and career in woodturning. Very enjoyable and interesting sessions, where you get to know the person behind the woodturning. These sessions are free to view but you need to sign up for them and this can be done by email to meetthewoodturner@gmail.com

Pat Carrol also does interactive wood turning demos these are pay to view, details and sign up can be done through Pats website at https://www.patcarrollwoodturning.com/ under the events section.



AWGB Talking Turning Online Sessions

The sessions have changed focus and AWGB will be talking about various turning subjects and having Q&A during the sessions. These are all free of charge to anyone wanting to participate and you can connect from almost any internet enabled device. Check out the link below.

https://www.awgb.co.uk/talking-turning-zoom-sessions/

After registering, you will receive a confirmation email containing information about joining the meeting. Please register in advance to ensure you receive the email with meeting details.

The meetings are at 7:30pm GMT every Tuesday and Friday evening. We will open the meeting at 7:15pm to allow everyone time to get connected before the meeting.



Other on-line sessions are running including our own Zoom sessions together with Middlesex. Details of these are sent directly to each member.

Help requested, For Sale and Wanted

Important Note. In this current climate, you may choose to delay checking out or picking up any items until after the lockdown. Allen

A request and offer from Rob Wissgott

The pictures below are of an Ash blank I milled (read "butchered") from a stunning tree cut down in Watford last summer. There are a few more but this one has particular potential owing to a dark streak from the heart of the tree running through it. I'm able to turn a bowl from it but at 18x7" it seems a shame to waste so much quality material. Is there anyone in the club able to core such a piece? Happy to trade some wood or something in return. I'd also be keen to hear members thoughts about coring systems they have used, versatility and build quality being of interest.





I don't know if this is something the club would be interested in but I have a texturing tool, never been used but has a slight defect in the handle. Perhaps the club has use for it or a member would like it but I'm looking to give it away to whoever will make good use of it. Let me know if this is of interest and I can get some pictures of the tool and the texture it leaves etc.

Rob Wissgott

wissgottwoodworking@gmail.com

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EXOTIC HARDWOODS and TOOLS for sale

Colin Smith is moving to Shropshire and still has some items unsold from the list published in the last newsletter. Some wood is available but most of the exotics have gone. There are however a number of the gouges still to be disposed of.

If you are interested in finding out more please contact him on **01438 727495 or** email colin a smith8@hotmail.com

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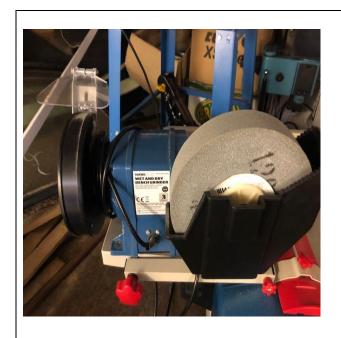
-----ooOOOoo------

This is a selection (below) of woodworking tools by a keen DIY enthusiast and some items are hardly used If you want more details, please feel free to give me a ring

I am working on behalf of the family helping to clear personal effects

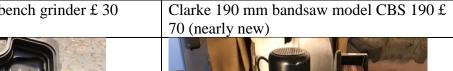
Steve Beadle

Steve Beadle1960@Hotmail.co.uk



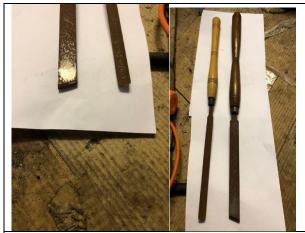
Clarke SAW

Work zone Wet and dry bench grinder £ 30









Various turning chisels£8 each or 3 for £20



Various turning chisels£8 each or 3 for £20



Various turning chisels£8 each or 3 for £20



Circular saw MSCS 1200watt £ 10



Clarks dust extractor model CWVE1 £ 70 (nearly new)



Record hand plane £ 8



Work zone 1250 W router-6 mm £ 25 (nearly new)



Hand sander £ 8



Black & Decker hand sander £ 8



Clarke woodworker over and under planer (nearly new) £100



Hand electrical player £8



Work Zone 6 mm router bit set £10 (unused)





Black & Decker light duty 6 mm router £ 10

Work zone table router £25 (nearly new)





Nearly new unused chisels £ 10

Record DML 300 24inch between centres in working condition but no tool rest but they are available from record free to first timers wanting to try woodturning or open to offers

-----ooOOOoo------

Poetry (and Music) Corner

Here's thanks for Handel's baroque youtube link

Which brought instant pleasure from being in sync

You may suppose it gave me repose from our troubled world's woes

Uplifting my spirit without limit lasting for many days more

The singers enhancing his mild and melodic musical score

And brings salvation from the ongoing frustration

What a bonus it gives us, bears sending to all folk in the nation

My heart still soars from such calming sounds

Restoring my belief we shall have the relief

Of jabbed vaccine safety to cover all bounds.

Thankyou oh Handel, it will stay in my mind

Such ear soothing notes, such a heavenly find

Martin Sexton New Year's Day 2021

'As steals the morn' L'allegro HWV 55

https/youtu.be/PVCtCxnJyKY