



BGCM's 17th Annual Blacksmith Days



The fish shown above is part of one of the 2 major demonstration pieces completed by the Ironmasters Team during their two days of demonstrations at Blacksmith Days

By Dick Smith

BGCM's 17th Annual Blacksmith Days is now history and by all measures, it was a resounding success. The event set an attendance record, with a total of 180 registered attendees. In addition, many more from the general public entered through the Farm Museum after noon on Saturday and Sunday; spent time watching the demonstrators, and asked lots of questions. The Carroll County Times did a very nice front-page article, complete with pictures of the demonstrators at work in their home shop. The event was also featured in the Washington Post's Weekender, The Frederick News Post, The Baltimore

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The Blacksmith Guild of Central Maryland, Inc.*

BGCM is dedicated to preserving and promoting the art and craft of hand forging iron. The guild meets monthly to share blacksmithing information and techniques at the Carroll County Farm Museum, Westminster, Maryland.

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* BGCM is a non-profit 501c3 educational corporation founded in 1986 and incorporated in 1995 and is an affiliate of the Artist-Blacksmith's Association of North America, Inc.

The **HAMMER & TONG**

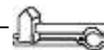
BGCM's newsletter is published bimonthly. We welcome and encourage you to contribute articles, book reviews, trip reports, or just your thoughts on blacksmithing. One of the main purposes of the Guild is to promote the exchange of information and ideas associated with blacksmithing. We are glad to publish classified ads to assist members in the sale of blacksmith related items, or to help locate wanted tools, anvils, steels, etc. Ads must be renewed for each issue.

Submissions may be sent to the editor:

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Deadline for Jul/Aug Issue: 1 June 2005

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Blacksmithing, involves Fire, Hot Steel, Hammers, etc.

It is not an activity to be taken lightly. Safety and caution must always be in the forefront of any blacksmith's mind before they pick up a hammer and begin hitting Hot Metal.

Safety Rules

1. **Wear eye protection** at all times in the shop area.
2. Know location of first aid kit and fire extinguisher.
3. Turn on exhaust blower before lighting the forge.
4. Turn off blowers on forges when not heating iron/steel.
5. Do not knock hot coals/embers on the floor.
6. Advise when preparing a forge weld by yelling: "**WELDING**".
7. Dress ends of steel.
8. Obtain permission from Forge Master before using power tools.
9. Maintain and leave an orderly work area.
10. Return unused coal to the coal bin.

Please observe these safety rules when working in the Guild's forge areas

BGCM, its officers and its members assume no responsibility or liability for the accuracy, fitness, proper design, safety or safe use of any information contained in this newsletter and disclaim any responsibility or liability for damage or injuries as a result of its use.

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Randallstown, MD 21133

Guild Telephone Number **(410) 386-9150**

President's Message

It is hard to believe we are already into the hazy, hot, and humid weather. Remember to **stay hydrated in the forge**, so drink plenty of water. Save the other beverages for when you are finished in the smithy reflecting upon your successes and learning opportunities.

I hope that everyone enjoyed the **17th Annual Blacksmith Days** (BSD) as much as I did. Great weather, great demos, and great food. **Thanks to all who contributed to the success** of BSD, everyone was willing to lend a hand wherever needed. Next time you see some of these people be sure to thank them for their hard work and dedication. A few of the people are **Dick Smith (Chairman)**, Judy Heinekamp (Registration), Tige Davis and crew (Breakfast, Lunch, and Dinner), Bob Nagle (Iron in the Hat), Chuck Struble (Sales Table), George Hughes (Compressor and Loader from Sunbelt Rental), Russell Bateman (Compressor), Pat Stansbury (Crane service), John Larson (Two Iron Kiss Power hammers), Dave Morgan (Bladesmithing Demo), Walter VanAlstine (Brass Casting), Marvin Shipley (Leather demonstration), Luc Fiedler (Demonstrator), and Iron Masters (Demonstrator). I also need to **thank Dottie Freeman and the staff of the Farm Museum** for the tent set-up and accommodating our needs. If you have **suggestions to improve next years Blacksmith Days** please let me know. We are also in need of a **Chairperson for the event**.

The forge rehab received much praise from the BSD participants. Since then the flue pass-throughs have been bricked up, the chimneys are installed, the Gichner Room is being decorated, and there is still a lot of work to do. This is another situation where so many people have pitched in and contributed their time and money to its success. Thanks to everyone who has continued to help. If you are interested in helping in any way please let me know.

Historic Forge demonstrators are needed for the Living History Camp in July and other events. If you would like to demonstrate please talk to a board member or Kevin Thomas. If you want someone to be there with you when you demonstrate we can accommodate this. Remember the demos are informal, you can make a simple hook, and the audience is usually a small group that stays about five minutes. Some do stay longer and have a lot of questions most just stand there in awe. The best part of demonstrating is the "free" forge time. Bring in that special project you are making for the down time between visitors or incorporate it into a demo.

Allen Dyer is chairman for the "**Magic from Fire**" event on **October 15th**. This event will allow you a behind the scenes look at the work of Samuel Yellin in the Bank of America building in Baltimore, plus presentations by Clare Yellin, Jack Andrews, and Dr. Vlach. If you would like more information please contact him.

Check the newsletter for the monthly trade items, the ice cream making contest, blacksmithing classes, and other events of interest. Please consider contributing an article, event information, or a supplier to the newsletter. This **newsletter is based on the contributions of our members**. Make sure to thank Bill Clemens, Newsletter Editor, and all of the contributors.

Keep the forge lit,

Ted McNett



Blacksmith Days from Page 1
Sun and the Frederick Gazette.

The volunteers who assisted with the preparation and on-site execution of the many tasks needed to carry on with such a complex program were responsible for its success, and the President and Board members, together with the general membership extend to them our thanks and appreciation.

Judy Heinekamp and her daughter, Marilyn, Bill Clemens, Chuck Struble and Bob Nagle assisted with the many auctions and sales held during the event that helped to make the event financially successful. The wonderful selection of hand forged items for the auction were either contributed by guild members, or donated by the demonstrators, for which we are very grateful, especially because many of them donated the entire income realized from their sale by the guild. The Iron Masters also donated to the guild a large (eight feet, three inches tall) iron tree created entirely from solid iron. Flowers, vines, birds, etc. complement it, also fabricated from solid stock). This tree is shown in the photo of Nikolai Pakomov of Iron Masters and Tina Chisena, our after dinner speaker.



Our Featured Demonstrators this year consisted of a team of smiths from Eastern Europe (IronMasters, Inc.) and Luc Fiedler, a new member to the guild recently arrived from the west coast. The IronMasters team fabricated and surface finished two additional pieces. On Saturday the team fabricated a smaller version of their tree, and on Sunday they executed a whimsical fishpond piece of flora and fauna complete with a dragonfly, fish and mussel. These items were also donated to the Guild, some of which were sold at Saturday evening's live auction.

Luc Fiedler is a renowned artist/blacksmith working in cast bronze by the lost wax method and cold and hot-formed metal. He executed a very unique floor lamp from crushed channel iron as well as some other very unique items employing a variety of metal forming techniques.



Thanks also goes to Marvin Shipley who demonstrated leather working and sculpting techniques, to Dave Morgan for demonstrating the many aspects of knife making and to Walter Van Alstine who demonstrated brass

and aluminum casting. They all worked very hard to put on a show that was instructive and enjoyable to all who were fortunate to see them. The level of craftsmanship and knowledge of their craft was evident in the work that they produced and the expertise that they passed on to the attendees.

Following Saturday night's dinner, the attendees were treated to a very interesting and inspiring slide presentation delivered by Ms. Christina (Tina) Chisena. Tina is a very well known artisan skilled in numerous applications of artistry in precious metals and iron, glass, wood, and mixed media. Her slide presentation included photos taken from nature that were obvious inspirations for her work, including many examples of flora and microscopic structures found in living species. Tina, in addition to her artistic endeavors, spent many years as a research scientist at the National Institutes of Health.

Capping off the activities on Sunday was a forging contest held in the Guild's forge. The task was to forge a ring from iron rod to a specified diameter in a timed competition. The contestants were competing for a gift certificate generously donated by Blacksmith Supply. The winner, Larry Lovell, (see the photo below) was beside himself with joy because he only joined the competition after being unmercifully goaded into doing so by the event chairman. He stated that he could never hope to compete with such a roster of expert smiths and did not want to embarrass himself. Well....

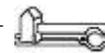


Thanks again to all those who helped to make this event so much fun and at the same time to Blacksmith Guild of Central Maryland

present a very professional program to the public.

Special thanks to John Larson for the donation of the use of his Iron Kiss hammers and a gas forge, to Pat Stansbury of Stansbury's Tree Service for donating the use of his crane to place the air hammers under the tents, Russell Bateman and George Hughes and Sun Belt Rentals for the use of air compressors and hoses for the hammers, to Bob Morris for donating the use of a gas forge, to Roberts Oxygen for providing propane at reduced rates and to the many others who donated materials and supplies for the event.

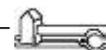
See you all next year!!



A GREAT BIG THANK YOU

By Albin Drzewianowski

The next time you are at the Academy, take a close look at the doors to the Gichner room, specifically the door handles. Those 2 dragons were done by Tim Beachley. Tim brought and installed the door pulls during Blacksmith Days. What a great addition!!!! **THANK YOU TIM!!!**



Samuel Yellin Blacksmith Day Activities

by Allen Dyer

Samuel Yellin, (1885–1940) has been called the “Dean of American blacksmiths” and the Blacksmiths Guild of Central Maryland is commemorating Yellin’s contributions to the architecture of Baltimore with demonstrations and educational programs at the B&O Railroad Museum and lectures, tours and a slide presentation in the lobby of the Bank of America Building on 10 Light Street.

Saturday, October 15, 2005, 10 am to 4 pm, at the B&O Railroad museum.

Blacksmiths will be forging and explaining their work step-by-step at three forges in the train museum courtyard. In addition, a series of short educational programs will offered in the educational building of the museum and hand forged works by regional blacksmiths will be available for purchase. Gate admission is \$12.

Saturday, October 15, 2005, 4:30 pm to 8:30 pm, at the Bank of America Building, 10 Light St.

Magic from Fire - The Artistry of Samuel Yellin

The lobby and mezzanine of the Bank of America Building is decorated with ornamental ironwork from Samuel Yellin’s workshop. Samuel’s granddaughter, Clare Yellin, will conduct a guided tour of Yellin’s works and Dr. John Vlach, of George Washington University, will lecture on “The Contributions of Afro-American Smiths to America.” As the sun sets, Dr. Jack Andrews, author of “Samuel Yellin: Metalworker,” will give a slide overview of Yellin’s works around the country. Hand forged artwork by prominent blacksmith artisans will be available via silent auction. “Magic from Fire” is a catered buffet dinner, event with advance registration of \$65.00 per person required. A registration form has been included in the newsletter on following page.



“Magic from Fire” Table Centerpiece Project

by Allen Dyer



A pair of
Devil Heads
Forged by
Samuel Yellin

The operations plan for BGCM’s October 15, 2005 *Magic from Fire – The Artistry of Samuel Yellin* celebration includes a sit-down buffet banquet catered by Sascha’s. The banquet tables will be 60” in diameter, covered with a linen tablecloth and feature centerpieces hand forged by guild members.

The following are guidelines for those guild members interested in providing sweat equity to support the *Magic from Fire* event:

1. Centerpieces should sit flat and not fall over if the table is slightly jostled.
2. Height and width of each centerpiece should be 6 to 12 inches.
3. The footprint of each centerpiece should be at least 6 inches front to back and no more than 12 inches front to back.
4. Unless otherwise specified by the creator, live flowers will be added to, or woven around, the centerpiece by Sascha.
5. Each centerpiece should bear the touchmark of its creator and the year created.

The centerpieces will be returned or, at the option of the creator, may be entered into the auction at the end of the evening and may include a reserve price. The net proceeds (some auctioneer commission is expected) of each item auctioned will be split 50/50 between the Guild and the creator.

If you are interested in creating a *Magic from Fire* centerpiece, please bring your completed creation to the September guild meeting at Carroll County Farm Museum. If you have any questions, please contact:

Allen Dyer aldyer@lawlab.com

410-531-3965

Blacksmith Guild of Central Maryland

Magic from Fire

The Artistry of Samuel Yellin



A Celebration of the works of American Blacksmiths emphasizing the works of Samuel Yellin and highlighting the contributions of African-Americans to American Blacksmithing.

Registration Form

Seating Limited to 200 — Advance Registration Required

Name _____

Street _____

City _____ State _____ Zip _____

Phone _____ Email _____

Mail this form with a check for \$65 payable to “Blacksmith Guild of Central Maryland”
to:

Judy Heinekamp, Registrar, 4202 Deer Park Road, Randallstown, Maryland 21133.

Registration fee (\$65) includes the following activities in the elegant Banking Room of the Bank of America Building at 10 Light Street in Baltimore City: a tour of Samuel Yellin metalwork by Clare Yellin, a lecture on the contributions of African-Americans to American blacksmithing by Dr. John Vlach, a buffet dinner including beer & wine, a slide show of Yellin metalwork presented by Jack Andrews, and an auction of hand forged metalwork by regional and internationally renown blacksmiths. Scheduled to start Saturday, October 15, 2005 at 4:15pm.

Magic from Fire is a public domain event and attendees may be photographed and interviewed by members of the press. *Magic from Fire* is also an integral part of the 2005 *Baltimore Architecture Week* and *Samuel Yellin, Blacksmith Day*. To take advantage of other programs offered October 15-22, see **www.aiabalt.com** and **www.bgcmonline.com**.

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June, 2005

Hello! This month I would like to tell you about three very exciting and unique aspects of the 2006 ABANA

Conference in Seattle, Washington! One is "**Iron-In-The-Hat**" another is the "**Affiliate Grill Project**" and one is the "**Member's Grill Project**". And here to tell you about these projects is Tom Clark. Take it away Tom!

Lenny Ledet and I will once again conduct "**Iron-in-the-Hat**" for the 2006 ABANA Conference set for July 5-8, 2006 in Seattle! You can again look for big items, both in tools and other objects donated by the membership to be included in this program that raises money for the ABANA Scholarship Fund. Items will

include the BAM box with a special selection of tools and an Ozark Pattern Anvil complete with stand and tools. That's just the beginning! Members and ABANA Affiliates are encouraged to donate items to this "**Iron-in-the-Hat**" program. We especially want handmade tools but anything will be appreciated. All items can be turned in during registration or given to me in advance. We will have hourly drawings for items.

One of the goals of the 2006 ABANA Conference is to strengthen the link between ABANA and its members and affiliates. This link can be reinforced by project participation. There will be an "**Affiliate Grill Project**" as well as a "**Membership Grill Project**". The project will use ten inch (OD) diameter rings made of 1/4" x 1" flat stock, bent on edge 1/4" x 1", hot rolled or cold rolled flat. The ring should be perfectly flat and 10" in diameter. The space in the center of the ring may be used to express your ideas in iron. In order to properly mount your work, please do not drill any holes or violate the space beyond 1/2 the width of the ring. Each affiliate may submit one "Ring" of their choice for the "**Affiliate Grill Project**" and all work will be done by traditional methods, i.e forge welding, collars, rivets, etc.

For the "**Membership Grill Project**", any ABANA member may submit a ring. The same dimensions for the rings apply, but the sky's the limit with regard to type of joinery, i.e mig, tig, bailing wire, etc. The rings may be submitted directly to me or can be brought to or shipped to the conference site. Shipping address information will be available soon. Rings completed early may be shipped directly to Tom Clark for photo opportunities and advertising prior to the conference. Details will also be available on the ABANA website at: www.ABANA.org and the conference website at www.ABANASeattle2006.com.

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Tom Clark

Ozark School of Blacksmithing Happy Forging!

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Beginner's Corner

By Albin Drzewianowski

Physical Conditioning

As you have come to learn, blacksmithing is a fairly physical activity. Between swinging a 2½ to 3 pound hammer with one hand and tightly holding a pair of tongs with the other hand for a couple of hours can be really hard on the old body; especially if you are a hobbyist who can only forge once in a while. Just like many golfers and tennis players, we are susceptible to the "weekend warrior syndrome". This is a physical problem that afflicts normally sedentary people who go all out on the weekend and then regret it come Monday.

The way to avoid this is to do some exercise during the week, so that when the weekend forging session comes along, your muscles are ready for it. We, as blacksmiths, especially need to concentrate on wrist, arm, and shoulder muscles. I have found that the following exercises have helped me make more of my forging sessions even when they are spread out, with less sore muscles afterwards.

Although the following section primarily focuses on the upper body, a complete body physical conditioning regime would not only be good for general health but will add to your blacksmithing experience. Another area that deserves special focus would be the lower back. We are always picking up heavy stuff and a good back exercise program goes a long way to protecting your back. It is really hard to be a blacksmith if you have a "bad" back.

I have found that high repetition with smaller weights is better than a few repetitions of the exercise with heavy weights. I like to use dumbbells for this kind of conditioning. Start with 5 pounds of weights and work up from there. Once you are up to 3 sets of 20 repetitions, increase the weight.

- **Military press:** Standing or sitting, hold the dumbbells at the shoulder and press straight up. I like to alternate: push right arm up as left arm comes down.
- **Triceps extension:** Holding a dumbbell straight up over head, bend at the elbow

and let the weight come down to the back of the neck, keep the upper arm pointing up, then straighten the arm back up. I like to do one arm and then switch the dumbbell and do the other arm.

- **Curl:** There are many ways to do this exercise. I prefer to sit on a bench, lean over slightly, rest my right hand on my left knee, then rest my left elbow on my right wrist and then curl the weight up from that position. One full set and then switch arms. This strictly isolates the exercise so that the only thing working is the biceps.
- **Wrist curl:** Again sitting on the bench I rest my right arm along my right thigh with my wrist just hanging over my knee, palm up. Let the wrist, holding the weight drop and then curl the wrist up. Do a full set and switch arms.
- **Reverse wrist curl:** The same as the wrist curl but with the palm facing down.

The exercises described above are just a few of the many that will exercise the muscles in question. You could also exercise the same muscles using a barbell instead of a pair of dumbbells. Also there are exercises that use your body weight to strengthen them. The important point is to do some kind of exercise and perform the exercises using good form.

It is important to remember that most muscles operate in opposing pairs: Biceps vs. Triceps, Flexors vs. extensors, etc. So when you do weight training, be sure to always exercise the opposing pairs. If you only work ½ the equation, such as only doing curls without doing triceps extensions, you will get out of balance. I have seen pictures of weight lifters/body builders who over did the curls to the detriment of their triceps and they could not straighten their arms.

If any of my descriptions of exercises above are not clear, get hold of a basic weight-training book and study the sections for exercising the arms and shoulders. Those books usually have good illustrations demonstrating proper form.

Talking about opposing pairs of muscles: We, as blacksmiths, spend a lot of time squeezing/gripping hammers and tongs. We develop fairly powerful grips. We need to exercise the opposing muscles, the ones in the forearms, which spread open our fingers - the opposite of the muscles that close our fingers and grip the tools. For this, I like to use a heavy rubber band around my fingertips and then try to open my fingers and spread the rubber band. I keep one of these rubber bands by the computer and do this exercise a couple times a day. This exercise has frequently been recommended in blacksmithing forums to help recover from carpenter's/tennis elbow and from carpal tunnel syndrome. I know it has helped me.

Another helpful exercise is to stretch the muscles, tendons and ligaments in the wrist: Keeping the palm flat, gently bending the palm back toward your forearm as far as it will go. Feel the stretch, but stop before any pain. Bend back and hold for a 20 or 30 count. Do the same with the other hand. Then do the opposite, again holding the palm flat and straight bend forward at the wrist towards the forearm. Use one hand to push the other hand into position. Do 2 or 3 sets. I do these exercises every time I do the rubber band exercises and also before I start forging and often during a forging session while I wait for iron to heat up in the fire.

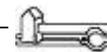
In general, blacksmithing is a physically demanding hobby. Most of our stuff is HEAVY. A regular exercise program even if just twice a week will prepare our bodies to deal with this kind of physical activity. The more sedentary your "day job", the more you need to consider exercise.

Another problem area for beginners is "soft hands". I see this often in my beginners' classes. By the end of Saturday's class, the student has blisters from hammering or holding the tongs. If you don't normally use your hands as we do when blacksmithing, you need to toughen up the hands. Playing video games or driving a compute doesn't count. I think that working with weights as describe above helps with this. But some other kind manual

activity with the hands is needed to toughen them up to prevent blisters. Here I am somewhat at a loss of what to suggest, but the beginning blacksmith needs to be aware of this and try to find ways to toughen the hands. Forging once or twice a week, even for just an hour or so can help in this regard.

Bottom line: if we prepare our bodies, when it comes time to forge, things will go better.

(If you have any questions about what has been presented in the BEGINNERS' CORNER, send them in and I will answer them in the next issue. Also, looking for future topics for THE BEGINNERS' CORNER. What else would the "wannabe" blacksmiths like to see explained in excruciating detail??)



Shop Tips

By Albin Drzewianowski

At Blacksmith Days this past May, one of the featured demonstrators, IRON MASTERS, had a really neat idea. They used a gas-miser (see below if you do not know what a gas-miser is) for their oxy-acetylene torch. They had attached a really big magnet to the base of the gas-miser. This way they could attach it to their steel welding table where ever was most convenient. If you use a stand, you could simply have a steel plate attached to the top of the stand and then be able to move the gas-miser from stand to table as needed. I know I will be looking for an appropriately large magnet to use with my gas-miser.



For those of you who are not familiar with a **gas-miser** (see attached photograph), it is a gas valve assembly used with oxy-acetylene torches. The gas lines from the oxygen and acetylene bottles attach to the gas-miser, then there are another pair of hoses going from the gas-miser to the torch. The gas-miser has a rod to hang the torch on when not in use. When there is weight on that rod, the gas to the torch is shut off. Lift the torch/weight off of the rod and gas to the torch turns on. Also there is an acetylene fed pilot light on the gas-miser. The beauty of the unit is that you set the gas and oxygen settings on the torch one time. Then when you need to use the torch, you lift it off the rod and wave the tip past the pilot light and the torch is lit at the exact right setting. This saves gas and more importantly (in my mind) saves time. Also, you can do this one handed: lift and light - and you are ready to go. You don't have to re-set the gas levels each time you go to use the torch. The unit costs about \$110. and is available from MSC Industrial Supply Company and from welding suppliers.)

Hand cleaning

You know how dirty our hands can get blacksmithing. Here is a handy way to conveniently clean up. You can get industrial strength hand cleaning towels in a plastic tub, (if you are familiar with how baby-wipes are dispensed, this is the same system). I have seen and used Lava, Orange, and GOJO brand towels. One side has an abrasive texture and the other side is less abrasive; and you don't need water. I have seen them in small foil packs that would conveniently fit in a toolbox, but these are harder to track down. I bought mine at Tractor Supply Co. I have also seen them in the MSC catalogs.

Do you have a useful SHOP TIP?

Something that makes your smithing easier, more organized, etc? Share it with the rest of the GUILD. Send it in. If necessary, we will re-write and make drawings. And of course, we will give you credit for making the suggestion.



The Blacksmith's Bookshelf

By Albin Drzewianowski

LINDSAY PUBLICATIONS is an excellent source for books that could be of interest to a blacksmith. They describe themselves as follows: *"Highest quality books, new and old, for experimenters, inventors, tinkerers, mad scientists, and a very few normal people..."*

Lindsay re-publishes a lot of old books from the late 1800's and early 1900's. You will find many books on blacksmithing, foundry work, welding, early machine tools, early trades, etc. There are usually books to help you build your own tools. I remember, for a while they had a series on how to build things like drill presses and then mills, lathes, etc. There are other books that are not very practical, but still interesting: How to build a Tesla Coil, so that you can play with static electricity. For a while, there was a do-it-yourself thermite book.

You need to be aware when reading these books that many are from the early part of the American Industrial age, a time when safety was not a high priority. Each book published by Lindsay usually has a safety disclaimer at the beginning of the book. Be sure to read it and understand that what you are reading may need to be filtered through today's accepted safety practices.

Warning: if you see a book you are interested, order when you see it. Books come and go with some rapidity and once it is gone from the catalog, you may not be able to get it. I believe that they publish these books in rather small press runs.

The website is:

<http://www.lindsaybks.com/>

The address for a catalog is:

Lindsay Publications, Inc.
PO Box 538, Bradley, IL 60915
1-815-935-5353



BGCM New Members

By Judy Heinekamp

The Guild welcomes the following new members. Take a minute to look over the list and see if you find someone who lives near you. If you do, contact them and offer them a ride to the next meeting, invite them to your smithy, or just welcome them to the guild.

Bernard Arnest

938 Beaverbank Circle
Towson, MD 21286
(410) 296-1626
barnest@comcast.net

Phil, Kathryn and Austin Fitzhugh

304 Braehead Drive
Fredericksburg, VA 22401
(540) 361-4278
philfitz@cox.net

Steven Cottrall, age 16

Russell M. Lloyd

117 North Forrest St.
York, PA 17404
(717) 792-2671
qmlloyd87@yorkinternet.net

Donna M. McCullough

2856 Salem Bottom Rd.
Westminster, MD 21157
(410) 871-2675
donna@mcculloughstudio.com

Matthew Harris

160 Linton Run Rd
Port Deposit, MD 21904
(410) 378-2234
matthmstudio@juno.com

Steve Holniker

1732 Ridge Rd.
Westminster, MD 21157
(410) 876-0886
sdholniker@yahoo.com

Roger Eichlin

1012 Hilltop Road
Leesport, PA 19533

(610) 371-0897

Erik Nichols

4512 Wetzzel Ave.
Baltimore, MD 21214
(410) 254-5039

William & Eleanor Girton

518 Academy Rd.
Baltimore, MD 21228-1814
(410) 747-0190

Carlton Thomas

100 Delight Rd.
Reisterstown, MD 21136
(410) 833-0813

Darius (Darry) Gross

2424 Shiloh Road
Hampstead, MD 21074
(410) 848-1797
darry.gross@verizon.net

James Bannon

1040 Bloom Road
Westminster, MD 21157
(410) 848-9598
gwiii@simianhill.com

Bernie Shiao

16815 Ridge Road
Upperco, MD 21155
(443) 465-0960
bshiao@yahoo.com

Craig, Laura, David & Kevin Safford

1820 Hanniford Dr.
Finksburg, MD 21048
(410) 840-9033
crsafford@aol.com

Tom and Eleni Caspar

4002 Jumpers Hill Lane
Ellicott City, MD 21042
(410) 531-8422
elenicaspar@aol.com

Eric Linder

4407 Clydesdale
Baltimore, MD 21211
(443) 872-6186 (h)
(410) 366-8813 (w)

erictheclimber@yahoo.com

William L. Smith

7528 Old National Pike
Boonsboro, MD 21713
(301) 432-8651
wmlsmith@myactv.net

We would also like to welcome back the following members that have rejoined after a break in membership:

Thomas & Beverly Coker

12611 Bluhill Road
Wheaton, MD
(301) 942-8573
tacoker@hotmail.com
bjcoker@hotmail.com

Chris Gavin

2416 W. Rogers Avenue
Baltimore, MD 21209
(410) 664-0133 (h)
(410) 366-8813 (w)
chrisvgavin@verizon.net

Robert Webber

606 N. J. Ave.
Glen Burnie, MD 21060
(410) 761-0401
r.webber@verizon.net



This Space reserved for you contribution to:

The HAMMER & TONG

Send your article in today, and don't worry this space is designed to expand to fit whatever you send in.

The **HAMMER** & **TONG**

I don't know about you, but my head is still spinning from all the things I saw at Blacksmith Days. Luc Fiedler demoed some interesting techniques with pipe and channel as well as some great tips on finishes and patinas for iron. The Ironmasters team was busy both days completing two organic sculptures while demonstrating how welds can be ground, filed and forged to blend with the forged organic elements they joined. No ugly splatter or globs when they were done!

I was saddened to hear of Jim Fifer's ill health and ask you keep him in your thoughts and prayers as I will. Don't forget the others in the Guild who are dealing with long term illness and recovery including Bill Heinekamp, Jim Kendall and Ken Zastrow.

I still need ideas on what you'd like to see in the next issue. You don't have to write the article but I need to hear from you. When you attend a blacksmithing event, read a book on blacksmithing, or just have some thoughts on smithing remember to send me a note some pictures or sketch and I'll put it in the next newsletter.

I wish to acknowledge, with gratitude the contributions made for this issue of

The **HAMMER** & **TONG** by:

Albin Drzewianowski
Allen Dyer
Judy Heinekamp
Ted McNett
Dave Morgan
Dick Smith



First Aid Tip

Heat Related Illnesses

By Albin Drzewianowski

(This is a repeat from last year, but given the seriousness of the issue, I think it merits visiting again. So even if you read it last year, read it again to refresh your memory. Work safe. Albin)

I am not a doctor, and I don't play one on TV. The following information has been pulled from a number of health related web sites and for the most part is common sense. Albin

Soon it will be summer and summertime in Maryland mean HEAT and HUMIDITY. Blacksmithing is a vigorous activity and if you are not careful you can find yourself experiencing the unpleasant side effects of dehydration.

Technically dehydration means that the amount of water in your body has dropped below the proper level. When it is hot and you are working hard your body can produce a half-gallon of sweat every hour. Unless you are drinking water at the same rate, you will dehydrate and then stop sweating, at which point your body starts to over heat. Remember, sweating is the body's natural mechanism for cooling off.

The initial signs of dehydration are:

- Thirst
- Less-frequent urination
- Dry skin
- Fatigue
- Light-headedness
- Dizziness
- Confusion
- Dry mouth and mucous membranes
- Increased heart rate and breathing

As the dehydration continues you will start to experience the progressively more dangerous conditions of: heat cramps, heat exhaustion, and finally heat stroke.

WARNING: Heat stroke can be fatal!!

Heat cramps are muscle pains or spasms - usually in the abdomen, arms, or legs - that may occur in association with strenuous activity. People who sweat a lot during strenuous activity are prone to heat cramps. This sweating depletes the body's salts and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion. If you have heart problems or are on a low-sodium diet, seek medical attention for heat cramps.

What should you do if you experience heat cramps?

If medical attention is not necessary, take the following steps:

- Stop all activity and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

Heat exhaustion is a milder form of heat-related illness that can develop after exposure to high temperatures and inadequate or unbalanced replacement of fluids.

The warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention if symptoms worsen or last longer than one hour.

What steps can be taken to cool the body during heat exhaustion?

- Drink cool, nonalcoholic beverages.
- Rest.
- Take a cool shower, bath, or sponge bath.
- Seek an air-conditioned environment.

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes.

Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

If you start to experience these symptoms or see any of these signs in someone else, you may be dealing with a **life-threatening** emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.

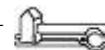
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible

If not treated, heat stroke can be fatal in less than an hour.

The smart thing is to avoid getting into any of the situations above in the first place. Start drinking liquids before you begin blacksmithing, continue while working and drink some more after you stop. Many authorities maintain that water is the single best way to combat heat related illnesses. Many sports drinks on the market effectively restore body fluids, electrolytes, and salt balance. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar. These actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps. Do not take salt tablets unless directed by your doctor.

Pace yourself. If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least in the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Be especially careful since one of the early side effects is confusion and light-headedness. As the condition gets worse you will be less likely to think rationally. The symptoms described here can really sneak up on you and catch you unaware. Since many of do our blacksmithing alone, there may not be someone to notice that we are going into a state of heat exhaustion or worse, heat stroke.



BGCM 2005 Historic Forge Volunteer Calendar

JANUARY								FEBRUARY						
							1			1	2	3	4	5
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MARCH								APRIL						
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MAY								JUNE						
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JULY								AUGUST						
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SEPTEMBER								OCTOBER						
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NOVEMBER								DECEMBER						
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20	21	22	23	24	25	26		18	19	20	21	22	23	24
27	28	29	30					25	26	27	28	29	30	31

Gray Shaded dates are
School Tours 9:30 AM -2PM

Black Dates are Events
Listed Below

Cross Hatched dates are for
Union Mills Forge

To Volunteer Contact :

Kevin Thomas

(410) 848-4869

email..... kbt62@direcway.com

25-28 Apr .. Traditional Arts Week
30 Apr..... Flower &Plant Market

1 MayFlower and Plant Market
7-8 May Civil War Living
History Encampment
21-22 May Blacksmith Days
4 Jun Spring Muster
Antique Fire Show

4 Jul Old Fashioned 4th
9-10 Jul..... Common Ground
Music & Art Festival
9-10 Jul..... Civil War Camp
Ice Cream Social
11-15..... Living History Camp
18-22..... Living History Camp
25-29 Jul... Living History Camp
6 Aug Old Fashioned Corn Roast

9-11 Sep..... Steam Show
17-18..... Maryland Wine Festival
1-2 Oct Fall Harvest Days

2-4 Dec..... Holiday Visit
3 Dec..... Poinsettia & Greens
Festival
9-11 Dec..... Holiday Visit

Jim Fifer Battling Cancer

By Dave Morgan

Our friend Jim Fifer recently came home from the hospital after having surgery, where they removed one of his kidneys. They found a tumor next to his spine. As many of you know, Jim hasn't been feeling good the past few months and now we know he's battling Cancer. Please keep Jim in your thoughts and prayers.

Jim has decided to sell all of his tools. He's going to be making me up a list of everything he has and that way we can get it out to the proper places and in the newsletter His blacksmithing tools that I know about are a home made Gas Forge two anvils, he estimates the weight at about 150 pounds. As far as hammers, tongs and the big blue power hammer is \$3,000.00 He has two compressors at \$500 or best offer. I'm not sure about what else he has but I know that he has all kinds of tools and other misc. items.



Upcoming Events

In addition to BGCM's Blacksmith Events Calendar, as we get closer to the time of the events, we will provide more details. When you attend these events, remember it is considered common courtesy to bring items for the Iron-In-The-Hat raffles and auctions. It is the money raised by the raffles and auctions that make these hammer-ins possible. Don't forget your safety glasses. Also, if you attend an event, please consider writing up a brief description of your experience and/or taking some photos to share with the rest of the Guild and send it to the editor.

Iron Fever Model Machining Exposition

August 13-14
York Fairgrounds, York PA

Little Giant Power Hammer Rebuilding Seminar

The New Jersey Blacksmith Association (NJBA) presents Sid Suedmeier leading a Little Giant Power Hammer Rebuilding Blacksmith Guild of Central Maryland

Seminar. The event is being hosted at Roger Dixon's Shop in Hampton, NJ. This is a two day workshop, Saturday October 15 and Sunday October 16! The cost for the workshop is \$50 per person. The maximum amount of attendees will be 45. These seats will be filled in the order the checks are received, so register soon to be there! The last date for registration is July 31, 2005. In the unlikely event the workshop cannot be filled by this date your checks will be returned. Lodging is available in nearby Clinton, NJ for those who need to travel further. More info:

<http://njba.abana-chapter.com>

The contact for the event is:

Roger Dixon,
3 Thads Hill Rd,
Hampton, NJ 08827
908.337.2057
roger.dixon@att.net

Make checks payable to NJBA and send to Roger.

Jacksonville Center for the Arts Blacksmithing Classes

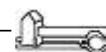
The Jacksonville Center for the Arts offers blacksmithing classes at the first residential craft school in Virginia this summer. They are Virginia's first residential craft school. Their first session of classes commenced June 3rd. They are offering several blacksmithing classes this summer. For more detailed information, please visit their website at:

www.Jacksonvillecenter.com.

Fees:

Week long courses for non-members:	\$350
Weekend courses for non-members:	\$210
Week long courses for members:	\$300
Weekend courses for members:	\$180

They also have catered meals from local restaurants for breakfast, lunch and dinner choices for very reasonable prices. They have partnered with local B&Bs, lodges, motels, etc. to provide housing accommodations at reduced rates for students of the School.



BGCM 2005 Blacksmith Events Calendar

JANUARY							FEBRUARY						
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
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Fancy Hook							Something with a Heart						
MARCH							APRIL						
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Garden Tool							Bar-B-Que Tool						
MAY							JUNE						
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29	30	31					26	27	28	29	30		
BSD Contests – Grille - Sculpture							Flower						
JULY							AUGUST						
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24	25	26	27	28	29	30	28	29	30	31			
31													
Animal/Wizard Head							From a Railroad Spike						
SEPTEMBER							OCTOBER						
				1	2	3							1
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25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					
From a Horseshoe							Leaf						
NOVEMBER							DECEMBER						
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27	28	29	30				25	26	27	28	29	30	31
Boot Scraper							Ornament						

8-9 JANGichner's Hammer-In
16 JAN..... **BGCM Meeting**

20 FEB..... **BGCM Meeting**
 26 FEB . Dan Boone's Pasture Party

Mar...No Furnace Town Joint Mtg
20 Mar..... **BGCM Meeting**
 16-17 Apr BGOP Spring Fling
24 Apr..... **BGCM Meeting**
 25-28 Apr CCFM Traditional Arts
25-28 Apr... 4 Day Beginner Class
30 Apr-1 May..... **Cable Damascus**
 7-8 May Gichner's "Yard Sale"
 13 May . Sober Collection Auction
 13-15 May Touchstone/PAABA
14-15 May..... **Beginners Class**
21-22 May..... **Blacksmith Days**

4 Jun PABA Blacksmith Day
 10-11 Jun . Rough & Tumble BSD
18-19 Jun.....**Intermediate Class**
26 Jun..... **BGCM Meeting**

17 Jul..... **BGCM Meeting**
21 Aug..... **BGCM Meeting**
 30 Aug-2 Sep.....CANIRON V

10-11 Sep..... Wrought Iron Conf
25 Sep..... **BGCM Meeting**

8-9 Oct.....**Intermediate Class**
15 October **Magic From Fire**
16 Oct..... **BGCM Meeting**
29-30 Oct.....**Beginners Class**

5-6 Nov Blacksmith Christmas Show
12-13 NOV **Basic Knife Class**
20 Nov **BGCM Meeting**

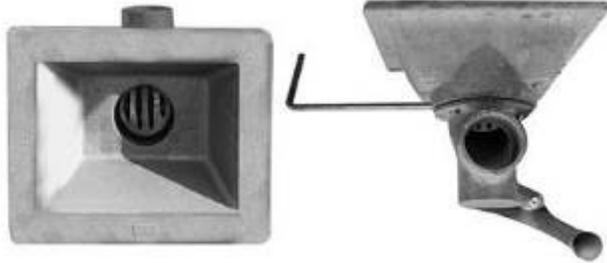
10 Dec..... **BGCM Holiday Party**
10-11 Dec **Forge Welding Class**

2006

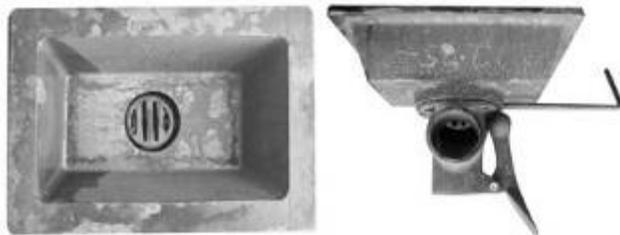
Jul.....ABANA Conf(Seattle, WA)
 Blacksmith Guild of Central Maryland



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KNIFEMAKERS FIREPOT \$275 + S/H



PORTABLE ROUND FIREPOT \$215 + S/H

For More Information/Availability Contact:

Bob "Ironmonger" Cruikshank
1495 W. Possum Rd
Springfield, OH 45506
ironmonger40@woh.rr.com
(937) 323-1300
<http://www.creativeironforge.com/>



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Monthly Guild meetings and Open Forge Nights
Or Contact any Board Member

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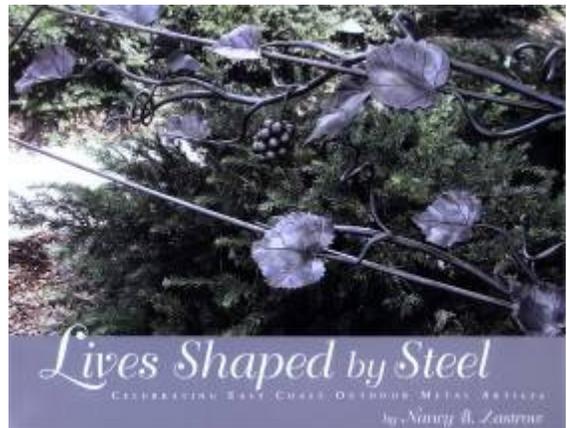
Phone: (410)840-9623

E-mail: stansburytree@aol.com



Lives Shaped by Steel

By Nancy B. Zastrow



<http://www.ironartists.com/Homepage.htm#>

Open Forge

Check the Guild's telephone number (410) 386-9150 to see if there will be an Open Forge



Carroll County Farm Museum 2005 Calendar of Special Events

Apr 25-28 Traditional Arts Week
May 7-8. Civil War Living History Encampment
May 21-22 Blacksmith Days
Jun 4.. Spring Muster and Antique Fire Equipment
Jul 4 Old-Fashioned July 4th Celebration
Jul 9-10 Common Ground on the Hill's
American Music & Arts Festival
Jul 11-15, 18-22, 25-29 Living History Camp
Sep 9-11 Steam Show Days
Sep 17-18 The Maryland Wine Festival
Oct 1-2 Fall Harvest Days
Dec 2-4, 9-11 Holiday Tours

Demonstrators for the Museum's Historic Forge are needed for the above special event dates as well as anytime the Museum is open. To volunteer contact:

Kevin Thomas (410) 848-4869



Union Mills Homestead Looking for Blacksmith Demonstrators

The Union Mills Homestead, located just north of Westminster on Rt. 97 is looking for blacksmiths to demonstrate in their historic forge. Rules of conduct and dress are pretty much the same as in the Historic Forge at the Farm Museum. Event dates are published on the Historic Forge Volunteer Calendar in this newsletter. If you are interested please contact:

Kevin Thomas

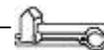
(410) 848-4869

Email: kbt62@direcway.com

There is more information about Union Mills at their web page:

<http://www.unionmills.org/>

Dick Peeling (717)359-5520



LIABILITY RELEASE

I understand that blacksmithing and other metal work are inherently dangerous activities and agree to attend and participate in any and all **BLACKSMITH GUILD OF CENTRAL MARYLAND** events at my own risk. Further, I agree to wear all required safety equipment including, but not limited to, safety glasses. I understand if I am not wearing said safety equipment, I may be asked to leave and agree to do so.

I release **THE BLACKSMITH GUILD OF CENTRAL MARYLAND, INC.**, its members and officers from liability should there occur an injury or accident while I am participating in any Guild sponsored activity.

Signed: _____

Date: _____

BGCM Guild Meetings

The Guild meets monthly in the Blacksmith School on the grounds of the Carroll County Farm Museum, 500 South Center Street, Westminster, Maryland. The school is **open at 9:00 a.m.** for open forging. **LUNCH: Potluck.** Please bring a hot dish, salad or dessert to share. Drinks and paper products will be provided. **Iron In The Hat** after Lunch, bring items of use to blacksmiths to donate and some money for tickets. There will be a **business meeting at 1:00 p.m.**

Sunday July 17, 2005

Demonstration:

Bob Nagle.....Ice Cream Scoop

Trade Item: Animal/Wizard Head

Sunday August 21, 2005

Home Made Ice Cream Cool- Off

Demonstration:

Bill Clemens..... Making and Using Tools
For Animal/Wizard Heads

Trade Item: Something from a Railroad Spike

BGCM Open Forge Evenings

There is a monthly Open Forge, on the 2nd Thursday of each month from 6-9 pm.
If you want to come forge check the guild phone message to confirm the Forge will be open

Thursday July 14, 2005

Thursday August 11, 2005

BGCM Inclement Weather Policy

If Carroll County, Maryland, Schools have been closed for Thursday or are already closed for the next day, Friday; then OPEN FORGE is cancelled for that Thursday night

If the winter weather seems bad or threatening on the day of a meeting or open forge, or if it has snowed on the weekend, we may have to cancel since the Farm Museum is closed to the public during the winter and often the County does not plow out the Farm Museum until Monday.

Call the BGCM phone number, 410-386-9150, to check if the event has been cancelled.

MEMBERSHIP APPLICATION / RENEWAL

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ - _____ Email : _____

- New Member Individual Check if you are you a member of ABANA
 Renewal Family (list ages of dependant children _____)

Read and Sign liability release statement on reverse side of this form

Dues : \$20 - Individual / \$25 - Family

Membership dues are for the period:

January 1 through December 31

Includes a subscription to the Guild's bimonthly newsletter, **The HAMMER & TONG.**

Make checks payable to Blacksmith Guild of Central Maryland and mail with completed and signed application form to:

**BLACKSMITH GUILD OF CENTRAL MARYLAND
P. O. BOX 593
Randallstown, MD 21133**