

BRECCIA

Santa Clara Valley Gem and Mineral Society



All American Club

Volume 52, Number 6 San Jose, CA , June, 2005

Breccia

Santa Clara Valley Gem and Mineral Society (SCVGMS)

P.O. Box 54, San Jose, CA 95103-0054
Website: www.scvgms.org
Email: info@scvgms.org
Phone Number (408) 265-1422

An Invitation

This society is pleased to invite guests to attend general meetings, study groups, and field trips. General meetings are normally held the fourth Tuesday of every month at 7:45 PM at 100 Belwood Gateway (The Cabana Club), Los Gatos, CA 95032. Belwood Gateway is just south of Blossom Hill between Leigh Avenue and Harwood.

Society Purpose: The inculcation of a love of rocks and minerals by the furtherance of member's interests in the earth sciences, and by education in all facets of related educational activities with the promotion of good fellowship, proper ethics, and conduct.

Membership Requirements: Attendance at two general meetings within twelve months. This society is a member of California Federation of Mineralogical Societies (CFMS) and is affiliated with the American Federation of Mineralogical Societies (AFMS). Dues are \$10.00 per year.

General Meeting: will be June 28, 05 at the Cabana Club, 100 Belwood Gateway. Los Gatos, CA 95032 at 7:45 PM

Board Meeting: will be June 30, 05 at 7:30 PM at Jane Yamashita's Home, 24320 Mt. Charlie Rd. Los Gatos, 95033 (408) 353-2982.

Study Groups

Stringers: Meet on the Second Thursday of the month. Group led by Pat Speece and Mary Lu Ferrara. For info call Pat (408) 266-4327

Facet Cutters: Meet on the first Tuesday of the month. Group led by Bill Norton, call for info (408) 356-8254.

Carvers: Will start meeting on the third Monday of each month. Contact Herb Vogel (408)247-1018 for information and details about joining this group

Cutaways: meet on the first Saturday of the month at the Shoup Park Lapidary Shop. Group led by John Eichhorn for more info call (408) 749-0523.

Mineraleers: Meet on the Second Monday of the month. Group is led Chuck Boblenz, call for info (408) 734-2473

Silversmithing: Beginning and Advanced classes are led by Kelly Van Vleck and John Bahr. Call Kelly for info (408) 262-8187.

Juniors: are led by Mark Wartenberg. Outings and get together's are announced at general meetings and via email. Contact Mark Wartenberg for more info, (650) 568-6114.

Fossileers: will be meeting quarterly for an outing and a study session. For more info call Gail Matthews (650)962-9960.

John's Note

Summer is here !... The June program is the silent auction, so bring your rocks, and anything else you can think of that can be bid on to the meeting. For those who aren't familiar with our silent auction, here's a brief description... All the items are placed on the tables with a bid sheet in front of each item. It's up to you to increase the bid from the last price written on the sheet. But Remember ! The timer is running and a random table number will be drawn when the time is up. The highest bid on each item on the closed table gets the item and pays the money collector. Don't forget about the dinner before the meeting!!! We will start eating at 6:15- 6:30 PM. A-L bring a dessert, P-Z bring a side dish that goes with hamburgers and hotdogs.

There will be no show and tell table at this meeting...But check the list for your name on the other months.

The last two meetings we have watched the television shows about our club and it's activities. Your idea's on improving , continuing , or adding to the study groups are welcome and needed . Do you know anyone who has a free or low cost building , a work shop for our activities would be nice !

Dues are due, so write Chuck a check.

Thank you,

John Eichhorn

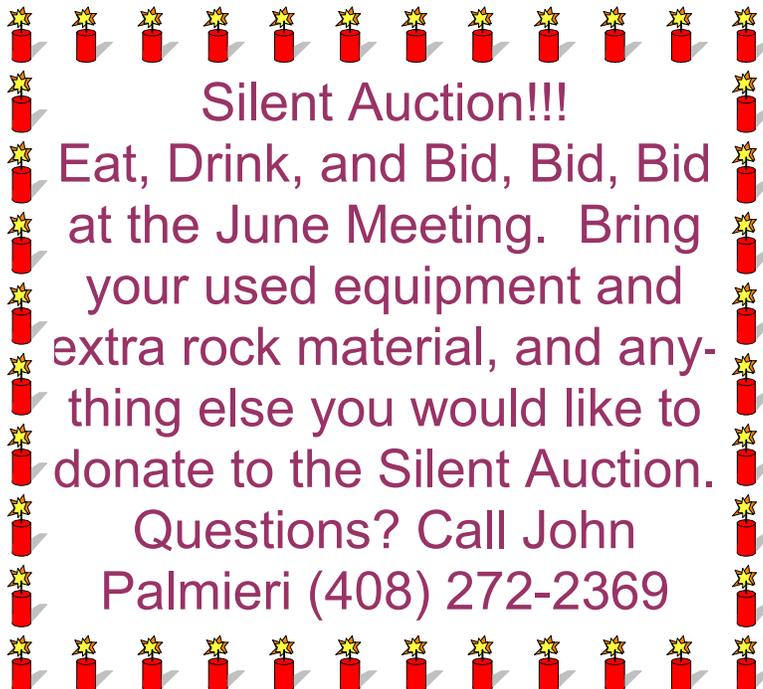
June's Jabberings

First, I would like to apologize for the lateness of this newsletter. I have been ill and have not been able to spend the time necessary to publish it.

Secondly, I'd like to extend the offer to anyone who would like to write an article for the newsletter. The article can be on anything you'd like that pertains to rockhounding, mineral and rock studies, field trips, or recent books you've read on rocks, minerals, fossils and the like. The newsletter is always more interesting if you know the author of an article. It also gives our members an idea of what you are interested in.

Lastly, I'd like to encourage each of you to attend our upcoming Potluck/ BBQ/Silent Auction at our June meeting and our Founder's Day Picnic in July. Reservation forms for the Founder's Day picnic will be available at our next meeting or online at www.scvgms.org. Both events are free of cost and a great way to get to know your fellow rockhounds.

Your club needs your input and knowledge to grow and meet your needs. Thanks, June



Silent Auction!!!
Eat, Drink, and Bid, Bid, Bid
at the June Meeting. Bring
your used equipment and
extra rock material, and any-
thing else you would like to
donate to the Silent Auction.
Questions? Call John
Palmieri (408) 272-2369

June Meeting BBQ,
Potluck, & Silent Auction
Hamburgers, Hot Dogs,
and Hot Bargains
Time to Eat: 6:30 PM
Time to start bidding: 7:45 PM
What to bring:
A-L Desserts, M-Z Side Dish
Items and Materials for
Silent Auction
Club providing: Meat, buns,
condiments, table service
and drink.

Check out what our study groups are doing!!!

MINERALEERS



The Mineraleers will resume meeting in September. For more information regarding the mineraleers, contact Chuck Boblenz (408) 734-2473.

Stringers



The Stringers met for the final Munchie Meeting in May. Nothing was taught. No work was done. No plans for the next project were discussed. However, we did have a very good time with a full house and lots of tasty treats. Those interested in continuing and/or restarting the Stringers, please call Pat at 408-266-4327 by the end of June, 2005.



The Carvers will not be meeting in June. For more information regarding the carvers and their next meeting, contact Herb Vogel (408) 247-1018.

Faceters



The Faceters will be meeting on June 7 at 7:30 PM at Bill Norton's Home. Call Bill for more information at (408)356-8254. Everyone is welcome.

Silver Smithing



Sign ups for the beginning and intermediate silversmithing classes are being taken now. The beginning silversmithing teaches you how to solder with silver, then make a pierced ring, a ring with a cabochon and a pendant with a cabochon. Projects in the intermediate class still to be determined. If you haven't signed up and would like to add your name to either list, contact Kelly Van Vleck at (408) 262-8187 or Pat Speece at pspeece@sbcglobal.net. Classes to begin soon. Sign up today.



The Cutaways met on May 14 at Shoup Park. Jane and George Yamashita, John Eichhorn, and Randy Harris were in attendance. They had a great time cutting and polishing cabochons. If you are interested in joining the Cutaways, contact John Eichhorn at (408) 749-0523 for directions. The Cutaways meet on the first Saturday of each month from 10-1PM at Shoup Park in Los Altos.

FOSSILEERS



The Fossileers meet quarterly. If you are interested in joining this study group, please contact Gail Matthews at (650) 962-9960 for more information on the group and the date of the next meeting or outing.

Member News

We have four new members this month.

1. Dan Gehret, 188 Wyandotte Dr. San Jose, CA 95123, (408) 229-8191. Dan is interested in Cutting and Polishing, collecting, fossils, geology, and minerals.
2. Linda Spencer, 6619 Bubblingwell Place, San Jose, CA 95120 (408) 997-7319. Linda is interested in collecting, silversmithing, minerals, and stringing.
3. Howard Perry, 1440 Merrywood Dr. San Jose, CA 95118 (408) 264-8976. Howard is interested in cutting and polishing, collecting, silversmithing, fossil, and minerals.
4. Mike Perry, 3042 Fruitdale Ave. San Jose, CA 95128. Mike is interested in cutting and polishing, collecting, silversmithing, geology.

I'd like to welcome each of our new members to the club and hope that they will be encouraged to join one or more of our study groups.

SUNSHINE



Nancy Boring has recently finished her chemotherapy and will be starting radiation therapy soon. Keep her in your thoughts and prayers.

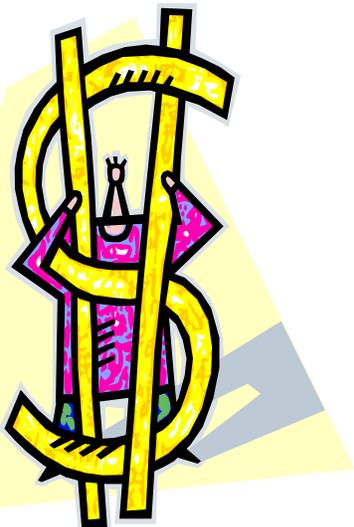
If you have information concerning any member who is ill, hospitalized, or has had a death in the family, please contact our own Suzi "Sunshine" Papineau, (408) 267-1620

Member Displays by Jane Yamashita

John and Silvia Palmieri brought Items they purchased on their Southwest Trip this year. The Kachinas were really unique and interesting. Evidently they purchase them directly from the craftsman that creates them. They shared that the authentic Hopi Kachinas have nearly doubled in price. They also brought two Acoma Vases that were not only painted but carved as well. They were beautiful.

There will not be any member displays at the June Meeting. Please bring something to donate to the silent auction instead.

**Have you turned in your
Member Survey to
Jane Yamashita?
Need another, check
our website www.scvgms.org**



Dues are Due on June 1, 2005

Adults: \$10.00

Juniors \$3.00

Send Your Check to:
SCVG&MS Treasurer
Chuck Boblenz

655 Santa Coleta Court,
Sunnyvale, CA 94085

Make your checks
payable to SCVG&MS

SCVGMS Calendar



June 4 Cutaway's meeting at Shoup Park 10-1 Call John Eichhorn for direction and information (408) 749-0523

June 7 Faceter's Meeting at Bill Norton's Home, 276 Belblossom Way, Los Gatos, 95032 (408) 356-8245, 7:30 PM

June 28 General Mtg at the Cabana Club 100 Belwood Gateway, Los Gatos BBQ/Potluck 6:30 Meeting 7:45 PM

June 30 Board Meeting at 7:30 PM at Jane Yamashita's home, 24320 Mt Charlie Rd. Los Gatos, 95033 (408) 353-2982.

July 2 Cutaway's Meeting at Shoup Park 10-1, Call John Eichhorn for directions and Information (408) 749-0523

July 17 Founder's Day Picnic at Belwood Cabana Club. Meal served at Noon.

July 26 General Mtg at the Cabana Club 100 Belwood Gateway, Los Gatos 7:45 PM

July 28 Board Meeting at 7:30 PM at Lynn Toschi's,

August 23 General Mtg at the Cabana Club 100 Belwood Gateway, Los Gatos 7:45 PM

August 25 Board Meeting at 7:30 PM at Pat Speece's home 2357 Loma Park Court, San Jose, CA 95124 (408) 266-4327

September 27 General Mtg at the Cabana Club 100 Belwood Gateway, Los Gatos 7:45 PM Nominating committee appointed

September 29 Board Meeting at 7:30 PM at John Bahr's home, 4991 Corbin Ave. San Jose, 95118 (408) 267-1620.

October 25 General Mtg at the Cabana Club 100 Belwood Gateway, Los Gatos 7:45 PM Nominating committee submits 2006 board member nominees.

October 27 Board Meeting at 7:30 PM at Frank Monez's home, 407 Bluefield Dr, San Jose, 95136(408) 578-7067

November 22 General Mtg at the Cabana Club 100 Belwood Gateway, Los Gatos 7:45 PM 2006 Board elections, Board Meeting immediately following general meeting.

December 5 Installation Dinner at 3 Flames Restaurant.

December 8 Board Meeting at 7:30 PM Place TBD

Ocean Jasper

There is a gorgeous new find from Madagascar called Ocean Jasper." (Some are calling it "Orbicular Jasper-" in reference to its colorful orbs, and some "Moon Jewel Jasper.") But "Ocean Jasper" seems most fitting, as it was found right along the shore, actually being covered by water at high tide, and only accessible at low tide! Plus, there are no towns nearby, and no roads so the rough must be brought out by boat. The collector who found it described his experience this way. "In 1997, the Mineralogical Encyclopedia (GRUND Publisher) reproduced a picture of this mythical Orbicular Jasper, but with an unknown caption. From this time on, collectors of rare species of minerals have been dreaming of this fabulous Jasper from Madagascar.

"After many fruitless, expeditions, the site has been found again. Following, a mission of 45 days, including 20 days of navigation, methodically following the coast, stopping in each fishing village, the site was finally rediscovered. Along the seashore, a group of rocks spread over 50 x 30 yards, is only visible at low tide. This new rock has been found along the northwest coast of Madagascar." The deposit formed similar to a rhyolite flow but has been totally resilicated. The rhyolitic spheres or orbs come in an astonishing array of colors and color combinations. The background can be white, pink, green, red or yellow. Botryoidal formations as well a white and deep green druzy are also common. The deposit, being located at the edge of the ocean, can only be collected at low tide. Ocean Jasper is produced from only one mine near Marovato, which is owned by Paul Obenich of Madagascar Minerals. This wonderful new lapidary material is distributed in rough form exclusively in the U.S. through The Gem Shop, Inc. from Madagascar Minerals. The following is an excerpt of an article from *Lapidary Journal's* June 2000 issue under "Top Ten Trends from Tucson" by Si & Ann Frazier. "It's hard to believe that the large deposit of beautifully patterned Jasper on the east coast of Madagascar first written about in 1922 could have been lost for the better part of a century, but it was. Dominated by pinks and greens and circular patterns or orbs, from which the terra orbicular derives, this jasper made a comeback in 2000 and was the buzz of the

Continued on Page 7



Field Trips for 2005

By Jennifer House

North Bay Field Trip and CO-OP Coordinator

If you are planning on attending any field trip listed below,
Please contact the person for that field trip and be sure to
wear your name tag when you attend.



Ocean Jasper

Continued from Page 6

[Tucson] show among those interested in cabochon, bead, or carving materials. Edged with small quartz crystals, some large polished pieces made particularly attractive displays.”

“Orbicular jasper’s distinctive patterns are made up of round or spherical inclusions of contrasting colors floating in solid jasper. The orbs can range in diameter from a millimeter to a centimeter, and frequently show a particularly dramatic concentric banding. How orbicular jasper forms is still a scientific mystery, although a graduate geology student at the University of California at Berkeley is now putting advanced technology to work on this problem.”

— *From website [http:// www.mineralofthemonthclub.org/ ocean.jasper.htm](http://www.mineralofthemonthclub.org/ocean.jasper.htm) VIA t-Town Rockhound 6-05*

Do you know what dinosaur lived in the Santa Clara Valley millions of years ago? Answer on page 9

CFMS ShowSchedule

Changes to this calendar are printed in italics. For the latest version of the CFMS Show Schedule go to www.cfmsinc.org



June 10-12 2005, Roseville, CA CFMS & Roseville Gem & Mineral Blast Roseville (Placer County) Fairgrounds 800 All American (916) 630-1000 Web Site: www.rockrollers.com Show Web Site: www.rockrollers.com/show.html

June 19-20 2005, Cayucos, CA San Luis Obispo Gem & Mineral Club Cayucos Veteran's Hall --at the end of the pier in Cayucos Hours: Sun. 9 - 6; Mon. 9 - 5 Bob Hurlless (805) 772-7160 Email: sandiehurlless@yahoo.com

June 26-27 2005, Culver City, CA Culver City Rock & Mineral Club Theme is Turquoise Culver City Veterans Memorial Complex 4117 Overland Ave., Culver City Corner of Overland Ave. & Culver Blvd Hours: Sat. 10-6 Sun 10-5 Smith, Bradford

August 5, 6, 7 2005, Nipomo, CA Orcutt Mineral Society St. Joseph's Church 298 S. Thompson Avenue Hours: 9 - 5 Daily Lucky Virgin (805) 929-4525 Email: lvirgin@impulse.net

August 6-7 2005, San Francisco, CA San Francisco Gem & Mineral Soc. San Francisco County Fair Building Ninth Ave. & Lincoln Way Hours: Sat. 10 - 6; Sun. 10 - 5 Ellen Nott (415) 564-4230 Email: ellen_nott@yahoo.com

September 2-5 2005, Fort Bragg, CA Mendocino Coast Gem & Mineral Society Town Hall at Main & Laurel Hours: Fri., Sat., & Sun. 10 - 6; Mon. 10 - 4 Don McDonnell (707) 964-3116 643 N. McPherson; Fort Bragg, CA 95437

September 17-18 2005, Paso Robles, CA Santa Lucia Rock-hounds Pioneer Park and Museum 2010 Riverside Park Hours: 10 - 5 both days Joyce Baird (805) 462-9544 Email: liloy-see@webtv.com

September 17-18 2005, Redwood City, CA Sequoia Gem & Mineral Society Community Activity Building 1400 Roosevelt Avenue Hours: 10 - 5 both days Carol Corden/Preston Bingham co-chairs Carol (650) 776-5990 Email: ccorden@earthlink.net Preston (650) 368-6351

September 24 2005, Los Altos, CA Peninsula Gem & Geology Society Rancho Shopping Center Corner of Foothill Expressway & Springer road HOURS: 9:30 - 4:45 Dave Smith (650) 967-7392 E-MAIL: rdsmeks@sbcglobal.net

September 24-25 2005, Downey, CA Delvers Gem & Mineral Society Downey Women's Club 9813 Paramount Blvd, Hours: Sat. 10 - 6 Sun. 10-4 Earl Liston (562) 865-1348 Email: ejliston5@juno.com

September 24-25 2005, Monterey, CA Carmel Valley Gem & Mineral Soc. Monterey Fairgrounds 2004 Fairgrounds Road Hours: Sat. 10 - 6; Sun. 10 - 5 Sky Paxton (831) 755-7741 Email: sky@familystones.net Web Site: www.cvgms.org

September 24-25 2005, San Diego, CA San Diego Lapidary Society Bernardo Winery 13330 Paseo Del Verano Norte Hours: 10 - 4 both days Kim Hutsell (619) 294-3914 Email: sdlap-dary@yahoo.com

October 2 2005, Fallbrook, CA Fallbrook Gem & Mineral Society Fallbrook Gem & Mineral Museum 123 W. ALVARADO STREET Hours 10 - 4 FGMS Board (760) 7281130 Email: FGMS@tfb.com

October 8-9 2005, Grass Valley, CA Nevada County Gem & Mineral Society The Nevada County Fairgrounds 11228 McCourtney Road Main Exhibit Hall Hours: 10 - 5 both days Cliff Swenson (530) 272-3752

October 8-9 2005, Lakeside, CA EL Cajon Valley Gem & Mineral Lakeside Rodeo Grounds Hwy. 67 & Maplevue Street Hours: 10 - 5 both days Peggy Bowery (619) 561-1823 Email: Docsgirl9@aol.com

October 8-9 2005, Trona, CA Searles Lake Gem & Mineral Society 13337 Main Street HOURS: Sat: 7:30 a.m. - 5 p.m.: Sun. 7:30 - 4 Bonnie Fairchild (760) 372-5356 E-MAIL: jbfairchild@verizon.net

October 15-16 2005, Anderson, CA Shasta Gem & Mineral Society Shasta District Fairgrounds Five Miles South of Redding

Hours: 10 - 5 both days Alex Stoltz (530) 474-4400

October 15 2005, West Hills, CA Woodland Hills Rock Chippers First United Methodist Church 22700 Sherman Way, at Falbrook 101 Fwy off at Falbrook - North & Right on Sherman Way Hours: 10 - 5 Virginia Rotramel (818) 790-7598 Email: show@rockchippers.org

October 22-23 2005, Santa Rosa, CA Santa Rosa Mineral & Gem Society Veterans Memorial Auditorium 1351 Maple Avenue Hours: Sat. 10 - 6; Sun. 10 - 5 Shirley Mottson (707) 795-1730

October 22-23 2005, Stockton, CA Stockton Lapidary & Mineral Club 54th Earth's Treasures Show San Joaquin County Fairgrounds, Bldg. 2 1658 South Airport Way (corner of Charter Way & Airport Way) Hours: Sat. 10 - 5; Sun. 10 - 4 Laurie Haines (209) 838-0108 or Jim Dunlap jimsopals@comcast.net

November 4, 5, 6 2005, Eureka, CA Humboldt Gem & Mineral Society Redwood Acres Fairgrounds 3750 Harris Street Hours: Fri. 9 - 6; Sat. 10 - 6; & Sun. 10 - 5 Pat Bunselmeier (707) 677-0131

November 5-6 2005, Concord, CA Contra Costa Mineral & Gem Soc. Centre Concord @ 5298 Clayton Rd. Hours: 10 - 5 both days Bill McKay (925) 439-8195 Email: wiliammckay@hotmail.com

November 11-13 2005, Sacramento, CA Sacramento Mineral Society Scottish Rite Temple 6151 H Street Hours: Fri. 9 - 6; Sat. 9 - 5; Sun. 10 - 4 George Sterpka (916) 984-9730 E-mail: sterpka@comcast.net

November 12-13 2005, Lancaster, CA Palmdale Gem & Mineral Club Lancaster Fairgrounds@ 2551 west Ave. H Hours: Sat. 9 - 5; Sun. 9 - 4 John Martin (661) 916-9479 Email: pgmc@antelecom.net

November 12-13 2005, Yuba City, CA Sutter Buttes Gem & Mineral Society 442 Franklin Avenue Hours: Sat. 9 - 5; Sun. 9 - 4 Barbara & Charlie Brown (916) 652-4240 Email: cbbrown@wizwire.com

November 19-20 2005, Livermore, CA Livermore Valley Lithophiles "The Barn" 3131 Pacific Avenue Hours: Sat. 10 - 5; Sun. 10 - 4 Dick & Joyce Friesen (925) 447-8223 Email: friesenr@ix.netcom.net

January 21-22 2006, Exeter, CA Tule Gem & Mineral Society "50th Annual Fabulous Fun-Filled Show" Exeter Veteran's Memorial Building Hwy. 65 Hours: Sat. 10 - 5; Sun. 10 - 4

February 25-26 2006, Antioch, CA Antioch Lapidary Club Contra Costa Co. Fairgrounds 1201 West 10th Street Ellen Bauer (925) 458-2539 Email: jbaner@wwdb.org

AFMS REGIONAL SHOWS 2005

ROCKY MOUNTAIN FEDERATION (RMFMS)
June 2005, Colorado Springs, Colorado

SOUTH CENTRAL FEDERATION (SCMS)
December 2-4 2005, Austin, TX

NORTHWEST FEDERATION (NFMS)
August 5-7, 2005, Albany, Oregon

MIDWEST FEDERATION (MWF)
August 19 - 21 2005, St. Louis, Missouri AFMS Show & Convention

SOUTHEAST FEDERATION (SFMS)
December 10-12, 2005

PLAC Report by Frank Monez

TRUTH AND SOME CONSEQUENCES - 2

by John Spunaugle, AFMS Conservation & Legislation Chair
continuation from May 2005 article in the AFMS newsletter

PERMITS REQUIRED TO VISIT PUBLIC LANDS

There has been some discussion lately about permits being required to use or visit public lands. Some of the reports are accurate and some not. I thought it might be time to talk about the facts around this issue.

It is true that Congress, in late 2004, passed the Federal Lands Recreation Enhancement Act by adding this legislation to a general appropriations Bill (HR 4818). It was signed into law as Public Law 118-447 in November, 2004. The new law authorizes the land management agencies (National Park Service, U.S Fish and Wildlife Service, Bureau of Land Management, and U.S Forest Service) to charge (1) a standard amenity fee, (2) an expanded amenity fee, and (3) a special recreation permit fee. An entrance fee for lands managed by the National Park Service is also authorized.

Amenity fees may be charged in National Conservation Areas, A National Volcanic Monument and a destination visitor or interpretive center as well as an area that provides significant opportunities for outdoor recreation that has substantial Federal investments, where fees can be effectively collected, and that contain all of the following amenities: Designated developed parking; a permanent toilet facility; a permanent trash receptacle; an interpretive sign; an exhibit, or kiosk; picnic tables; and security services.

Under the heading of Special Recreation Permit fees may be charged for group activities, recreation events and motorized recreational vehicle use.

The Federal Land managers must publish a public participation opportunities in the Federal Register when establishing any new permit requirements under this new Law. Special Permit Advisory Committees are also authorized.

The current law authorizing fees/passes/permits is an outgrowth of a 1996 law that authorized demonstration pilot fee programs in several parts of the country.

To facilitate the issuing of passes, one pass has been introduced which may cover them all, The America the Beautiful Pass. The agencies involved have only just begun to provide information about this and other "passes" authorized under the new law. Some information is already found on the internet but it is sketchy.

We will try to keep you informed as information is available.
We'll talk again.

Do you know what dinosaur lived in the Santa Clara Valley millions of years ago?

The *Nodosaurus* lived in the Santa Clara Valley. It lived about 113-78 million years ago. *Nodosaurus* had a four-legged stance, low center of gravity and spiny back armor. When attacked, it likely crouched to the ground, leaving nothing visible to the predator except its spiky back and armor-plated tail. However, *Nodosaurus* spent the bulk of its time browsing on low-growing plants, using its horn-like beak as a clipper. Scientists have no idea what color *Nodosaurus* was; in fact, they have little idea what color any dinosaur was, as all dinosaur skin decomposed millions of years ago.

This information was taken from <http://dsc.discovery.com/cgi-bin/whichdino.cgi#> . For more information on what dinosaur lived in your area go to the above website.

How to Find the Fire in Fire Agate?

Fire agate is a quartz based rock with layers of iron oxide in chalcedony, which results in iridescence. It occurs in nodules of milky or grayish translucent chalcedony. Sometimes it is found in botryoidal growths in geodes and in chalcedony roses.

Fire agate appears as a dull reddish brown layer, but when the surface layers are removed the rainbow colors or iridescence are exposed. The fire is brought out by tumbling, trimming and grinding off the outer layers to expose the iridescence. Polishing magnifies the fire.

To find the fire, remove the matrix, then tumble polish the stones. Tumbling removes the excess chalcedony. When polished, remove excess stone around the edges, then polish and set. Allow the stone to retain its irregular shape and polish slowly, so you don't go through the fire layers. The graceful natural shapes are superior to those cut to calibrated sizes, as the best fire doesn't always fit a mold. To set it off, mount the fire agate in a custom-made gold or silver setting. Fire agate are most often found in Arizona, California, Idaho, and Mexico among other locales.

Author unknown, Source The Tumbler, 1/03 via the Pick and Shovel, 1/04

SAFETY REPORT Nutrition, things you should think about.

By Chuck McKie CFMS Safety Chairman 2004 via the Fairfield, CA, Northbay Wellspring Newsletter Spring 2000 ,via CFMS October 2004 Newsletter

Yes, You Really Can Have "Iron Poor Blood" If you frequently feel fatigued and have trouble concentrating, you may not have enough iron in your diet, and you could be anemic. Anemia is a condition in which circulating red blood cells, hemoglobin or the volume of packed red blood cells are reduced. Symptoms of anemia include pale skin and fingernail beds, weakness, vertigo and headaches.

North Bay Healthcare Clinical Dietitian Kathleen Shafer says, "Iron deficient anemia seems to be the most common type and is often a result of chronic blood loss." Shafer says women are at greater risk for iron deficiency than men are. "They need almost twice as much iron each day. Iron deficiency can also lead to suppressed immunity, which increases susceptibility to infections and disease." "Premenopausal women should eat several servings each day of foods rich in iron, including dark green, leafy vegetables, legumes, and prunes. Extra-lean meat is a good source of iron since it contains a type of iron called 'heme' iron that is well-absorbed."

Shafer also suggests the following high-iron diet guidelines: Include at least four iron rich foods per day in your meal plan. Good sources of iron are spinach, peas, and legumes, liver, beef, instant breakfast mix, shrimp, clams, oysters and tofu. Include a food or beverage high in Vitamin C at every meal to increase iron absorption like citrus fruits and juices, strawberries, cantaloupe, mango, kiwi fruit, cabbage, tomatoes, green pepper, broccoli, brussel sprouts. Select cereals, breads and pasta products with labels that read "whole grain, enriched, fortified or essential vitamins and minerals added." If your doctor advises you to take an iron supplement, take it with food or beverage high in Vitamin C. Avoid drinking tea or coffee with meals. They can decrease iron absorption. **Bad Nutrition Can Open The Door To Cancer**

Eat To Protect Your Eyes. Adding anti-oxidants to your diet may help prevent cataracts. Eat plenty of citrus fruits, tomatoes, orange and yellow-green

vegetables, potatoes, cabbage and onions. At least 35 percent of all cancers are nutritionally linked, according to the National Cancer Institute. Your diet is second only to smoking as the most important risk factor you can control. NorthBay Healthcare Clinical Dietitian Kathleen Shafer suggests a varied diet to reduce your cancer risk. "The recommendation is to eat five servings of fruit or vegetables daily and to lean toward foods that are high in fiber such as whole grains.

Vitamins should be considered a supplement to a healthy diet and not a substitution. A pill can't give you all the nutrients that a well-balanced diet can." Shafer also suggests people limit their intake of cured meats, hot dogs, bacon, and high-fat and fried foods. "You don't need to stay away from red meat, just choose leaner cuts,"

The American Cancer Society offers these nutritional guidelines: Limit intake of high-fat foods, particularly from animal sources. Studies show people who eat a high-fat diet have increased rates of cancers of the colon and rectum, prostate, and endometrium. People who eat a high-fat diet are often heavier and tend to eat fewer fruits and vegetables, which also increases the risk of cancer.

Eat your fruits and vegetables. Many studies show that increased consumption of fruits, vegetables and whole grains reduces the risk for cancers of the gastrointestinal and respiratory tracts. Plant foods contain beneficial vitamins, minerals, fibers and other cancer protective substances such as carotenoids, flavonoids, terpenes, sterols, indoles and phenols.

Be physically active and maintain a healthy weight. By controlling your weight, you can reduce the risk of cancers of the colon, rectum, prostate, endometrium, and kidney. Through its effects on hormone levels, physical activity may reduce risk of prostate and breast cancers. Physical activity also stimulates bowel

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Safety Report– Nutrition, things you should think about. Continued from pg. 10

movement, reducing the time that the bowel may be exposed to harmful substances thereby lowering the risk of colon cancer. The American Cancer Society recommends being physically active for 30 minutes or more on most days of the week.

Limit consumption of alcohol. Cancer risk increases with the amount of alcohol consumed. Your risk may start to rise with as few as two drinks a day. Studies indicate that even a few drinks per week increase the risk for breast cancer. A drink is defined as 12 ounces of regular beer, 5 ounces of wine and 1.5 ounces of 80 proof spirits.

Seniors need fewer calories but more nutrients. While nutrition is important at any age, following a healthy diet when you are in your 60s or older is an even more important factor in maintaining or improving your health. Your metabolic rate slows down as you age and your caloric needs decrease by 25 percent," according to Sheila DiGasper, a North Bay Healthcare registered dietitian who counsels geriatric patients. "However, even though seniors' needs are lower, surveys show that a fourth of those over age 65 still become malnourished."

While the quantity of food needed by seniors is less, nutritional needs may actually increase according to a recent study. Nutrition can play a pivotal role in helping older Americans maintain strong immune systems and control chronic diseases. "Eating daily from the five food groups is the best way to stay healthy," DiGasper says. "Seniors need to eat fewer highcalorie foods and more foods that are rich in vitamins, minerals and fiber. While seniors need a multi-vitamin pill and calcium supplement, it's a mistake to think taking a vitamin pill can make up for a poor diet." Many older people have difficulty eating well for reasons that have little to do with their knowledge of nutrition. For example, losing teeth may prevent a senior from eating a lot of fiber and fruits because he or she can't chew well. If vision is impaired, a senior may not eat what he or she can't see. Strokes can affect a person's ability to swallow and arthritis can make it hard to cook. Some medications can affect a senior's appetite or alter foods' taste or smell.

Living on a fixed income can also influence diet, according to DiGasper, because less nutritious food is cheaper. "I have seniors tell me they live on McDonald's 29-cent hamburgers, and I advise them that this is not good nutrition," she says. Altered mental health can also impair nutrition. A person suffering from depression is less likely to have a good appetite, and those with dementia often can't remember to eat regularly. Those who live alone may not eat enough simply because they tire of eating alone.

Dehydration is another condition that can affect senior's nutrition and health. As people age they lose their sense of thirst. A loss of liquid can lead to constipation and an extra strain on kidneys. "Fluids are at the very bottom of the food guide pyramid for older adults," DiGasper adds. "Drink eight glasses of fluid a day, counting water, soups, decaf coffee and tea, and other decaffeinated drinks."

There are several warning signs to indicate a senior is malnourished. The most obvious one is a decrease in weight. The person may seem weak and feel tired. Vitamin deficiencies can show up as dry, scaly skin, mouth and skin sores, and a swollen, red tongue. Unfortunately, many of these symptoms can be attributed to other diseases and it is hard to associate these symptoms with an actual deficiency without running medical tests. "It's never too late to turn your diet around," DiGasper says. "If you think your diet, or the diet of a senior you know, could be improved, talk to your doctor or consult a dietitian."

Hints and Tips

A good shield for a large slab saw is a bicycle fender. It is just the right size and shape to keep lubricant flying off the blade from spraying all over the shop.

To tell if a loose stone is CZ or diamond, turn it upside down on a table and slide it over a thin black line on a piece of paper. When looking straight down through the CZ, you will see a circle in the center of the stone. A diamond won't do that.

Via T-Town RockHound 6-05

How well do you know your dinosaur?

Dinosaurs: Fact or Fiction

From the USGS website: <http://pubs.usgs.gov/gip/dinosaurs/>

What was the biggest dinosaur? What was the smallest?

The largest complete dinosaur we know of was *Brachiosaurus* ("arm lizard"); it reached 23 m in length and 12 m in height (about the length of two large school buses and the height of a four-story building). Fragmentary leg bones and vertebrae of even larger dinosaur species are known, but these skeletal remains are too incomplete to determine their exact size. Several of these (*Argentinasaurus* and *Amphicoelias*) might have been one and a half to two times larger than *Brachiosaurus*. The smallest dinosaurs were just slightly larger than a chicken; *Compsognathus* ("pretty jaw") was 1 m (3 ft) long and probably weighed about 2.5 kg (about 6.5 lb). These three dinosaur types all lived during the Jurassic Period. *Mussaurus* ("mouse lizard") was claimed as the smallest dinosaur, but it is now known to be the hatchling of a dinosaur type that was much larger than *Compsognathus* when fully grown. If birds **are** advanced dinosaurs, then the smallest dinosaur would be the hummingbird!

How many types of dinosaurs are known?

Approximately 700 species have been named. However, a recent scientific review suggests that only about half of these are based on fairly complete specimens that can be shown to be unique and separate species. These species are placed in about 300 valid dinosaur genera (*Stegosaurus*, *Diplodocus*, etc.), although about 540 have been named. Recent estimates suggest that about 700 to 900 *more* dinosaur genera may remain to be discovered.

Most dinosaur genera presently contain only one species (for example, *Deinonychus*) but some have more (for example, *Iguanodon*). Even if all of the roughly 700 published species are valid, their number is still less than one-tenth the number of currently known living bird species, less than one-fifth the number of currently known mammal species, and less than one-third the number of currently known spider species.

Were dinosaurs social animals?

Some dinosaurs were social creatures. Recently discovered evidence indicates that they travelled together and that some may even have migrated (because dinosaur fossils have been found above the Arctic Cir-

cle, where food supply would have been seasonal). Grouped hadrosaur nest sites have been found with badly crushed eggshells and skeletons of baby dinosaurs (with slightly worn teeth) still in the nests, suggesting that some babies stayed in their nests after hatching and probably were fed by parents.

When did dinosaurs become extinct?

Dinosaurs went extinct about 65 million years ago (at the end of the Cretaceous Period), after living on Earth for about 165 million years. If all of Earth time from the very beginning of the dinosaurs to today were compressed into 365 days (1 calendar year), the dinosaurs appeared January 1 and became extinct the third week of September. (Using this same time scale, the Earth would have formed approximately 18.5 years earlier.) By comparison, people (*Homo sapiens*) have been on earth only since December 31 (New Year's eve). The dinosaurs' long period of dominance certainly makes them unqualified successes in the history of life on Earth.

Why did the dinosaurs die out?

There are dozens of theories to explain a probable cause or causes. Throughout the Mesozoic Era, individual dinosaur species were evolving and becoming extinct for various reasons. The unusually massive extinction at the end of the Cretaceous exterminated the last of the dinosaurs, the flying reptiles, and the large swimming reptiles, as well as many other marine animals. There is now widespread evidence that a meteorite impact was at least the partial cause for this extinction. Impact craters are visible on most planets in our solar system. A spectacular example of this was witnessed in 1994, when Jupiter was struck by a series of cometary fragments. Some of these impact blasts were larger than the Earth's diameter. Other factors such as extensive release of volcanic gases, climatic cooling (with related changes in ocean currents and weather patterns), sea-level change, low reproduction rates, poison gases from a comet, or changes in the Earth's orbit or magnetic field may have contributed to this extinction event.

Santa Clara Valley Gem and Mineral Society
General Meeting Minutes
May 24, 2005

President John Eichhorn called the meeting to order at 7:48 PM at the Belwood Cabana Club in Los Gatos. Members and guests were welcomed. The minutes for the April 26 meeting were approved as printed in the Breccia.

New Members: Richard and Niki Santone were presented their new member packets.

Executive Board: will meet on May 26 be at Randy Harris' home.

Hospitality: Guests were introduced and welcomed. There were 29 members and 9 guests.

Correspondence: None

Treasurer: Dues are due

Sunshine: No report

Study Groups: details in the Breccia

Field Trips: No report

PLAC: No report

Federation Director's report: CFMS Show in Roseville on June 10-12.

Potluck/BBQ/Silent Auction: will be at next meeting. Dinner will be at 6:30PM. Club will provide meat, buns, condiments, table service, and drink. Members to bring following according to last name. A-L Desserts, M-Z Side dish/Salad. Silent Auction will be held during regular meeting time throughout meeting. Everyone was encouraged to bring items to sell in the silent auction.

Trailer Inventory: A committee was formed to inventory the club trailers. The committee will have the following members: John Eichhorn, Pat Speece, RK Owen, Claire Ferguson, Marc Mullaney, John Bahr, and Chuck Boblenz. Date to be set for inventory.

Show Report: Marc Mullaney is still working on filling key positions in the 2006 show committee. First meeting tentatively planned for mid-June.

CFMS Scholarship: Mark and Debbie Wartenberg were chosen by the CFMS to choose a local university for the recipient of a CFMS Scholarship. The recipient of this year scholarship is Amy Vanderburg, a junior, from San Jose State University with a major in hydro-geology, and minor in mathematics.

Member Displays: details in Breccia

Program: Part 2 of Mind Your Business starring John Bahr, Kathy McChristian, and the daughter of Herb and Roselies Vogel.

Meeting was adjourned at 8:37 PM

Respectfully submitted,
Marc Mullaney, Acting Secretary

Santa Clara Valley Gem and Mineral Society
Board Meeting Minutes
May 26, 2005

President John Eichhorn called the meeting to order at 7:40 PM at the home of Randy and June Harris. All board members were present except John Bahr, Randy Harris, RK Owen, Ruth Bailey, and Lynn Toschi. Minutes of the April 28 meeting were approved as read.

Treasurer's report: M/S/P (Mullaney/Cox) to pay the bills. A check that was submitted in March by Dodi Freidenberg for the monthly delivery of the Breccia will be returned to her because she will be receiving the Breccia via email. Chuck to include a note with return.

New Members: M/S/P (Mullaney/Boblenz) to accept the following membership applications: Dan Gehret, Linda Spencer, Howard Perry, and Mike Perry.

Sunshine: Nancy Boring has recently finished Chemotherapy and will be starting Radiation therapy in a couple of weeks.

Nonprofit Status: M/S/P (Mullaney/Cox) to allow Ruth Bailey to seek professional help, if needed, with the procedure denial received from the Secretary of State office concerning our application for 501C3 status. Ruth will be allowed to spend up to \$500.00 without President approval and \$1000.00, if necessary, with President's prior approval.

Trailer Inventory: a committee has been selected and Date needs to be set for inventory.

BBQ/Potluck/Silent Auction: John Eichhorn, Marc Mullaney, Randy and June Harris will meet at 5:15 to start fires for BBQ. Dinner is planned for 6:30. Silent Auction and meeting at 7:45PM. Club providing meat, buns, condiments, table service and drinks for membership. Members to bring: A-L Dessert, M-Z Side dish
Unfinished business:

Website: Problems discussed. John Eichhorn is to call Chris Cox to request that he withdraw his website regarding the Club by June 20, 2005.

Member and Guest Surveys: Few surveys returned. Jane to call this month's guests who requested a phone call to discuss the club. Chuck Boblenz to contact John Bahr to develop an outline of frequently asked questions and subject to be covered during these calls to club guests. A committee to be formed to handle phone calls in the future.
Club Shop: Discussion was tabled until nonprofit status can be granted.

Club billing from Expressions: After many emails and discussion at the board meeting, it was decided that anyone who has copying done a Expressions will be responsible for verifying their order, and forwarding the bill to Chuck rather than having the bill sent to Chuck automatically by Expressions.

New Business:

Secret Auction: Pat Speece will take over the Secret Auction.

Breccia versus Flyer: Pat Speece to develop an additional insert for the "Go Rocks" flyer to be used at Rock and bead shops instead of leaving Breccia's. Board to review insert at next meeting.

Member Displays: Due to recent lack of member participation in the member display portion of our meetings. John Eichhorn will ask Kelly VanVleck to please call to remind assigned members each month that they are scheduled to display.

Library: M/S/P (Mullaney/Cox) to have Pat Speece purchase the Fred Ward Gem Series, a series of 7 books, for the library.

Charr Choate Trophy: Marc Mullaney reported that one entry has been received, by CFMS Show Committee for the Charr Choate Trophy.

Programs: August program will be given by Chuck Boblenz and Marc Mullaney, on Rock Identification. November will have an Ugly Rock Contest in conjunction with our Silent Auction/Elections.

Respectfully submitted
June Harris, Acting Secretary

SCVGMS Treasurer's Report May 25, 2005

Beginning Balance			\$13,522.27
Receipts			
05 Show: Parking	\$15.00		
05 Show Hospitality	3.00		
April Secret Auction	40.00		
Scholarship Fund	100.00		
Dues + Initiation	<u>250.00</u>		
Subtotal		\$408.00	
Disbursements			
05 Show: Signs	\$99.63		
05 Show: Banners	212.17		
05 Show: Postcards	339.73		
05 Show: Tickets	54.07		
05 Show: Setup Exp.	20.70		
06 Show: Reservation	1,050.00		
Pone Bill: March + April	40.15		
CFMS Endowment	25.00		
05 Show: Banner Inst.	152.00		
05 Show Chmn. Plaque	58.00		
Breccia Postage	45.83		
May Meeting Expense	32.63		
Secretary of State Filling fee	20.00		
Petrified Wood Sem. Refresh.	<u>20.00</u>		
Subtotal		\$2169.91	
Ending Balance			\$11,760.36

Santa Clara Valley Gem and Mineral Society 2005

ELECTED OFFICERS

President: John Eichhorn
(408) 749-0523
email: johneichhorn@earthlink.net
Vice President: Pat Speece
(408) 266-4327
email: pspeece@sbcglobal.net
Secretary: Randy Harris
(831) 438-5150
email: randysparky234@netscape.net
Treasurer: Chuck Boblenz
(408) 734-2473
email: cboblenz@aol.com
Editor: June Harris
(831) 438-5150
email: Juneconeyharris@yahoo.com
Federation Director: RK Owen
(408) 377-5373
email: rk@owen.sj.ca.us
Alternate Fed. Director: Frank Monez
(408) 578-7067
email: Frankm2@sbcglobal.net
Directors:
John Bahr (408) 267-1620
Don Cox (408) 294-0872
Marc Mullaney (408) 691-1584
Lynn Toschi (408) 353-3323
Jane Yamashita (408) 353-2982
Historian: Anna Windsor
(408) 926-8624
Parliamentarian: Ruth Bailey
(408) 248 6195
email: rba51825@aol.com

COMMITTEE HEADS

Field Trip Coordinator: Jennifer House
Founder's Day Picnic Food: Randy and June Harris,
and Jane and George Yamashita
Founder's Day Picnic Raffle: Pat Speece
Founder's Day Bingo: John Eichhorn
Hospitality: Kris and Knut Owen
Installation Dinner: Kathy McChristian
Juniors: Gary and Kathy McChristian,
Mark and Debbie Wartenberg
Librarians: June Warne and Nancy Boring
Member Display: Kelly Van Vleck
PLAC (Public Lands Advisory Committee)
Frank Monez
Program: Marc Mullaney
Refreshments: Montella Lopez
Sergeant-at-arms: Hershall Boring
Show 2005: Frank Mullaney
Show 2006: Marc Mullaney
Silent Auction: John and Sylvia Palmieri, &
Adam Yamashita
Sunshine: Suzi Papineau
Trailer Custodian: Herb Vogel
Trophies: Frank Mullaney
Webmaster: RK Owen

Breccia Crew: Editor June Harris (juneconeyharris@yahoo.com)
Editor Address and Phone#: 107 Dell Way, Scotts Valley CA 95066, (831) 438-5150
Proofreader: Randy Harris (Randysparky234@netscape.net)
Assembly and Mailing Staff: Ruth Bailey and Bill Norton
Exchange Editor: June Harris, 107 Dell Way, Scotts Valley, CA 95066

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Santa Clara Valley Gem and Mineral Society

Please Send Exchange bulletins to:

June Harris

107 Dell Way

Scotts Valley, CA 95066



Please Deliver Promptly

Founder's Day Picnic

Date: July 17, 2005

Where: Cabana Club

100 Belwood Gateway, Los Gatos

Time: Meal at Noon

Who's Invited: All Members and their guests

What kind of activities are planned: Swimming (for those who choose), Bingo, Raffle, Eating Lunch and Good Fun.

What do you have to bring?

**Table service, potluck dish to share,
& rock material for bingo**

Cost: None

**How Can You attend?: Fill out the form in the
May Breccia or one at the June Meeting**

Deadline for your Reservations: June 28, 2005 meeting