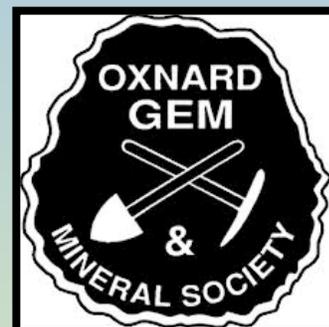
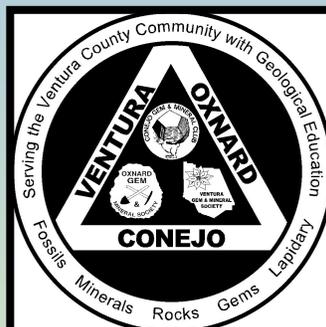
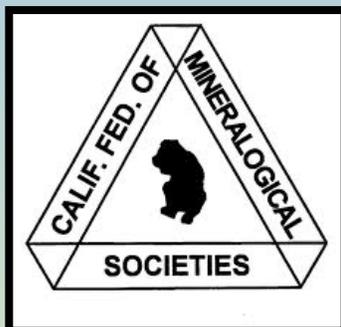


DECEMBER 2013
VOLUME 51, ISSUE 12



The Oxnard Gem & Mineral Society is a non-profit organization formed to increase our knowledge in geology, mineralogy and other such related fields in the earth sciences. We classify, cut, grind and polish rocks and minerals for our personal collection's and to display at club show's. We learn from each other through club speakers, programs and monthly field trips. We co-operate with other clubs to encourage others to participate in our activity. The Oxnard Gem & Mineral Society is a member of the California Federation of Mineralogical Society and the American Federation of Mineralogical Society.

Location: Oxnard Performing Arts Center
800 Hobson Way, (Thousand Oaks Room)

Web Address: www.oxnardgem.com

Meeting Held: The 1st Wednesday of each Month. **Facebook:** www.facebook.com/OGMS.Excursions

Dues: Adults, 18 and over, \$15 year
Juniors, 12 to 17, \$2 year

Email Address: oxnardgem@gmail.com

Pebble Pups to age 12, free with paid adult

Mail: P. O. Box 246 Oxnard, CA 93032



Because OGMS is affiliated with the AFMS, our members observe the following AFMS principles:



- * I will respect both private and public property and will do no collecting on privately owned land without permission from the owner.**
- * I will keep informed on all laws, regulations or rules governing collecting on public lands and will observe them.**
- * I will, to the best of my ability, ascertain the boundary lines of property on which I plan to collect.**
- * I will use no firearms or blasting material in collecting areas.**
- * I will cause no willful damage to property of any kind such as fences, signs, buildings, etc.**
- * I will leave all gates as found.**
- * I will build fires only in designated or safe places and will be certain they are completely extinguished before leaving the area.**
- * I will discard no burning material; matches, cigarettes, etc.**
- * I will fill all excavation holes which may be dangerous to livestock.**
- * I will not contaminate wells, creeks, or other water supplies.**
- * I will cause no willful damage to collecting material and will take home only what I can reasonably use.**
- * I will practice conservation and undertake to utilize fully and well the materials I have collected and will recycle my surplus for the pleasure and benefit of others.**
- * I will support the rockhound project H.E.L.P. (Help Eliminate Litter Please) and will leave all collecting areas devoid of litter, regardless of how found.**
- * I will cooperate with field-trip leaders and those in designated authority in all collecting areas.**
- * I will report to my club or federation officers, Bureau of Land Management or other authorities, any deposit of petrified wood or other materials on public lands which should be protected for the enjoyment of future generations for public educational and scientific purposes.**
- * I will appreciate and protect our heritage of natural resources.**
- * I will observe the "Golden Rule", will use Good Outdoor Manners and will at all times conduct myself in a manner which will add to the stature and Public Image of Rockhounds everywhere.**

OGMS OFFICERS FOR 2013

President	Adrian Ruiz 512-3383	pebpupdad@yahoo.com
1 st Vice President (Programs)	Louisa Carey (503) 309-6147	big_L76@yahoo.com
2 nd Vice President (Show)	Brett Johnson 822-3836	bj9709@yahoo.com
3 rd Vice President (Field Trips)	Bob Driskell 485-2983	digital.alchemy@verizon.net
Recording Secretary	Laura Driskell 485-2983	driskellmom@yahoo.com
Treasurer	Miriam Tetreault 642-5779	ml_tetreault@hotmail.com

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APPOINTED STANDING COMMITTEE CHAIRS

Corresponding Secretary	Brett Johnson 822-3836	bj9709@yahoo.com
Displays & Exhibits	Brett Johnson 822-3836	bj9709@yahoo.com
Editor The Rock Bag	Brian Miller 509-0815	oxnardgem@gmail.com
Education Director	Donna Knapton 407-3968	dknapton@hotmail.com
Federation Director	Louisa Carey (503) 309-6147	big_L76@yahoo.com
Historian	Adrian Ruiz 512-3383	peppupdad@yahoo.com
Hospitality	Jo Martinez 701-1826	jmarti01@amgen.com
Librarian	Kay Hara 525-7634	kharafdoc@aol.com
Member at Large	Open	-----
Membership Secretary	Carolyn Howe 486-1185	cshowe50@yahoo.com
Public Relations	Open	-----
Parliamentarian	Laura Driskell 485-2983	driskellmom@yahoo.com
Refreshments	Laura Driskell 485-2983	driskellmom@yahoo.com
Sergeant at Arms	Bob Driskell 647-8762	digital.alchemy@verizon.net
Ways & Means	Jo Martinez 701-1826	jmarti01@amgen.com

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All Members are encouraged to submit an article(s) or advertisement(s) of Your interest. Remember it is your newsletter too! Articles or Ad's can be submitted by email.

The Deadline to submit your work will be the 23rd of each month.

Thank you! Brian Miller

MINUTES OF THE NOV 6, 2013 OGMS GENERAL MEETING

Call to order: 7:35 pm. Adrian Ruiz, presiding. Bob Driskell led the Pledge of Allegiance.

Hospitality: Nineteen members signed in, 5 Pebble Pups, 1 guest.

Minutes: Motion by Lee Leighton to accept September General Meeting minutes as published in Rock Bag. Motion seconded and passed.

Treasurer's Report: We are solvent.

Correspondence: Show and field trip info on table.

Membership: Dues are due for 2014. May be paid anytime up to March, to be included in the Directory.

1st VP, Program: Tonight: Show Meeting. December: Holiday Potluck.

2nd VP, Show: Will be discussing show tonight during program.

3rd VP, Field Trips: Wiley's Well trip coming up Thanksgiving weekend.

Federation News: Louisa will attend Board meeting next week, let her know if she can mention anything there. New President for the year, Jennifer Haley.

Classes: Classes still on hold pending lease agreement with City, which is now in Legal department for review.

Education: Preparing for the Gem show in two weeks.

Library: Book of the Month, Ancient Jade.

Refreshment Volunteers for December: Potluck! Bring a dish to share, and your own place setting. Thanks to Jean pSmith, Kay Hara, and Donna Knapton for supplying refreshments for November.

Ways and Means: Raffle ticket sales during break. Motion by Louisa Carey to authorize Ron and Jean Wise to make purchases at Quartzsite for raffle and door prizes, with a budget of \$150. Motion was seconded, passed.

Scholarships: Committee invited winners to attend OGMS December Holiday potluck. Committee must now decide on whether to extend scholarships to Oxnard College, or concentrate on CSUCI.

Editor: November Rock Bags on table. Please get articles in by the 23rd of the month for December issue.

Announcements: Board meeting next Wednesday, including Show meeting at 7 pm.

Old Business: None

New Business: Louisa had two new Pebble Pups come to meeting tonight, thanks to website. Brett Johnson spoke of a Cub Scout who participated in a Diamond Dan contest and attended a field trip through OGMS Education. He is now an Eagle Scout. Watch the Rock Bag for an article regarding him.

Nominating Committee met and submits the following slate of officers for approval:

Elected Officers – Adrian Ruiz, President; Kay Hara, 1st VP (Programs); Miriam Tetreault/Cynthia Baumgartner, Co-2nd VP (Show); Bob Driskell/John Cook/Carolyn Howe, Co-3rd VP (Field Trips); Laura Driskell, Recording Secretary. Treasurer position is open. Miriam will help for a short time until a replacement is found.

Appointed Officers – Corresponding Secretary position is open. Brett Johnson, Displays and Exhibits; Brian Miller, Editor; Donna Knapton, Education Director; Louisa Carey, Federation Director; Adrian Ruiz, Historian; Jo Martinez, Hospitality; Lee Leighton, Librarian; Jean pSmith, Member-at-large; Carolyn Howe, Membership; Norb Tackman, Public Relations; Laura Driskell, Parliamentarian; Laura Driskell, Refreshments; Larry Knapton, Sergeant-at-arms; Jo Martinez, Ways & Means; Stephanie Hagiwara, Webmaster; Kay Hara, Scholarship Chair; Louisa Carey, Pebble Pups.

Adrian Ruiz made a motion for the membership to accept the slate of officers as presented. Lee Leighton seconds, all agree and motion passes.

Program: Gem Show November 16 & 17

Some volunteers needed at Education Booth. Sign up to bring food, if possible. Lee needs help at Kids Booth. Trailer tires and brakes are done; need a truck to pull it. Ron Wise will use his truck, but wants a helper to guide the parking and loading. T-shirts are printed and available for purchase now. They will be for sale at Hospitality Booth, as well.

Adjournment: Nothing further to report, Adrian Ruiz adjourned meeting at 9:15 p.m.

Respectfully submitted, November 23, 2013
Laura Driskell, Recording Secretary

MINUTES OF THE NOV 13, 2013 OGMS BOARD MEETING

Call to order: 7:00pm, Brett Johnson, presiding.

1. Brian Miller passed around programs to be reviewed. Any changes or updates need to be finished by Thursday morning, so Laura can get them printed and copied.
2. Ron Wise will pick up trailer Thursday and bring it over. John Cook will assist, and they will use John's smaller trailer to haul silent auction items. Brett sent license and keys with Miriam to deliver to Ron Wise.
3. Guest count for dinner, approximately 57 plus vendors.
4. Fifty-four cases scheduled.
5. Kay needs more raffle tickets printed, although not many raffle prizes have been received yet.
6. Need more help at education booth and kids booth. May have helpers from Pacifica High Key Club volunteer.
7. Anne Lewis' plants are ready for pickup and transport. Carolyn will bring hers.
8. Adjourned, 7:35 pm.

BOARD MEETING:

Call to Order: 7:35 pm, Adrian Ruiz, presiding.

1st VP, Programs: December 4th, Holiday Potluck and Entertainment. Kay is working on January program.

2nd VP, Show: Show meeting just held.

3rd VP, Field Trips: November 28 - 31, Wiley's Well.

Minutes: Motion by Miriam Tetreault to approve October Board Meeting minutes as published in the Rock Bag. Motion seconded, minutes approved.

Treasurer's Report: Discussion of bills to be paid, deposits. Motion to pay bills, and accept Treasurer's Report, by Brian Miller. Motion seconded and approved.

Corresponding Secretary: none

Membership: Three dues have been paid. Carolyn will have membership applications and her receipt book at the show.

OLD BUSINESS: None.

NEW BUSINESS: None.

Federation: Louisa attended Board meeting with new President. CFMS is collecting info on clubs that have been active for 50 years or more.

Classes: Jean pSmith reports that a contract has been issued and is in legal department for review. City needs to have names of club officers that can be officially bound to the contract. Each class will have separate clause in contract. Club needs to review contract for its regulations, etc. Brett Johnson announced that Don Minster doesn't feel he can continue teaching the opal class. Brett would like to continue teaching the class, but on Monday nights.

Scholarship: Travis Hall, CSUCI scholarship awardee, was invited to the December potluck. The Oxnard College awardee was also invited. Committee to discuss staying with Oxnard College, or awarding two scholarships to CSUCI.

Education: Received \$900 grant to finish rock boxes. Conejo Woodcrafters want to cut and assemble the boxes, but lack leadership. Jean pSmith will check with her husband to see if he can help, work with woodcrafters.

Editor: Articles should be sent to Brian, by the 23rd of the month.

Library: Kay will review his last book next month. Lee Leighton will take over in January.

Displays & Exhibits: Agatized coral for the show exhibit gift.

Pebble Pups: Working on gold through the end of the year and into 2014. Next up, Diamonds. Diamond Dan programs are helpful.

Old Business: Bars and badges have been ordered for December meeting.

New Business: none.

Adjournment: Next Board Meeting, December 11, 2013. Meeting adjourned at 8:22 pm.

Respectfully submitted, November 23, 2013
Laura Driskell, Recording Secretary

DECEMBER 4TH PROGRAM

A Message from our President:

Welcome OGMS to our annual Dinner potluck, and to introduce our new upcoming officers & appointed committee chairpersons. I also want to personally thank all the members and volunteers who helped make this years show the best ever. I know a lot of hard work and time were put in to this years event, and the outcome showed it. Lets all strive to achieve the same success next year.

Thanks Again, **Adrian Ruiz** *OGMS President*



The pot luck will be held in the **Ventura** room of the Oxnard Performing Arts Convention Center (800 Hobson Way, Oxnard) at **6:30pm**.

We will eat, followed by installment of our new Officers and Committee members, with Entertainment throughout.

Oxnard Gem & Mineral Society will be hosting **Our Annual Holiday Feast & Changing of Officers!**

The Turkey, Ham, dinner rolls, butter, coffee, and punch will be provided by the Club. We ask that you bring your own place settings and a dish that feeds 4-5 people.

If you haven't already signed up for a dish to bring then please use the following as a guide.

Last Names starting with:

A-H bring Salads

I-P bring Appetizers

Q-Z bring Hot or Cold Meals

When in doubt bring *Desserts*

Come eat and be merry!

Happy Holidays,
Louisa May Carey
VP-OGMS

2013 SHOW REPORT DECEMBER

I wanted to send out a big "THANK YOU" to everyone that was able and willing to help our Club make this year's "Galaxy of Gems" Expo such a success. With the weather being so beautiful on both days, guest attendance at record highs (over 1500 visitors), gas prices much lower than in the past couple of years, and no competition for parking from other venues at the Performing Art Center, Oxnard Gem & Mineral Society's 2013 Show was a HUGE hit. Our vendors did very well too. We received many compliments from them on our friendly service, increased sales from last year, and how happy many of their customers were. Also, we record sales at the Silent Auction tables, Hospitality, Kid Games, and Plants. Awesome! We had fifty-eight (58) exhibits this year. There were so many beautiful and interesting displays. I hope many of our working members were able to see what was showcased. It was so good to see many of our membership in attendance this year.

So once again, I wish to express my personal gratitude and sincerest thanks to everyone that helped make this another Gem-tastic Show.

Thank you, **Brett Allen Johnson** *VP-OGMS, Show Chair 2013*

THANK YOU

The recent gem show was a great success! I wish I had ordered more raffle tickets as we ran out of them about 1:30 pm Sunday. This was the first time this has happened!

I wish to thank the following persons who helped and made the raffle booth so successful:

Brett Johnson - both of them for designing, having them printed, the raffle tickets.

Cliff Kinney - sore toe and all, who helped give out door prize tickets and sell the raffle tickets all weekend long - he did a great job!

Laura Driskell who designed and made available the sheets to record the winners, also recorded and tallied the prize winners.

Also thanks to **Stephanie Hagiwara** for helping out with the prizes.

Jo Martinez she helped with the rally prize distributing and provided much appreciated coffee!

Kim Kinney who jumped in to relieve us for a break once in a while.

Young **Austin Frisk** who picked out the winning tickets out of the rollers - by the way he was the \$100 winner!

Thanks a big bunch to all who so generously donated prizes for the raffle - we could not have one without them!

David Rodriguez - Sterling silver man's ring with petrified coral stone.

Laura Driskell - Traveler's case, faux turquoise bracelet, vintage tortoise shell bracelet, silver heart cuff, mother of pearl cuff, Chico's bangle bracelet, another bangle bracelet, multiple picture holding frame.

Miriam Tetreault - Stone carving of a walrus, beaded necklace, ivory necklace, miniature jeweled chest, a 4" stone sphere; and a silver chain from the Allmen's estate, beaded necklace, hematite necklace. Miriam, by the way, won the 5oz silver bar and the fifty dollar bill!

Tom Wolfe Minerals - a beautiful concave-faceted cut citrine stone of 25 carats.

Lee Leighton - Double terminated salt crystal, four small opal cabs and a loupe.

Louisa Carey - Three large cabs of petrified palm, palm root and agate.

Gary's Jewelry - Sterling silver amethyst ring.

Jean pSmith - Three Artist Colony books "Fish Tales"

Andrew Delany - a 3-D Puzzle, 8" rose quartz wand.

Sonia Delaney - Magnetic steel ball bearings, cat pendant.

Marjorie Frey estate - Sterling silver leopard agate cross.

Jenelle Gillespie - Two dragonfly hanging ornaments.

Marforie Frey estate via the silent auction booth - Many miscellaneous jewelry items.

CJ Quitoriano - Glass fish bead with mirror.

Donna Knapton - Two Faces of Earth DVDs, Minerals of Earth book, Gold book.

Ron Wise - Four beautiful knapped arrow heads.

Spencer Opal Mines - Sterling silver opal necklace.

Norb Kinsler - Brass love ring, Sacagawea necklace.

Cheri George - Beaded Bracelet.

Kay Hara - Wire-wrapped arrow head, wire-wrap bracelet.

Again I thank all of you for your generous donations - you are the success of the raffle.

If I inadvertently left you out of the list, I sincerely apologize and I thank you.

Kay Hara, OGMS Raffle Chairman

We did it! The 2013 Show is over and it was fantastic! I'm so grateful to the ladies who helped me in the kitchen, supporting the dinner and lunch preparation and cleanup. Here's to Miriam, Kim, Louisa, Jo, and Anne. Thank you with all my heart.

Laura Driskell Refreshment Chair

I would like to express my sincere gratitude to Brett for all his efforts in putting together one of our best shows yet. He wore so many hats I was really worried that he could pull it off, an amazing feat! I counted over twenty of our members there over the weekend giving their all. We also had much help from other Clubs, especially Conejo. For those of you who helped, you have my thank you and congratulations!

Miriam Tetreault, OGMS Treasurer

HIGHLIGHTS OF THIS YEARS SHOW



"Touch Me" Rocks at the Education booth



We are Digging for Fossils



Jean pSmith featuring Silversmithing

Photos courtesy of Bob Driskell

I heard one of the young girls tell her mom on the way out. "This was the best day ever." Her mom said with me? The young girl replied, "The best day ever."

-Barbara Black

The Oxnard Gem and Mineral Society's Annual show in November was a huge success. Show chair Brett Johnson did a fantastic job. This year's show fell short one week due to booking, but this proved to be a great asset. There wasn't any competition for parking as in previous years due to the Nutcracker engagement, as that result our attendance almost doubled. There were 58 cases this year, and we want to thank everyone who took the time to display their special pieces. T-shirts sales were way up as well as

silent auction, plants, education, and raffle tickets. All of the vendors were very pleased as well. Special thanks to Donna and Larry Knapton for all of their help. The dinosaur dig kits for kids made every year were almost sold out! The education area in general was overloaded with kids all weekend long. Also what an exciting sight to see Miriam who finally won her first silver bar this year, Congratulations Miriam! We will continue to make our annual show better every year, but it needs volunteers to make this happen, please clear the special weekend in November next year and sign up early as a volunteer. It would be greatly appreciated. Thanks again to everyone who made this possible!

Brian Miller,
OGMS Editor

At the Kids activities & Games booth, I had such a good time. There were so many kids and friendly faces that were so kind. I loved the booth so much last year, I came back and did it again this year with Lee (the main guy at the Kids activities & Games). With your help and support the Games made over \$700.00. Thank you so much and come back next year. **DinoBoy**
Timmy Johnson, (age 12)



Big crowd at the Education Booth



The OGMS Club-case



Kay Hara featuring Wire-Wrapping

CALLING ALL PEBBLE PUPS!



Come eat and be merry!
December 4th 2013
Our Annual Holiday Feast &
Changing of Officers!



The pot luck will be held in the **Ventura** room of the Oxnard Performing Arts Convention Center (800 Hobson Way, Oxnard) at **6:30pm**. We will eat, followed by installment of our new Officers and Committee members, with Entertainment throughout. For more information see December Program for general membership.

Happy Holidays,
Louisa

P.S. In January we will start back up with GOLD and hopefully meet some new faces.
Have some fun coloring below in the meantime.
GO ROCKS!

Photo Courtesy of Diamond Dan Publications



Miner digging for treasure

Hi OGMS,

Please remember the following rules when checking out a book:

1. You must be a current member with your dues paid, hopefully an active member.
2. Up to three books can be checked out at one time.
3. Books can be checked out for one month at a time you check them out at a meeting and bring them back the next following meeting. If you wish an extension, please arrange with the librarian.
4. Books must be brought back in good shape; any damage must be reported. If a book is lost, please make every effort to replace it or pay for it. Some books are very valuable.
5. If books are overdue a week, you will be called and reminded to return them ASAP.
6. Any book(s) you have that are relevant to our hobby and are fairly current, in good condition that you wish to donate to the library, it would be greatly appreciated.



Turquoise

By: Joseph E. Pogue



This is an interesting book that was published initially in 1915. Because the author did such a thorough work on the subject of his study, his book became a classic and was placed in the memoirs of the National Academy of Sciences. There the book was revised but not in the text but added to by other turquoise experts such as Rex Arrowsmith who reviewed the text and added colored photographs of turquoise specimens to the text. Author Pogue had put photographs in but the were all in black & white which, of course, was the only available at his time. The colored photos were put in to show the beauty of the stones and the jewelry made with turquoise stones. The author did extensive research as to the ancient use of turquoise in jewelry as well as contemporary uses. He points out that turquoise in one form or another can be found all over the world. He describes the different forms and inclusions that turquoise from different areas take place and how the different characteristics help to locate where a specimen comes from. The author also concentrates on the southwest states of the USA - specifically Arizona, California, Nevada, New Mexico and Colorado. He did mention a location in West Virginia where crystallized turquoise was found. He lists over 260 turquoise mines in the southwestern states. He points out that turquoise is relatively easy to mine because most of it is surface to very shallow mining unlike deep gold mines. He mentions fake turquoise and how they are also produced. So for a very interesting review of a very beautiful stone, take a very detailed reading on "Turquoise" (without the E) by Joseph E. Pogue.

Have real Turkey (-uise) holiday.
Yer soon to be ol' ex-librarian,

Kay

Why Electrolytes are Important to You!

By: Donna Knapton

This last summer as well, as in past years, on our field trips we have had several instances where our members and guests have had problems with electrolytes. So as your Education Chairman, I will attempt to "educate" you about the importance of electrolytes, especially on field-trips.

What are electrolytes? Electrolytes are minerals in your blood and other body fluids that carry an electric charge. They affect the amount of water in your body, the acidity of your blood (pH), your muscle function, and several other important processes. You lose electrolytes when you sweat. You replace them by drinking fluids, not just bottled water, but water that contains the small amounts of minerals that you lose through sweating (particularly sodium and potassium). Bottled water is usually processed to take out most of the "salts" because, let's face it, they don't taste that good. Electrolytes are commonly found in juices, coconut water, sports drinks, milk, and many fruits and vegetables, whole or in juice form like potatoes, avocados, even peanuts. The main electrolytes are sodium, potassium, calcium, magnesium, chloride, hydrogen phosphate, sulfate, and hydrogen carbonate. Calcium and magnesium help muscles contract and relax. Sodium and potassium help water stay in the right balance inside and outside of cells. Sodium is the electrolyte lost in the highest concentration in sweat.

Sodium is the main electrolyte in the fluid that surrounds your body's cells and helps govern the important flow of liquid inside and outside the cells. It maintains your body's fluid balance and blood pressure as well as certain brain functions. Sodium is critical to the generation of electrical signals in the body. If you have high blood pressure, the first thing the doctor says is-- cut down on salt (sodium chloride). Potassium is essential for cell function and regulates heartbeat and muscles. No matter if you drink lots of water, if you aren't replacing the minerals you are sweating out, you are eventually going to be in trouble. Electrolytes are critical in hydration as well as blood pH, nerve and muscle function. Muscle contraction is dependent on calcium, sodium and potassium. If you have particular heart problems that affect your heart's pumping ability, you may well be taking a potassium supplement. An electrolyte imbalance can occur through vomiting, diarrhea, excessive sweating, serious burns, or wounds. In these cases, water and electrolytes need to be replaced. Life-threatening conditions may result if the losses are severe. If you don't maintain your electrolytes you can experience weakness or severe muscle contractions, blood pressure problems and even seizures.

The body keeps tight control of electrolytes by way of various methods such as hormones. The kidneys general flush out any excess. Sports drinks, such as Gatorade, have some electrolytes as well as very high sugar contents to mask the taste, but are not recommended for everyone. A special alert for our field trip leaders and those of us on field trips when it is warmer weather and the prize requires lots of heavy work or long, strenuous hikes to get those rocks back home, be aware of those around you. Older people are more susceptible to both dehydration and over hydration as well as abnormal electrolytes because their kidneys don't function as well. **(Continues on next page)**

Watch out for:

Twitching
Muscle spasm
Irregular heartbeat
Blood pressure changes
Loss of appetite
Vomiting
Hallucinations

Seizures
Fatigue
Convulsions
Headache
Muscle weakness
Decreased consciousness
Coma

Numbness
Lethargy
Confusion
Irritability
Nausea

If you exercise hard for more than four hours in the heat (such as triathletes, marathoners and even rockhounds), you may benefit from replacing electrolytes. A father of a teenage boy on one of our last field trips came to me asking if I had any Tylenol for his son's severe headache. I mentioned his son might be low on electrolytes but the Dad insisted that he had drank 10 bottles of water while hammering and was fully hydrated so didn't need any EMERGEN-C just Tylenol. So be aware—that is not just water on your brow. There are a lot of minerals there too, your precious electrolytes! Drinking too much water, even, can cause you to need more electrolytes.

To confuse things even more, beware of too many electrolytes. An over abundance can be just as harmful as not enough. Don't put one of the electrolyte-containing envelopes in every bottle of water you drink on a very hot day no matter how much you are sweating. You are losing many times more water than electrolytes. Unless you are experiencing symptoms and working super hard, one supplement in four or so hours should work well plus lots & lots of water. When it comes to electrolytes "a little dab will do ya." Ask your doctor the next time you visit if you have any problem that extra electrolytes will influence and how they will go with your medications, if you take any regularly, particularly if you have low functioning kidneys!

For lunch have a banana, a yogurt and a peanut butter sandwich (and stop to eat it)—lots of calcium, potassium and magnesium! If you don't have problems with high sodium, carry salty snacks, particularly if you are prone to muscle cramps. Drink juices and milk if the cooler is near. Electrolytes are "popular" right now, so you might see them in many drinks and those little packets that you pour into your water bottles. Sports drinks, in general, have some electrolytes but most not enough for a good, hard, sustained all day dig. Larry and I carry EMERGEN-C in the car, the first aid kit, and in our pockets and packs when we are in the field. There may be better ones, but it works for us and comes in lots of flavors (none are great tasting but they aren't too bad and work well). I have seen it work wonders in just a few minutes time. We all know those best specimens are the hardest to get so keep yourself healthy to go for them! Hope to see you on a field trip soon!





December Birthstone Cool and Calming

Who does not love the month of December? December is the month of marry-making, holidays, gifts and snow. For those people born on the month of December, it is always a double celebration for them.

December Babies

People born on this month are divided into two zodiac signs, the Sagittarians and the Capricorns. The December Birthstone is blue topaz or turquoise. Other secondary birthstones for this month are Tanzanite, Blue Zircon and Lapis Lazuli.

December babies are said to be optimistic, loves freedom, good-humored, straightforward, philosophical and intellectual. Sagittarians have the ability to adapt to changes in their environment. It is also a fire sign, which can also mean being hot-tempered and impatient. On the other hand, those December babies under the

Capricorn sign are patient and careful, practical and prudent.

Nevertheless, both Sagittarians and Capricorns have a common December birthstone which is the Blue Topaz. The Blue Topaz is said to have a calming effect to those people under this birthstone. It is also said that during ancient times, the Blue Topaz is used for healing. It was even said that it can make the person invisible in dangerous encounters or situations.

It is good to know that the Blue Topaz is the December birthstone. Somehow, it can neutralize the hot-headedness and the impatient nature of Sagittarians.

December Birthstone

Birthstones are precious stones given as gifts for those people who are born on a particular month.

This tradition can be dated back from ancient times. Some base on a Gregorian calendar for the assigned birthstone, and some base the assignment of the birthstone depending on one's Zodiac sign. There are also Mystical birthstones, traditional, modern, etc. But as for the December birthstone, it is the blue topaz and the turquoise that tops the list. Topaz is a mineral and is usually colorless. However, due to impurities, a topaz gemstone can be yellow, orange, pink or blue. The blue and the pink topaz are quite rare. Topaz comes from the Sanskrit word "tapas" which means "heat" or "fire", and also from an Arabic word which means "the subject of the search."

Turquoise is another December birthstone. It is a blue-green, opaque mineral. It is a valuable and a rare gem which has been used since ancient times. The word "turquoise" is an Old French term for "Turkish". The reason being is that this rare gem is brought to Europe from Turkey. This gemstone is very delicate that it only has a maximum hardness of 6 which is only a tad harder than a window glass.

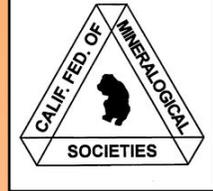
Astrological signs and birthstones can be interesting and wonderful. However, one should not depend on these alone. Regardless of the sign and the birthstone, it is the person who will and who is controlling his destiny. The birth signs and the birthstones are merely inspirations and guides. It is he who has the sign and the stone who writes his future and his destiny; not the other way around.

Then again, a December Birthstone like the topaz and the turquoise are very lovely.



Smith, Erika. "YourBirthstones.com-Your Guide in the World of Birthstones and Precious Gems." *YourBirthstones.com Your Guide in the World of Birthstones and Precious Gems RSS*. Birthstones By Month, Winter 2013. Web. 23 Nov. 2013. <<http://yourbirthstones.com/december-birthstone/>>.

UPCOMING CFMS FIELD TRIPS



Wiley's Well Annual Thanksgiving Rockhound Round-up (Thursday to Sunday) November 28 - December 1, 2013

CONTACTS:

CFMS Field Trips-South Co-Chairs

Robert Sankovich: 805-494-7734 rmsorca@adelphia.net

Adam Dean: 909-489-4899 theagatehunter@verizon.net

This trip is open to all CFMS Affiliated Society Members and their guests that agree to abide by the AFMS Code of Ethics, the directions of the field trip leader, and practice safe rockhounding. A Consent and Assumption of Risk Waiver of Liability form must be signed upon arriving at the campsite.

TRIP LOCATION: The Wiley Well District is 10 miles southwest of Blythe, CA and is one of the most popular collecting areas on the Colorado Desert.

WHEN: Thanksgiving Weekend, November 28-December 1, 2013. There will be folks camping all week.

LEADERS: Robert Sankovich and Adam Dean

Please notify us, if you plan on attending. Feel free to email or call us if you have any questions or need more information:

Robert Sankovich: (805) 494-7734 rmsorca@adelphia.net

Adam Dean: (909) 489-4899 theagatehunter@verizon.net

DIRECTIONS TO CAMPSITE: From the 10 Freeway, exit on Wiley Well Road and turn south from the freeway, 14 miles to camp. Around a mile or two down the road, the pavement will turn towards the right. Don't follow that road; stay straight onto the dirt road. Stay on this dirt road past Fire Agate Mine and the Coon Hollow Rd. You will see CFMS Posts along the way to the campground. (see map links below)

COLLECTING TRIPS: November 28, 29, and 30. Open to all CFMS affiliated society members and their guests. Each day we will leave camp at 8:00am and return in the late afternoon. Thanksgiving Day when we will be back in time for our Potluck Dinner at 4:00 pm. Be sure to carry your lunch and water when we go to the collecting sites, we will not come back to camp during the day.

28th – Petrified Bay Laurel-Iron Wood by Colorado River, AZ we will meet at 8:30am Ehrenberg, see map.

29th – Pebble Terrace, Fire Agate/Chalcedony. Psilomelane.

30th – Geode and Nodules Beds, Hauser Bed, Cinnamon Bed

VEHICLES: On the 29th, a 4-wheel drive vehicle "is" necessary to get to the Pebble Terrace and the Fire Agate. We will make arrangements for those without a 4-wheel drive to ride with those who do. On the 30th trip, a 4-wheel drive vehicle is not a "must" for this trip, but is highly recommended. No low-clearance vehicles advised. Note: These sites are remote, so bring food, water and all required supplies. The nearest stores are in Blythe, California.

CAMPGROUNDS & FACILITIES: This is a dry camping area, no water, no services, no hookups, no toilets. There is a dump station at the rest stop at the Wiley Well exit off I-10; however, there is no potable water. Blythe has a free dump station and good water 2-blocks south of I-10 at the Lovkin Ave. exit. Blythe is also good place to get food, supplies, ice and gasoline. It is approximately 25

miles from Blythe to the campsite. There are numerous good motels in Blythe with a wide range of rates. The closest town to the campsite is Palo Verde, approximately 16 miles through Coon Hollow and over the Mule Mtns. There is a convenience store (food, etc.), gasoline, a couple of restaurants and rock shop in Palo Verde, the road is okay for 4-wheel drive vehicles but not 2-wheel drive vehicle. SAFETY CONCERNS: Do not lick the rocks, use sun screen, when needed, stay away from rattlesnakes, use bug spray, be aware of flash floods, be extra careful, team up with a buddy and don't get lost.

CLIMATE & WEATHER: We are planning on nice weather—sunny days; cool, clear, star filled nights. But remember it can rain and be windy this time of year so be prepared and plan ahead.

MATERIAL TO COLLECT: Fire agate, geodes and a large variety of miscellaneous fossils, limestone, jasper, petrified wood, agates and very old Stromatolites, Psilomelane, Black Agates, geodes and nodules.

COLLECTING MATERIALS/TOOLS: There will be surface collecting and the use of sturdy bags will be all you need. However, if you plan on digging fire agates, you need hard rock tools, safety glasses, hat, hand sledge, gloves, buckets and chisels. It may be wise to carry a first aid kit. If you plan on digging for geodes, you need hard rock tools, as well as, picks, shovels, and I recommend a dust mask, as the volcanic ash may irritate your lungs. Sturdy bags, hard rock tools, safety glasses and gloves. It may be wise to carry a first-aid kit and sun tan lotion.

CLOTHING: Wear clothing in layers as it can be very warm during the day and extremely cold at night. Bring extra jackets and blankets.

DINNER: 4:00 pm. Thanksgiving potluck dinner for all those willing to contribute. Please bring your own plates, utensils, drinks and chair. We welcome everyone. If you plan to join us for dinner bring a food dish, salad, not too many desserts, we want to make sure we have food.

REMINDER: Please help preserve our deserts and pack out what you pack in. Let's leave it clean for future Rockhounds. All those attending the collecting trips will be required to fill out a Liability Waiver form.

Please let me know if you are going to go on the field trip. Weather changes. If I don't know your going on the field trip, I won't be able to contact you if the field trip is canceled. Even if you might not go, you can still contact me for the information and maps. Don't wait until the day before. Sometimes I leave days before the field trip, and I won't be able to reply to you. I have a White Ford F-250 Crew Cab 4x4 truck, with CFMS signs on it.

SEE MAPS BELOW: Map to Thursday Meeting Site Map to Campsite

OR CONTACT: Robert Sankovich rmsorca@adelphia.net for maps

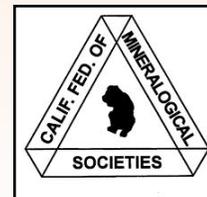
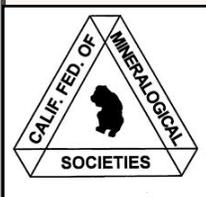
For more info contact CFMS-South Co-chairs:

Robert Sankovich: rmsorca@adelphia.net (805) 494-7734

or

Adam Dean: theagatehunter@verizon.net (909) 489-4899

Sincerely,
Bob Driskell



UPCOMING EVENTS & SHOWS



To all ALAA Members, Rockhounds and Friends,

Quartzite, January 26, 2014

I-10 and Exit 26, Gold Nugget Road
East of Quartzite from 8 am - 12 noon

Shirley Leeson, President A.L.A.A
president@amlands.org

Last year during the QIA 'extravaganza', we had out "1st Annual BLM Quartzite Clean-up". It was a huge success in the eyes of the BLM, with the group collecting 3 tons of trash. Please join us this year, same location, along with the BLM Ranger Bill Alexander and his crew to clean up this area.

The Publicity for rockhounds was huge. It was noted in both the Arizona and California BLM Newsletters and BLM Facebook pages for Arizona.

Help us make a positive spin on rockhounding activities, join us. Pictures say it all, and they are lasting. Mark your calendar today and join us. We'll have a check in so you and your club will be recognized as having participated. For further information go to **info@amlands.org**.



December 13 - 15: SAN BERNARDINO

Orange Belt Mineralogical Society
Western Regional Little League
Baseball Park
6707 Little League Dr.
Hours: 9am - dusk
Contact: Ken (909) 381-0089
kengard@roadrunner.com

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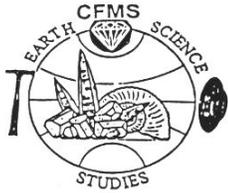
January 18 & 19: EXETER, CA

Tule Gem & Mineral Society
Exeter Veterans Memorial Buiding
324 N. Kaweah Ave.
Hours: Sat. 10-5; Sun. 10-4
Contact: Pepper Okada
(559) 733-5842
pepperok@clearwire.net
tulegem.org

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February 15 - 24: INDIO, CA

San Gorgonio Mineral & Gem
Society, Banning
Riverside County Fair & National
Date Festival
46350 Arabia St.
Hours: 10 - 10 Daily
Contact: Bert Grisham
(915) 849-1674
(951) 288-9025
bert67@verzion.net



**THE CALIFORNIA FEDERATION OF
MINERALOGICAL SOCIETIES, INC.**

**DEDICATED TO THE ADVANCEMENT AND
ENJOYMENT OF THE EARTH SCIENCES
CAMP ZZYZX**



We invite you to join us at the Earth Science Seminar be held at Soda Springs (Zzyzx) located approximately 50 miles Northeast of Barstow, CA. Off I-15 at Zzyzx Rd.

Facilities are rustic, dormitory style rooms with bed, mattress & desk. Cleaning is the the occupant's responsibility . You must bring bed linen or sleeping bag, and any creature comforts you may desire i.e. lamp, throw rug, ice chest. RV parking is approximately 1/4 mile from the Center and has no facilities of any kind. All restrooms and showers are in separate buildings at the center and are communal.

The Earth Science Committee retains the right to accept or deny applications as they deem appropriate. This area is designated by the Government as a Desert Studies Center; consequently, **NO PETS ARE ALLOWED**. A limited number of reservations are available and an early application is recommended. Subject to change these classes will be offered:

LAPIDARY	BEADING	WIRE ART	FIELD TRIPS
SILVER FABRICATION	ADVANCED WIRE ART	PRECIOUS METAL CLAY	
SOFT STONE CARVING & SCRIMSHAW	FACETING	ALTERNATIVE CASTING	

The fee for the week is **\$390.00** per person and includes quarters or RV space, three meals per day, and classes. Additional charges may be assessed for material furnished by instructors.

-- IF YOU USE YOUR RV YOU CAN SAVE \$50.00 --

NO CANCELLATIONS AFTER MARCH 1, 2014 unless a replacement is provided. A \$25.00 Administration Fee will be assessed for cancellations prior to **March 17, 2014**.

Please complete the Registration form and Mail with full payment, payable to CFMS.

MAIL APPLICATION TO:

AUDREY HARVEY
3363 Tuxford Place
Thousand Oaks, CA 91360
805-492-2253

CAMP ZZYZX DATE:

MARCH 30 - APRIL 6, 2014

FOR INFORMATION ONLY CONTACT:

Marion Roberts
209-538-0197
e-mail mvroberts1@comcast.net

REGISTRATION FORM DEADLINE MARCH 1, 2014

Applications received after this date will be placed on a stand-by list and considered only when a vacancy exists.

Please use block printing:

(A) Mr. Mrs. Ms _____

(B) Mr. Mrs. Ms _____

Street _____ City _____ State _____ Zip _____

Phone _____ E-Mail _____

ROOM ASSIGNMENT FOR SINGLE APPLICANTS ONLY. RV ___ DORM ___

ROOM REQUEST FOR MEDICAL OR PHYSICAL REASONS. PLEASE DESCRIBE _____

SPECIAL DIETARY NEEDS ___ DIABETIC ___ OTHER ___ EXPLAIN _____

Please fill in classes desired:

FIRST CHOICE

SECOND CHOICE

THIRD CHOICE

(A) _____

(B) _____