

October 2004

PRESIDENT'S PATTER



Nothing submitted from our President so all must be "well" with our Club.

Jerry Lohmann, President

June Wade, Betty Schneider (twice), Elaine Thompson and Emmeline Ellis.

Program for the night was a videotaped program by Heull Howser on a visit to the California Mineral and Mining Museum at Mariposa.

Meeting was adjourned at approximately 7:50pm.

Jerry Lohmann - Acting
Secretary for Lynda Lohmann

MINUTES OF THE GENERAL MEETING

Meeting started 6:42 PM with Jerry Lohmann leading the Pledge of Allegiance.

Emmeline Ellis gave the hospitality report. Everyone seems to be fine, even her husband Al who is doing well now, and was at the meeting.

Phyllis Mahoney said there were 30 members present and 5 guests.

There was no County Council report nor CFMS report. Still need volunteers for those positions. Jerry Lohmann said he would take over the job of County Council rep and CFM S if someone would take over President -- there were no volunteers. There was the suggestion he do all 3 jobs.

John Duncan had a Show and Tell with a sphere covered mosaic style with tumbled stones.... Said he was tired of doing just regular spheres and wanted to do something different. John asked that everyone volunteer - two members per month - to bring something for Show and Tell from their collections and lapidary works etc.

Door prizes and raffle were held. Some of the winners were Jim Schneider, Jim Claypool, Bob Bulick, a guest, Mary Otto, and Phyllis Mahoney. The raffle prizes went to Jerry Lohmann, Mary Otto,

MINUTES OF THE BOARD MEETING

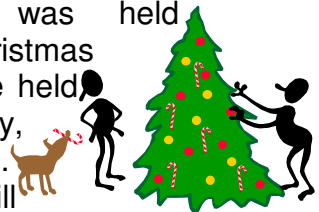
The Board Meeting was called to order at 7:05 PM by President, Jerry Lohmann. Those members attending were Al Thompson, Jim Claypool, Bob and Lynne Cadman, Linda and Gary Clark, and Lynda and Jerry Lohmann.

Treasurer Jim Claypool gave his report. The balance in March was \$10,263 and balance in August has gone down to \$9,619.

Lynne Cadman says that the magazine subscriptions the Club has paid for should be arriving in the libraries now. These are 2-year subscriptions.

Jerry reported that Ann Ludlam's daughter called that she had found the coloring books that Ann had purchased. They are now residing in the Lohmann garage. Lynne suggested that we could give them out to kids at the fair, or possibly some teachers would like to use them in their classrooms.

Discussion was held regarding the Christmas party, which will be held on Tuesday, December 7th. Lynne and Linda will do the table arrangements etc., plus Linda will take care of getting all of the plates, silverware, cups etc. Al



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Thompson will bring the coffee and tea makings, with the Lohmanns doing the punch. We are working on some entertainment, plus there will be the raffle and door prizes. There is a standing amount that the Plunketts get for the raffles.

The Christmas party will be a potluck, and Bob will bring the ham. Also the Cadmans will bring some buns so people can cut them and make ham sandwiches if they wish. Those attending will provide all other meal items (appetizers, salads, vegetables, main dishes, rolls and butter, desserts). Bring whatever you want to bring.

Due to the cost of insurance per member and other factors a discussion was held regarding fees and the clubs by-laws. The board will look further into the by-laws at the next meeting.

Meeting was adjourned at 8 PM.

Lynda Lohmann, Secretary

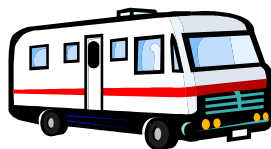
The next Board Meeting will be Tuesday, November 09, 2004. The Board on meets every other month and here is the schedule for the 2004-2005 CRA year.

Sep 14 - Nov 9 - Jan 11 - Mar 8 - May 10 - July 12 (picnic planning meeting)

FIELD TRIPS

????????????? Chairperson

Nothing planned.



HOSPITALITY CORNER

Emmeline Ellis, Chairperson



Over the summer we lost a very active and beloved member of our Club. Joe Alameda lost his fight with Alzheimer's and the resulting side effects.

JOSEPH R. ALAMEDA

Oct. 18, 1919-June 14, 2004

Joseph R. "Joe" Alameda, 84, of San Diego died Monday, Jun 14, 2004. He was born in Crows Landing, CA and was an estimator for Convaire. He served in the Army in World War II. He was a member of the Convaire Alumni Association and the Dirty Dozen Rock Collectors. [He was also a long time member of the Convaire Rockhound Association.]

Survivors include his wife, Gloria Alameda; daughter, Connie Alameda of Hemet; stepdaughters, Charlene Southcott and Karen Reese of San Diego and Pamela Gross of Washington; sister, Vera Medina of San Diego; five grandchildren; eight great-grandchildren; and two great-great-grandchildren.

Services: were June 19, 2004 at the First United Methodist Church of El Cajon, 772 S. Johnson Ave., El Cajon.

Donations: Alzheimer's Association, 225 N. Michigan Ave., 17th Floor, Chicago, IL 60601; or San Diego Hospice, 4311 Third Ave., San Diego, CA 92103.

Arrangements: El Camino Mortuary.

From the on-line version of *The San Diego Union-Tribune* June 18, 2004

http://www.signonsandiego.com/uniontrib/20040618/news_1m18obitae.html

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PROGRAM

Bob Cadman, Chairperson

The program will be the second half of the Heull Howser "California's Gold" video about a visit to the California Mineral and Mining Museum at Mariposa that we started in September. It's a good one and you won't want to miss it.

*HAPPY BIRTHDAY
TO OUR
SEPTEMBER
CELEBRANTS*



Remember if you want to be wished a **"Happy Birthday"** you must include your month and day of birth on the "Dues" form. You are not required to submit the year unless you are applying as an "Honorary Member" 80 years or over.

Duncan, John	10/02
Daily, Lena	10/03
Wheeler, Don	10/04
Benedict, Jack	10/05
Treece, Ruth	10/09
Dunn, MaryJane	10/26
Lohmann, Jerry	10/28
Otto, Mary	10/31

MEMBERSHIP

Phyllis Mahoney and Gary Draper, Chairpersons

If you have not yet paid your CRA Dues then please do so ASAP. They are due now and will be past due after the November meeting.

Be sure to complete and return the Dues/Registration form that was in your September Textite with your check.

FROM HERE AND THERE

The following came from the Internet via an e-mail.

FROM THE CFMS NEWSLETTER

2005 CFMS SHOW & CONVENTION
HOSTED BY
ROSEVILLE ROCK ROLLERS

 **ROSEVILLE GEM AND MINERAL BLAST**  

JUNE 10, 11, & 12, 2005

Vendors, Exhibits, Gold Panning, Demonstrations, Meteorites, Fossils,
Silent Auction, Youth Activities, Speakers, Food, Camping

ROSEVILLE (PLACER COUNTY) FAIRGROUNDS
800 All America City Blvd., Roseville, CA

Friday & Saturday 10AM - 6PM Sunday 10AM - 4PM
Adults - \$4.00 Children - 15 years & under FREE 3 Day Pass - \$10.00

Visit us on the web: www.rockrollers.com

SAFETY REPORT

Nutrition, things you should think about.

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

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.

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- NorthBay 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, Brussels 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

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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 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 NorthBay 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

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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."

EARTH SCIENCE SEMINAR UPDATE

By Cal Cason, ESS Chair, CFMS Newsletter,
October, 2004

It seems to be the lull between the storms, what with Camp Paradise in progress, or completed, we are heavy

into planning for Zzyzx, April 3 - 10, 2005. In that it is our 20th anniversary we would like to make it a memorable one. Hopes were high that we could announce a two-week program, but unfortunately, that is not to be. Thanks to Isabel Burns for her assistance in contacting the Director at Fullerton on our behalf, but it was to no avail. It seems that Spring is the most used Season for studies in that area, and most time slots are booked well in advance. It is a Desert Studies Center so the extended Session seems very unlikely under present conditions. We could have the Center in September or January, but the weather is not always cooperative during those periods, and would not benefit the program. So we will continue as we have in the past.

(Ed note: The registration forms will be in either the November or December Tektite. It depends upon when I receive the CFMS newsletter. -- Betty)



SHOP and FIELD TRIP HINTS

Remember, your Editor only writes these things up. She DOES NOT try them out!!

An Experiment for Juniors (your Grandchildren etc.)

Make your own Stalactites and Stalagmites.

Materials Needed: Large box of Epsom's Salt, 2 glass jars, piece of cord, and a small colored plate or ashtray.

Dissolve Epsom salt in a pint or more of hot water. When cool, pour solution into glass jar, almost to the top. Place jars 4" apart and place one end of the cord in each jar, letting the cord sag slightly in

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the middle. Place the plate between the jars, under the sagging string.

The cord will begin to drip at the lowest point. In a few days you will begin to see a build up of one or more stalactites. As the solution continues to drip, stalagmites will begin to build up on the plate. This experiment almost duplicates the process going on in live caves.

From The Glacial Drifter 2/89 and 11/03 via the Breccia 4/04.

Rust is the worst enemy your lapidary equipment has. Lots of otherwise functional lapidary equipment gets tossed out every year because of rust damage. Now, finally, there is a product that lets you repair and restore even severe cases of rust out. It is a paint called POR-15. (Call toll free at **(800) 457-6715** on weekdays 9am to 5pm EST or go on-line to <http://www.por15.com>.)

The POR stands for Paint-Over-Rust, and that is exactly what you can do. Just get out all the rock dust and make sure there is no oily residue. Clean the metal with a wet SOS pad and rinse it clean. Let it dry and paint on the POR-15 with a cheap brush. Level the equipment and let the POR-15 flow out smooth. If there are any holes, stick a piece of masking tape on the under side and the POR-15 will close them up nicely when it cures. This is a permanent fix. Rust will not penetrate the POR-15. A pint of POR-15 should be more than enough for most water pans. It cures rock hard and shiny, but it is meant to be an undercoat. Ultraviolet light (AKA sunlight) will cause it to deteriorate. Scuff the surface of the POR-15 slightly with an SOS pad and paint on a coat of enamel, and you are set for a long time.

From the Breccia 7/2000

This is the time of year for going after some rocks. One of the problems with going after rocks is that they are often to be found in rather out-of-the-way places.

Flat tires are still with us, even with all the technology we have at our fingertips. A flat tire in the driveway is only a minor annoyance. Just pop on the spare or call the auto club. But what if you're way off the road? Calling the auto club is not an option 'cause your cell phone says "nobody home". Rolling the flat tire to the corner gas station is also not an option because that corner is 35 miles away. The spare is your first line of defense. Before you get out of the driveway on your next trip, check the spare. If it's one of the new mini-donut spares and it's more than three years old, it's probably low on air pressure. Next, make sure you have a jack that works on your car. And, lastly, but leastly, make sure the lug wrench fits your wheel nuts. {Ed. Note - Also make sure you are carrying at least one can of tire-sealant.]

From the Breccia 7/2000

Tips for Contour Polishing Petrified Wood

As related by John Dahnke in The Pegmatite June-July-August 2004

So you've got a rough piece of petrified wood, a nice full round, What do you do? Step one is get out all the big steps and divots as quickly as possible. Put a diamond blade on your angle grinder, a respirator over your nose and mouth, and using a fairly low angle so you don't cut slots into the wood, **drag the diamond blade sideways over the problem areas.** This is a dry operation, and sure moves a lot of material fast. To finish the shaping, use a Barranca or similar wet contour grinder with a coarse diamond wheel.

After shaping, the fresh surface may want to fracture or peel, so it's necessary to fill the fractures to hold it together. **The best way to do this is to use 330 2-part epoxy thinned down with acetone.** Keep adding acetone and stirring the mixture until it's as clear as water; the mixture should be thin and

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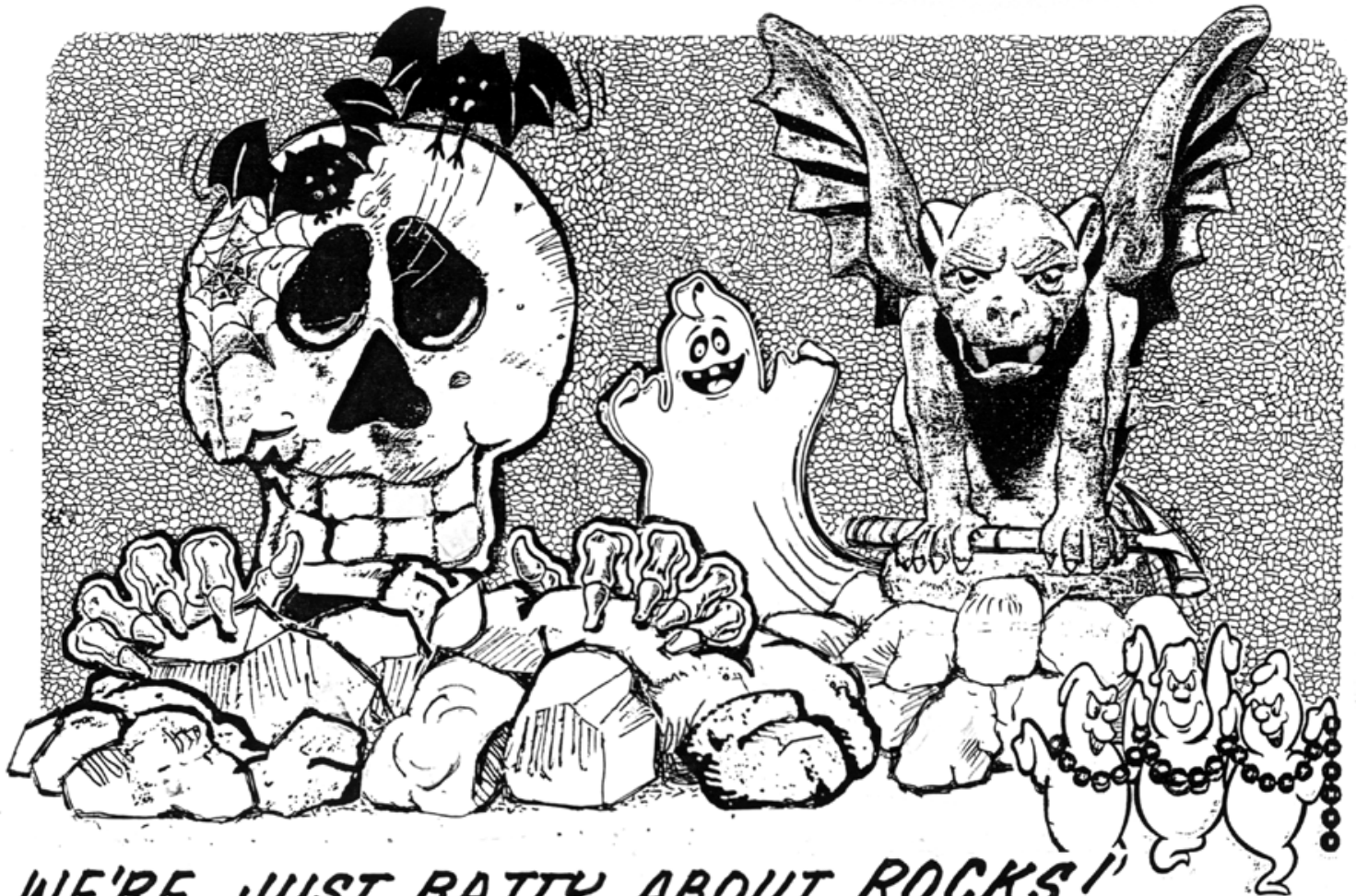
runny. Use a teaspoon to carefully drip the thinned epoxy into the wider cracks. Then use a toothpick to fill those cracks the rest of the way, and to fill in tiny cracks. (This gets the cracks filled with trapping air in the bottom of them.) After the whole piece has been treated, let it sit in the sun for several days to cure. (Art Riggle puts his pieces in the oven on low temp.) Now you are ready to proceed with the rest of the usual wet grinding and polishing step with the Barranca.

Why Do Things Get Darker When They Are Wet?

When some things get wet, they become more transparent; there is a change in their refractive index. For

example, when you toss some water on a T-shirt, the medium surrounding the T-shirt fabric changes from air to water. Dry material refracts or bends light rays more strongly than wet material; the water readily permits the light to pass through to shine on the skin beneath. This explanation works for porous objects: clothes, certain kinds of stone like limestone and chalky turquoise, tree bark, and so on. All of these get darker when wet. Nonporous materials, like mirrors, don't become darker when wet. They just become wet.

From The Pegmatite June-July-August 2004



Dolores'we'rejustBattyaboutyou too!

". Thankyouforyourcontributions ofmonthlyartworks.