

Santa Clara Valley Gem and Mineral Society

Send Exchange Bulletins to:  
June Harris  
107 Dell Way  
Scotts Valley, CA 95066



Please Deliver Promptly

# BRECCIA

Santa Clara Valley  
Gem and Mineral Society



**All American Club**

Volume 55  
Number 9

San Jose, CA  
September, 2008

## SCVGMS ELECTED OFFICERS

President: Randy Harris  
(831) 438-5150  
Vice President: Rick Kennedy  
(408) 529-9690  
Secretary: John Eichhorn  
(408) 749-0523  
Treasurer: Frank Mullaney  
(408) 266-1791  
Editor: June Harris  
(831) 438-5150  
Federation Director: Ruth Bailey  
(408) 248-6195  
Alternate Fed. Director: Frank Monez  
(408) 578-7067  
Directors:  
Chris Cherry (925) 200-0384  
Marc Mullaney (408) 691-1584  
RK Owen (408) 377-5373  
Michael Paone (408) 340-3258  
Matt Wood (408) 744-9402  
Historian: Linda Spencer (408) 997-7319  
Parliamentarian: Dean Welder  
(408) 353-2675

## SCVGMS COMMITTEE HEADS

Donation Receiving Committee Chairman:  
George Yamashita  
Field Trip Committee Coordinator:  
Dean Welder  
Field Trip Committee: Randy Harris,  
John Eichhorn, & Marc Mullaney  
Financial Advisory Committee:  
Ruth Bailey & Chuck Boblenz  
Founder's Day Picnic Food:  
Nancy Reineking & Michael Paone  
Founder's Day Raffle: Claire Ferguson  
Founder's Day Bingo: John Eichhorn  
Hospitality: Chris Cherry  
Installation Dinner: Marc Mullaney  
Librarian: Marsha Owen  
Member Displays: Rick Kennedy  
PLAC: (Public Lands Advisory Committee)  
Frank Monez  
Program: OPEN  
Refreshments: Linda Spencer  
Secret Auction: Donation Receiving Comm.  
Sergeant-at-arms: Vito Cangemi & JT Fuller  
Show 2008: Marc Mullaney  
Show 2009: Frank Mullaney  
Silent Auction: John and Sylvia Palmieri  
Social: June Harris  
Sunshine: Ernestine Smith  
Trailer Custodian: Herb Vogel  
Trophies: Frank Mullaney  
Webmaster: RK Owen

# Santa Clara Valley Gem and Mineral Society

P.O. Box 54, San Jose, CA 95103-0054

Website: [www.scvgms.org](http://www.scvgms.org)

Email: [info@scvgms.org](mailto: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 Road between Leigh Avenue and Harwood Road.

***Our next general meeting will be on September 23, 2008 at the Cabana Club, 100 Belwood Gateway, Los Gatos, CA 95032 at 7:45 PM.***

***Our next board meeting will be on September 25, 2008, at Randy Harris' home, 107 Dell Way, Scotts Valley, CA 95066 at 7:30 PM.***

Our Society's Purpose: The inculcation of a love of rocks and minerals by the furtherance of members' 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.

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

Our Newsletter, the Breccia, is published ten times annually. The deadline for most articles is the Sunday before the regular meeting. The Breccia Editor is June Harris who may be contacted by email at [juneconeyharris@yahoo.com](mailto:juneconeyharris@yahoo.com) or by phone at (831) 438-5150. The Breccia is proofread by Linda Spencer. Ruth Bailey handles all aspects of mailing. Exchange bulletins may be sent to June Harris at the following address: 107 Dell Way, Scotts Valley, CA 95066. Permission to copy is freely granted to American Federation of Mineralogical Societies (AFMS) affiliated clubs when proper credit is given.

## Study Group Leaders

For information on a study group, please call the leader(s) listed below

Cutaways & Carvers	Frank Mullaney	(408) 266-1791
Facet Cutters	Max Casey	(408) 227-0526
Fossileers	Gail Matthews	(650) 962-9960
Jewelers	Marc Mullaney	(408) 691-1584
Mineraleers	Chuck Boblenz	(408) 734-2473
Smithies	Kelly Van Vleck & Pat Speece	(408) 262-8187
	Pat Speece	(408) 266-4327
Stringers	Pat Speece	(408) 266-4327

# Randy's Ramblings

Hello Fellow Rockhounds,

Several of us attended an informational meeting at the Santa Clara County Fairgrounds about the redevelopment of the fairgrounds. It looks like there will be major changes coming which will have a direct impact on future shows. If you can attend any of the meetings that will be coming up, PLEASE go and make sure the club is well represented. Things are in the planning stage at this time. Any input we can give to the development team is helpful. If you have any questions about what is going on, contact Chris Cherry, June Harris, Frank Mullaney, or me. We will answer to the best of our ability with the information we have. Chris Cherry is working on developing a club task force to attend the fairground's development meetings and represent our organization's interests. If you are interested in being on this task force, please contact Chris directly at (925) 200-0384.

Please fill out your Time and Talent sheets and turn them in at the September 23rd meeting. I will appoint a nominating committee at the meeting, and they will use the Time and Talent sheets to determine the recommended nominees. This makes their job much easier. Otherwise they will have to call everyone in the directory to find people willing to run for office. The Time and Talent sheets also help the President when it comes time to appoint committees. The Nominating Committee will present the candidates for office at the October meeting. The election will be held at the November meeting.

The Board has reserved the Cabana Club for our annual Installation Dinner. The reservation form is in this issue of the Breccia. Make sure you sign up soon because there is space for 60 attendees

Randy Harris, President

## Ten Commandments of Human Relations

1. **Speak to people.** Nothing is as nice as a cheerful greeting.
2. **Smile at people.** It takes 72 muscles to frown - 14 to smile.
3. **Call people by name.** The sweetest music to people's ears is the sound of their own name.
4. **Be friendly and helpful.** If you would like to have friends, be friendly.
5. **Be cordial.** Speak and act as if everything you do were a genuine pleasure.
6. **Be genuinely interested in people.** You can like something about almost everyone, if you try.
7. **Be generous with praise, cautious with criticism.**
8. **Be considerate with the feelings of others.** It will be appreciated.
9. **Be thoughtful of the opinions of others.** There are three sides to the controversy - your side, the other side, and the right one.
10. **Be alert to give service.** What counts most in life is what you do for others.

via Chips and Chats, 10/2004; via John Anderson, church bulletin.

**Demonstration Day  
October 25th  
from 10 AM - 3 PM  
at the Cabana Club  
100 Belwood Gateway,  
Los Gatos, CA 95032**

**Come by and see what the various study groups are doing. All of our study groups should be represented.**

# Check out what our study groups are doing!!!

## Mineraleers by Chuck Boblenz



The next meeting of the Mineraleers will be the 9th of Sept. and will take place at the Boblenz' residence. The meeting will begin at 7:30 PM, and topic is fluorite. So dust off your fluorite specimen(s) and/or items you have acquired over the summer vacation and plan now to join us for this meeting. This meeting will also plan future topics for the group and locations for future meetings. Come on out and join us.



## Jewelers by Marc Mullaney

The Jewelers study group will be meeting on September 4th at the Cabana Club from 7-10 PM. They will be working on making bezels. If you have any questions or would like more information about this study group, please call Marc Mullaney at (408) 691-1584 or email him at [geologistm@aol.com](mailto:geologistm@aol.com).



## Smithies by Kelly Van Vleck

If you are interested in learning to work with silver, please call Pat Speece at (408) 266-4327, or email at [pat.speece@sbcglobal.net](mailto:pat.speece@sbcglobal.net), or Kelly Van Vleck at [kellyv22000@yahoo.com](mailto:kellyv22000@yahoo.com), or (408) 262-8187, for more information about learning this art.

## DRC Report by Jane Yamashita

The DRC reported at the last meeting that we had a successful rock sale. We had a lot of happy customers who went home with some great bargains.

The Jade Festival trip is happening on Oct. 11th. The bus is now full, but if you want to get on a wait list, just call us or leave a message, and we will let you know if anyone cancels. Phone # 408 353-2982. Everyone who sent or gave us a check is on the bus. Thanks for your quick response to the first DRC-Club sponsored trip. Directions to where the bus will pick us up and drop us off will be passed out at the August meeting. The bus will pick up and drop off everyone who will be attending the Jade Festival trip at the Moonlight Shopping center in Santa Clara. The shopping center is located on the corner of El Camino Real (Hwy 82) and Kiely Blvd (There is an Office Max on that corner, the address is 2790 El Camino Real, Santa Clara CA). Everyone needs to be at the shopping center by 7 AM.

## Fossileers by Gail Matthews



The Fossileers met on August 9th with 8 people in attendance. Their next meeting will be at the Demonstration Day on October 25th. If you have a favorite topic that you'd like covered, please contact the Fossileers study group leader, Gail Matthews, at (650) 962-9960 or [glassrockwood@aol.com](mailto:glassrockwood@aol.com).

The shade shelter that we use at our rock sales and when we are working on organizing our donations has worn out. It was a donation to the DRC, and now we are looking for another one. If anyone has a large shade in fairly good condition, please call Pat Speece or the Yamashitas and let us know. Thanks for all the help and support you have given this committee.



## Stringers by Pat Speece

If you are interested in the Stringers study group, please contact Pat Speece at (408) 266-4327 or email her at [pat.speece@sbcglobal.net](mailto:pat.speece@sbcglobal.net).

## Member Displays

by June Harris (for Rick Kennedy, while he is off observing strange rituals in the desert)

Anne and Jesus Ruiz displayed some of the silver work that they made in a class at Evergreen college.

Frank Santos brought in a bead-making machine.

The program topic for the month of September will be intarsia. If you have any samples of intarsia work that you would like to share, please bring it to support the meeting program.

Each member is requested to bring some items to share at one or more meetings each year. For the meeting in September, the following people are asked to bring something that they are interested in or would like to display: Lynn Toschi, Johan Van Ommeren, Kelly Van Vleck, Herb and Roselies Vogel, Sieg and Rosmarie Vogel, June Warne, Debbie and Mark Wartenberg, Dean and Karen Welder, Cindy Wilkie, the Windsor Family, and Matt Wood.

## '09 CFMS Show meeting

**Date: Sept 8, 2008**

**Time: 7:30 PM**

**Place: Ruth Bailey's  
home**

All interested members are invited. Call Frank Mullaney, (408) 266-1791, for more information and directions to Ruth's home.

## Sunshine by Ernestine Smith

If you have information concerning any member who is ill, hospitalized, or has had a death in the family, please contact our Sunshine person, Ernestine Smith, (408) 395-5035.

**September Meeting Program  
will be a video on the intro-  
duction to intarsia. Come  
find out how this intricate  
art form is done.**

**October 11, 2008  
Jade Festival  
Bus Trip Info:**



The bus will leave the Moonlight Shopping Center on the corner of El Camino Real (Hwy 82) and Kiely Blvd. in Santa Clara at 7 AM sharp. Look for a Royal Coach Bus near the Office Max store (2790 El Camino Real, Santa Clara). Questions? Call Jane and George Yamashita, (408) 353-2982.

**Show case maintenance  
work day on  
October 4 & 5  
at Ruth Bailey's.  
Everyone is welcome.**

# SCVGMS 2008 Calendar



## Santa Clara County Fairgrounds Development By Chris Cherry, SCVGMS member

**September 4** Jewelers meeting at the Cabana Club from 7-10 PM.

**September 8** 2009 Show meeting at Ruth Bailey's home at 7:30 PM.

**September 9** Mineraleers meeting at Chuck Boblenz' home at 7:30 PM.

**September 23** *General meeting at the Cabana Club at 7:45 PM.*

**September 25** Board meeting at Randy Harris' home at 7:30 PM.

**October 2** Jewelers meeting at the Cabana Club from 7-10 PM.

**October 11** Jade Festival bus trip

**October 25** Demonstration Day at the Cabana Club from 10:00 AM-3:00 PM. All study groups are requested to demonstrate.

**October 25** Fossileers meeting at the Demo Day at 1 PM.

**October 28** *Potluck and General meeting at the Cabana Club. Potluck 6:30 PM, Meeting 7:45 PM. Club will provide drinks and paper goods. Members provide main dish, salad, side dish, or dessert to share, at least 10 servings, please.*

**October 30** Board meeting at Randy Harris' home at 7:30 PM.

**November 6** Jewelers meeting at the Cabana Club from 7-10 PM.

**November 25** *General meeting at the Cabana Club at 7:45 PM.*

*Elections and Silent Auction throughout the evening. Board meeting immediately following the general meeting.*

**December 2** Installation Dinner at the Cabana Club at 7:00 PM.

Please bring an unwrapped toy to donate to Toys for Tots.

**December 4** Joint Board meeting at

Santa Clara County and the City of San Jose are embarking on a project to build out 100 acres of the 150-acre parcel currently known as the Santa Clara County Fairgrounds. Similar retail and housing development efforts for this site and the surrounding area during the past ten years have been impacted by diverging visions on development plans, scrapped or resulted in lengthy and expensive lawsuits while costs continued to mount. County officials are attempting to reconcile and proceed with their initial plans to develop the site and create additional revenue in an attempt to solve the county's growing deficit and budget cutbacks. Little attention has been placed on future community needs, current usage needs outside of the annual county fair, and the economic constraints of local event organizers.

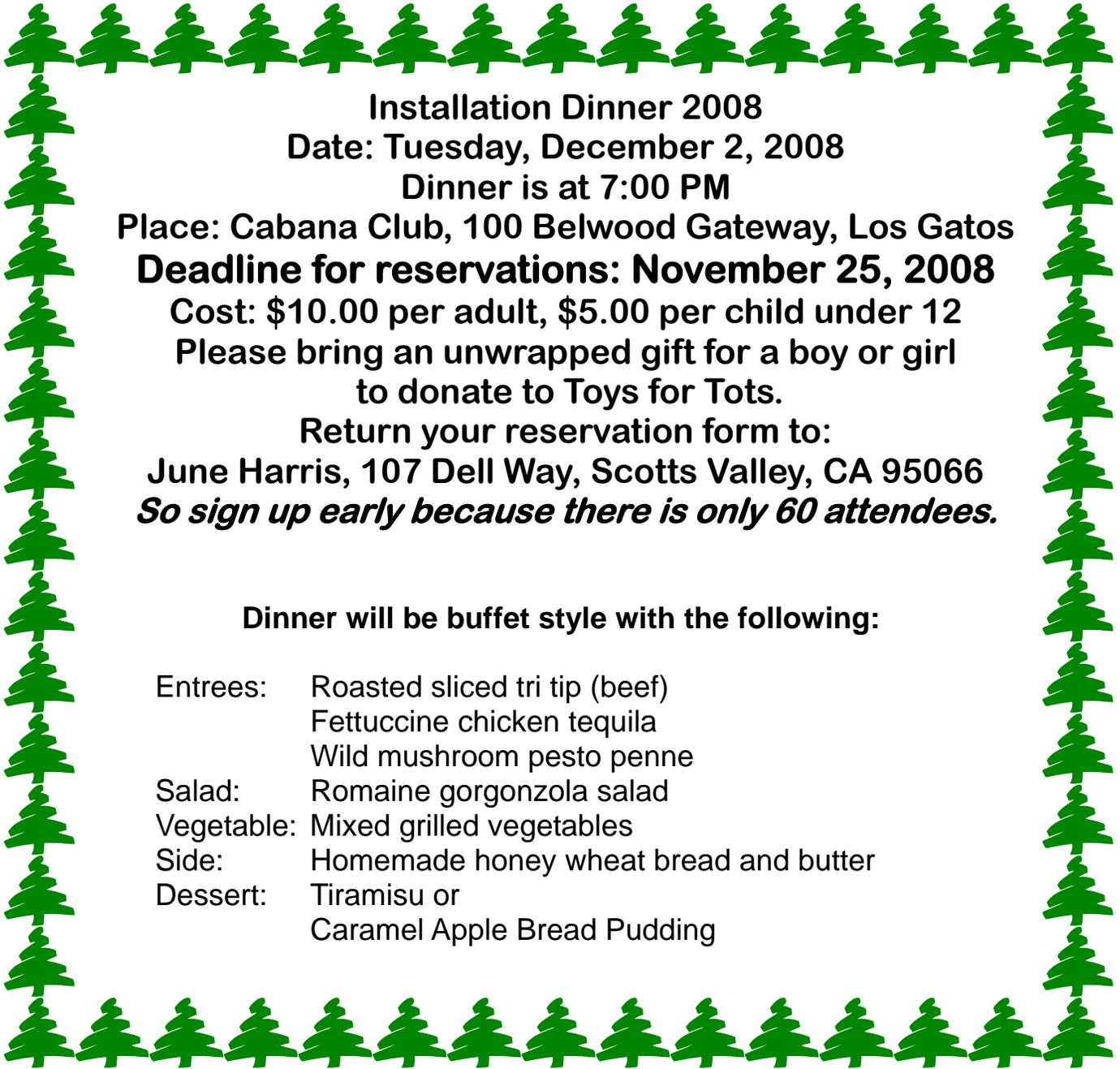
Members of our club became aware of and attended two Community Open House public outreach meetings, on August 13<sup>th</sup> and 21<sup>st</sup>, regarding a proposed mixed-use development of the Santa Clara County Fairgrounds. Santa Clara County Officials had announced the meetings on short notice in some local newspapers. Residents near the fairgrounds and some event organizers, including SCVGMS officers, hoped to learn more about the proposed plan for developing the 150-acre site. Also in attendance were the county's preferred developer, Catellus, and local partners, the Morley Brothers and Riding Group. A five-member independent committee, appointed by the county, unanimously ranked Catellus as the preferred candidate for developer.

On August 26<sup>th</sup> the County Board of Supervisors held a workshop to review an updated presentation from Catellus, accept a verbal report on the two August public meetings, accept the Board of Supervisors' comments on the Preliminary Development Vision, and hear public comments. The Board of Supervisors opened the meeting by stating that today's presentation contained slides depicting site development for illustrative purposes only; the audience was not to interpret these slides as a preconceived plan. The City of San Jose and Santa Clara County stated for the record that a development vision had not been established. The process of identifying and approving a plan is expected to take 18-24 months. Approximately three dozen speakers from the community voiced their concerns over the process, the results of past efforts to create similar revenue-bearing developments, and the selection process used for reaching a decision on the recommended developer for this project. Most attendees did not learn of the development efforts until the public outreach meetings, even though the county and city conducted and completed the Request for Proposal process from potential developers earlier this year.

Supervisor Don Gage reminded the Board that county officials were merely the stewards of this 150-acre parcel, and that attention should be focused on those who really own the land, the public. He also encouraged the Board to take as much time as necessary to get more input about suggestions for usage and future needs from the public before creating a vision of the development. Based on the number of citizens in attendance and waiting for a chance to speak in front of the Board, Supervisor Gage proposed the addition of evening meetings to accommodate those unable to take time off from work during the day. These meetings would include members of the Board so they might hear public input first hand. The motion for evening meetings was approved with a schedule of dates and

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**Installation Dinner 2008**

**Date: Tuesday, December 2, 2008**

**Dinner is at 7:00 PM**

**Place: Cabana Club, 100 Belwood Gateway, Los Gatos**

**Deadline for reservations: November 25, 2008**

**Cost: \$10.00 per adult, \$5.00 per child under 12**

**Please bring an unwrapped gift for a boy or girl to donate to Toys for Tots.**

**Return your reservation form to:**

**June Harris, 107 Dell Way, Scotts Valley, CA 95066**

***So sign up early because there is only 60 attendees.***

**Dinner will be buffet style with the following:**

- Entrees: Roasted sliced tri tip (beef)  
Fettuccine chicken tequila  
Wild mushroom pesto penne
- Salad: Romaine gorgonzola salad
- Vegetable: Mixed grilled vegetables
- Side: Homemade honey wheat bread and butter
- Dessert: Tiramisu or  
Caramel Apple Bread Pudding

**Reservation Form for Installation Dinner**

Name: \_\_\_\_\_ Phone # : \_\_\_\_\_

Number of adults \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

Number of children under 12 \_\_\_\_\_ X \$ 5.00 = \_\_\_\_\_

Please make checks payable to: Santa Clara Valley Gem and Mineral Society

Mail this form and your payment to:  
June Harris, 107 Dell Way, Scotts Valley, CA 95066

Questions: Call June Harris, (831) 438-5150 or email [juneconeyharris@yahoo.com](mailto:juneconeyharris@yahoo.com)

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times to be announced. The county is scheduled to officially enter into a contract with the selected developer at a meeting on September 9, 2008.

In response to a request from the Santa Clara County Officers for input from event organizers, the SCVGMS Board of Directors approved a motion to establish a Fairgrounds Response Committee (FRC). The FRC will attend scheduled meetings and will provide status updates to the Board and at general monthly meetings. Two members of the FRC will be designated as spokespersons representing SCVGMS in future meetings. If you are interested in becoming a member of the FRC, please contact Randy Harris at (831) 438-5150.

Board-designated members of the Fairgrounds Response Committee will be authorized to officially speak and/or act on behalf of the SCVGMS. Every SCVGMS member is invited to actively participate in this important process as a concerned citizen of Santa Clara County and/or a patron of the Santa Clara County Fairgrounds. Community voices are resonating that San Jose is a world class city and the Santa Clara County Fairgrounds should be a world class venue. Remember, future generations will inherit the important and irreversible decisions made during this process regarding development of the fairgrounds.

For more information about the county's agenda go to

<http://www.sccgov.org/portal/site/scc> .

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## Upcoming Field Trip Opportunities

Contact Dean Welder, at email [fieldtrips@scvgms.org](mailto:fieldtrips@scvgms.org). Email is the best way to contact him. If you can not email, then call him for information about the following field trips. His phone number is located in our club directory. Many of these trips are sponsored by clubs other than SCVGMS, so contact Dean who will make the appropriate introductions for SCVGMS members to be able to attend.

**October 4**, Indian Head Springs Trailhead for Chinese writing rock.

**October 25**, private tour of the Goldbug and Old Priest Mines in Placerville. Fee \$15.00

## Making Gem Stone Lamp Shades - 101 (excerpt from Robert Stephens book - *My First Eighty Years*)

To make a lampshade, one begins by sawing medium size translucent rocks into 3/32" thick slices with a slab saw. Cut a variety of rock to get contrasting colors and patterns. I use rocks from India, South Africa, Tanzania, Brazil, Mexico, and even some from a West Texas ranch that was found on a rock hunt.

The sliced rocks are then cut into small freeform shapes with a trim saw with a .012 thick high-speed blade. All shapes-triangles, squares, rectangles, parallel-o-grams, etc.; even some special shapes, like stars, may be used. Cut a lot of pieces because they will be put in place much like a jigsaw puzzle on a flat panel frame of your own design for a six- or eight-sided shade, or one copied from a commercial stained glass lamp book of patterns. Some commercial patterns can be modified to look more original than copied. Paste the paper pattern on a sheet of plywood and coat it with clear silicon carbide caulk. This protects your patterns from burning when soldering, and they can be reused. Tack or glue outline wood strips to the edge of the pattern so all panels are finished the same size. Foil wrap all of the pieces with 7/32" self-adhesive copper foil and burnish the edges tight and flat with a burnishing tool or one made from a piece of dowel rod sharpened with a pencil sharpener. Foil is to make a solder surface (rocks don't solder to other rocks).

To make a six- or eight-sided panel shade, start by fitting the pieces of the puzzle along the perimeter frame, as many contrasting pieces as you can. If a central design, such as a star, is to be centered in the panel, place it in the center and place the pieces working out from that shape. Don't spend a lot of time looking for pieces that fit perfectly. When the panel is nearly complete, there will be missing pieces just like lost puzzle pieces. That open space will become the template for cutting a piece to fit later. If a hole is too small to bother with cutting a piece, just fill it with solder using some folded newspaper behind it to act as a heat sink allowing the solder to solidify.

A small-tipped 100-watt soldering iron will work well, connecting as many pieces as you can with a nicely rounded solder bead. Remove the panel and, using the missing pieces for patterns, draw the outline on another rock to cut and fill in the missing pieces. A sharpened piece of aluminum wire makes a good pencil for marking rocks. When all of the spaces are filled and soldered on

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one side, turn the panel over and put a solder bead on that side.

Another good beginner lampshade is to remove the cloth from an old wire-framed shade. Spiral-wrap the wire frame with self-adhesive copper foil, and then solder in the small, flat pieces to replace the cloth. Keep all of the rock pieces small to avoid protruding humps or large, flat spots when trying to make a round lampshade maybe even with compound curves. When using a wire frame and both sides - inside and outside - are soldered, the assembly is complete.

Making 6- or 8-sided shades, tear about 1/2-inch wide strips of duct tape to hold the panels together for soldering. Tack solder all of the panels together so the shade will retain its shape when the final soldering is done and the tape is removed. Make a solder bead on the inside of the shade, too. A vertical slit may be added on the bottom of the slanted panels. Get and fit the spider mount for attaching the shade to the lamp base. Use 3-leg spider mounts for six-panel shades and 4-leg spiders for eight-panel shades. When all of the soldering is complete, wash off the soldering flux residue with soap and water and allow to dry; then brush the solder with some patina solution, in antique brass, copper, or black, to control oxidizing of the solder. Wash again and allow drying. Spray the entire shade with a clear acrylic spray to protect the patina and make the unpolished rock look shinier. Polished rock would not need this treatment, but the patina would and it would be very tedious with a small paintbrush. Use favorite old lamp bases or get new ones from a stained glass supplier along with other supplies - copper foil, 60-40 tin lead solder, acid brushes, patina, spiders, soldering flux, etc.

When the lamps are "off," they will look like old antiques, and when turned "on," they bloom. Some say prettier than Tiffany's. I don't think Tiffany ever made a lampshade from rock, and I don't make mine from glass.

## **SAFETY REPORT**

by **Chuck McKie, CFMS Safety Chair, from Fairfield, CA**  
**Northbay Wellspring Newsletter, Spring, 2000**

They say you are what you eat. But it goes without saying you may also be what you don't eat. So please take a few moments to read this, it may help you to improve your life assuming you also consult your doctor and heed his advice.

### **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.

Fairfield, California's 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, 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, cantaloupes, mango, kiwi fruit, cabbage, tomatoes, green peppers, broccoli, and brussel sprouts.

Select cereal, bread, 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 antioxidants 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.

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Kathleen Shafer suggests a varied diet to reduce your cancer risk. "The recommendation is to eat five servings of fruits and 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."

### **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 fruit and vegetables. Many studies show that increased consumption of fruits, vegetables, and whole grains reduces the risk of 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. 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

dietician 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 high calorie 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 seniors' 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 dietician."

## Dendrites vs. moss agates: Orbicular Jasper vs. Polka Dot Agate

via Rock Chip Reporter, 4/08; via Petrograph, 6/03; ref: Calumet Gem.

We are usually delighted, but not surprised, to find inclusions in crystals, e.g., quartz of one color or another, rutile, sagenite, and 'stars'. The appearance of inclusions in microcrystalline varieties of quartz, however, have a mysterious ambiance that brings out the name-making propensities of collectors. When our vision of inclusions is obscured, our imagination takes hold.

Chalcedony (clear to cloudy), agates (clear but usually banded), and jasper (opaque) are all variations of silica oxides, with hardness between 6 and 7, which makes them very suitable for polishing. They may all have included material, and the nature of the inclusion is dictated by the composition of the host rock material and the manner of rock formation.

Dendritic chalcedony and moss agate are terms or names frequently applied to the same material. They are basically similar, but dendrites can form not only in chalcedony and agate, but also on limestone and soapstone and some sandstones. The dendrites, so called from the Greek *dendron*, or tree, are branching structures of mainly manganese and iron oxides, in or on the host material.

Dendrites occur in many places in the world, basically whenever water rich in oxides flows across rocks. The dendrites form on a surface and are two-dimensional, like snowflakes or frost crystals on a windowpane. If the rock is chalcedony, the dendrite forms on the surface, but more chalcedony may entomb it. The dendrites are usually earthy, black, brown, or reddish, but near Four Corners, in the eastern Mojave, near the junction of Hwy 58 & Hwy 395, rockhounds reputedly find blue.

The 'mosses' of moss agate, not organic material at all but chlorite or celadonite, are visible impurities in the agate. Scientists attempt to distinguish between the two by determining, if possible, whether the dendrite/moss or the mineral rock formed first. The moss forms while the chalcedony is still gel like and can then form three-dimensional shapes with the stone. Moss

agate, also widely distributed, can be a variety of colors, green, black, white, yellow, red, orange, and tan. It is widely used in jewelry, and polishes beautifully, if care is taken not to cut into and pluck the moss.

Multi-colored balls can appear in rhyolite flows. Rhyolite is a fine-grained igneous rock the, if it contains sufficient silica to take a brilliant polish, and is sometimes called jasper. Orbicular material usually appears as a mass of rhyolite that has silicated. As the rhyolite cools, sometimes excess silica starts to precipitate out of the magma, forming spherical balls. The ball shape is the form that any extremely concentrated silica (cristobalite) takes, as opposed to the crystal form in dilute concentrations. However, any material that by composition or consistency is immiscible (not mixable) with the host magma will also form balls.

Regional metamorphism can also form orbicular jaspers. We hear names like Rainforest Jasper from Australia, Leopard Skin Jasper from Mexico, Poppy Jasper from California, and Ocean Jasper from Madagascar. We may find one color surrounding another, or bands of balls, veils of lighter colors staining the background. Polka Dot Agate, from Oregon, has iron rich spheres floating in a snowy extremely fine-grained jasper, along with veils of golden brown. The material is so fine-grained it is almost chert and resembles porcelain.

The rock distinction of jasper and chert is: if it's attractive, it's jasper; if it's dull, it's chert. Some jasper represents replaced limestone or dolomite, some occurs as nodules, and sometimes it is part of the gangue of mineral deposits by hydrothermal or meta-somatic processes.

Agates are translucent and usually banded, with sub-vitreous luster; jasper is opaque with a dull to pearly luster; to a rockhound, jasp-agate is a fine mixture of the beautiful oxides.

## QUARTZSITE AND MOHAVE 2008

"IT WAS A DARK AND STORMY JANUARY MORNING" as we left the SF Bay area. We had been expedited out, several days earlier than planned, by the endless series of rain storms pelting the area. We were headed for the annual QIA POW WOW at Quartzsite ---but equally important to check out collecting areas on the way to, and then around, Quartzsite. We had hopes of being joined, later, by other members of the SCVM&G club.

We met up in Bakersfield [Ferners & Moores] and proceeded to Krammer Corners---arriving there about mid-day with clear skies, light winds and 65 degree weather. We quickly found a remote spot to stash our RVs and dug out our sketchy directions to the several Agate beds-- reputed to be located just SE of the intersection of Hwy's 395/58. We not so quickly found the primary bed, and the old "Kay Kee" claim, after sorting out missing landmarks [ cut down telephone poles] and the many crossing roads. Both sites were rife with Agate of much better quality, and more color, than was expected. Some of the material contained inclusions and flowers. Float existed over several acres and most varied from golf ball to softball size. Even better, and larger, material can be found with easy digging---sizable veins are reputed to exist--but they avoided our short search. We selected several pounds of material for cutting and tumbling. A third site was near-by but the material there was small [We dubbed it Pebble Beach]. Our guide info indicated a 4th site existed some 6 miles south, off 395, but we were unable to locate it.

At noon the second day we headed to the North Edwards Travertine Onyx site--just off Clay Mine Road. We quickly located the site and immediately found veins of red, white, green, and yellow banded Travertine. It required gad and sledge hammer work to remove--while standing on your nose, at the bottom previously-dug four foot deep cuts.

One needs to be very selective as to colors and hardness -----but excellent material is there. We left one large piece there, about 1 1/2 ft in diameter, for the next visitor --in that it did not meet our hardness standards. We did take some 30#'s each of very, very pretty Travertine --in order to make a few cabs, display pieces, and a sphere. The next morning was travel time--we headed for AVI and the Clouds Rock Show. One day was spent grading/stowing our material and spending modest amounts of money.

The next AM we proceeded to the Parker area and set up camp. The first site visited was the Purple Agate site just west of Earp/Parker---it was a site vis-

ited previously ---when we were lacking adequate tools [gads, hammers] to collect the most desirable materials. After a short hike we spent the full morning banging out soccer ball sized material. It contained both reds and purples that will work up very, very well. It is a site that well warrants future returns. That afternoon we headed north on Ca. HWY 95 to the Havasu Lake Rd. and then east towards the Colorado River---again to collect Agate, Jasper and Pastilite. A complete hill of Antique White Agate [with red and blue inclusions] exists right next to where you park.

In addition, several ridges/acres of materials, of various grades and type, were found within a half mile radius. One needs some experience with this site in order to select the best materials. We collected enough to be "better educated" about what to select on future visits. A second site is reputed to be about 3 miles further down the road [with some geodes] but the rapidly-lowering sun cut off our day.

The next morning we headed to the Planet Mine--located NE of Parker. The area has shafts, washes, and pits spread over a mile radius---and all contain abundant Hematite and Copper materials --of all sizes. If you are a mineral addict, and well schooled in their identification, it's a collectors dream ----most of what we got is likely yard rock [but pretty]. Down the Swansee Road, about 2 miles, is another mine site containing highly colorful Botryoidal Hematite/Copper specimens. We have collected there in the past but skipped it this time. The trip to the Planet Mine is worthwhile, even if you are not a rockhound, just for the raw scenic beauty.

We picked up stakes the next AM and proceeded to Plomosa Road--just north of Quartzsite. We would be joining members of the YOTMC --and we also hoped some of our local club members to show. There are at least four collecting areas that we know of, just off Plomosa Road, between HWY 95 and Bouse. The first, located right at the pass, is a long wash with abundant seams of green-banded Rhyolite--it is hard and works well. As with most Rhyolite, you need to select the better color combinations and the very hardest. We have been there in the past, but skipped it this time.

The second site, some 5 miles further down the road, consists of a 1/4 mile long outcrop of what locals call "Bacon Rock" Travertine. Pieces can be hammered out, with bands of red, blue, and other colors, of about any size you have the energy to remove. We collected enough for spheres.

The third site, located about 3 miles before Bouse, consists of two long ridges of lapidary grade Hematite. Bubbled specimens are especially prized for

jewelry. On the SW side of these ridges, colorful Jasper can be found as float and in seams. The float is heavily varnished, and edges must be chipped to identify it. Long seams are often found following heavy rains -- according to locals. We found none --but did get interesting float.

The fourth site, at least that we found, is about 1 1/2 mile NE of "downtown" Bouse. The site again has colorful Agate/Jasper spread over a very large area. Large pieces were scarce, but the area has real promise---we will return and try digging in the future. We collected several pounds and will be a better judge as to what to collect next time.

The YOTMC group typically has several field trips planned--before the POW WOW--but not this year. We did take a one-day trip with some members out NW of Quartzsite on Moon Mountain Road ---past the Sunset Marble Mine and to the Dome Basin Mine --at the road end. We were in search of rumored Wood ---but we found none. We did find, however, lots of snowy Quartz, Copper Materials, and Marble----and eight Desert Mountain Sheep. We did manage to collect specimens of each that was of interest to each of us----except for the sheep!!!

We visited the hills, just short of the Marble Mine, the next day--interesting Quartz specimens had been reported there. [on the Federation DVD] The area is indeed full of Quartz seams of various colors and size. If Quartz is your thing, it's well worth a visit. We briefly visited the sites just a few miles SW of Quartzsite, but collected little. Both have good carving material and also lots of minerals that may be of interest. [For more info, get the Federation DVD].

The Brenda area, out East of Quartzsite, also offers some excellent Red Jaspers --we did not make it there this visit, but it's always worthwhile and should be high on your "must visit" list. We spent the balance of our time at the various Rock Shows offered at Quartzsite [Desert Gardens, POW WOW, etc.] They were enjoyable and managed to take a sizable amount of our money. The YOTMC also held their annual auction during the POW WOW week and it was an excellent event.

We would recommend most of the sites we visited to future Quartzsite visitors. You need to keep in mind that these areas have been collected for years, but there is still a lot there. The Roadrunner club hosts field trips during the POW WOW and the YOTMC typically the week before.

Larry and Winnie Moore, and Ed and Eileen Furner

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Santa Clara Valley Gem and Mineral Society  
General Meeting Minutes  
August 26, 2008

President Randy Harris called the meeting to order at 7:53 PM at the Cabana Club in Los Gatos. Members and guests were welcomed. Minutes of the July 22, 2008 meeting were approved as printed in the Breccia. The next board meeting will be at Dean Welder's home on August 28 at 6:30 PM. Dinner will be served at the board meeting.

**Correspondence:** Thank you note from Jessica Kernan to the DRC committee, thank you note from Jessica Kernan to the society in general, note from Mary Brown, show fliers for the Sequoia Club (September 20-21) and Placerville Club (October 18-19).

**New Members:** None were present to receive their new member packets.

**Time and Talent sheets:** President Randy Harris asked all members to complete their Time and Talent sheet and turn them in to him after the meeting.

**Bylaws:** President Randy Harris read the following recommended changes to the Bylaws to the membership body, and the following action was taken on each recommended change.

**M/S/P** Article II, Section 2: We recommend deleting the following sentence: "Members who fail to exhibit shall be liable to suspension from membership by the Society at its discretion."

**M/S/P** Article III, Section 4: We recommend deleting "who personally know the applicants" from the sentence "All persons who apply for membership shall be sponsored by two members in good standing who personally know the applicants."

**M/S/P** Article IV, Section 4: We recommend changing "Failure to appear in his or her behalf shall be construed as an admission of guilt, and the penalty will be automatic expulsion from the Society." to "The penalty for failure to appear will be automatic expulsion from the Society."

**M/S/P** Article VI, Section 7: We recommend changing "The Federation Director or the Alternate Federation Director shall be required to report on Federation activities the month following Federation meetings. to "The Federation Director or the Alternate Federation Director is to represent the society at all Federation meetings, and report on Federation activities the month following the Federation meetings."

**M/S/P** Article VII, Section 1: second paragraph: We recommend that the following be added to the end of the second paragraph: "This list shall be published in the following issue of the Breccia."

**Study Groups Reports:** See study group reports in Breccia for all groups. Contact the group leaders for info, dates, and times.

**Donation Receiving Committee:** Bus trip is full, see Pat Speece for more info.

**Federation Director's Report:** AFMS show in Houston in September, CFMS regular meeting in Visalia in November, 2009 CFMS Show in April in San Jose.

**Sunshine Report:** Ernestine has not been contacted by anyone.

**Hospitality:** Chris Cherry reported that we had 43 members and 3 guests present.

**2008 show:** Frank Mullaney presented Marc Mullaney with a thank you gift for being our 2008 show chairman.

**2009 SCVGMS/CFMS show report:** Frank Mullaney handed out show committee chairman buttons for each of the '09 Show positions that have been filled. He has the following positions that still need someone to administer: Hospitality chairman(s), Speaker Coordinator, Cracker Barrel chairman, and Raffle chairman. Anyone interested in any of these positions should speak to Frank. Fliers are being distributed to area schools that will be in session during the week of the show. "Play Days" will be scheduled to help different areas of the show. Next show meeting will be at Ruth Bailey's home on September 8<sup>th</sup> at 7:30 PM.

**Field trips:** Dean Welder announced two field trips that he just received, one to Cedarville and one field trip to Austin, Nevada. See Breccia for a more information on field trips.

**PLAC Report:** Frank Monez reported that most of the information that he has been receiving relates to other states and their land use issues. He has not received any new information that relates to California.

**Santa Clara County Fairgrounds:-** Chris Cherry reported that the Santa Clara County Board of Supervisors is introducing a possible mixed use development concept for the 150 acres fairgrounds site. Future plans may include eliminating or downsizing the fairgrounds venue. The county has held three public meetings thus far, August 13th, 21st, and 26th. These meeting were to present and get public feedback on the idea of developing the fairgrounds property. Chris attended each of these meetings; spoke with the county's preferred developer; and at his request presented the developer with a brief summary history of our organization and use of the fairgrounds, an outline of our contributions to the youth in Santa Clara County, and preliminary High Level of requirements for a facility. The next meeting will be between the City of San Jose and the County of Santa Clara on September 9<sup>th</sup>. Club members are encouraged to attend upcoming meetings. The SCVGMS Board of Directors will be developing a strategy for our society's response to the Santa Clara County Board of Supervisor's request for input from venue users.

**Member Displays:** See Breccia

**Program:** Ruth Bailey presented a program on planning and building a display case.

Meeting adjourned at 9:20 PM

Respectfully submitted

by June Harris for John Eichhorn, Secretary

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Santa Clara Valley Gem and Mineral Society  
Board Meeting minutes  
August 28, 2008

President Randy Harris called the meeting to order at 7:30 PM at the home of Dean Welder. All board members were present except John Eichhorn, Rick Kennedy, and Frank Monez. M/S/P (F. Mullaney, R. Bailey) to postpone reading of the July board meeting minutes until the September meeting.

**Treasurer Report:** We were able to obtain our previous post office box. M/S/P (R. Bailey, M. Paone) to pay the bills. Frank distributed the list of members who have not paid their dues. M/S/P (F. Mullaney, R.Owen) to have secretary, John Eichhorn, send reminder letters to our delinquent members. M/S/P (R. Bailey, R.Owen ) to have Frank Mullaney renew our CD for the best possible rate and term.

M/S/P ( R. Owen/R. Bailey) to have Frank Mullaney call the coach service for the Jade Festival trip, verify the amount of the bill, and pay the outstanding balance.

**Secretary:** Remind John Eichhorn to contact San Jose State University, University of California at Santa Cruz, and California State University East Bay about scholarship selection.

**Installation Dinner:** Michael Paone reported that Willow Street can provide our Installation Dinner with the following items: Roasted sliced tri tip, Fettuccine chicken tequila, wild mushroom pesto penne, romaine gorgonzola salad, mixed grilled vegetables, bread and butter, tiramisu and caramel apple bread pudding. The cost per person will be \$20.30. The price includes delivery, setup, plates, utensils, and napkins. Meal will be buffet style. Flier will be placed in the Breccia., Deadline for reservations will be the November 25, 2008 meeting. Maximum of 60 people may attend. M/S/P (R. Bailey, F. Mullaney) that we accept the menu as stated from Willow Street and charge \$10.00 per adult/ \$5.00 per child under twelve.

**Program:** September program will be first choice, intarsia; second choice, copper. June Harris will make reservations for the DVD or video and obtain the program from Bill Gissler.

**Demo Days:** A suggestion was made to have club members invite non-club members to Demo Day. Consensus was that it was a great outreach program and we need to continue to hold Demo Days. It was also suggested to have some of our "Play Days" (work days for the show) held at the Cabana Club during the Demo Day.

**Show 2009- Club activities-**

**Kids Area** (June Harris) Keep the number of attendees to the kids area relatively the same size as the 2008 show. M/S/P (M. Mullaney, D. Welder) authorize June Harris to purchase the materials to build a case for the volcano display.

**Scholarship booth** (M.Paone, N. Reineking, C.Cherry) passed out a spread sheet for scholarship booth> It included description of featured areas, staffing estimates, needs and prep work, status of booth. Scholarship booth to have an additional of prize wheel, prize ball machine, new gender neutral bracelets, new plaster of paris fossil painting. M/S/P (M. Mullaney, M. Paone) that we move forward on making the molds for the fossil impressions. M/S/P to spend up to \$300.00 for the prize ball machine, extra coin slots, and 2000 prize balls. The DRC will be asked to provide rough rock to sell at the scholarship booth. The Scholarship booth team feels it is important that the scholarship booth supports education, scholarships, and fun.

**Raffle:** Frank had draft copy of the ticket for the raffle. Grand prize is a Barranca diamond-wheel grinder. Second prize is a pair of Benitoite earring valued at \$250.00, donated by Earth's Treasures. Frank will make corrections to the raffle tickets prior to printing. A color picture of top prizes was suggested for member club packets at CFMS annual meeting. M/S/P (F. Mullaney, R. Bailey) to have Frank Mullaney print 5000 raffle tickets.

**Membership cards:** Frank distributed a sample of new membership card. M/S/P (M. Paone, R.Bailey) to print up new membership cards on business card stock.

**Trailer Inventory and Case maintenance:** Case maintenance will be October 4 & 5 at Ruth Bailey's home. Frank will contact with Herb Vogel and have him to move trailer with the cases on Friday, October 3, to Ruth's home and back to the storage facility on Monday, October 6.

**Santa Clara County Fairgrounds discussion:** Need to assemble a committee whose main purpose is to follow and report the progress on the fair ground redevelopment project and to convey the concerns of the SCVGMS to the governing bodies and developers. This committee needs to submit a letter/plan to SCVGMS Board for approval, committee must be able to focus exclusively on the SCVGMS approved plan. M/S/P (M. Mullaney, F. Mullaney) that we form a fairgrounds response committee, that all communication with the Santa Clara County (S.C.Co.) Board of Supervisors and its developers will be submitted to the SCVGMS Board, via email, prior to giving to the S.C.Co. Board of supervisors, and two of the committee members will be designated as point people Committee to be determined by the president.

Motion to adjourn at 8:50 PM( F.Mullaney)

Respectfully submitted,  
June Harris for John Eichhorn, Secretary

Santa Clara Valley Gem and Mineral Society  
Treasurer's Report  
August 29, 2008

Beginning Balance:		\$11,218.94
Receipts:		
Jade Festival Bus Trip	\$400.00	
Picnic Raffle	\$ 34.00	
Advertising Breccia	\$ 50.00	
Dues	\$ 80.00	
Sale of food at Founder's Day BBQ	\$ 31.00	
Interest	<u>\$ 8.91</u>	
Total Receipts	\$603.91	
Disbursements		
Kids Area fabric for rock bags	\$233.12	
Choate Award	\$ 37.89	
Founder's Day Picnic/BBQ	\$371.45	
Phone Bill	\$ 21.86	
August Breccia Expressions	\$ 54.56	
Post Office Box Expense	\$140.00	
Kids Area	\$150.68	
Club Raffle	<u>\$433.00</u>	
Total Disbursements	\$1,442.56	
Ending Balance		\$10,380.29