

The CMS Tumbler

March 2021

The monthly newsletter of the Cascade Mineralogical Society, Inc., Kent, Washington

Next Online Meeting: March 11, 2021 7:00 p.m.

(See page 5 for more details.)



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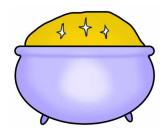
Website: https://www.cascademineralogicalsociety.org Club Facebook: https://www.facebook.com/CasMinSoc/ Show Facebook: https://www.facebook.com/cascadegemandmineralshow Instagram: https://www.instagram.com/cascadegemandmineralshow/

This month remember
to wish a
Happy Birthday to
Merriann Fu on March 2
Dale Ehrenheim on March 10
Scott Medlin on March 17
Lloyd Shoemaker on March 18
Kim Byers on March 30
Jacqueline Pattie on March 31

and also remember to wish a Happy Anniversary to

<u>Maynard & Kim Byers on March 3</u> John & Brenda Haworth on March 28 (57 years)





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Tips, suggestions, recipes and experiments printed in this newsletter are the experiences and/or opinions of the individuals submitting them. We are not responsible for their authenticity, safety, or reliability. Caution and safety should always be practiced when trying out any new idea.

CMS Club Address 25838 W LK Wilderness Dr. SE. Maple Valley, WA. 98038 Keith Alan Morgan, Editor 3802 W Tapps Dr. E Lake Tapps, WA 98391 Postal, or Email, Exchange Bulletins are welcome. Email preferred. greenrockdraggin@yahoo.com

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2021 CMS Dues are \$15 per year per family Pay online, by mail, or at our meetings.

Mailing Address: Charles Benedict, 25838 W Lk Wilderness Dr SE, Maple Valley WA 98038

You can pay your dues via credit card!! We now accept all cards through our website or at the meeting.

You can renew your membership or enroll as a new member and pay your dues all in one shot online. You will find it under the "Membership" tab on our website. http://www.cascademineralogicalsociety.org

The object of the Society shall be to stimulate interest in the study of the earth sciences, lapidary arts and related subjects.

This Society is affiliated with the American Federation of Mineralogical Societies; the Northwest Federation of Mineralogical Societies; and the Washington State Mineral Council.

Every member of the club should be receiving a copy of the Northwest Newsletter. If you are not receiving a copy contact Mike Blanton in person or by telephone at (425) 271 -8757 or by computer at mblanton41@hotmail.com

To get information to the Tumbler via the Internet send it to greenrockdraggin@yahoo.com Please put Tumbler and subject in the Subject Line. The deadline is the 20th of each month.

March

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	Zoom Board Meeting 7:00 pm	9	10	Zoom General Meeting 7:00 pm	12	13
14	15	16	17	18	19	Baker Lake Swift Creek Field Trip
21	22	23	24	25	26	27
28	29	30	31			

CMS Show Committee Meeting:...Canceled

CMS Board Meeting:.....Monday, Month 8.....7:00 pm to 8:00 pm

CMS General Meeting:.....2nd Thursday, Month 11......7:00 pm to 9:00 pm

Lapidary Class Hours:.....By appointment, call to set a time & day for your lesson (425) 226-3154
Lapidary Shop Hours:.....Most Tuesdays.......2:00 pm to 5:00 p, call ahead (425) 226-3154
Lapidary Shop Hours:......3rd Saturday.........by appointment only (call a few days ahead to set time)

More Field Trip info can be found on Page 11 More Show info can be found on Page 12

Gertrude & Brunhilda | Hey! Let's | try over there, | Instead! | Don't chase rainbows while ignoring what's underfoot

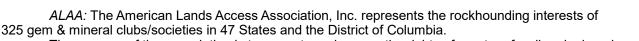
Our Club is a Member of these Federations and Associations

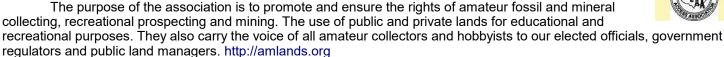
AFMS: The AFMS governs our Northwest Federation. http://amfed.org/index.html The bulletins are published quarterly. You can find the news bulletins at http://amfed.org/news/default.htm



NFMS: The Northwest Federation is our home federation. To keep up on the goings on in our own backyard. http://northwestfederation.org/

The link for the news bulletins is http://northwestfederation.org/Newsletters.asp





The front page also has a lot of current news, rockhounding restrictions or lack of, etc. http://amlands.org ALAA also publishes a quarterly newsletter. To keep up on the news and lobby efforts on our behalf check out http://amlands.org/

Washington State Mineral Council: The Washington State Mineral Council is dedicated to the location and conservation of rock and mineral sites of interest to the rockhounds of Washington state. https://mineralcouncil.wordpress.com/

You can find a database of local rock and gems shows and field trips. It's a great resource if you want to plan on outing.

Also check out "Misc. News" for all the latest updates on collecting sites around Washington. https://mineralcouncil.wordpress.com/news-updates/

When the weather is good they have regular monthly field trips. So take advantage of these great outdoor rockhounding adventures! The field trip details are under "Field Trips" on the left side of the side. Check out the link for additional details for time and place to meet and the field trip leader.

You can find all this information and a whole lot more about what is happening in our state at https://mineralcouncil.wordpress.com/



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.

from the AFMS website

Young Richard's Almanac by Dick Morgan

People are the same all over the world. They have the same dreams, hopes and fears. You can meet people who could become your worst enemy or best friend. Show your best face when you meet someone new.









CMS Board Meeting Minutes February 8, 2021

Canceled.

CMS General Meeting Minutes February 11, 2021

by Pete Williams, 2021 Secretary

Meeting called to order at 7:10

Kat indicated this was the club's first general meeting in a year due to the pandemic. About 20 people attended the Zoom meeting. There have been a few new members that have joined over the last year. There are currently 55 family memberships.

Our club has placed well in the NFMS competitions. We placed 1st for bulletin, historical article, cartoon, and puzzle. We placed 2nd for article on collecting locations and government regulations. All winners will move on to the national AFMS competition.

Bob mentioned that in the next bulletin there will be an article on a bill that was passed about 2 years ago that affects about one million acres of land.

The program was a video on lapidary tips and tricks. Merriann also showed crystals that her two boys had grown. Meeting adjourned at 7:58

From the Top of the Rock Pile... by Kat Koch, 2021 President

Our first Zoom general meeting was held on February 11th and it went very well for a first attempt. We had 12 sign-ons with 19 people in attendance. 2 of them signed on incognito and watched and listened to the entire meeting. It was nice to see that several new members attended.

March's general meeting will be held Thursday, March 11th at 7 pm. You will get an email the first week of March giving you the link for joining the meeting.

If some of you feel shy attending a Zoom meeting because you are camera shy, you can always attend a meeting without video but with audio on, or both video and audio off (incognito).

In order to attend a Zoom meeting you need to download the app no matter what type of device you are on. Then setup an account for yourself.

Now here is where the good part comes in where you can make yourself look awesome!

There are filters that make you look better on camera. Here is how you access them:

- 1. Sign into your Zoom account.
- 2. Click on your profile picture.
- 3. Click the Background & Filters tab.
- 4. Click the Video Filters tab.
- 5. Select the desired beauty filter. The filters can smooth out your complexion, adjust your lighting, give you a background of your choosing, etc. You can try several of them and keep the one you like best. Zoom will now keep this setting for all Zoom sessions. You can always go back into the settings at any time and change the filter.

Now let's all jump in with both feet and attend our March general meeting!

The Board meeting will be held Monday before the 2nd Thursday of each month. March's Zoom Board meeting will be on Monday, March 8th at 7 pm. We will continue with all meetings being held on Zoom until we can once again meet inperson.

I encourage everyone to join us in a Board meeting as you will learn everything that goes on behind the scenes in running our club. You will also have to opportunity to ask questions of the Board members. If you would like to join a Board meeting please send me an email message to president@cascademineralogicslsociety.org and I will send you the the meeting link.

We continue to get new members via our website. I want to welcome each of you to our great rock club. I hope we get to meet each other in a Zoom meetings.

Anyone that joined our club from September 11, 2020 thru December 31, 2020 (last year) your membership is good for all of 2021.

Stay home, always wear a mask if you have to go out, and be sure to sanitize your hands constantly. I hope everyone stays safe and healthy as we all want to see each other this year.



Former member Page Lane is asking for help from old time members. Her husband Alec Lane has dementia and wants to find a white racing model plane he brought to the old club shop back when our club was still the Boeing

Employees' Mineralogical Society. Does anyone remember this plane and what may have happened to it?

Send info to the editor's email address greenrockdraggin@yahoo.com and he will pass on the information.



Lower Dues for 2021

2021 club membership dues is \$15 for a family or individual!

The Board has approved a temporary reduction in our dues for 2021 only to \$15 per family or individual.

Even though we are not presently holding in-person general meetings we are now having our monthly general meetings via Zoom. Our general meeting day is the 2nd Thursdays of each month at 7 pm.



Please mark your calendars once again for our meetings and then check your email the 1st week of the month for the Zoom meeting link.

From our website you can use a credit card to renew your membership. You can also mail a check to CMS, c/o Charles Benedict, 25838 W. Lake Wilderness Dr. SE, Maple Valley WA 98038.

March 2021 Meetings

The General Meeting for March will be an online Zoom meeting on March 11th at 7 pm.

We have 2 topics this month. Roger will give a brief talk about our first field trip of 2021. Let us hope the snows and weather cooperate so we can all go rock hounding.

Then our club member, Terri Gerard, will show us a video she has made of her sphere collection. She has over 70 spheres. She has selected a few of her favorites to show us plus her malachite egg. Then she has a new collection she has just starting to build. She has an indoor waterfall and she is collecting very nicely carved rock frogs to place around her fountain.

The link for the meeting will be in your email around the first week of March.

Everyone stay home and be safe. If you have to go out be sure to wear a mask.

Hopefully we will see each other by spring.

February CMS Correction! Please Read by Mike Blanton & Kat Koch

The following appeared in the CMS Tumbler – February issue on page 12:

"For a lubricant in slab and trim saws, radiator antifreeze can be used as a cooling agent. It has no odor, and will not rust your saw or evaporate. In addition, it lubricates well and being very soluble in water, is easier to clean from the rocks and your hands.

via Breccia, 8/20; from San Fernando Valley Mineral and Gem Society, 1975"

Alert if you intend to use antifreeze as a lubricant!

There are 2 types of antifreeze. One type is VERY poisonous. The other is safe.

How can you tell the difference between the two types and which one is safe to use as a saw lubricant?

Ethylene glycol is VERY toxic to humans, pets, wildlife, etc.

Ethylene glycol is blue or fluorescent green - DO NOT USE AS A SAW LUBRICANT!



Propylene glycol (for RV water systems) has a very low toxicity, which is why it is also found in some soft drinks, cosmetics and personal care products. Still it is poisonous and must be handled with caution to restrict any human or animal exposure.

Propylene glycol is pink – This is the one that is safe to use as a saw lubricant!



New Actions for Federal Lands by Bob Pattie

Over the past 2 years I have discussed the Senate Bill #47 that was introduced in the Senate on January 8, 2019. This was an umbrella bill that included over 100 pieced of legislation. It was passed in the Senate and House in February and President Donald Trump signed it into law on March 12, 2019. It has changed its name to the John D. Dingell Jr. Conservation, Management, and Recreation Act of 2019and is known as an omnibus lands act that protected public lands and modified management provisions.

This is like a developer planning some new homes, you would need to plan for what you are going to do (this is the umbrella bill), then you would need to study, develop the detail plan (get a permit), get the interested parties to agree (EIS), and then funding (authorization for funds).

We have seen a few of the items have started this process, the "Every Kid in a Park" (this is few admissions for fourth grade student), opening of federal lands to hunting, fishing, and shooting (unless closed under certain procedures), several boundaries changes, and a few other items are in various stages. I believe the BLM notice EIS we got last month (Desert Renewable Energy Conservation Plan (DRECP) is also one of the individual pieces in the above law.

This bill has so many different types of actions, such as, land exchanges {90 acres}, management of National Forests {485,000 acres}, new wilderness areas {1,300,000 acres, across 4 states}, withdrawing land for mining uses {340,079 acres}, adding rivers of the National Wild and Scenic Rivers system {500 miles}, studies for new National Historic Sites {5 new sites}, boundaries of exiting sites {10 sites some adding acreage, others renaming}, redesignates several National Park System {8 sites}, establish new National Park System {3 sites}, Miscellaneous management provision, and

new National Heritage areas that it is difficult to keep abreast of current activity.

Everyone that has some time, should read those areas that they have an interest in and pass this information on to others. This bill designated more than 1,300,000 acres of wilderness area, expanded several national parks and other areas of the National Park System, and established four new national monuments while redesignating others. Other provisions included making the Land and Water Conservation Fund permanent, protecting a number of rivers and historic sites, and withdrawing land near Yellowstone National Park and North Cascades National Park from mining. This is effective for the Bureau of Land Management and Forest Service lands which includes about 95% of the federal land in the United States.

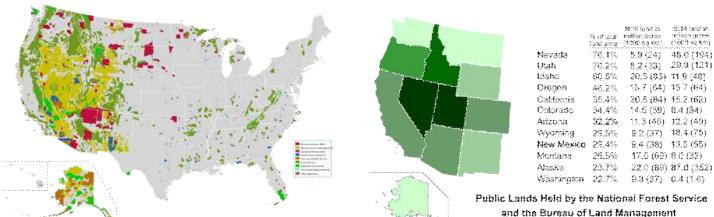
Source of information was primarily from the John D. Dingell Jr. Conservation. Management, and Recreation Act provide by Wikimedia Foundation, Inc. and the text was provided by Creative Commons Attribution-ShareAlike License.

Update of Our Federal Lands Management by Bob Pattie

The federal government owns around 640 million acres of land (about 28 percent) of the 2.27 billion acres of land in the United States. Around 92 percent of federally owned acres are in 12 Western states.

The 2.27 billion acres have been broken up and allocated to many different organizations. The major allocation: was to the states as they were formed, the railroad to assist in getting people to move west and build communities in the west, the homestead act for the settlers, some to the veterans of various wars such as, the Revolutionary War, Civil War, and other major battles, etc. The remaining 640 million acres was primarily allocated to the following agencies.

Four federal agencies—the U.S. National Park Service (NPS), U.S. Fish and Wildlife Service (FWS), and U.S. Bureau of Land Management (BLM) within the U.S. Department of the Interior, and the U.S. Forest Service (USFS) in the U.S. Department of Agriculture—oversee roughly 95 percent, or 608 to 610 million acres, of federal land.



http://www.wildlandfire.com/docs/2007/western-states-data-public-land.htm.

The latest figures I have for Washington State are: Bureau of Land Management (BLM) 437,342 acres – Forest Service (USFS) 9,335,431 acres – Fish and Wildlife Service (FWS) 163,791 acres – National Parks Service (NPS) 1,834,616 acres – Department of Defense (DOD) 421,675 acres.

The total acreage for the state of Washington is 42,693,760 acres of which 12,176,293 is the total Federal Land acreage in Washington.

{Source: U.S. Congressional Research Service, "Federal Land Ownership: Overview and Data"}

Next, I will break out some of the different sections of this land ownership/management for Washington State.



Bureau of Indian Affairs

Bureau of Reclamation

Department of Defense

Fish and Wildlife Service

Tennessee Valley Authority

National Park System

Forest Service

Other agencies

Bureau of Land Management

National Park Service:

Mount Rainier, established on March 2, 1899 with a total of 236,381.64 acres with 1,501,621 visitors in 2019. North Cascades, established on October 2, 1968 with a total of 504,780.94 acres with 38,208 visitors in 2019. Olympic, established on June 29, 1938 with a total of 922,649.41 acres with 3,245,806 visitors in 2019. A total of about 1,664,000 acres this includes other lands/building such as National Heritage, etc.

Forest Service units:

Colville NFS – 954,668 acres
Gifford Pinchot NFS – 1,312,274 acres
Idaho Panhandle Coeur d'Alene, St. Joe, Kanisku (Idaho, Montana, Washington)–3,074,438acres
Mount Baker-Snoqualmie NFS – 2,562,955 acres
Okanogan-Wenatchee NFS – 4,255,572 acres
Olympic NFS -- 631,808 acres

Umatilla NFS (Washington, Oregon)- 1,405,898 acres

A total of about 14,197,613 acres, this includes some land in common forest such as the Idaho Panhandle and Umatilla areas.

Wilderness areas:

The Wilderness areas are included in various other federal land management district. They may be in two different NFS area or maybe one or two units of a National Park and a Forest Service area, or across a Wildlife Refuge or other piece of Federal Land. My latest count was 30 different Wilderness areas in the state, with the major located within a National Forest is about 2,781,000 acres, and in the National Parks in Washington about 1,511,000 acres with the remaining in various other agencies.

{The source of the numbers come from the webpages of the BLM and NFS agencies and from Wikipedia, the free encyclopedia, under Federal Land Ownership.}

When the United States was making major decision about all the land it had acquired, it decide they some would be set aside for recreation (the National Parks), some mining minerals for our manufactories and other uses (BLM), our Native citizens (Bureau of Indian Affairs), Department of Defense (DOD), the Forest Service (NFS) in the Department of Agriculture and other agencies.

The NFS land was intended for the use of the common citizen to use and not abused. Since that time, many usages have been added to the NFS management/duties such as fire protection, protection the Wilderness areas, grazing etc. This has developed in the BLM handling the below the surface and NFS the above the surface and with coordination between the two organization.

What does this mean to the average non-commercial rock collector? First, with the many different management emphasis and in some case on the same piece of land, it is difficult to keep track of the rules/laws for some collection sites. Second, with congressional bills like the "John D. Dingell Jr. Conservation, Management, and Recreation Act of 2019" effecting about 2,125,000 acres of land current management policies and just keeping current is a major task. Third, I believe that we will need to monitor all 100 separate bill that make up of above bill to see if they follow along with the original intent or has it grown. Fourth, with this many bill's they are many chances for some to pass through the system with much/any review.

What can the non-commercial rockhound/collector do at this stage? We should follow along with the status of each part as it is being implemented. If you have an opinion about the decision let the author know this by writing a letter.



2021 NFMS Contest Winners

Here are the results for our entries in the various NFMS contests. Our club did guite well.

Congratulations to the the winners for submissions based on the past year of 2020:

1st Place Website - Cascade Mineralogical Society, Kent, WA

Mark Hohn, Webmaster

1st Place Monthly Bulletin - Small: Cascade Mineralogical Society, Kent, WA

Keith Morgan, Editor

2nd Place Article – Category B Collecting Localities: Cascade Mineralogical Society, Kent, WA "Recent Government Activities, author Bob Pattie"

1st Place Article - Category D Science: Cascade Mineralogical Society, Kent, WA

"New Evidence When Humans Came to North America, author Kat Koch"

1st Place Article – Category F Cartoon: Cascade Mineralogical Society, Kent, WA
Drawn by Keith Morgan

1st Place Article – Category H Puzzle: Cascade Mineralogical Society, Kent, WA

Created by Keith Morgan

1st Place Article – Written Feature - Category B Historical: Cascade Mineralogical Society, Kent, WA "Silverton Colorado – A Silver Mining Town and My Family History, Author Kat Koch"

These winners now move on the national AFMS contest. The AFMS national winners will be announced at the AFMS annual convention, Sublette County Rock Hounds' Annual Gem & Mineral Show, Rock & Roll with Wyoming Rocks in Big Piney, Montana, June 18-20, 2021.

Additional Note: Submissions were judged by independent judges that had no affiliation with any of the clubs that made submissions.

Are Scarabs and Dung Beetles the Same? by Kat Koch

Did the Egyptians really wear dung beetles as jewelry and worship their god Khepri who resembled a dung beetle? Do modern people wear fossilized dung beetles or proudly display them in their collection?

Please tell me scarabs are a completely different insect. It's gross to think of wearing a dung beetle or revering

Well the scared scarab of Egypt are a dung beetle sub-species, scarabaeinae, that lived or lives off the fecal waste from herbivorous animals.

Worldwide there are over 30,000 scarab species and many of them have vibrant metallic colors. They range in size from .08 inches to 6.75 inches. June bugs, the Japanese beetle and the enormous rhinoceros beetle are also scarabs. Scientists have found fossil beetles and dung balls dating back as far as 30 millions ago.

The scarabs or dung beetles live off their favorite meal in many different ways. The scarab the Egyptians revered started in the morning rolling their meals into perfect balls several times their size. They then rolled it using their hind legs to a place where they could bury it by sunset.

The Egyptians' solar god Khepri, a scarab faced humanoid figure, roll the sun across the sky, buried it at sunset, and dug it back up on the eastern horizon at dawn. Khepri also represented creation and the renewal of life plus the morning manifestation of the sun god Ra.

If you would to read more on line here are some active links:

https://www.wired.com/2014/07/fantastically-wrong-dung-beetle-worship/https://www.historytoday.com/archive/foundations/thoth-and-khepri

Bibliography: Wikipedia, Kids Discover, National Geographic, Wired, Thoughtco, History Today



est ja

Japan Law, Tantric Law, Brazil Law & Dauphine Law Twinning Quartz Crystals by Kat Koch

There are many types of twinning law quartz crystals. The Japan Law and the Tantric Twin Law are the easiest to spot or determine. In this article I am only going to address 4 types.

Japan Law Twin: Are composed of two divergent individuals, joined at one end to form the letter "V". The two "C" axes form an angle of 84 ° 33 '; two hexagon faces must be coplanar and parallel to the opposite pair, sometimes they are equally developed to form a heart-shaped tabular crystal.





Tantric Twin Law: The two crystals have grown from the same base but have two distinct terminations. One may be wider and/or taller then the other.



Dauphine (Dolphin) Law Twin: Either only right or only left handed quartz structures are combined in a crystal.

The most prolific area to find this type of "twins" is Brazil.



Brazil (Optical) Law Twin: The right and left hand quartz structures combines into a single crystal. They optical twins. Also known as "optical twinning" because it can only be detected in polarized light.

The most prolific area to find this type of "twins" is Brazil.



Bibliography: The Quartz Page – Denmark, Mindat.org, Pintrest, Faden – Italy, Tulane University, American Mineralogist, Wayback Machine, Crystal Information.

Soung Tumbiers News

Did You Know Our Bodies Need Minerals In Order To Be Healthy? by Kat Koch

Minerals are those elements on the earth and in foods that our bodies need to develop and function normally. So we all eat minerals everyday. Those essential for health include:

<u>Mineral</u>	Why Does Your Body Need It	Foods Rich In This Mineral
Calcium	Healthy bones and teeth, nerve conduction, muscle contraction, blood clotting, production of energy, immunity to disease	Dairy products, leafy greens, broccoli, fish with soft bones and grains.
Phosphorus	Strong bones, all cell functions, cell membranes	Dairy products, fish, meats, poultry, vegetables, eggs
Potassium	Many major biologic processes, muscle contraction, nerve impulses, synthesis of nucleic acids and protein, energy production	Fresh vegetables, fresh fruits
Sodium	Water balance in tissues	Table salt, added to foods by manufacturer
Chlorine	Maintaining body's fluid and electrolyte balances, digestive juices	Table salt
Magnesium	Every major biologic process, use of glucose in the body, synthesis of nucleic acids and protein, cellular energy	Green leafy vegetables, fish, nuts, beans, whole grains
Iron	Carries oxygen from the lungs to all parts of the body and to make certain hormones.	Lean meat, seafood, poultry, beans, whole grains, nuts, seeds, legumes, and leafy greens
Zinc	Creation of DNA, growth of cells, building proteins, healing damaged tissue, and supporting a healthy immune system	Shell fish, beef, poultry, pork, legumes, nuts, seeds whole grains
lodine	To make thyroid hormones. These hormones control the body's metabolism and many other important functions.	lodized salt, Greek yogurt, oysters and eggs.
Chromium	Enhances the action of the hormone insulin. It is also involved in the breakdown and absorption of carbohydrate, proteins, and fats	Whole grains, broccoli, green beans, potatoes, apples, bananas, beef, poultry, eggs, coffee
Copper	Healthy metabolism, promotes strong and healthy bones and ensures your nervous system works properly.	Nuts and seeds, organ meats, oysters, leafy green vegetables.
Fluoride	Prevent tooth decay, keep bones strong.	Grape fruit juice, Blue Crab, shrimp, tap water, raisins.
Molybdenum	It processes proteins and genetic material like DNA. It also helps to break down drugs and toxic substances.	Legumes, whole grains, bananas, leafy vegetables, dairy products.
Manganese	It helps with protein and amino acid digestion and utilization, as well as the metabolism of cholesterol and carbohydrates	Legumes, shell fish, spinach, pineapple, black tea.
Sulfur	Sulfur-containing amino acids	Onions, garlic, eggs, meat, dairy products
Cobalt	Essential for the function of cells. The production of red blood cells and the production of antibacterial and antiviral compounds that prevent infections.	Fish, nuts, leafy greens, oats
Selenium	Help to make DNA and protect against cell damage and infections	Fin fish, shell fish, beef, turkey, chicken, beans, lentils

Bibliography: National Institute of Health, Texas Heart Organization, MedlinePlus.gov, Harvard, My Food Data.

Field Trips

March 20

Cascade Mineralogical Society - Baker Lake / Swift Creek - agate/jasper/nephrite jade Roger Danneman roger.danneman@gmail.com; 425-228-8781 hm or 425-757-3506 cell

Notice to our membership. CMS wanted to make you aware of the two big sales happening this month. CMS is not hosting the sales just sharing the information.

2 Huge Rock Sales

This is going to be a big sale and you can be a part of it!

We are selling our 40-year rock collection, equipment, tools, supplies, books, and fine jewelry.

If you are a collector, browser, or looky-loo come on over, lots to see and buy.

Dates and Time: March 6 and 7: 9 am to 4 pm Address: 9926 Elliott Rd, Snohomish, WA 98296

We will be selling large rocks, buckets, crates, slabs, the little good stuff, tumbling material, grit, equipment and a barn and pasture full more. We are on rain or shine. Wear a mask and maintain distance. Watch for directional signs from Hwy 9.

We-R-Spherious

Selling both rough rock and spheres. Great prices.

Everyone is welcome to come and browse as there is a lot to see and for sale. Hope to see everyone there as it's a good reason to get out of the house and get in some quality rock hounding time!

Dates and Time: March 13, 9 am to 3 pm

Address: 4707 Strumme Rd, Bothell, WA 98012

Junior Activities 2021 National Youth Poster Contest: "Rockin' Around the USA" by Jim Brace-

Thomson, AFMS Juniors Program Chair & Michelle Cauley

Calling all artists! The North Lakes Academy Rockhounds of the Midwest Federation of Mineralogical and Geological Societies is hosting a National Youth Poster Contest. It is open to any kids in 1st through 8th grade across all seven AFMS regional federations and beyond. The theme is "Rockin' Around the USA." Participating kids should pick a rock or mineral found in the USA that they are passionate about, create a poster about it, and provide a brief explanation of why they like that particular rock so much. OR they can pick a location in the USA where they LOVE to go rockhounding and craft a poster around that while providing a brief write-up about where it is, what they have found, and why others should go there.

Posters will be judged by grade level with ribbons and prizes awarded for 1st through 5th place in each grade. Overall Champions will also be selected and will receive a prize.

Here are the rules:

All entries must be presented on 12"X18" paper.

Include name, address, and school grade of participant on BACK of the poster.

A title should be on the FRONT of the poster.

Artwork can be done by pen, ink, crayons, magic markers, paint, print, photography or any other artist's medium, but no three dimensional posters will be accepted.

Accompany the poster with the background information requested in the 1st paragraph above.

Posters will not be able to be returned.

Posters postmarked after the deadline will not be accepted. (Please allow a week for mailing.)

All entries become property of the North Lakes Academy Rockhounds and AFMS.

Judges will award points as follows: 30 points for originality and art work; 10 points for title (including theme organization, design, spelling, grammar); and 20 points for background information, facts, and details provided.

Posters and accompanying background info should be sent to Michelle Cauley, c/o North Lakes Academy Rockhounds, 4576 232nd Street North, Forest Lake, Minnesota 55025. Entries must be postmarked by May 1, 2021. Direct any questions to Michelle by email at mcauley@northlakesacademy.org and see further contest information on the AFMS website at http://www.amfed.org/kids.htm from AFMS Newsletter, 2/21

Salty Seas Make Lightning Brighter by Kat Koch

"Salt seems to be the reason why bolts are brighter over the ocean than over land but much more research needs to be done," said University of Washington earth sciences professor Robert Holzworth, who manages the World Wide Lightning Location Network.

Here are some active links if you would like to read more:

https://www.hakaimagazine.com/news/salty-seas-make-lightning-brighter/ https://www.news4jax.com/weather/2017/08/01/lightning-more-powerful-over-ocean-than-land/



Show

March 27 & 28: Saturday 10 am - 6 pm; Sunday 10 am - 5 pm

Sweet Home Rock & Mineral Society, 72nd Annual Rock & Mineral Show

Sweet Home HS Activity Gym

1641 Long St.

Sweet Home, Oregon

Maintaining That Sparkle

It's an easy thing to forget but you must agree that we, as gem cutters, see gemstones at their very best. They can never be as clean and shiny as they are after the cleaning they get following their removal from the dop stick. Many of our own stones spend most of their "lives" in little hygienic display boxes where dirt, dust, grease or grime can't violate their beauty. A gemstone, which has been set in jewelry and actually worn fairly often, well, that's a different story! How often have you seen one of your creations after one of "them" has worn it for six months or so? They show them to us proudly, "See, it's just as pretty as ever!" while we choke and wonder if it really is the same gemstone. I have seen terrific topazes, grand garnets, and beautiful beryls reduced to the appearance of ground glass due to the dirt and grime covering their surfaces. I have seen a \$6,000 diamond solitaire so well "disguised" that even it could not exhibit one single flash of brilliance, fire or dispersion! It's almost criminal and perhaps there "oughta be a law!" Since there is no such law, we must do all we can to alert people to the benefits of regularly cleaning their jewelry. Perhaps, to be convincing, when a gemstone changes hands, a little demonstration is in order. Have a grimy gem handy and let them examine it before and after cleaning. Seeing is usually believing. As far as cleaning itself is concerned, I usually go beyond the normal soaking in a cleaner or solution of soapy water. I try to get a little brush (toothbrush in a pinch) up at the gem's pavilion and scrub it as well as possible. Even ultrasonic cleaning can't always remove a thick accumulation of grime here. Another soaking and then a good rinse follow this procedure. Some rings will respond to a guick scrubbing with toothpaste, silver in particular, and this will do when in a hurry. On a relative scale, a dirty gemstone is much like a shirt or blouse which has had 1/4" of dirt troweled over it. We wouldn't think of wearing that in public or private! Even so, many of "them" think nothing of wearing their jewelry in that condition.

via The Golden Spike News, 1/21; via West Seattle Petroglyphs, 4/08; via Carny Hound, 2/08; from S.C.R.I.B.E. CD, 08

There are three ways to cut palm root and each one will give a different effect. All palm root seems to have a ring of agate around the eye and a colored center. First, you can cut it right down the center. This gives the palm root a woodgrain effect that is striking but it does not show the eye. Second, you can cut squarely across the grain and bring out the round eyes. Lastly, you can cut it diagonally and get an elliptical eye effect. All will give patterns that make showy cabs.

via Breccia, 8/20; from Chip 'N Tumble

Save wear and tear on your expensive diamond trim saw blade, and cut your agate or jasper slab with a glass cutter. Use one with a carbide wheel, not tungsten, and put a, good handle on it so you can bear down hard. Use pliers to break the slab along the scored lines.

via Breccia, 8/20; from The Polished Slab

Trim Sawing: Instead of pushing the slab into the blade and letting the oil spatter all over you — turn the whole unit around so that the saw blade rotates away from you. Then stand to the back side of it and pull the slab into the blade. You can see what you are doing better and your goggles do not get all oil splattered.

via Breccia, 8/20; from The Agatizer

One excellent method used to sharpen saw blades is to mix cement — No Sand —and water in a milk carton. Let harden and cut three or four slices to clean and sharpen the blade.

via Breccia, 8/20; from The Tumble Rumble

Keep your diamond saw blade rotating in the same direction and occasionally to sharpen it make a couple of cuts through a piece of Obsidian.

via Breccia, 8/20; from Rocks and Gems

In sawing geodes or agate-filled nodules, first look for the largest dome on the specimen. This dome was in the upright position when the specimen was forming. Saw through this largest dome, and it is likely you will expose the best "picture" or surface. If the specimen is elongated or egg-shaped, saw length wise in order to obtain the best exposure.

via Breccia, 8/20; from Strata Gems