

The CMS Tumbler



June 2023

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

Next Meeting:
June 8, 2023
7:00 p.m.

American Legion Hall
25406 97th PI S
Kent, WA

The Program is
Rock Bingo
More Info on page 7

No Show & Tell

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Connect with us!

Website: <https://www.cascademineralsociety.org>
 Club Facebook: <https://www.facebook.com/CasMinSoc/>
 Facebook Groups: <https://www.facebook.com/groups/1168207926650075>
 Show Facebook: <https://www.facebook.com/cascadegemandmineralshow>
 Instagram: <https://www.instagram.com/cascaderockclub/>
 YouTube Channel (Please like and subscribe):
https://www.youtube.com/channel/UCaGIJxaWFatV_JjgZRm9ESA



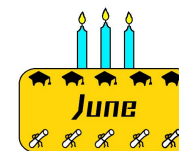
This month remember
to wish a
Happy Birthday to

Michelle Patterson on June 2
Kathryn 'Caly' Jellum on June 4
Beckie Holden on June 4
Noelle Barnes on June 5
Charles Benedict on June 10
Charleen Shoemaker on June 11
Jennifer Salisbury on June 13
John Norgard on June 14
Loren Merriman on June 17
Tammy Carter on June 21
Becky Patterson on June 21
Kylee Brott on June 22
Ashley Rankin on June 27
Dick Morgan on June 29
Brenda Haworth on June 29



and also remember
to wish a
Happy Anniversary to

Jordan & Mrs. Reed on June 5
Cory & Alyssa Elliott on June 18
Christina & Russell Loperman on June 22 (10 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.

Membership Mailing Address:
c/o Ananda Cooley
1909 11th Ave. W
Seattle, WA 98119

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

2023 Elected Officers

President Kat Koch	425-765-5408	president@cascademineralogicalsociety.org
Vice President Linda Jorza	206-478-1642	ljorza@gmail.com
Treasurer Ananda Cooley	206-683-7787	cascademstreasurer@gmail.com
Secretary Pete Williams	425-228-5063	petewill02@gmail.com
Director 1 - Lee Oliver	253-878-2151	loliver4252000@gmail.com
Director 2 - Field Trips Roger Danneman	425-228-8781	roger.danneman@gmail.com
Director 3 - Programs Paul Ahnberg	941-704-2063	runhikebird@icloud.com
Director 4 - At Large Richard Russell	253-736-3693	richru1@yahoo.com
Past President Malcolm Wheeler Sr.	253-569-5185	facetguru@aol.com
Show Coordinator Christina Vitellaro	425-351-4737	bluefirtree@comcast.net
Federation Representative Michael Blanton	425-271-8757	mblanton41@hotmail.com
Federation Representative Kat Koch	425-765-5408	president@cascademineralogicalsociety.org
Mineral Council Diana Horsfall	425-226-3154	dianahorsfall@comcast.net
Mineral Council Ananda Cooley	206-683-7787	cascademstreasurer@gmail.com

2023 Show Committee Chairs

Cascade Coordinator Christina Vitellaro	425-351-4737	bluefirtree@comcast.net
Cascade Co #2 Peggy Shashy	904-655-3241	14thebirds@bellsouth.net
Cascade Co #3	Vacant	
Book Display Cases Peggy Shashy	904-655-3241	14thebirds@bellsouth.net
Show Display Cases Refurbish Roger Danneman	425-228-8781	Roger.Danneman@gmail.com
Mail Flyers Ananda Cooley	206-683-7787	cascademstreasurer@gmail.com
Show Treasurer Pete Williams	425-228-5063	petewill02@gmail.com
Show Silent Auction (shared) Richard Russell	253-736-3693	richru1@yahoo.com
Show Silent Auction (shared) Noelle Barnes	206-914-0514	noelleb@outlook.com
Pre-Show Raffle Case & Donation Requests Kat Koch	425-765-5408	president@cascademineralogicalsociety.org
Show Raffle Case Display Terri Gerard	206-437-0240	eyeballgraphics2002@yahoo.com
Raffle Prize Distribution		
Show Demonstrators Richard Russell	253-736-3693	richru1@yahoo.com
Show Load In/Out		
Show Display Case Presenters Peggy Shashy	904-655-3241	14thebirds@bellsouth.net
Show Road Signs		
Show Event Volunteer Recruiter		
Show Refreshments Angie & Brian Bayer	253-569-0245	Text to her number (no email)
Spinning Wheel Angie & Brian Bayer	253-569-0245	Text to her number (no email)
Show Website Kat Koch	425-765-5408	vendorchair@cascademineralogicalsociety.org
Show Vendor Chairman Kat Koch	425-765-5408	vendorchair@cascademineralogicalsociety.org
Show Food Trucks Paul Arhnberg	941-704-2063	runhikebird@icloud.com

2023 Committee Chairs

Club Historian	Vacant need volunteer	
Donations Kat Koch	425-765-5408	president@cascademineralogicalsociety.org
Field Trip Roger Danneman	425-228-8781	Roger.Danneman@gmail.com
Health & Welfare Bev Williams	425-228-5063	britbev1957@outlook.com
Library Diana Horsfall	425-226-3154	dianahorsfall@comcast.net
Meeting Greeters Angie & Brian Bayer	253-569-0245	Text to her number (no email)
Meeting Programs Paul Arhnberg	941-704-2063	runhikebird@icloud.com
Membership Ananda Cooley	206-683-7787	cascademstreasurer@gmail.com
Newsletter - Tumbler Editor Keith Alan Morgan	253-316-9935	greenrockdraggin@yahoo.com
Shop Instructors (Temp) Roger Danneman	425-228-8781	roger.danneman@gmail.com
Shop Reservations Diana Horsfall	425-226-3154	dianahorsfall@comcast.net
Public Relations Kat Koch	425-765-5408	president@cascademineralogicalsociety.org
Refreshment Angie & Brian Bayer	253-569-0245	Text to her number (no email)
Raffle Master Roger Pullen	206-387-3214	Phone calls only. No email or texting.
Show & Tell Michael Blanton	425-271-8757	mblanton41@hotmail.com
Webmaster Gina Manso	425-281-3502	ginamanso51@gmail.com
Facebook Group Roger Danneman	425-228-8781	Roger.Danneman@gmail.com
Facebook Club Page Gina Manso	425-281-3502	ginamanso51@gmail.com
Instagram Gina Manso	425-281-3502	ginamanso51@gmail.com
All Other Social Media Kat Koch	425-765-5408	president@cascademineralogicalsociety.org
West Seattle Timebank Volunteers Linda Jorza	206-478-1642	ljorza@gmail.com
Videographer – YouTube Channel	Vacant need volunteer	

2023 CMS Dues are \$30 per year per family

Pay online, by mail, or at our meetings.

New mailing address: Cascade Mineralogical Society, c/o Ananda Cooley, 300 Lenora St. - PMB 6145, Seattle, WA 98121

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.

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>



ALAA: The American Lands Access Association, Inc. represents the rockhounding interests of 325 gem & mineral clubs/societies in 47 States and the District of Columbia.

The association's purpose is to promote and ensure the rights of amateur fossil and mineral collecting, recreational prospecting, and mining. The use of public and private lands for educational and recreational purposes. They also carry the voice of all amateur collectors and hobbyists to our elected officials, government regulators, and public land managers. <http://amlands.org>

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 local rock and gems shows and planned field trips. It's a great resource if you want to plan on an 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 site. Check out the link for additional information for the 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/>



Rockhounding Code of Ethics

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

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

NFMS Needs Your Canceled Postage Stamps

Every year the NFMS collects postage stamps from its member clubs. They have a stamp company that buys them, and in turn, these funds are donated to cancer research. Every year NFMS donates around \$5,000.

On letters that you receive, tear the corner with the stamp off. Try to leave about 1/4" of the envelope around the stamp. Be careful not to damage the stamp. Place the stamps in a plastic baggie and bring them to the meeting. Our member, Mike Blanton, collects the stamps and turns them over to the NFMS at the regional rock and gem show. You can give them to Mike as often as you want throughout the year.

Collecting the stamps is another way we rockhounds give back to our community.



Don't Forget To Show Your Membership Card At These Retailers

The following businesses are loyal supporters of our rock club. Show your membership card at the following stores and get a 10% discount on most purchases.

Jerry's Rock Shop – 804 W Valley Hwy, Kent, WA 98032

Minerals, rough or polished rocks, lapidary machines, lapidary supplies, polishing grit, fossils, rock hounding tools, beautiful display specimens, jewelry, and much more. *Please be aware there are a few items they can't offer the 10% discount on.*

Jerry is a great supporter of our club. They make it possible to have nice door prizes at our meetings.

Blackjack Metal Detectors and Mining Equipment – 101 Park Ave N, Renton, WA 98057

They sell beautiful mineral specimens, fossils, books, metal detecting and gold panning equipment and supplies. Chris Holden is a CMS member!

New for Members Only – New Texting Service

We are busy and often forget that CMS has an upcoming meeting or event. Therefore, we have a texting service to remind members of CMS meetings and events.

Everyone is automatically entered into this service. You can opt out anytime by responding with STOP.



For quick access, you can scan the following codes.



Access CMS Club Instagram page



Access our CMS YouTube channel



Access our CMSclub website for the latest on meetings and club events



Access CMS Facebook Groups

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 Dinosaur Day	2 Puyallup Show	3 Puyallup Show
4 Puyallup Show	5 Board Meeting 7:00 pm	6 National Caves & Karst Day	7	8 General Meeting 7:00 pm	9	10
11	12	13	14	15	16	17 CMS Field Trip
18	19	20	21	22	23	24
25	26	27	28	29	30 Marysville Rock Sale	ROCK HOUND & ROLL!

CMS Show Committee Meeting:....Monday, June 5.....6:30 pm to 7:00 pm
 CMS Board Meeting:.....Monday, June 5.....7:00 pm to 8:00 pm
 CMS General Meeting:.....2nd Thursday, June 8.....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 15
 More Show info can be found on Page 16

Mr. & Mrs. Rockhound

by KAM



CMS Show Committee & Board Meeting Minutes May 8, 2023

by Pete Williams, 2023 Secretary

Attendees: Kat Koch; Linda Jorza; Pete Williams; Rich Russell; Mike Blanton; Ananda Cooley; Diana Horsfall; Chris Vitellaro; Lee Oliver; Paul Ahnberg; Roger Danneman; Noelle Barnes; Peggy Shashy

Show Committee meeting began at 6:34

The Board reviewed the timeline for the show first focusing on advertising. We are registered with Eventbrite and several free online sites. We agreed to start sharing Eventbrite on all sites where anyone can get a free raffle ticket. Diane will look into the cost of printing more flyers. The Board agreed to put a QR code for donations to the club on some advertising. There are currently 14 vendors on a wait list.

Keith is putting together a 75th anniversary booklet for the show. It will be 8 pages including covers and should include something about field trips and a map of the show. Lee could get a discount on cupcakes if we decide to go that route. Chris sent out a survey on ideas to celebrate the 75th anniversary.

Display cases will currently be limited to club members. People will need to supply their own risers for the cases. For displays we should have 2 Federation cases and 13 regional cases. Club members interested in displaying need to contact Peggy Shashy by the end of June.

Board Meeting began at 7:47

There are now 116 family memberships. Our current shop has holes in the tarp and will need a work party to fix. Anyone using the shop needs to be supervised by an experienced person for insurance purposes. We will need to decide on how much to charge users of the shop.

The program Thursday will be on metaphysical rocks. Next month we will have rock bingo. Folding lamps are still needed for the show-and-tell table. Charley had reserved the arboretum for the picnic on Saturday August 12. There will be a golf cart available to transport people from the parking lot.

Roger mentioned that the club may be interested in purchasing 44 lb. boxes of tumbling grit and breaking them up to sell to club members. He will look into the cost.

Meeting adjourned at 8:05

CMS General Meeting Minutes May 11, 2023

by Pete Williams, 2023 Secretary

Meeting called to order at 7:06

The program for the June meeting will be rock bingo. This is a fun event where everyone leaves with some prizes. People are asked to bring 3 wrapped rocks to be given away as prizes. The cost is \$1 for up to 6 cards. Kids are free.

The May field trip is this Saturday to 1st Creek. There are 30 people signed up. It is a 2 mile hike to the collecting area. The June field trip is to Little Naches. The Mineral Council is in the process of updating their map books. The DNR had just passed a policy making it illegal to pick up rocks in rivers and streams.

The Mineral Council will send some representatives to Olympia to educate them on what rockhounding is all about.

Program: Paula Constantino made a presentation on Metaphysical Properties of Crystals, Stones, Minerals, and Fossils

Meeting Adjourned: 7:55 followed by the raffle.

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

Table Lamps – Remember we are looking for new table lamps for our show 'n tell tables. If you go to Goodwill, a similar store, or would like to donate, the lights must fold up easily for storage. Save the receipt and the club will reimburse you.

Our June meeting is Rock Bingo! Rock Bingo is always a fun night for all members, young and old. The Kent kids are out of school, so they don't have to worry about school the next day.

The club is looking for schools or libraries to put in rock and mineral displays. If you have any ideas on what schools or libraries we can contact, please let Linda Jorza or Kat know. We will do the rest.

Our gem show is fast approaching. Chris, Show Coordinator, needs several volunteers as much prep work needs to be done. Elsewhere in this newsletter is her call for help. It takes a village to put on a show of our size! Please consider helping her.

A lot of effort goes into putting on a show like ours. The venue, advertising, dealer support, food, displays, set up and tear down, and much more go into the planning of our annual show. We have several new vendors and activities planned this year. Please pass the word around about our upcoming show. Our attendance goal this year is 5,000 visitors.

We will need a work party in July or August to fill bags with polished rocks, make case liners, and price items for the club sales table.

Peggy is also busy booking the case displays and organizing the new activities for the show.

Your volunteering has a lot of value as all the profits from our show go towards obtaining an indoor shop and a new meeting room. Please volunteer!

A reminder that the Billings Montana show is on August 4th through 6th. The NFMS and AFMS combined show and only happen every 7 years. Not only is it a big show, but they also have numerous free speakers and classes.



Montana is a dinosaur country, so you will find displays and speakers discussing them. We also get to see material from areas outside of Washington. It would make a great family vacation. It is a show on steroids!

We continue to get new members weekly by registering online or in person at our monthly meetings. We welcome each of you to our great rock and gem club. When you attend our monthly meeting, please introduce yourself to me, as I look forward to meeting everyone.

I also appreciate all the members that renewed their membership!

I am looking forward to seeing everyone at the May meeting

Welcome
New Members

General Meeting – Thursday, June 8th

Topic: Rock Bingo!

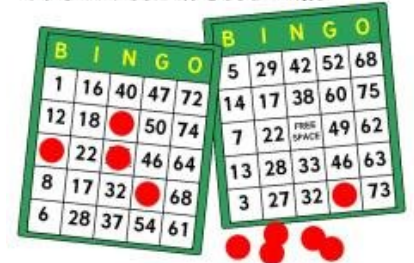
Our annual Rock Bingo night. Bring the kids, guests, friends, or family.

For every person that wants to play bingo, bring 3 wrapped items per person. It can be anything related to our hobby. Make sure all items are wrapped, and you can use newspapers, paper bags, wrapping paper, etc.

It is \$1 per adult for up to 6 cards, and kids under 12 are free. We guarantee everyone will go home a winner.

Show 'n Tell: None tonight.

It's A Rock'in Good Time



General Meeting – Thursday, July 13th

Topic: Mount St. Helens, Paul Ahnberg will be giving the presentation.

Paul has been taking a months-long class on Mount St. Helens. It has included not only in-class studies but also a few trips to see Mount St. Helens. Paul says, "One thing I quickly recognized is that there is much more to the Mount St Helens story beyond the geology and eruption aspects." His presentation should be a fascinating lecture.

Show 'n Tell: Bring a sample of volcanic rock from your collection.

The most common and frequently found volcanic rocks are:

Basalt is a dark gray rock found chiefly on ocean floors.

Pumice is a very common porous stone that has many uses.

Obsidian is a black-colored rock that is a natural glass.

Andesite is another of the most abundant volcanic rocks on Earth, along with basalt.

Trachyte is a light gray rock that sometimes has shades of pink and gold.



General Meeting – Saturday, August 12th

Topic: Our annual club picnic at Lake Wilderness. Our picnics are always enjoyable on the lawn among the trees.

For lunch, it is a potluck picnic. So bring a dish to share. If you don't cook, pick up something from the market. If you are unable to contribute anything, that's okay too. We would rather have you join us on this beautiful day than not.

We generally have around 25 to 35 members attend.

Bring your plate and silverware.

Setup is 11:30 am, and lunch at noon. We usually wrap things up by 3:30 pm.

The Arboretum has plenty of free parking.

Following, we have a club auction. The auction is a great chance to pick up items at a fraction of their retail cost.

You are welcome to donate items to the auction. All proceeds go to the club treasury to cover expenses.

Our Young Tumblers can also spend their "Rock Bucks" at the auction they have saved, just like cash for items they want.

Afterward, Lake Wilderness is nearby for swimming, plus there are various play areas for the younger kids.

Our annual picnics are always a great family event!



General Meeting – Thursday, September 14th

Topic: Pre-Gem Show Rally and then "I Made It," "I Found It," and "I Bought It."

This meeting is a fun new activity on our calendar. "I Made It," "I Found It," and "I Bought It." Bring up to 3 items for each category. Items must be within the last year. Winners of each category receive a prize.

Members will vote for their favorites in each category, and then only 1 prize per adult and 1 prize per kid for each category will be awarded.

Plan on bringing items, as this should be a fun evening as we get to mingle with each

Made
Found
Bought

each other and talk rocks!

Show 'n Tell: Your above items.

General Meeting – Thursday, October 12th

Topic: Rock'in Good Halloween Costume Contest

Dress up a rock, mineral, or fossil for Halloween.

You can paint it, put a hat on it, or dress it up in a Halloween costume.

It can even be a haunted scene.

Be creative, and let your imagination run wild!

We will give 1st and 2nd prizes to both adults and Young Tumblers.

Preceding our Halloween Rock Costume contest, we will have a

recap of our gem show.

Show 'n Tell: Your decorated rock.



General Meeting – Thursday, November 9th

Topic: As our field trips for 2023 are ending soon, Roger Danneman, our Field Trip Guide, will talk about the field trips of 2023 and show off what he found. It is always interesting to see what can be found around Washington, as Roger has led our group on some great field trips this year.

Show 'n Tell: What have you found? Did you find something on the beach, on a field trip, in someone's driveway, in a river, in a parking lot, or your backyard? Please show us your findings.



Looking For Volunteers

Videographer: Needed at our general meetings: A volunteer to videotape our meetings. Up to you if you want to edit the video or not. We have free editing software to post the video to our YouTube club channel. We meet on Thursday, and the video needs to be uploaded by the following Sunday.

Historian: Copies of the Tumbler, pictures from club events and club officers, and other memorabilia from the club. Put everything, including the Tumbler issues, in a scrapbook. I would also like issues of the Tumbler, going back as far as we can, saved on a CD. Various members have older content they can provide you. The club will reimburse you for any expenses to preserve our history.

If you decide you can help out, text or call Kat Koch. president@cascademineralogicalsociety.org or 425-765-5408.



CMS is Celebrating 75 Years in 2023!

Happy Birthday CMS

75 years is such a milestone for our club.

In the summer of 1948, three Boeing employees started laying the groundwork for CMS.

By the time they obtained their IRS tax number, there were 14 members.

When our club broke away from Boeing in 2010, CMS didn't know for a few years if the club would survive.

Wouldn't they be surprised and proud to know their idea for a rock and gem club has flourished? Membership as of May 31st is 120 families or 236 individuals.

We have thrived and grown with a lot of work from the Board and our membership.

I want to thank all the volunteers that help run the club.

We would not be such a successful club without you!!

Thank you to every one of you for making CMS a success!



Collecting News by Diana Horsfall

Mojave Trails National Monument is the only national monument that allows recreational rockhounding but that could change soon. The BLM is drafting a final monument management plan and is asking for public comment on potential changes, additions and clarifications for the existing plan. All comments must be submitted by June 20, 2023. Please email your comments to : BLM_CA_NFO_MTNM_Plan@blm.gov

CMS May Field Trip Report by Roger Danneman, CMS Field Trip Guide

On Saturday May 13th we went to First Creek for agate, jasper, and crystal geodes. It was a hot day with temperatures in the mid-80s, but beautiful clear skies and views. We had 22 people in 11 vehicles. After hiking to the 2 mile ravine, the Merriman's took half the group to the dig pits on the east side of the ravine while the rest of us were kind of scattered through the area. I think the heat was a limiting factor in climbing the hills, at least for me. The diggers ended up with some nice agate nodules, while surface collectors found mostly crystal material and seam agate material. Everyone brought extra water and by about 4:00 PM we were back to the parking lot. Such a relief to exchange my boots and socks for sandals. Ticks didn't seem to be an issue, although a couple of them were spotted.

Our next scheduled trip is on June 17th to Little Naches. The DOT always tries to get Chinook Pass open by Memorial Day weekend. With this long stretch of hot weather I anticipate the road will be open soon, despite the heavy snowpack received this winter.

Attendees were Paul A. and Peggy S., Tammy C., Robert M. with kids Evalyn and Johnathan, Loren M, Gina L. and Michael K., Steve F. (2nd outing), Gina M. and Julie M.

Also .. new members making their first trip were Jason S. with son Westin, Grady and Maddy N., Lynnette A. and guest Katie, Lorie L., Jeanie L., and guest Martha C.

Most of these photos were contributed by Jeanie. Thanks so much.





Back-to-Back Safety by Ellery Borow, AFMS Safety Chair

Back issues are an all-too-common issue in today's rockhound activity. We carry things, often heavy things. We carry lapidary machines, large rocks, pails of rocks, show cases, meeting tables, boxes of stuff for our dealer booths. On top of that we carry these things upstairs, downstairs, up hills, down hills and across show halls. We are often lifting things from the floor, table, or tail gate. Or we are lowering items down to those levels. One could get tired just thinking of all that work.

Fortunately for us, there are plenty of guides, booklets, instructional videos, and websites with important information on how to lift things.

The human back is a complicated system and an equally complicated geometry. The curious "S" shape of our spine and its movement utilizes a good many overlapping muscles. Stresses on our backs are compounded largely by insufficient exercising of our muscles, most often our lower back muscles. The lower back area is the one most frequented with concerns and complaints.

The first item of business when dealing with any back issue is, of course, to prevent it from happening in the first place. The second item is to seek medical attention and care if there is sufficient concern for evaluation and help with the problem. There is no cents (that is dollar and cents) in making a back problem worse.

The following is a list of back concerns and maintenance ideas compiled from several sources:

- Know one's limits and abilities.
- Know the weight of what one is to lift.
- Ask for assistance with moving heavy, bulky items.
- Secure one's grip on the item before trying to lift.
- It is not easy to grip or lift wet and slippery items.
- When two or more people are cooperating in the lift, coordinate the lift with a count-down of, "three, tow, one, lift," or some other coordination.
- When lifting, keep the load close to the body.
- Lift with the legs and brain, not the legs and lack of forethought.
- Before lifting, make sure there is a clear area onto which to lower the item (it is no fun to hold something while waiting for another person to clear the area... I have actually seen that happen).
- Plan the carry route ahead of time. Will someone be walking backwards? Walking backwards should be avoided if possible. Walking side by side is preferable — use careful assessment.
- Does the item being carried contain liquid? Moving liquid can change the balance of an item and cause the losing of one's grip (carrying a saw with a reservoir of oil is such a situation).
- Does the load need to be kept level (such as the saw containing a reservoir of oil)?
- Is the floor clear of obstructions, such as boxes or electrical cables? Forest pathways are particularly vexing for safely carrying items.
- Ensure there are no wet or slippery areas on the floor (or recent waxing).
- Instead of carrying all the rocks in one pail, try using two pails with approximately 1 half the weight in each pail. This helps keep the spine straighter instead of adding another curvature to its already curved shape.
- If one has only one pail, try carrying it for a while with right hand and then switch to the left hand. Alternate the weight from left to right and keep switching.
- Some people like to carry the one pail in front of them using both arms. This, while keeping the spine straight, is harder to balance than a load in a backpack. Use caution.
- Backpacks are sometimes slung over one shoulder. As with a single bucket, try alternating shoulders to keep redistributing the load.
- The metal wire, or thin plastic handle on many five-gallon pails is stressful for the hand. Try replacing a thin plastic handle with a thicker one. If the wire loop has no handle, put on a comfortable handle.
- Some small plastic pails have thin plastic handles that do not have sufficient capacity to carry rocks. If the handle breaks while carrying a load it may shock the spine and cause injury.
- If one has the use of one, use a four or two-wheeled cart for heavy or bulky carries.
- When using backpacks for the carry, check to make sure the straps are no frayed and the stitching is in good order.
- Backpacks with padded straps are easier on the shoulders.
- Do not carry too heavy a load in a backpack, pail, or rucksack.
- Take breaks during long carries.
- I saw a fellow carrying two heavy pails using a yoke-like device to distribute the weight across his shoulders. I did not ask him about how it worked for him, but it did not look distressful. I did not find out how easy it was to load or unload the two pails from the yoke.

As one might guess, lifting is not the only back injuring activity rockhounds experience. People over-reaching, twisting the spine to reach an item that rolled under a table, or wrenching backward while using a pry bar, gad bar, crowbar as they extract their prized specimen are also back stressing activities. With any activity that uses one's back it is wise to position the body and footing thoughtfully. It is also wise to keep the spine straight, and think first - before engaging one's back.

Your safety matters. So do back injuries. Please be careful and have fun with all you do.

Vibratory Tumbling Questions & Answers

How do you know when to change grit size?

In a vibratory tumbler you start out with medium (220) grit, not coarse (100), then go to 600 grit, then polish. If you ever buy a grit kit, make sure it's for vibratory, not 100 grit. You can add a step and go to 320 or 400 before 600. It saves a little time, but not much. The way you know when to change is when you've gotten them as smooth as you want them to be.

That means remove pockets, chips, etc. If most of the pieces you are tumbling look good but there are just a few that need more work, go ahead and switch to the next grit. You want the stones to be pretty good before switching from the 220 grit or they'll take forever in the 600. This is the long step.

My two vibratory tumblers usually take about 3-4 days on 220, 12 hours on 400, 1 to 1 1/2 days on 600 & 1 day (change polish at 12 hours) for the polish. I change the grit/polish every 12 hours, washing the muck out into a 5 gallon bucket to settle/evaporate. You don't want to dump the muck down the drain unless you like plumbers.

Can you save the grit and use it again for the next batch of rock?

If you are doing it right, there won't be much grit left to save. The grit should break down as you tumble the material. I always had a little grit left on the 220 run that just didn't go away until I paid a little extra for a graded 220 from Ebersole's in Wichita, KS. It's about 50 cents a pound more than ungraded and worth it for me. Other vibratory tumblers may not have this same problem. You'll find out. I buy 5 pound boxes which do quite a few loads and only pay about \$3/pound.

Why do they recommend that a separate barrel be used for polishing?

Contamination from the grit. Somehow you almost never get it all, no matter how hard you try washing it out. Contamination between grit size changes isn't as crucial, but try to wash your stones & barrel well anyway.

Do you put polyethylene pellets in the final polishing stage with a vibratory tumbler?

You can. Always change the pellets between different grit sizes. Re-use the pellets only with the same grit size. The grit becomes imbedded in the pellets and, again, you get contamination. I bought a bag of pellets several years ago. Before I started to use it, I mentioned to a dealer friend that I'd bought them. He went out in his garage & came back with a gallon milk jug full of 1/4 to 1/2 inch pieces of agate screened from the good stuff.

via Delvings, 5/23; via Rollin' Rock 11/16; via Rock Chips 7 & 8/00; from MWF newsletter

Mineral Formulas

We are familiar with chemical formulas for minerals, for example SiO₂ is the formula for quartz. The formula tells us that each quartz molecule has one silicon atom and two oxygen atoms chemically bound together. This is an example of a strict composition. Every quartz molecule will be made of silicon and oxygen in a 1:2 ratio.

In reading about minerals, you have probably also seen more complex formulas, such as the one for olivine: (Mg,Fe)₂SiO₄. Rather than having a strict composition, olivine has a restricted range of composition.

Restricted range of composition

Some minerals can be comprised of slightly different elements with a limited range of possibilities. Their formulas reflect the possible variations. Olivine is one such mineral, and it can be made with either magnesium (Mg) or iron (Fe) with one of these formulas: Mg₂SiO₄ or Fe₂SiO₄. You can see that regardless of whether the olivine is made of magnesium or iron, that element lends two atoms to the molecule. The ratio of elements is 2 Magnesium or Iron to 1 Silicon to 4 Oxygen. Lepidolite is even more complex: K(Li,Al)₃(Al,Si,Rb)₄O₁₀(F,OH)₂. There are three parts of the formula with limited ranges of elements.

from Maplewood Rock and Gem Club, 1/23

Lepidolite

Lepidolite is a mica indicating that the crystals readily split into thin elastic plates. That means it has perfect basal cleavage.

Lepidolite is the most common mineral with lithium, although sometimes it contains aluminum, instead of lithium. It is also a major source of rubidium, an alkali metal. Because lepidolite has a restricted range of composition rather than a strict chemical formula, not all lepidolite contains rubidium.

Rockhounds often favor polished lepidolite that has a pinkish or purplish color with sparkling mica within. This mineral naturally occurs in a variety of colors, commonly pink, purple, and red, but also gray. Those colors are caused by manganese impurities. In turn, pink and red aventurine specimens sometimes get their color from flakes of lepidolite. Yellow and colorless pieces of lepidolite are rare.

from Maplewood Rock and Gem Club, 1/23

The Cupid Stone was the ancient Roman symbol of love. The stone is known to us as opal.

Young Tumblers News

Young Tumblers Show Us Your Collection!

Now Is Your Opportunity To Earn A Rockhound Badge

Our Gem show is coming up, and now is the time to show off your favorite rocks, minerals, or fossils.

You can display your favorite pieces with or without a theme.

Each rock or mineral must have a clear identification label as to what it is.

The case is a Regional case measuring 42" x 24" x 12" back height x 8" front height – a slanted case. Glass on top & look down.

Each case has the liner as shown and a light bulb at the front.

You must provide any risers or display stands that you want to use.



I would like to see all of our Young Tumblers put in a display case and earn their first badge! Plus, ribbons will be awarded according to your age group. Your age as of September 1st.

Group 1: Age up to 6 years old

Group 2: 7 to 10 years old

Group 3: 11 to 14 years old

Group 4: 15 to 18 years old

The video below gives you an idea about the case display. We realize the Young Tumblers' displays will all be age appropriate and less advanced than adults.

At about 5.20 minutes into the video are samples of case displays. We use a different size and shaped case, but the video gives you some display ideas.

https://www.youtube.com/watch?v=pXz7MI_1SEk

If your Young Tumbler wants to display his collection and earn a rockhound badge, please email a.s.a.p. to Peggy Shashy at 14thebird@bellsouth.net so she can reserve a case for you. We have a limited amount of cases; the deadline for reserving a case is June 30th.

If you have questions or want help contact Kat at talkingkat2@yahoo.com or 425-765-5408

Twinned minerals can add a fascinating side to ordinary minerals or can add another dimension to already complex minerals. There are several minerals that form classic twins, such as chalcocite, fluorite, sanidine, microcline, staurolite, gypsum, cinnabar, spinel, and rutile to name a few. Some twins have colloquial names, such as 'fairy cross', 'iron cross' and 'cogwheel' twins. Twins form as a result of an error during crystallization. Instead of a normal single crystal, twins grow out of or into each other.

Accidental relationships are not considered twins, that is, where two distinct crystals grow more or less randomly side-by-side or toward each other. Twin formation is never random and follows certain defined rules called twin laws, usually named for well known twins, Spinel law, Albite law, etc.

The twin laws are crystallographic in nature and are caused by flaws in the crystal structure occurring during growth or change in phase. Many minerals form with a stacking sequence. If an error occurs during growth the twin forms as a miss-positioned sequence, which is repeated as if nothing happened. The crystal(s) grow outward in both directions. Twinning has dramatic effect on the outward symmetry of the mineral.

There are two general types of twin styles contact and penetration. Contact twins have a composition plane that forms the boundary between them, a mirror plane where the twins look like reflected images or an angled plane resulting in a "bend" to the twin forming dove-tails, fishtails and chevrons. Penetration twins look like whoever made the crystal didn't know how it was supposed to fit and ended up twin crosses, 3-D stars, and complex structures. Twinning is actually rather common in the mineral kingdom, but perfectly formed twins are not.

via Delvings, 5/23; via Chippers' Chatter, 3/16; from Breccia, 2/07

Young Tumblers News

Just a reminder that all Young Tumblers under 15 can easily earn "Rock Bucks."

Earn \$3 "Rock Bucks" for attending a meeting.

Earn an additional \$5 "Rock Bucks" if you bring something for Show 'n Tell and tell us about your item.

The "Rock Bucks" can be spent like real money at our meetings or club auctions.

You can save your "Rock Bucks" during the year and spend them just like cash on auction items you would like, or you can buy raffle tickets at our monthly meeting.

Join us at our meetings and build your rock-buying piggy bank!



Want To Earn Some Extra Rock Bucks?

Attention, Young Tumblers that still need to do this activity. Please complete the form below and bring it to a meeting to receive \$5 Rock Bucks!

Your Name _____ Your Age _____ Your Birthday _____

What do you like to collect? _____

How many do you have? Rocks _____ Minerals _____ Fossils _____ Arrowheads _____

Where do you keep your collection? _____

What is your favorite item in your collection? _____

Why is it your favorite? _____

Your favorite item in your collection, did you Find It Buy It Was a Gift Door Prize Win

Do you like Rocks, Minerals, Fossils, or Everything

Does anyone else in your family like rocks? No Yes Who? _____

Have you been on a field trip with the club? Yes No

Besides club field trips, do you go rock hunting with family or friends? Yes No

Would you be interested in a program where you could earn various rockhounding badges (similar to the Scout badges)? Yes No

At the next meeting you attend, please bring your favorite item and this completed form to Show 'n Tell and receive an additional \$5 Rock Bucks for a total of \$10 Rock Bucks!

A micromount is a mineral that is small and best appreciated under a microscope. A micromounter is someone who collects micromounts, often mounted (attached) in small plastic boxes about 2 x 2 x 2 cm. Many minerals only occur as microscopic crystals and micromounts can be very beautiful and intriguing.

via The Quarry, 5/23; from MWF Newsletter, 5/23

Emeralds have been mined for thousands of years. The earliest mines were from 1500 BCE in Egypt. The Egyptian queen, Cleopatra, loved emeralds above all other gemstones.

from Maplewood Rock and Gem Club, 2/23

Tourmaline crystals grow in three-sided prisms; no other mineral does that.

from Maplewood Rock and Gem Club, 2/23

Ancient Greeks believed that opals gave their owners the ability to see the future.

Field Trips

The club or clubs sponsoring the field trips are shown in italics. When known I have listed a phone number and contact person for each sponsoring club below the listed trips. If you are not a member of the sponsoring club, you should phone and ask permission to go on their field trip.

Some information from the Washington State Mineral Council webpage (<https://mineralcouncil.wordpress.com>).

June 6 *Mattawa Saddle Mountain - Petrified Wood - Bring shovel, small pick, rock hammer, food and liquids, wind clothes & sturdy shoes*
Ed Lehman wsmced@hotmail.com h# (425) 334-6282 c# (425) 760-2786

June 17 *Cascade Mineralogical Society - Field Trip to **Little Naches***
 First site - 1/2 mile hike to thundereggs
 Second site - next to the road for lily pad jasper/agate
 Third site - next to the road for leaf fossils
Roger Danneman Roger.Danneman@gmail.com or 425-757-3506 text

"Impossible" Mineral from Atomic Fury by Jason Schulz

On June 16, 1945, the first explosion of an atomic bomb ripped apart the stillness of the dawn at the Trinity test site in New Mexico. In the midst of all that destructive power, however, was the beginning of an "impossible" mineral... one that needed the unleashed force of the largest explosion created to come into being.

That mineral, first called atomite but later named trinitite after the test site, is a slightly radioactive compound made up of a variety of materials. There are traces of the support structures steel girders, the iron and aluminum in the bomb's casing, sand from around the site, and isotopes of uranium, plutonium, and other decay products. (An isotope is a version of an element that has more neutrons than usual in its nucleus and is often radioactive because of it.)

Trinitite formed through a complicated process of extreme heating (that completely vaporized everything within 400 meters of the blast site, including things that had never been known to melt before), highly uneven cooling and deposition, and compression from the blast wave.

Material vaporized and was drawn up into the mushroom cloud, cooling and heating as it went through the convection patterns within the cloud, then rained down back onto the test site. The mixing was chaotic, and as it cooled further on the ground, the mineral began to develop crystalline structures unknown to science at that time.

Clarence Ross, from the US Geologic Survey, included this description in the 1948 publication "Optical Properties of Glass from Alamogordo, New Mexico":

"The glass, in general, formed a layer 1 to 2 centimeters thick, with the upper surface marked by a very thin sprinkling of dust which fell upon it while it was still molten. At the bottom is a thicker film of partly fused material, which grades into the soil from which it was derived. The color of the glass is a pale bottle green, and the material is extremely vesicular, with the size of the bubbles ranging to nearly the full thickness of the specimen."

The crystalline structure of this substance doesn't fit the usual definition of a crystal. Scientists use the term "quasicrystal" to describe it—where typical crystal structures fit snugly against each other, quasicrystals do not, as their three-dimensional patterns don't mesh completely. This is one of the things that makes trinitite unique.

Trinitite requires energy releases of unprecedented magnitude to form, but there are far more common and similar formations that take place, as well. Fulgurites, created by lightning strikes, and impactites caused by large-scale meteoroid or asteroid impacts, occur naturally and for more often than nuclear explosions.

In Chernobyl, some of the aftermath of the reactor meltdown has made a material that's proposed to be similar to trinitite; however, even decades after the accident, the radioactivity levels are too great for it to be properly studied.

It's now illegal to retrieve trinitite from the Trinity test site, but there are legal ways to acquire specimens. These were available to the public before the real dangers of radioactivity were known and the government stepped in.

It is slightly radioactive but can be handled safely with a minimum of precaution. I wouldn't expect it to be made into a medallion, earrings, or cabochons anytime soon, though.

Trinitite is a stark, beautiful reminder of the raw destructive power mankind controls. It should be hoped that the availability of this substance doesn't grow anytime soon.

Information for this article was gathered from Forbes magazine, Nature, and Wikipedia.

via The Quarry, 5/23; via MWF Newsletter, 5/23; from the Glacial Drifter, 12/22

Young Richard's Almanac by Dick Morgan

It's June, time of graduations, brides and vacations. The sun is shining and if you're a rockhound, it is time to pull out the maps and head for the digging lands hoping that there hasn't been a housing development built on the premises.

One time following a Gem Trails map in New York, we went over a hill leading to a gem hunting area and found only houses. Another time in California following another Gem Trails map, we found the valley was under 500 feet of water as a new dam had been built.

Even with a map there is no guarantee that the area is still accessible or that the material has not been all dug out.

Shows & Sales

June 2 - 4: Friday 12 pm - 5 pm; Saturday 10 am - 5 pm; Sunday 10 am - 3 pm

The Puyallup Gem & Rock Club, *The Valley of Gems Show*

Swiss Park
9205 198th Ave. East
Bonney Lake, WA

June 3 & 4: Saturday 10 am - 5 pm; Sunday 10 am - 4 pm

Kokanee Rock Club, *Annual Show*
Castlegar & District Community Complex
2101 6th Ave
Castlegar, BC

June 3 & 4: Saturday 9 am - 5 pm; Sunday 10 am - 4 pm

Ripple Rock Gem & Mineral Club, *Annual Show*
Campbell River Community Centre
401 - 11th Avenue
Campbell River, BC

June 9 - 12

Quesnel Tumbling Rivers Rock Club and Two Rivers Rock Club, *Rendezvous 2023*

Barlow Creek Hall
3801 Trembley Rd.
Quesnel, BC

June 15 - 18: Thursday - Saturday 9 am - 5 pm; Sunday 9 am - 4 pm

Prineville Rockhounds, *Prineville Rockhound Pow Wow*
Crook County Fairgrounds
120S Main Street
Prineville OR

June 16 - 18: Friday & Saturday 10 am - 5 pm; Sunday 10 am - 4 pm

Lower Umpqua Gem & Lapidary Society, *Annual Rock and Gem Show*
Reedsport Community Building
451 Winchester Avenue
Reedsport OR

June 22 - 25

2023 Madras Rock, Gem & Mineral Show
Jefferson County Fairgrounds
Madras, OR

June 30 & July 1: Friday & Saturday 9 am - 3 pm

Rockhound "Pre-Estate" Blowout Sale (Cash Only)
12224 42nd Ave. NE
Marysville, WA

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