



The CMS Tumbler

June
2026

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

Next Meeting:
June 11, 2026
7:00 p.m.

American Legion Hall
25406 97th PI S
Kent, WA

The Program is intro
to the shop and
show preparation

The Show & Tell
Theme is rock you
want to polish.

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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
David Barnes on June 1
Michelle Patterson on June 2
Eli Dobner on June 4
Kathryn 'Caly' Jellum on June 4
Noelle Barnes on June 5
Jessica Nash on June 6
Leonard Bahr on June 7
Jeffery Glen on June 13
Mattea Cox on June 15
Loren Merriman on June 17
Dominique Zervas on June 19
Mrs. Dunko on June 21
Becky Patterson on June 21
Terry Finkbeiner on June 25
Stephen Johnson on June 26
Ashley Rankin on June 27
Brenda Haworth on June 29



and also remember
to wish a

Happy Anniversary to
Christina & Russell Lopeman on June 22 (13 years)
Scott Alstead & Cindi Perez on June 25



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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.

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Shop Reservations – <i>Shop is closed as we are building an indoor shop</i>		
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2026 CMS Dues are \$30 per year per family

Pay online, by mail, or at our meetings.

New mailing address:

*Cascade Mineralogical Society
c/o 4762 Whitworth PI S #P104
Renton, WA 98055*

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 Lands Access Association; and the Washington State Mineral Council.

Our Club is a Member of these Federations and Associations

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

CONTENT DISCLAIMER

This publication is provided "as is" without warranty of any kind, either express or implied, including, but not limited to, fitness for a particular purpose; the technical data was derived from other sources, and the author has no way of knowing their accuracy.

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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.

We Need Your Canceled Postage Stamps

Our club is going to continue to collect canceled postage stamps. Even though we are no longer members of the NFMS, we will continue to collect them and turn them over to the NFMS. They have a stamp company that buys them, and these funds are donated to cancer research. Every year NFMS donates around \$2,500.

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 will turn them over to the NFMS. 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

JERRYS ROCK AND GEM
 804 WEST VALLEY HWY. KENT, WA. 98032
jerrysrockandgem.com jerrysrockandgem@msn.com

Follow us on Facebook **253-852-0539**

Black Jack's Metal Detectors
 AND MINING EQUIPMENT!

Black Jack's Metal Detectors
 Mining Equipment, Low Pressure Dive, & Rock Shop!
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101 Park Ave N,
 Renton, WA. 98057
 Store # 425-430-0290
 Direct # 253-961-3095

SoDo Rocks
 Friday thru Sunday
 10 am to 4 pm

2700 4th Ave S, Seattle, WA 98121

These three retailers are huge supporters of our club. Please seek them out when looking for lapidary items and supplies.

Don't forget to show your membership card and receive a 10% discount on most items!

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.



Access CMS Club Instagram page



For quick access, you can scan the following codes.

Access our CMS YouTube channel



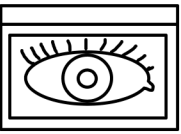
Access our CMSclub website for the latest on meetings and club events



Access CMS Facebook Groups



June

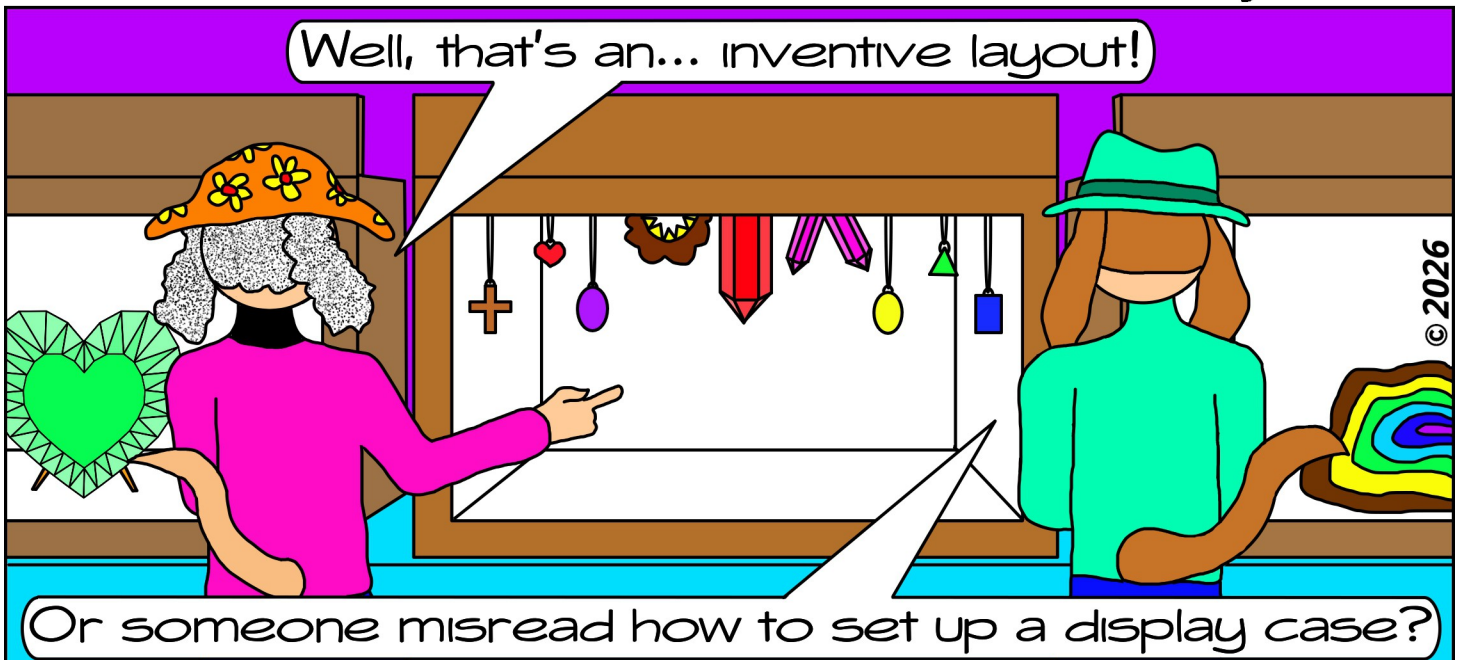
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5 Puyallup Show	6 CMS Trip Puyallup Show
7 Puyallup Show	8 Board Meeting 7:00 pm	9	10	11 General Meeting 7:00 pm	12	13 CMS Trip
14	15	16	17	18	19	20
21	22	23	24	25	26	27 CMS Show
28 CMS Show	29	30	Cascade Mineralogical Society Show June 27 & 28 at the Kent Commons			

CMS Show Committee Meeting: ...Monday, June 8.....6:30 pm to 7:00 pm
 CMS Board Meeting:.....Monday, June 8.....7:00 pm to 8:00 pm
 CMS General Meeting:.....2nd Thursday, June 11.....7:00 pm to 9:00 pm

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

Mr. & Mrs. Rockhound

by KAM



CMS Show Committee & Board Meeting Minutes May 11, 2026

by Pete Williams, 2026 Secretary
Attendees: Noelle Barnes, Rich Russell, Kat Koch, Paul Arhnerg, Pete Williams, Roger Danneman, Ananda Cooley, Lee Oliver, Michelle Maidman

Show Committee Meeting called to order: 6:35

Requests for donations for the show raffle have gone out and waiting to hear responses. More volunteers are needed to sign up to help at the show. Display cases are available for members who wish to show their collections. Twelve booths remain unsold. The Gem Faire in Portland the same weekend is making it more difficult to get vendors to sign on.

Board Meeting – 7:08

Improvements to our new club shop continue. A canopy is needed over the deck to protect more equipment. Digitizing of old club videos continues. Roger is looking into Google Workspace for storage and possibly also for show volunteer signups. Rich will look into the cost of an 8" new cabbing machine for the shop.

There were around 20 people at the field trip to First Creek. Ideas for club meeting programs in September and October are still needed.

Meeting adjourned at 7:27

CMS General Meeting Minutes May 14, 2026

by Pete Williams, 2026 Secretary

A very short business meeting was held. Copies of the Tumbler and a list of upcoming field trips was available. Program: How to drill holes in rocks was demonstrated by Mike Blanton.

Digging It!

by Noelle Barnes, 2026 President

Our big rock, gem and jewelry show is at the end of this month. We have so many opportunities for you to come and be a part of it - from helping our wonderful vendors load in their gear, to setting up tables, greeting guests, helping with kid's activities, and so much more. All of our volunteers always go home with free rocks - and free shop hours!

I'll be spending those three days (Friday, June 26 - our set up day - through Sunday, June 28) at the Silent Auction table, working on raising money for our club. That's been my favorite place to work for a few years now.

If you aren't able to volunteer, then please make sure to visit the show - admission is free, and so is the parking.

I hope to see you there!



All About Opals

What Does an Opal Symbolize?

Opals evoke passion, linked to desire, seduction, and freeing inhibitions while inspiring love. They aid in attracting partners, boosting appeal, and nurturing relationships.

Opal History

In 1939, anthropologist Louis Leakey unearthed opal artifacts in Kenyan caves dating to 4000 BC - proof humans crafted opal jewelry over 6,000 years ago.

"Opal" derives from Sanskrit "upala" (precious stone), via Greek and Latin terms.

Early sources were Ethiopia, Eastern Europe, and Turkey. Rarity persisted until 1800s discoveries in Mexico and Australia. Today, Australia supplies 95% of precious opals.

Opal Patterns

Beyond colors, opals feature distinct patterns. No two are identical, but certain arrangements stand out and fetch admiration.

The harlequin pattern reigns supreme: large, uniform color patches resembling a mosaic or checkerboard. True harlequins are exceptionally rare and prized.

Other patterns worth noting include

Flagstone: Large color sections with random straight edges.

Straw: Thin, overlapping color ribbons.

Chinese Writing: Strips resembling Chinese characters.

Pinfire: Tiny color dots or flecks.

Floral: Flowery designs

Broad Flash: Large flashing color sections as the stone moves.

With brilliant flashes of color, opals are one of my favorite stones. Mainly found in Australia, opals are also mined in Mexico, South America, Ethiopia, and the U.S.

Although gemologists do not grade opals, they are classified into 5 main categories:

1. White or light opal: Translucent to semi-translucent, with play-of-color against a white or light gray background color, called body-color.

2. Black opal: Translucent to opaque, with play-of-color against a black or other dark background.

3. Fire opal: Transparent to translucent, with brown, yellow, orange, or red body color. This material, which often doesn't show play-of-color, is also known as 'Mexican opal.'

4. Boulder opal: Translucent to opaque, with play-of-color against a light to dark background. Fragments of the surrounding rock, called matrix, become part of the finished gem.

5. Crystal or water opal: Transparent to semitransparent, with a clear background. This type shows exceptional play-of-color." (Source: GIA)

Energetically, opal is a stone of love and wisdom. In ancient times, Romans regarded opals as the most precious because of the play-of-color. Ancient Greeks believe it gave them powers of prophecy and protected them from disease.
from Tulip City Conglomerate, 10/25

Newest rockhound, Heidi, Angie & Brian's new puppy.



Getting a Handle on Things by Ellery Borow, AFMS Safety Chair

To use a common expression – it is generally a good idea to get a handle on how things are going. In this instance, the usage is with regard to a practical matter...

While the canvas shoulder bag is still used for carrying the specimens we collect on our field collecting trips, the modern five-gallon plastic pail is gaining ground. Between the canvas bag and the plastic pail there is a huge difference. The difference is how we carry them. While the canvas tote is carried by a strap over a shoulder or with straps such as with a backpack, the pail is carried in our hand.

The pail most often uses a metal wire handle with a small diameter plastic handle grip at its center. That small diameter plastic grip is the source of concern as, often, that grip is broken, partially missing, or completely gone. When carrying such a damaged pail handle, especially with a heavy load (such as rocks), the weight puts a great strain on the biology of the hand. The solution to relieving such a strain is to carry fewer specimens; however, that strategy defeats the purpose of having a large pail.

There are several ways to solve the issue of a damaged pail handle. One could, for example, purchase a new plastic pail. But one is still left with a rather small plastic handle. While that is better for the structure of the hand as opposed to holding a bare wire handle, what is being suggested here is to modify the handle to make it easier and safer to carry. An option is to install a larger diameter handle on the metal wire loop. A larger grip is easier on the hand.

Ways to put a larger grip on the wire pail loop:

Remove the existing plastic grip and

- install a short length of wood dowel, such as from a section of wood broom handle
- install a similar grip but with a section of metal broom handle
- install a grip made from a section of one inch diameter rigid plastic pipe
- install a short length of one inch diameter hydraulic hose
- install a metal handle from a short section of tubing cut from a piece of old damaged folding lawn furniture, you

know - the kind with the woven plastic webbing seat

- make a handle from flexible plastic potable water tubing
- visit a local hardware store and see what they might have for potential handle materials

First, some general ideas and information:

People have different size hands. Some people may prefer a hand grip of 3/4 inch diameter to be more comfortable to hold. Others with larger hands may prefer grips of 7/8 inches in diameter or one inch or on up to one and one half inch in diameter. When making a new grip, one can customize its size to one's preference. In any case, the larger grip would be safer and more comfortable than the 1/8 inch diameter bare metal wire used in most pails. Some replacement grips can be slid over the bent metal shapes used to hold the wire loop onto the pail. The bent wire loop is not easy to detach from the pail, but it can be removed with a bit of convoluted effort. One can always purchase a new five-gallon pail for a few dollars, but it would still have a grip of only 7/16 of an inch in diameter. Such a grip is better than trying to carry the full pail using the 1/8 inch diameter wire loop but not as good as a custom fit grip.

Replacement grip specifics – wood dowel:

Cut the dowel (such as wooden broom handle) to three and 3/8 inches long. Drill a 1/4 -inch diameter hole the long way down through the center of the dowel. Next, use a band saw to cut through the dowel, also through the center, end to end. Now one has two semi-circular pieces of wood with a semi-circular groove in the flat (sawn) side. The two halves of the dowel can then be placed over the wire pail loop and wood-glued together to make a complete handle.

Metal broom handle:

Cut a section of broom handle to three and 3/8 inches long. Using a hack saw, cut a slit the length of the metal. Gently spread the slit apart and slip it over the wire loop of the pail. Lastly, wrap tape around the tubing to hold the slit closed. Several wraps of electrical tape or duct tape should do the trick of holding it together on the wire loop pail handle. If the wire loop can be removed from the plastic pail, the metal section may be slid over the bends of the wire loop instead of slitting the metal lengthwise.

Hydraulic tubing handle:

Cut a section of tubing to three and 3/8 inches long. As above, slit the tubing, put it over the metal wire and tape it closed. If the wire loop can be removed from the plastic pail, the hydraulic hose may be slid over the bends of the wire loop instead of slitting the tubing lengthwise.

Rigid or soft plastic piping:

Use much the same techniques as above.

Tips: If one does not have long wood drills, one can use a table saw to cut 1/8 deep by 1/4 -inch slots in the semi-circular wood pieces. Instead of a band saw one can use a wood workers hand saw or hack saw to cut the dowel into two semicircular halves. Instead of a knife or hack saw one can use a rotary tool and cutting disk to slit metal or plastic tubing. A visit to a hardware store may offer other options for a more comfortable grip for a 5-gallon pail. If one lacks the necessary tools, perhaps a helpful and well tooled club member can help replace grips on the pails?

The general idea is to get a good grip on your handle and be kind to your hands. If all else fails, please consider carrying less weight in your plastic 5-gallon pails.

Your safety matters, and that applies to your hands as well. Happy and safe collecting to you.

from AFMS Newsletter, 6/26

Bolo Ties are Here to Stay by Jennifer Haley, AFMS Historian

The first time I saw a bolo tie was when I joined my first AFMS rock and gem club. Many of the men would wear one to the club's monthly meetings, and for more formal rockhound events. The club presidents if they were men, always wore one. They made their bolo ties with the esteemed silversmithing skills which they learned from members in the club, and with the rock they had collected in the field, along with cutting and polishing the stone to their liking. During the breaks for refreshments and at potlucks, were the good times to ask about the personal story behind each piece. And of course, everyone likes to listen in to a good rockhounding story when they're all sitting around at the tables.

Each bolo did have a good story to tell, especially because there was so much of a person's real-life experience that went into creating such a piece of jewelry. I do think this is one of reasons why we still value the bolo tie today, and why this particular type of jewelry has so much presence.

I never saw women wearing them back then, but one day I bought one from a good friend with the intension of wearing it. Jerry Whitaker was his name, and had been a member of the club for over fifty years when I met him. I loved the story and history of the stone, the color of the stone, and because it was made by him. The stone is called Myrickite, and was from the Manhattan Mine in Napa County, California, where he hand-collected the rock years prior to the mine closing. Combined with his good memories that went into making that bolo tie, and combined with mine from everything he taught me about rockhounding skills, and our wonderful friendship, I will always be fond of that bolo.

When I began looking up the history of bolo ties, I found references with different dates in time for the same aspects of the tie, even to when the state of Arizona named the bolo tie as their, State Neckwear. What we do know is that the bolo tie has its history deeply woven into the Western, Southwestern and Native American jewelry culture for quite some time.

In 1959, a silversmith named Victor Emanuel Cedarstaff patented the slide clasp design for the tie, which is still in use today.

Traditionally men have always been the ones seen wearing the bolo ties, but that doesn't mean women can't enjoy wearing them also. Leather and woven cord companies in the United States now sell all kinds of wonderful colors for bolo tie making, along with different leather weaves that are made exceptionally well. Perhaps, those of you with Kumihimo braiding skills would like to take up the challenge of making your own bolo cording to go with a specific stone, and with certain colors in your wardrobe. I can see a lot of creativity using lost wax casting, metal clay or gorgeous dichroic glass as the tie's focal point.

Share a good story about bolo ties with your Juniors, and they'll want to get involved in making them too. Depending on their individual skills, even the simplest task of gluing a bolo clasp onto the back of a cabochon, and gluing base metal tips to the ends of the cords, will turn a fun project into something they'll want to wear.

When you wear a bolo tie, you will be noticed, or more likely your bolo will be noticed. They are good conversation pieces and can create an assortment of good teaching skills too.

from AFMS Newsletter, 2/26

Fossil Focus: Bioherms

A bioherm is a massive, mound-like structure made of the remains of marine organisms such as corals, algae, and mollusks. There are bioherms in limestone near Overton, Nevada. They were built up from bivalve shells of mollusks similar to oysters. They are the oldest known bioherms from the Metazoan period, about 600 million years ago.

The shells got cemented together in shallow seas during the mollusk's life times to form reefs. The reefs grew in two ways, either as a column or as a dome. The cementing process started when some mollusks glued themselves to a hard substrate. The reefs grew as young bivalves settled and grew on top of older bivalves. Most of the shells preserved in the bioherms are the right side of the shell because the right shell is the bigger, lower half of the shell that cemented to the substrate. The left side of the shells was usually broken after the mollusk died due to currents or other disturbances.

The ability to form bioherms provided a way for the mollusks to live slightly above the sediment-water interface. The mollusks were filter feeders, and this helped move water across the shells.

via The Polished Slab, 2/26; from <https://www.researchgate.net/publication/237715693>

Fossil of the Month: Heteromorph Ammonites by Charlotte Small, FMC

Heteromorphs are a group of irregularly shaped ammonites which existed primarily in the Cretaceous. They are known for their oddly shaped shells and are thought to have been of an iridescent color. They swam in many parts of the world, including the Western Interior Sea, and their fossils are found in Colorado. Scaphites and Didymoceras are examples of common heteromorphs. Fun fact: When they were first discovered, paleontologists thought that they were mutations of regular ammonites; however, this is a myth.

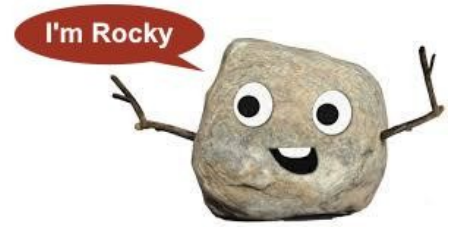
via AFMS Newsletter, 5/26; from Flatirons Facets, 11-12/25

Fossil Funny

What happens when you keep reading geology jokes in your free time?
You know that you have really hit rock bottom.

from Mt. Baker Rockhound News, 1/26

Young Tumblers News



Rock Bucks

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

Earn \$3 "Rock Bucks" to attend a meeting.

You can earn an additional \$5 in "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!



Purple Stones by KAM

Stones that can be purple. Words go across, up and down and diagonal. Have fun.

I G E T I L O D I P E L S T C
 F J D N A U T S Y H T E M A H
 M Y V F A V D W E V Y S Y A A
 E P W M L P E T I R O U L F B
 Q T I I G U S J D P J G D F Q
 V H A E X E O F B L D I Z E K
 F L U G V T X R Y N I L H I L
 Y H D L A I B H A V D I A T P
 W E T I Z N U K K P G T X E W
 C Z J G W A D M D Q A E V Y S
 A A E F Q G V E N I R T E M A
 D O F D B R O B W Q N P I V J
 Q E V H Y O Z V X E D C Y T G
 M V I P S M I T H S O N I T E
 J W M N D E T I O R A H C Y Z

Agate
 Amethyst
 Ametrine
 Charoite
 Fluorapatite
 Fluorite

Kunzite
 Lepidolite
 Morganite
 Smithsonite
 Sugilite
 Taaffeite

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** *Cascade Mineralogical Society - Little Naches - Thundereggs, Lily Pad Jasper, Leaf Fossils* – Difficulty Rating 3. First site to thundereggs is a 1/2 mile hike with some elevation gain. This is a dig site. Second site for Lily Pad jasper is next to the road. Third site is a mudstone formation next to the road where leaf fossils are found.
Roger Danneman – CMS Field Trips Guide (roger.danneman@gmail.com; 425-757-3506 texts preferred)
- June 13** *Cascade Mineralogical Society - Red Top - Agate, Jasper, Crystal, Geodes* - Difficulty Rating 4. Lower dig site is a short hike up a steep slope. Upper site is a 1/2 mile hike with some elevation gain.
Roger Danneman – CMS Field Trips Guide (roger.danneman@gmail.com; 425-757-3506 texts preferred)
- June 13** *Marysville Rock and Gem Club - Saddle Mountain & Diatom Pit - Petrified Wood & Common Opal* – Bring a shovel, small pick, rock hammer, buckets with lids (dust)
Nique Wicks nwhopyfrog41@gmail.com (509) 670-0630
- June 27-28** *Cascade Mineralogical Society Rock, Gem, and Jewelry Show* (Kent Commons). Volunteers needed. Each volunteer will get to choose a polished rock from my personal treasure chest at show.
Roger Danneman – CMS Field Trips Guide (roger.danneman@gmail.com; 425-757-3506 texts preferred)

Importance of Hydration by Kathryn Larson

In the hot days of summer, it's important to pack plenty of water and consider using a portable filtration system while on field trips. Schedule regular water breaks to prevent dehydration, especially during physical activities.

It is recommended that every 15 – 20 minutes a person drink 4 to 8 ounces of fluid depending on how active and how hot it is.

Not drinking enough water can lead to signs of dehydration like dry mouth and throat, fatigue, headaches even muscle cramps. Consider carrying a personal water filter or purification tablets to treat water from potentially unsafe sources.

Be cautious drinking caffeinated or heavily sugared drinks. Moderate amounts of caffeine, up to 3 cups of coffee a day, will not lead to dehydration. Sugary drinks can cause problems. While they may seem to quench thirst, the high sugar content can actually lead to dehydration by drawing water out of the body's cells to dilute the excess sugar in the bloodstream. This can cause increased urination and a net loss of fluids.

Remember always take water with you on your fieldtrips and make sure others with you stay hydrated.

from Northwest Newsletter, 7/25

Some Thoughts On Laying Out Case Displays by Keith Alan Morgan

When I would lay out a case I would think about how people would 'read' the case. People tend to read across rows, or up and down columns, or even look at a large specimen in the middle and around it like a circle.

I also prefer balance, so space the specimens evenly, and have a large piece on one side balanced by an equally large size on the other. It should not look like you just threw the pieces in like you didn't care. Although that might work if your display is about the aftermath of a landslide, or earthquake.

Valley of Fire, Nevada Petrified Wood Quizlet

Q: What kind of trees are in the petrified wood at Valley of Fire?

A: Conifers

Q: How old is the petrified wood at Valley of Fire?

A: about 225 million years old

from The Polished Slab, 1/26

What did the geologist say to the mountain?

You're a real peak performer!

from The Polished Slab, 4/26

Pearl, Alexandrite and Moonstone are the birthstones for June.



CASCADE ROCK, GEM & JEWELRY SHOW



June 27 & 28, 2026
Saturday & Sunday

9 am to 5 pm
Kent Commons
525 Fourth Ave. N
Kent, WA 98032

FREE Admission & Parking

GREAT FAMILY EVENT

Minerals specimens, gems, jewelry, silent auction.
Free polished rock for kids. Mineral/Gem ID.
LOOKIE-LOOS WELCOME!

Shows

June 5 – 7: Friday 12 pm - 5 pm; Saturday 10 am - 5 pm; Sunday 10 am - 3 pm
Puyallup Valley Gem and Mineral Club, *Valley of the Gems*

Swiss Park
9205 198th Ave. E.
Puyallup, WA

June 17 – 21: Thursday - Saturday 9 am - 5 pm; Sunday 9 am - 3 pm
Prineville Rockhound Pow Wow, *Annual Jewelry, Gem, and Mineral Show*

Crook County Fairgrounds
120 S. Main St.
Prineville, Oregon

June 19 – 21: Friday 10 am - 5 pm; Saturday 9 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 Oregon

June 27 & 28: Saturday & Sunday 9 am – 5 pm
Cascade Mineralogical Society, *Cascade Rock, Gem & Jewelry Show*

Kent Commons
525 Fourth Ave. N
Kent, WA