

NOC NEWS

NORTH ORANGE COUNTY GEM AND MINERAL SOCIETY, INC.

ALL AMERICAN CLUB
1985, 1986, 1988, 1989, 1990, 1992

A member of the
AMERICAN FEDERATION OF MINERALOGICAL SOCIETIES
CALIFORNIA FEDERATION OF MINERALOGICAL SOCIETIES

Meetings

Day and Location:

With the exception of July, August and December, meetings are held at 7:30 p.m. the second Tuesday of the month at the La Habra Community Center, 101 W. La Habra Blvd., La Habra.

The La Habra Community Center is located west of Euclid on La Habra Blvd.

For current meeting information, please call (909) 598-2456

North Orange County Gem & Mineral Society, Inc.
Box 653
La Habra, CA 90633-0653



<http://home.inreach.com/o-nocgms>
<http://www.cfmsinc.org>

DATED MATERIAL - DO NOT DELAY
January 2004

NORTH ORANGE COUNTY GEM AND MINERAL SOCIETY, INC.

P.O. Box 653

La Habra, California

Regular meetings are held the second Tuesday of each month (excluding July, August and December) at the La Habra Community Center, 101 W. La Habra Blvd., La Habra (west of Euclid).

2004 OFFICERS

President	Don Warthen	(626) 330-8974
First Vice President	Isabella Burns	(626) 288-2896
Second Vice President	Pat Felix	(714) 970-1496
Secretary	Susan Hansen	(562) 865-2040
Treasurer	Don Livezey	(714) 524-6280
Federation Director	Loretta Ogden	(909) 598-2456
Director	Virginia Grafton	(562) 865-2040
Director	Nancy Bird	(562) 947-6845
Director	Angie Harwood	(562) 692-4540
Director	Ofelia Warthen	(626) 330-8974
Director	Bill Burns	(626) 288-2896

2004 COMMITTEE CHAIRPERSONS

Operating Supplies	Virginia Grafton	see above
Budget & Finance	Don Livezey	(714) 524-6280
Bulletin Editors	Don & Loretta Ogden	see above
Displays & Education	Virginia Grafton	(562) 865-2040
Door Prizes	Verle Stadel	(562) 696-1677
Field Trips	Don Eschbach	(562) 943-8736
Historian	Susan Hansen	see above
Hospitality & Membership	Pat Felix	(714) 970-1496
Insurance	Don Livezey	(714) 524-6280
Librarian	Pat Felix	see above
Operating Regulations & By-Laws	Don Warthen	see above
Programs	Isabella Burns	see above
Publicity	Jane Hendrixon	(562) 691-9595
Refreshments	Nancy Bird	(562) 947-6896
Show Chairmen 2004	Ofelia Warthen	see above
Assistant Show Chairman	The entire club	

The objective and purpose of the North Orange County Gem and Mineral Society is to disseminate knowledge of mineralogy and the earth sciences and to encourage study in these subjects through means of: the presentation of public exhibitions, lectures, slide programs; field trips for explorations, study and collection of specimens; the preparation, publication and distribution of articles and studies pertaining to mineralogy and the earth sciences; the promotion of scientific research in these fields; the encouragement of interest among young people and the fostering of classes in mineralogy and lapidary arts; and all other means which are appropriate to the accomplishment of the primary objectives set forth.

Annual Membership Dues: Individual, \$10; Family, \$15; Juniors, \$3.

Visitors are always welcome at our regular meetings and field trips.

The North Orange County Gem & Mineral Soc. does not yet have a Junior Division.

Material contained in this newsletter may be used if credit is given.

Please send exchange bulletins to:

Don & Loretta Ogden, Co-Editors
 NOC Gem & Mineral Society, Inc.
 20904 Trigger Ln.
 Diamond Bar, CA 91765
 909-598-2456
 donogden@aol.com
<http://www.cfmsinc.org>

NOC GEM & MINERAL SOCIETY NEWS

Vol, 23 No. 1

January 2004

President's Message

By Don Warthen

We had a great Christmas Party. It was great seeing everyone there.

To start this year off, we have some bad news. Walt Messmer suffered a ruptured Aneurysm in his stomach. He went into emergency surgery and is presently at Whittier Presbyterian Hospital. We will have more details at the meeting.

With the New Year came another increase in the insurance premiums for the CFMS. As a result we will need to discuss our dues structure at the next meeting. There may be a proposed bylaws amendment.

Now to get to some happier matters. With the New Year, we will need some new committees. Please let me know which committee you would like to help out with.

We are in gear for an exciting year to start with Saturday January 10th we will be holding classes for the kids at Hacienda Heights. We need volunteers to help out with the kids and we will need some cabs made up for the class.

Planning for the show is well under way with some of the committees in place. We are also planning some how-to seminars again this year and some great programs. If there is anything you would like to see the club doing please let us know.

Refreshments

Loretta and Don Ogden will provide the goodies for the January meeting.

NOC News - January 2004

NOC Club Activities

Cab Classes at Walt Messmer's — On Hold

Board Meeting — TBD

Field Trip — Quartzsite POW WOW Jan
Quartzsite, Scribe Meeting — Jan 31
Tucson Show — Feb

Deadline for NOC News — Jan 17.

January Meeting

Date: **January 13**

Time: 7:30 p.m.

Place: La Habra Community Center
101 W. La Habra Blvd.

Program: The program for this month will be presented by our friend, Jonas Ruzgys. He will be discussing and exhibiting his favorite gemstone, Amber. **See page 5** for more details.

Members in the News

HAPPY BIRTHDAY and have a wonderful day all of you who were born in January.

Don Livezey - Jan 16

Jane Hendrixson - Jan 27

Your gemstone is Garnet.

Your flower is Carnation or Snowdrop.

Shows and Events

via CFMS Web Page

Jan 20 -31 - Feb 1, 2004, Redlands, CA

39th Annual Pacific Micromount Conf.
Southern California Micro-Mineralogists
San Bernardino County Museum
2024 Orange Tree Lane
Beverly Moreau (714) 577-8038
E-mail: bcmoreau@adelphia.net
Web Site: <http://www.mineralsocal.org/micro/>

February 13-22, 2004, Indio, CA

San Gorgonio Mineral & Gem Society
Riverside Co. Fair & National Date Festival
Gem & Mineral Bldg. (on the Fairgrounds)
46-350 Arabia Street
Hours: 10-10
Bert Grisham (909) 849-1674

March 6-7 2004, Arcadia, CA

Monrovia Rockhounds, Inc.
The Arboretum of Los Angeles County,
Ayres Hall
301 N. Baldwin Ave., Arcadia, CA 91007
Hours: 9-4:30 both days
Fee to enter The Arboretum
Jo Anna Ritchey (636) 359-1624 /
j.ritchey@verizon.net

March 13-14, 2004 San Marino, CA

Pasadena Lapidary society
San Morino Masonic Center
3130 Huntington Drive
Hours: Sat 10 - 6 Sun 10 - 5
Mariene Kyte (626) 794-0519

April 3-4, 2004 Torrance, CA

South Bay Lapidary & Mineral Society
Torrance Recreation Center
3341 Torrance Blvd.
Hours: Sat 10 - 6 Sun 10 - 5
Omer Goeden (818) 353-9279

April 24-25, 2004, Haciends Heights, CA

Puente Hills Gem & Mineral Club, Inc.
Magic In Rocks
Steinmetz Park
1545 Stimson Avenue
Hours: 10 - 5 both days
Bob Hess (562) 696-2270

April ?-?, 2004, Boron, CA

Mojave Mineralogical Society, Inc.
Boron High School Multipurpose Room
26831 Prospect Street
Hours: Sat 9-5 Sun 9-4
David Eyre (760) 762-6575

May 1-2, 2004, Anaheim, CA

Searchers Gem & Mineral Society
48th Annual Gem, Mineral, and Jewelry Show
Brookhurst Community Center
2271 W. Crescent Ave.
Hours: Sat. 10-5 Sun 10-4:30
Karen Fox (714) 832-3580
E-mail: the_rox_fox@yahoo.com

May 28-30, 2004, Mariposa, CA

Mariposa Gem & Mineral Club
Mariposa County Fairgrounds
One hour from Yosemite National Park
California State Mining and Mineral Museum
P.O. Box 1192, Mariposa, CA 95338
(209) 742-7625 / minealmuseum@sti.net
Fax (209) 966-3597

June 19-20, 2004, La Habra, CA

North Orange County Gem & Mineral Soc.
World of Gems
La Habra Community Center
101 W. La Habra Blvd.
Hours: Sat 10-5 Sun 10-4

Annual Youth Science Event

Saturday Jan. 11
10:00 a.m. to 1:00 p.m.
Wedgeworth Elementary School
Hacienda Heights

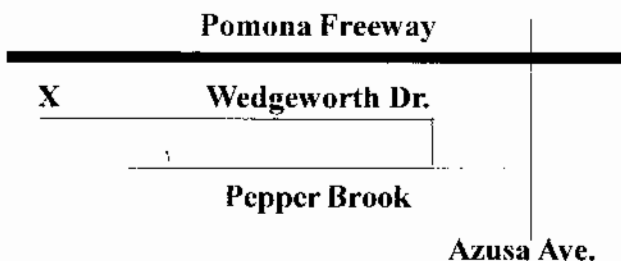
By Izzie Burns

Come help us provide a earth science program for the Youth Science Center Students. Ginny brings rocks and helps the students learn to identify them. Walt and his students bring machines and help the youth polish a stone which have been pre-shaped by his class members.

Some of the gals help them mount the stones to make a necklace or key chain. Jane brings a display of fossils to further their education. Al demonstrates the making of a silver fabricated mounting. Everyone is welcome to come demonstrate or illustrate facts about earth science.

This will be the 14th year that we have been invited to present our program for the youth.

HACIENDA HEIGHTS BRANCH:
located at Wedgeworth Elementary School
Youth Science Center, 16949 Wedgeworth Dr.
Room 8, Hacienda Heights, CA 91745



Dues Are Due!

Please remember your dues are due the first of the year. Send them to

Don Livezey
1722 Virginia Pl.
Placentia, CA92870

Merry Christmas 2003

by Joan Abramson

A Collection of Gems

Many stones have stories they could tell—
Earth's generosity has just begun.
Rubies cast a glowing fiery spell,
Reflecting back the red heart of the sun.
Yellow amber, light upon my hand,
Cradling ancient life in captured sap;
Hematite—"Alaskan diamond". grand,
Resorting to pretense, a name mishap!
Illusion grants us other pleasantries:
Stalactites—surely ice will melt on cue!
Tourmaline, that shimmers with such ease,
Masquerades as watermelon, too!
Apache tears that fill us with remorse;
Sapphire, blue as heaven, love's great source.

Happy New Year

by Joan Abramson

The Future

How quiet is the house without a voice
Answering the daily give and take.
Pretending now is really not a choice;
Planning daily work relieves heartache.
Yesterdays were great, adventures rare,
New worlds to conquer and great heights to climb!
Ever did we risk unknowns and dare
With certainty to live God-given time.
You face the future as an open door
Even though it beckons all too fast,
Appreciating all that went before,
Remembering the pleasure of the past.

An Insurance Update "Are Guest Covered"

by Fred Ott, CFMS Insurance Chair

One of the most frequently-asked questions about the Federation's insurance policy is whether guests at club functions (dinners, shows, field trips, etc.) are "covered".

The answer to this question is both "NO" and "YES" depending upon what you mean by the word "covered". Here is a quick explanation:

If, by "covered", you mean to ask: "Are guests at these functions protected against claims or lawsuits under the Federation policy if they accidentally injure someone or damage someone's property? The answer is "no" they're not.

It's just as if a friend of yours came to visit you at your home with their pet dog and their dog attacked a neighbor: "They" wouldn't be covered ("protected") under "Your" home owners insurance policy; only "you" would be protected against claims and lawsuits in this example; "they" would have to file a claim under "their" own home owners policy to provide protection for themselves.

If, however, by "covered" you mean to ask: "Are guests who get injured while participating in club activities covered for the payment of their medical bills", the answer is "yes", but only to the extent of your or your club's legal liability. As an example, if you failed to clean up a spill on the floor of the dining room and a guest tripped and fell, their medical bills would undoubtedly be "covered" under the Federation policy.

If, however, a guest is injured through no fault or negligence of your club or its members, no medical payment should be expected. ... As an example, consider a guest who gets stung by a bee; it's unlikely that you or your club would be held liable for their "injury" so no payment would be made. If you "were" liable, payment would be made up to \$1 million.

-- Hope this helps.

NOC Program for January 13, 2004

by Izzie Burns, 1st VP

Our program this month will be presented by our friend, Jonas Ruzgys. He will be discussing and exhibiting his favorite gemstone, Amber. He has spent much time collecting amber from all over the world. He and his wife, Valerie, have studied this stone and how to cut it. Jonas has faceted this stone which has a hardness of 2-2 1/2 on the Moh's scale and Valerie has carved amber. I have talked with Jonas about amber on several occasions and I am sure that you will enjoy his program very much.

Amber

Color - Yellow, brown and other colors

Color streak - White

Moh's Hardness - 2 to 2 1/2

Density: Mostly 1.05 to 1.09

Cleavage: none

Fracture: Conchoidal, brittle

Crystal System: Amorphous

Chemical composition:

I have been trying to think of some programs that would bring some new information to our club. In researching through some mineral books, I have found some difference in opinions when discussing organic minerals. Simon & Schuster's Guide to Rocks and Minerals seems to have offered a good solution by listing these stones as organic substances which are related to minerals. We know that everything is made of minerals, even us, but Dana and some of the pioneers in our hobby established the crystalline forms of minerals, as an important factor in their classification. These organic substances do not form in a crystalline structure. There are about 20 of these. Another authority, Aren, who is a gemologist has no difficulty in classifying organic gemstones; so I have chosen his lists for future programs. You can look for programs on ivory, coral, jet, pearls, etc.

Safety

*By Chuck McKie,
CFMS Safety Chairman - 2004
via The American Red Cross*

The holidays are supposed to be a time of warmth, joy and excitement. And for many people, they still are. Still, the anxiety of having too much to do in too little time, the pressure of unrealistic expectations and the tendency to overeat and overspend can overshadow holiday happiness.

You're familiar with the symptoms of stress - a pounding heart, increased perspiration, tight neck and shoulder muscles, anxiety and fear. But you may not know how to prevent or relieve these symptoms.

How can you handle stressors you can't change? The stress busters below are just a sampling of techniques you can use to reduce stress. Try some of these to help you cope with daily stress:

Stress Buster #1: Relaxation Breathing

Sit down at your desk. Close your eyes. Breathe slowly through your nose, thinking in. - Now let the air escape, thinking out. Focus on pleasant thoughts while slowly breathing in and out. Imagine the next breath you take carrying relaxation over face, scalp and the sides of your head. Your next breath carries relaxation to your shoulders, then to upper arms, forearms, hands, chest, stomach, hips knees, calves, ankles and feet. Do this for about five minutes.

Stress Buster #2: Muscle Relaxation

Choose a muscle and tense it for about 10 seconds. Then release it for about 15-20 seconds. Do this with each major muscle group in your entire body. Notice how relaxed your muscle groups become.

Stress Buster #3: Imagery

Sit down. Close your eyes. Imagine the beach at sunset; a walk in the woods on a bright fall day; sitting by the fireplace with snow falling outside, or any other

scene that brings a sense of peace and relaxation. Do this for about five minutes.

Stress Buster #4: Shoulder Shrugs-Squeezes

Sit down and slowly raise your shoulders toward your ears. Hold for a few seconds. Slowly bring your shoulders down. Relax. Repeat three times. Next, put your hands up. Push your arms back, squeezing your shoulder blades. Hold for a few seconds. Relax. Repeat three times.

Stress Buster #5: Exercise

Take a brisk walk, or if your doctor approves, participate in something more vigorous, such as jogging, swimming or another aerobic activity. Try doing this every day or at least three times every week. Being physically fit helps you to better cope with stress. Without a doubt, exercise is one of the most effective ways to reduce stress and tension. Exercise releases natural brain chemicals called endorphins. These chemicals make you feel calm and relaxed.

Stress Buster #6: Time Management

Make a list of everything you want to do today. Prioritize your list and complete the most important tasks that require the most energy and resources first. Delegate as much as possible. Avoid anything that wastes your time. Ask for help when you need it.

To learn the facts on the causes of stress and how to develop stress-reduction strategies for work and personal lives, contact your local Red Cross chapter about our one-hour Managing Stress training module.

SCRIBE

Twenty Second Annual Meeting
and Editors Symposium
Saturday, January 31, 2004
(8:30 a.m. MST)

Senior Citizen's Center
Moon Mountain Road,
Quartzsite, Arizona

Christmas Party December 2003 and 2004 Officers Installation

