

NOC GEM & MINERAL SOCIETY NEWS

Vol, 23 No. 12

December 2004

President's Message

by Don Warthen

It looks like its finally here! This is my last Presidents Message! We have had some good times and accomplished a lot over the last few years. I really want to thank everyone for all the support and help I received. Remember, this is a club of the members and no one person can make it work by themselves. THANKS, EVERYONE!!

Over the last four years we certainly have done a lot. I remember some of the following events. We went to the L.A. Natural Museum, chartered a bus and took the kids from the Salvation Army to the San Diego Museum, held a Petrified Wood Seminar in the mountains, moved our show to the Community Center and made it one the best shows in California, joined the La Habra Chamber of Commerce and became totally involved with the city, started teaching the kids at the La Habra Day Camp, held a pearl seminar and then put on an even greater show the next year, and now we are partners with the City working on an even bigger show.

Yes, we have all done a lot and through all this we have maintained our club by having some great programs at our monthly meetings, work shops, field trips and the list goes on and on.

We also lost some very close friends who worked very hard throughout the years to keep this club going. I hope we keep up building this club in their memory.

Nancy will be taking over the reins this month. We all need to really get behind her and keep the club moving forward. These have been a very rewarding years!

NOC Club Activities

Board Meeting — To be announced
Field Trip — To be announced
Deadline for NOC News — December 17.

Programs

Our program for December will be the Annual Christmas Dinner followed by the installation of Officers for 2005.

December Meeting

Date: December 14
Time: 6:00 p.m.
Place: La Habra Community Center
101 W. La Habra Blvd.

Refreshments

by Nancy Bird

Thanks to Loretta Ogden for bringing the goodies to the November meeting.

Members in the News

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

Pat Mogan - December 25

Jane Hendrixson - December 28

Your gemstone is Turquoise

Your flower is Holy or Narcissus

Shows and Events

Dec 4-5 2004, San Bernardino, CA
Orange Belt Mineralogical Society
59th annual *Rocks Galore in 2004*
San Bernardino Woman's Club
503 W 31st Street; 31 st. & E Streets
Hours: 10-5 both days
Pat Wind (909) 381-0089 or (909) 792-0668

April 9-10 2005, Hacienda Heights, CA
Puente Hills Gem & Mineral Club
Steinmetz County Park Recreation Building 1545
S. Stimson Avenue
Hours: 10 - 5 both days
Paula Hess (562) 696-2270
E-mail: rphess@adelphia.net

April 23-24 2005, Lancaster, CA
Antelope Valley Gem & Mineral Club
Antelope Valley Fairgrounds
2551 West Avenue H
Hours: 9 - 5 both days
Armin Nimmer (661) 945-5769

June 4-5 La Habra, CA
North Orange County Gem & Mineral Society
Jubilee of Gems Show
101 W. La Habra Blvd.
Hours: 10 - 5 both days
Don Warthen (626) 330-8974
E-mail warthen@earthlink.net

June 10-12 2005, Roseville, CA
CFMS & Roseville Gem & Mineral Blast
Roseville (Placer County) Fairgrounds
00 All American City Blvd
(916) 630-1000
Web Site: www.rockrollers.com
Show Web Site: www.rockrollers.com/show.html

via CFMS Web Site

Dear North Orange County Members

Don and I want to wish everyone a wonderful party and a joyful holiday season. We have had such a great time rockhounding! Some of those trips were unforgettable! In much the same way we will have lasting memories of good NOC meetings, dinners and, above all, great shows.

Thanks for all your expressions of good will. It is just time for us to move on to other activities. The recent incident pushed us just enough to realize we needed to make a change, and a clean break is the best way to go. We bear no ill will toward anyone. Instead, we wish you all the furtherance of love and enthusiasm you show towards the hobby and each other

Peace & Joy,
Don & Jane Livezey

Christmas Party

by Nancy Bird

The Christmas Party will be **December 14** at the **La Habra Community Center** starting at 6:00 p.m.

The food will again be provided by Gaetano's in La Habra. This year will be buffet style so those not wanting chicken or pasta may chose what they want. The menu will be tossed baby greens, Chicken Marsala, Baked Manicotti with marinara sauce, rolls + butter, and those great cheese cakes. You will need to bring your own wine.

The cost will be **\$10 per person**-please send your checks to Don Warthen asap. Make checks payable to NOC Gem & Mineral Society.

Don Warthen
15455 Tetley Ave.
Hacienda Heights, CA 91745

Anyone not contacted or who has changed their mind-please let me know-Nancy Bird (562) 947-6845 or nancyjbird@earthlink.net

CFMS Insurance Report

By Fred Ott, Insurance Chairperson

Just a reminder: the procedures for obtaining insurance coverage for your society's special events (such as club shows) and certificates of insurance (shows and field trips) have changed effective October 16, 2004.

All such requests are to now be forwarded directly to the Federation's insurance agent, Patt McDaniel of McDaniel Insurance Services, Inc. An explanation and complete step-by-step procedure for all aspects of your society's insurance needs can now be found on the Federation's web site, cfmsinc.org, by accessing the Federation Insurance Program link found on the left-hand column of the Federation's home page. Additionally, a copy of each of the pages found at this site will be provided to each Director at the November 13th Director's meeting in Fresno.

I cannot emphasize enough the importance of following all of the procedures when submitting requests. Incomplete or inaccurate requests will be returned and an additional processing fee will be required to resubmit the requests. Complete all forms in full and don't use phrases such as "same as last year". When in doubt, contact:

Patt McDaniel at Patt Daniel Insurance Service
P.O. Box 1294, Ojai, Ca 93024,
Telephone: 805-646-9948 or 800-400-728
FAX: 805-646-9976
Email: mcins@west.net

Officers for 2005

The slate of Officers for 2005 was approved at the November 9, 2004 General Meeting are:

President -	Nancy Bird
1st VP -	Loretta Ogden
Treasurer -	Don Warthen
Director -	Don & Kathy Eschbach
Director -	Bill & Izzie Burns
Director -	Ofelia Warthen
Fed Director -	Loretta Ogden

General Meeting Nov. 9 2004

By Nancy Bird for Susan Hansen

Don Ogden led the flag salute. We had 13 members and 5 guests present. The treasurers report was mailed to Don Warthen from Don Livesey.

Election -no nominations were received from the floor. Don Warthen agreed to be our treasurer. Nominations were closed and the slate was accepted.

Don and Jane Livesey are retiring from the club in January. They were voted in as members for life.

Don and Kathy's daughter broke her elbow and Kathy has been helping her out.

We received an application for membership from Robin Hawk.

The Silent Auction was a great success-Thanks to all of you who brought such great donations.

New Members

A hearty welcome to three new NOC members.

Jay & Kathy Valle
1421 Latchford Ave.
Hacienda Heights, CA 91745
(626) 934-9764
jvalle@aqurd.gov

Robyn Hawk
3030 San Juan Dr.
Fullerton, CA 92835
(714) 526-6836
robynahawk@yahoo.com

Beatriz Garcia Delarocha
8037 Sargent Ave.
Whittier, CA 90602
(310) 908-1357 (cell)

CFMS Dues and Insurance

By Richard Pankey, Treasurer

The dues of Membership Societies for CFMS are \$1.50 annually per individual member, regardless of membership classification. The only exception is for CFMS Honorary members. Some clubs have interpreted this as meaning club or society honorary members, also. The intent of the Bylaws was to exclude CFMS Honorary members only. A change to the Bylaw was made in 2003 to add "CFMS" in front of Honorary in ARTICLE IV DUES: Section 1: to clarify any misunderstanding.

At our November 13th Directors' Meeting the directors approved a \$.50 increase in the insurance charge to a total of \$5.00 per "active" member. As defined by our insurance company (the basis for our rate) an "active member" is any member who attends one or more functions each year. This includes activities such as, but not limited to, general membership meetings, annual picnics, Christmas gathering, field trips, participation in shop or classes, etc. Any attendance and/or participation in a club activity creates liability exposure and therefore requires payment of the insurance charge. Our insurance renewal date was October 16th and the Federation has already paid the entire premium for this year. Fred Ott will have more insurance information elsewhere in this Newsletter.

Dues are due and payable by January 1st based on your membership list as of December 31st, which should accompany the dues payment. Dues and insurance for 2005 are \$6.50 for all classes of members and for all "active members". The dues/insurance payment form is in this newsletter along with the new officers form or available from your Director. It is important to your club that this form is completely and accurately filled out so that your club information is up to date for inclusion is the Society Roster. This is the contact information that the Federation uses to notify your club and your members of Federation news, events and happenings. The Society Roster is your link to the Federation and its member societies.

Please send your dues payment, membership list and officers change form to Pat La Rue before the end of January. Forms included.

Safety Report

By Chuck McKee, CFMS Safety Chair From the Fairfield, CA, Northbay Wellspring Newsletter Spring 2000

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

Yes, You Really Can Have "Iron Poor Blood"

If you frequently feel fatigued and have trouble concentrating, you may not have enough iron in your diet, and you could be anemic.

Anemia is a condition in which circulating red blood cells, hemoglobin or the volume of packed red blood cells are reduced. Symptoms of anemia include pale skin and fingernail beds, weakness, vertigo and headaches.

Fairfield California's North Bay Healthcare Clinical Dietitian Kathleen Shafer says, "Iron deficient anemia seems to be the most common type and is often a result of chronic blood loss." Shafer says women are at greater risk for iron deficiency than men are. "They need almost twice as much iron each day. Iron deficiency can also lead to suppressed immunity, which increases susceptibility to infections and disease."

"Premenopausal women should eat several servings each day of foods rich in iron, including dark green, leafy vegetables, legumes, and prunes. Extra-lean meat is a good source of iron since it contains a type of iron called 'heme' iron that is well-absorbed."

Shafer also suggests the following high-iron diet guidelines:

- Include at least four iron rich foods per day in your meal plan. Good sources of iron are spinach, peas, and legumes, liver, beef, instant breakfast mix, shrimp, clams, oysters and tofu.
- Include a food or beverage high in Vitamin C at every meal to increase iron absorption like citrus fruits and juices, strawberries, cantaloupe, mango, kiwi fruit, cabbage, tomatoes, green pepper, broccoli, brussel sprouts.
- Select cereals, breads and pasta products with labels that read "whole grain, enriched, fortified or essential vitamins and minerals added."
- If your doctor advises you to take an iron supplement, take it with food or beverage high in Vitamin C.
- Avoid drinking tea or coffee with meals. They can decrease iron absorption.

Bad Nutrition Can Open The Door To Cancer.

Eat To Protect Your Eyes - Adding anti-oxidants to your diet may help prevent cataracts. Eat plenty of citrus fruits, tomatoes, orange and yellow-green vegetables, potatoes, cabbage and onions.

At least 35 percent of all cancers are nutritionally linked, according to the National Cancer Institute. Your diet is second only to smoking as the most important risk factor you can control.

Kathleen Shafer suggests a varied diet to reduce your cancer risk. "The recommendation is to eat five servings of fruit or vegetables daily and to lean toward foods that are high in fiber such as whole grains. Vitamins should be considered a supplement to a healthy diet and not a substitution. A pill can't give you all the nutrients that a well-balanced diet can." Shafer also suggests people limit their intake of cured meats, hot dogs, bacon, and high-fat and fried foods. "You don't need to stay away from red meat, just choose leaner cuts."

The American Cancer Society offers these nutritional guidelines.

- Limit intake of high-fat foods, particularly from animal sources. Studies show people who eat a high-fat diet have increased rates of cancers of the colon and rectum, prostate, and endometrium. People who eat a high-fat diet are often heavier and tend to eat fewer fruits and vegetables, which also increases the risk of cancer.

- Eat your fruits and vegetables. Many studies show that increased consumption of fruits, vegetables and whole grains reduces the risk for cancers of the gastrointestinal and respiratory tracts. Plant foods contain beneficial vitamins, minerals, fibers and other cancer protective substances such as carotenoids, flavonoids, terpenes, sterols, indoles and phenols.

- Be physically active and maintain a healthy weight. By controlling your weight, you can reduce the risk of cancers of the colon, rectum, prostate, endometrium, and kidney. Through its effects on hormone levels, physical activity may reduce risk of prostate and breast cancers. Physical activity also stimulates bowel movement, reducing the time that the bowel may be exposed to harmful substances thereby lowering the risk of colon cancer. The American Cancer Society recommends being physically active for 30 minutes or more on most days of the week.

- Limit consumption of alcohol. Cancer risk increases with the amount of alcohol consumed. Your risk may start to rise with as few as two drinks a day. Studies indicate that even a few drinks per week increase the risk for breast cancer. A drink is defined as 12 ounces of regular beer, 5 ounces of wine and 1.5 ounces of 80 proof spirits.

Seniors Need Fewer Calories But More Nutrients

While nutrition is important at any age, following a healthy diet when you are in your 60s or older is an even more important factor in maintaining or improving your health.

"Your metabolic rate slows down as you age and your caloric needs decrease by 25 percent," according to Sheila DiGasper, a North bay Health care registered dietitian who counsels geriatric patients. "However, even though seniors' needs are lower, surveys show that a fourth of those over age 65 still become malnourished."

While the quantity of food needed by seniors is less, nutritional needs may actually increase according to a recent study. Nutrition can play a pivotal role in helping older Americans maintain strong immune systems and control chronic diseases.

"Eating daily from the five food groups is the best way to stay healthy," DiGasper says. "Seniors need to eat fewer high calorie foods and more foods that are rich in vitamins, minerals and fiber. While seniors need a multi-vitamin pill and calcium supplement, it's a mistake to think taking a vitamin pill can make up for a poor diet."

Many older people have difficulty eating well for reasons that have little to do with their knowledge of nutrition. For example, losing teeth may prevent a senior from eating a lot of fiber and fruits because he or she can't chew well. If vision is impaired, a senior may not eat what he or she can't see. Strokes can affect a person's ability to swallow and arthritis can make it hard to cook. Some medications can affect a senior's appetite or alter foods' taste or smell.

Living on a fixed income can also influence diet, according to DiGasper, because less nutritious food is cheaper.

"I have seniors tell me they live on McDonald's 29-cent hamburgers, and I advise them that this is not good nutrition," she says.

Altered mental health can also impair nutrition. A person suffering from depression is less likely to have a good appetite, and those with dementia often can't remember to eat regularly. Those who live alone may not eat enough simply because they tire of eating alone.

Dehydration is another condition that can affect senior's nutrition and health. As people age they lose their sense of thirst. A loss of liquid can lead to constipation and an extra strain on kidneys.

"Fluids are at the very bottom of the food guide pyramid for older adults," DiGasper adds. "Drink eight glasses of fluid a day, counting water, soups, decaf coffee and tea, and other decaffeinated drinks."

There are several warning signs to indicate a senior is malnourished. The most obvious one is a decrease in weight. The person may seem weak and feel tired. Vitamin deficiencies can show up as dry, scaly skin, mouth and skin sores, and a swollen, red tongue.

Unfortunately, many of these symptoms can be attributed to other diseases and it is hard to associate these symptoms with an actual deficiency without running medical tests.

"It's never too late to turn your diet around," DiGasper says. "If you think your diet, or the diet of a senior you know, could be improved, talk to your doctor or consult a dietitian."

