

# NOC GEM & MINERAL SOCIETY NEWS

Vol. 33 No, 10

December 2014

## President's Message

*by Nancy Bird*

GREETINGS!

I hope most of you are planning on attending the Holiday Dinner and Installation. I know Yolanda Shirer, who is in charge, will make Portofino's even more Bright and Merry.

Don't forget we (almost always) participate in La Habra's Operation Santa, "which makes the holidays a little bit brighter for local families in need. Operation Santa accepts donations of non-perishable food, gift cards, and monetary contributions to provide food and gifts to the families identified by the local City school districts and the City's Child Development programs. These items are sorted at the Operation Santa Headquarters (in the old Big Lots building at Harbor & La Habra Blvd) by volunteers and City staff. The items are distributed to the families at a special event at the La Habra Community Center." If anyone would like to volunteer for this (transport our donations), that would be great. Otherwise, I will do it one more time. Just let me know.

If you won't be attending, let me say here that it has been a pleasure, for the most part, being a member of the club. I love the hobby, as I know you do. And for a bonus, it's about science, community, and education. I will still be involved on the CFMS level as chair of ROTY, Rockhound of the Year (which I inherited from Loretta Ogden), President of the Downey Delvers G & M, on the local La Habra Collaborative, and active in the local Garden Club. I will be spending more time trying to make a go of NancyRocks, my new business. Stop by.

## NOC Club Activities

General Meeting - Wed. Jan. 14, 6:45 to 9 p.m.

Board Meeting - Wed. Jan. 21, 7 to 9 p.m.

The 2015 Meetings at the Community Center were changed from Tuesday to Wednesday because of space and parking problems.

### Christmas Party and Installation of Officers

Wednesday December 10, 2014

Happy Hour: 6:00 p.m.

Dinner: 7:00 p.m.

Portofino

1651 West Whittier Blvd.

La Habra, CA

For Operation Santa, please bring a Christmas toy and/or can food donation to be given to needy families in the La Habra Community.

The Dinner is sold out.

### Members in the News

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

Members in the news in December:

Janine Arp	Linda Chu
Ray Cooley	Wendy Erskine
Natividad Farquer	Pat Mogan
Richard O'Conner	Jerry Turner
Kathleen Turner	Kathy Valle
Barbara Woolfok	Teri Heuer

Your gemstone is Turquoise

Your flower is Holly or Narcissus

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## Shows and Events

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### **December 6 - 7, 2014: BARSTOW, CA**

Mojave Desert Gem & Mineral Society  
Cora Harper Community Center  
841 Barstow Road (North of I-15)  
Hours: 10 - 5 daily  
Contact: Vivian Watts  
Email: [vivlea22@yahoo.com](mailto:vivlea22@yahoo.com)

### **March 7 - 8, 2015: ARCADIA, CA**

Monrovia Rockhounds  
Los Angeles Arboretum  
301 Baldwin Avenue  
Hours: 9:00 - 4:30 daily  
Contact: Jo Anna Ritchey, (626) 359-1624  
Email: [joannaritchey@gmail.com](mailto:joannaritchey@gmail.com)  
Website: [www.Moroks.com](http://www.Moroks.com)

### **March 7 - 8, 2015: VENTURA, CA**

Ventura Gem & Mineral Society  
Ventura County Fairgrounds  
10 West Harbor Blvd.  
Hours: Sat 10 - 5; Sun 10 - 4  
Contact: Krishna Juarez, (805) 323-6725  
Email: [info@VGMS.org](mailto:info@VGMS.org)  
Website: [www.vgms.org](http://www.vgms.org)

### **March 14 - 15, 2015: SAN MARINO, CA**

Pasadena Lapidary Society  
San Marino Masonic Center  
3130 Huntington Drive  
Hours: Sat 10 - 6, Sun 10 - 5  
Contact: Marcia Goetz, (626) 260-7239  
Email: [joenmar1@verizon.net](mailto:joenmar1@verizon.net)  
Website: [www.pasadenalapidarysociety.org](http://www.pasadenalapidarysociety.org)

### **May 1, 2, 3, 2015: La Habra CA**

*North Orange Co. Gem & Mineral Society*  
La Habra Community Center  
101 W. La Habra Blvd.  
Hours: Fri 4 - 8; Sat/Sun 10- 5 both days  
Contact: Don Warthen (562) 330-8974  
Email: [odwarthen@verizon.net](mailto:odwarthen@verizon.net)  
Website: [nocgms.com](http://nocgms.com)

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## Thanks

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Thanks to Linda Mencken and Nancy O'Conner for bringing the goodies to the November meeting.

Carol Larson also had a birth day in November. HAPPY BIRTHDAY Carol and have a wonderful day in December.

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## Quartzsite 2015

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Jan 21-25, 2015 .....Quartzsite Arizona --  
Pow Wow - Gem, Mineral, and Jewelry Show

January 24, 2015 (9:00 a.m. MST) .....  
Quartzsite Arizona -- Last official SCRIBE Meeting at Quartzsite -- The SCRIBE board has voted to move the meetings to one of the 7 regional AFMS Shows each year.

January 02 - January 14 2015 Prospectors  
Panorama

January 01 - February 28, 2015 Desert  
Gardens -Gem&Mineral Show

January 02 - January 11, 2015 Tyson Wells  
Rock & Gem Show

January 16 - January 25, 2015 Tyson Wells  
Sell-A-Rama

January 17 - January 25, 2015 Big Tent  
Sports, Vacation & RV Show

January 30 - February 8, 2015 Tyson Wells  
Arts and Crafts



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(562) 697-4501 fax  
[tntprinting@roadrunner.com](mailto:tntprinting@roadrunner.com)

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## CFMS Federation Report, Visalia CA

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*by Loretta Ogden*

Once upon a time many years ago the CFMS decided that Visalia was in the center of the state so it would be a good place to have the yearly business meeting. It was years that the officers and directors made their way to Visalia every November. One year for some reason the location was changed to Fresno. It did not work out and the next year we beat the same path to Visalia.

Well enough history and on with the CFMS meeting news. One of the most important things we as directors do is vote on the officers for next year's officers.

President.....Tom Burchard  
1 VP.....John Martin  
2 VP.....Margaret Kolaczyk  
Treasurer.....Tony Fender  
Secretary.....Kim Campbell Erb

The CFMS past President will be the President of the American Federation in 2015.

Many committees were filled and will be listed in the January CFMS Newsletter. I myself volunteered to be on the museum committee and Nancy Bird is on the Rockhound of the Year committee. The name was changed from Education through Sharing to Rockhound of the Year.

There were many things voted on and commented on but too many to list. One of the most important is the speed and extent with which we are losing our public lands. There is nothing one person alone can do about this but in numbers we have more say. Talk to me about getting involved with different groups addressing this.

The earth science camps remain popular and filling quickly (in one day this year). I also found out that a fund that we introduced and started in the name of Bill & Izzie Burns has &16,000.00 in it. They were able to buy a trailer to transport equipment, etc. to the camps.

I missed a year of this meeting and went back to welcoming arms and a real feeling of satisfaction at what the Federation is doing. The next report will be in the newsletter and at the meeting in January.

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## Education Report

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*by Loretta Ogden*

On November we had our last class of the year. We did a Christmas Ming tree and everyone went home with a charming decoration for the Holiday. We have had a very good year for the education committee and are expanding next year.

We will be joining the community center in their classes. Everyone will have to sign-up at the community center and pay them. We hope this will also help the club to grow and give us a more visible presence in our community. Loretta Ogden will be the chairperson of this committee so if you have any questions or suggestions give her a call.

On January 28, 2015 we will be teaching a wire wrap class. We will be using a large blister pearl as a pendant wrapping with gold fill wire.

February 25 we are planning a beautiful 3 chain (one of which you will be making yourself) bracelet. March we will be tying pearls to wear your pearl pendant on. We always commit to using the highest quality materials available. Our own members will be teaching unless we have a guest instructor. Mark your calendar to join us now.

Merry Christmas and Happy New Year to all of you.

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## Get In The Walking Habit

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*via The American Legion Dec. 2014*

To start a regular walking routine to improve mobility and reduce symptoms of knee arthritis:

- ◆ Plan ahead and choose a time of day that's convenient for you to walk.
- ◆ Wear comfortable shoes.
- ◆ Use a pedometer or step counter to figure out your "baseline" number of steps.
- ◆ Increase your steps gradually, walking up to 3,000 or more on most days as an initial goal.
- ◆ If fatigue is a problem, break your walking into 10-minute chunks.
- ◆ If you have hip, foot or stability problems, walk on a level surface.
- ◆ Use a walking stick or walking poles to take the load off our knees.
- ◆ Monitor your pain during and after exercise. If you're new to exercise, it's typical to feel some soreness the next day. If you are so sore it's hard to move, you overdid it. Taking excess pain medication before exercise may mask the pain and result in overexercise.
- ◆ If activity is especially painful or if you've been sedentary for a long time, talk with your doctor before starting an exercise program.

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## What Your Knees Need

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*by Judith Hurley  
via The American Legion Dec. 2014*

For the aches and pains of knee arthritis, movement is medicine. Stretching, strength training and low-impact activities like walking have been proven to help people with arthritis function better day to day. But too much exercise can make arthritic joints sore. A recent study set out to pinpoint just how much movement is needed to reduce disability and improve mobility. The answer, it turns out is 6,000 steps a day.

Nearly 1,800 participants in the Multicenter Osteoarthritis Study, all with knee arthritis or at risk for the condition, were asked to wear a pedometer and

log their daily steps for a week. Two years later, they logged their steps again, and researchers assessed their physical function. The results, published in Arthritis Care & Research, showed that participants who averaged 6,000 steps a day were more mobile and less likely to have problems with walking, climbing stairs and standing than those who averaged fewer steps.

Six thousand steps is about three miles, or an hour of walking. While that may seem like a lot, every step taken during the day counts, including those taken around the house or at work. Even sedentary people accumulate 2,500 or more steps a day from routine activity, so reaching the 6,000 threshold is less daunting than it might seem at first glance. And it isn't all or nothing. A few as 3,000 steps a day helped prevent arthritis symptoms from worsening, and every 1,000 steps reduced functional limitations by 16 to 18 percent, says lead author Daniel White, a research assistant professor and physical therapist at Boston University.

Cartilage - the hard slippery coating at the ends of bones - normally cushions joints, but is worn and frayed by osteoarthritis. Walking also strengthens the muscles around the joints. Stronger muscles carry more body weight, taking the load of knees and protecting knee cartilage from wear and tear. According to the Arthritis Foundation, exercise not only wards off disability but also reduces pain and fatigue and improves balance and coordination.

In a national survey conducted by the Centers for Disease Control and Prevention, two-thirds of adults with arthritis reported walking less than 90 minutes a week, and more than half said they don't walk at all outside of routine activities. Some with osteoarthritis think that if their joints hurt, they shouldn't walk, but experts disagree. In fact, being sedentary leads to loss of muscle strength and reduced range of motion, which results in increased disability over time. Regular walking can break this cycle. Although you may experience soreness as you become more active, stick with it. Soreness is soon replaced by pain relief and better physical function.

Nearly 23 million adult Americans have arthritis, and one in two will develop symptoms of knee arthritis by 85. Fortunately, something as simple and free as walking can keep this painful condition at bay.

## The Universe is full of Jewels

Hubble Telescope image of Tatantula Nebula



Orion Nebula



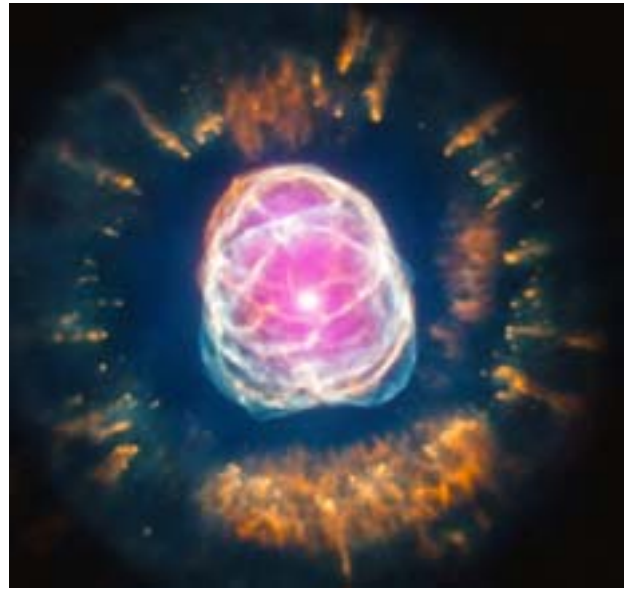
Butterfly Nebula - with its 3 light years of wing span



A “supermassive” star hundred of times larger than our sun, surrounded by obscuring outflowing gas



Tskimo Nebula - A beautiful Trid to a stars life



Hubble Captures View of “Mystic Mountain”



**Ghost Nebula**



**The Witch's Broom Nebula**



**The Rose Galaxies**



An astounding infrared image of the Carina Nebula captured by the ESO VLT. It's also known as the Grand Nebula because of its size, brightness, and the any cosmic icons there in, such as Mystic Mountains, Pta carnae, and the Keyhole and Humunclus Nebula.



Andromeda, our next door neighbor



Billions and billions of stars at the center of our galaxy



**The Cat's Eye Nebula**



**The visible Universe in one photo.**



**Orion Nebula**



**Hubble Watches star clusters on a collision course Astronomers caught two clusters full of massive stars that may be in the early stages of merging 15 Pictures of the Universe that will blow your mind.**



**The Ant Nebula**



**V838 Monocerotis**



# Making Jewels



Ming Tree Class

