

**PACIFIC
NORTHWEST
CHAPTER**



BULLETIN

FEBRUARY 1998

PRESIDENT: BOB MEYER

16239 NE 18TH ST., BELLEVUE, WA 98008 1-425-641-0723

VICE-PRESIDENT: SHARLEEN HARVEY

2309 SW 1ST AVE #2142, PORTLAND, OR 97201-5009 1-503-248-4194

TREASURER: CHERYL BURCHIM

3305 281ST, OCEAN PARK, WA 98640-0077 1-360-665-4379

SECRETARY: KAREN HINDERMAN

6217 TYLER LANE, FERNDALE, WA 98248 1-360-380-2035

BULLETIN EDITOR: WES GANNAWAY

1604 BROOKWOOD DR, FERNDALE, WA 98248 1-360-384-4209

PRESIDENT'S MESSAGE:

Here we are, into the second month of 1998. When the occasional nice day rears its head, one can almost taste the anticipation of the warm days to come. No, we tell ourselves; it's not too early to start planning for the upcoming collecting season.

It should be an exciting year for FM members. We have a number of interesting events planned, including an adventure to Utah, a trek to Montana, and our annual sojourn to Washington Pass. Hopefully, we can come up with some surprises as well.

We will have entertaining meetings this year. Our next meeting will be on March 7, at WWU in Bellingham—for details, see the announcement later in the newsletter. This is a good chance for those from the Northern Realms to attend an FM meeting. In addition, Sharleen Harvey has graciously invited us to have our June meeting at the Rice Northwest Museum of Rocks and Minerals, in Hillsboro, Oregon. This is a chance for members to view the finest collection of minerals in the Northwest. No mineral collector in their right mind should miss it! We will announce the date in the next newsletter.

Plans for the upcoming 1998 symposium in September are going very well. I am confident that it will be even more enjoyable than our 1997 symposium. Those who attended in 1997 know what a tough act that is going to be to follow! The topic this year includes three of my favorites, phosphates, arsenates and vanadates. It is not too early to start thinking about a display, or to start unlimbering your best self-collected phosphate, vanadate, or arsenate.

Request for auction specimens

We are strongly encouraging early donations of specimens for our symposium auction. Members can bring specimens to either our March or June meetings. We will, of course, still take them at the symposium as well. We would like to describe auction specimens in the next couple of newsletters, as a sort of preview of coming attractions. John Lindell, our 1998 symposium committee chairperson, has asked that members, "Give something that hurts." We need to keep our symposium in the black!

I am still available for any input, suggestions, or complaints: give me a call. I look forward to hearing from you. Until that time, take care.

Sincerely,
Bob Meyer
President
1-425-641-0723

MEETING NOTICES, UPCOMING EVENTS, FIELD TRIPS:

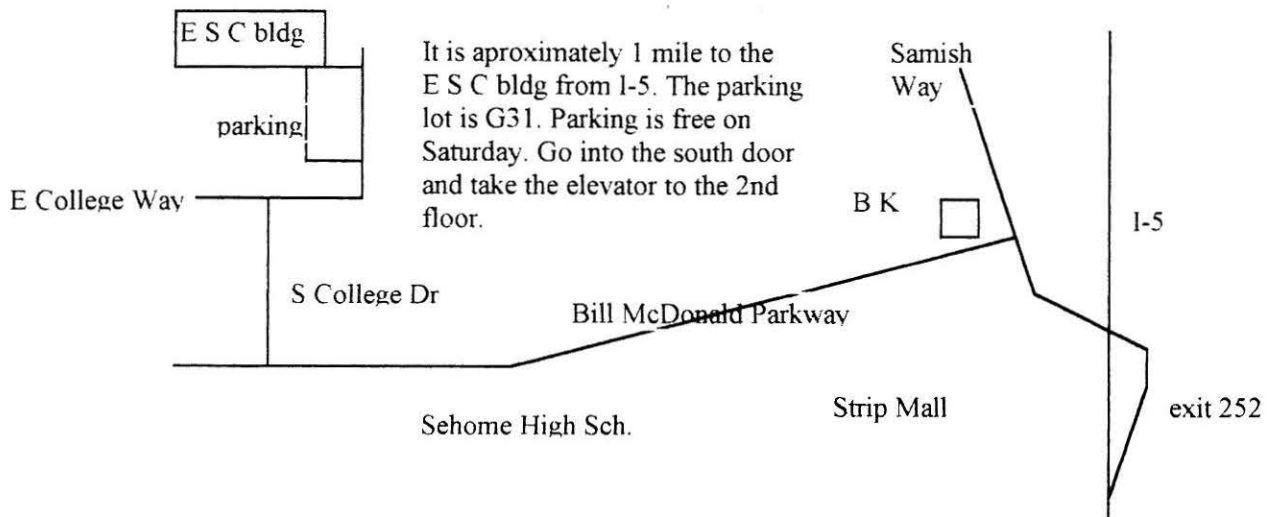
Pacific NW Friends of Mineralogy Spring Meeting:

We will hold our next meeting in room 223 of the Environmental Studies Hall at WWU in Bellingham, on March 7, at 1:00 p.m. Once again, George Mustoe, staff geologist, has graciously agreed to be our host. After the meeting, George will lead us in a participative learning experience, "Reconstructing the Geologic History of Washington." Participants will be able to take their projects home. After that, members will have the "run" of the Geology department. Possible activities may include demonstration and possibly hands-on experience with polarizing microscopy, photomicrography (using 35 mm daylight film), spectrometer analysis, and x-ray diffraction. There will also be a chance to view the many displays in the halls. Please bring a specimen for the symposium auction.

To those who have not attended our prior meetings at WWU, they have been very enjoyable. Topics that we discuss at the meeting will include the status of the proposed 1999 spring symposium, and the status of the locality register. See you there!

Editor's Note:

Coffee and tea and cookies will be served. Be sure to note all of the cases on the floors of the E S C, especially those on the bottom floor and specifically the wall-mounted displays on either side of the door to room 223. There will be questions.



Pacific NW Field Collector's Rendezvous:

On March 28, 1998, the Pacific Northwest Field Collector's Rendezvous will be held at the Clackamas Meeting and Banquet Facility in Clackamas, Oregon, from 10:00 a.m. to 5:00 p.m. 39 dealer tables are set up with minerals, fossils, and displays, including one from the Rice Museum. This event is being sponsored by our fellow member Jon Gladwell. Contact Jon for further information at 503-771-4123.

Eastside Mid-year symposium:

Due to time constraints Lanny Ream has postponed this year's mini-symposium and now plans to move it to the Memorial Day weekend in 1999. Plans are underway to make this a full symposium instead of just a "mini".

Utah 1998:

The dates of the trip are from June 22 to July 2. Localities to be visited will include Gold Hill, Topaz Mountain, the Tintic District, and at least one other mineral collecting location, probably in the Milford/Beaver Co. area. A visit to Bryce Canyon Ntl Mon. is also being considered. The return trip will include a site in the Green River Formation, the trilobite beds in the Wheeler Shales and Marjum Formation, and an Ordovician reef locality called Fossil Mountain. This will be dry camping and some rough road travel (careful driving will allow most rigs to drive right to the sites). Please contact Wes Gannaway at 360-384-4209 for further details if you are interested in attending.

Another Montana Trip?

John Cornish is sending out some pretty heavy vibes about doing another Montana trip. John is now waiting to firm up the dates for the Butte show and wants names now from people wanting to participate. This trip will be following the Utah trip, perhaps by a week or so, or in conjunction with the mineral collecting phase of the Utah trip. Complete details will be in the next bulletin. John will be at 360-457-7630 or j&gcornish@tenforward.com

9th Annual Washington Pass Cleanup:

Our annual Washington Pass cleanup will take place on the second weekend in August as usual. Further details as to camping and social activities will be forthcoming in future bulletins.

* * *

The theme for the 1998 symposium will be:

PHOSPHATES, ARSENATES, and VANADATES

The place will be the Days Inn in Tacoma, Washington at 6802 Tacoma Mall Blvd, 206-475-5900. Dealer and display setup will be on Friday, September 25, with dealing and visiting that evening. Talks, visiting, dealing, a banquet, and the auction will take place on Saturday, September 26. Talks and breakdown will be on Sunday, September 27. **MARK YOUR CALENDARS.** If you wish to be a satellite dealer please contact Rudy Tschernich (360-568-2857). If you wish to make a room reservation please contact the hotel (the first of July will probably be soon enough). Be sure to let them know that your reservation is in conjunction with the symposium. Karen Hinderman is handling the symposium reservation again this year. There will be a student fee again this year. Fees will be set soon and an early registration form will be in a future bulletin. For more details read the Winter meeting minutes.

* * *

1998 Symposium Meeting:

A meeting was held at Chairman John Lindell's home to set up a plan for the 1998 symposium. A committee was formed to deal with all of the aspects of the show and there were discussions concerning the show budget and committee member responsibilities. Thirteen persons are on the committee and they are:

John Lindell, Chairman 425-432-4939

Bob Meyer, Overseer and watchdog 425-641-0723

Cheryl Burchim, Finance and Motel Liaison 360-665-4349

Mark Mauthner, Speaker program 604-871-1520

Rudy Tschernich, Dealers 360-568-2857

Sharleen Harvey, Symposium guidelines manual 503-248-4194

Arlene Handley, Auction 360-693-1034

John Cornish, Displays 360-457-7630

Bart Cannon, Publicity 206-522-9233

Karen Hinderman, Hospitality 360-380-2035

Ray Lasmanis, Layout and Security 360-491-6893

Wes Gannaway and Gary Hinderman, Set up and breakdown 360-384-4209

If you have any input, questions, or wish to help please contact any committee member.

A symposium related item is the size of the cases that we use. At this time we are using cases owned by the NW FM, of which five will take a 21 3/4" by 46" bottom liner, with the sides and back 23" high with the width determined by the liner thickness. Further information on the cases used by us will be published as I receive it.

It is never too late to start gathering the auction items for the next symposium. The auction has been a large source of revenue for the chapter and has kept us at the break even point on our symposium costs.

Seattle Regional Gem and Mineral Show:

Six FM chapter members had displays in the October, 1997 Regional show. Wes Gannaway displayed Pyrite specimens from around the world.

John Cornish displayed five cases of minerals: Gopher Valley, Oregon calcites and zeolites; fossils from the Twin River Group of Clallam Co., Washington; the calcites and zeolites from the Valentines Day pocket, Lewis Co., Washington; Pseudomorphs from Washington State; and calcites from the Monroe, Washington area.

Dan Ice had a case of assorted minerals from around the world.

Pat Curry displayed 2 cases of agatized coral from Florida.

Ray Lasmanis brought a case of Snowbird Mine, Montana quartz crystals.

Corky Russell had a case of assorted worldwide specimens.

Thanks to Mary Foster for coordinating this opportunity. Mary also sent along a flier announcing the possible disbanding of the regional show committee. Further information concerning this will be in the first FM bulletin after the Seattle Regional committee's March meeting.

MEETING MINUTES:

Saturday, January 10, 1998

St. Martin's College, Waynick Museum, Lacey, Washington

Meeting called to order by President Bob Meyer. Fourteen members and two guests were present. First order of business included thanking our host, Father Conrad Rausch. He showed us around the museum, answered our questions and was excellent with the secretary's seven year old who became a little bored during the meeting. Also, thanks to Ray Lasmanis for arranging for us to meet in this interesting little museum.

Minutes from the Fall meeting were read and approved. President Meyer inquired about a Locality Register Committee. According to members in attendance this committee consists of Bob Smith who has a register of localities put away in a safe. This register has remained confidential due to the request of members. We would like to see this register continue so that new localities will not be lost and/or forgotten.

The Symposium committee report began with Symposium Chairman John Lindell reading the minutes from the December 13, 1997 meeting. A theme was discussed and MSP to adopt Phosphates and Arsenates as the theme for the 1998 Symposium. MSP to accept the amount of \$5625.00 for the Show Chairman's budget. MSP to abolish the non-member fee. All symposium registrants will pay the same fee. Membership fees will be separated from registration fees although both may still be paid at the same time. MSP that current symposium committee's duties include looking for a location for the 1999 symposium. Ray Lasmanis presented two possible designs for the floor plan. One included room for 22 cases and the other included room for 27 cases. Be thinking about your case now ! Also, Ray discussed his findings on security which could include hiring an outside agency. This will be discussed further in committee. It was discussed that information on the symposium be in the mail 2 months prior to the actual date. The committee will do their best to get information out in a timely fashion. If you have any ideas about the symposium please contact John Lindell.

Lastly, the symposium committee is requesting that all members be thinking about a donation for the auction. Donations can be made now to any committee member.

Report from Lanny Ream that he is unable to do a mini-symposium in 1998 but will be trying to get one together for 1999.

President Meyer presented the following proposed budget income statement for the year ending December 31, 1998

Revenue:

Dues: (approximately 105 members @ \$15.00)	\$1575.00
Total Revenues:	\$1575.00

Expenses:

Operating Expenses:	
Mailing, including newsletter	\$ 500.00
National Dues	\$ 525.00
Noble V. Witt Award	\$ 50.00
Total Operating Expenses:	\$1075.00
Administrative Expenses:	
President (postage, phone, supplies, etc.)	\$ 150.00
V. President	\$ 25.00
Secretary	\$ 25.00
Treasurer	\$ 25.00
Total Administrative Expenses:	\$ 225.00
Total Expenses:	\$1300.00
Budgeted Net Income:	\$ 275.00

MSP to accept the above budget.

Old business: Kathryn Foster reported at the last meeting that she needed help in representing the PNWFM at the Seattle Regional. It seems that the Seattle Regional is having problems getting enough help from each member club and will need 6 members from each club to become active if they are to continue. In March they will be voting on whether to continue as a group. Rusty and Jim Etzwiler have agreed to attend this meeting and President Meyer will attempt to contact other members to represent us at this meeting. The Seattle Regional is at an important crossroad and we need to consider where we stand. Please contact Bob Meyer or Kathryn Foster for more information.

New Business: Wes Gannaway will lead a field trip to Utah this summer. Meet at noon on June 22, 1998 in Wendover, Utah. Collecting will include: Gold Hill, Topaz Mt., Tintic Dist, Beaver Co., Soldier Summit, trilobite beds, and Fossil Mt. All are welcome on part or all of this trip. Wes will put together packets for interested individuals. The field trip will conclude over 4th of July weekend. John Cornish may try to plan another trip to Montana as well. More on this later. Bill Dammerell will represent our chapter at the National meeting in Tucson. John Cornish brought up the idea of a new NW writing project, possibly focusing on Oregon.

which could become a Rocks and Minerals Special Edition. It was suggested that John look into this and follow up at a later date. Lastly, it was requested that the newsletter be published bi-monthly. This will be taken into consideration. Members are encouraged to send articles to Wes, our newsletter editor, at any time.

Respectfully,
Karen Hinderman, Secretary

IMPORTANT REMINDER:

If your mailing address does not have 1998 written after it, please send your dues now. Send \$15.00 for each individual to: Cheryl Burchim, Treasurer, 3305 281st, Ocean Park, WA 98640. Thank you.

PROJECT NORTHWEST:

At the January 10th meeting, an idea of mine was brought up for the membership's consideration. The idea was that we of the Pacific Northwest Chapter of the Friends of Mineralogy begin a new project whose end result would be a complete State issue for Rocks and Minerals magazine.

I spoke with Rocks and Minerals Managing Editor Marie Huizing and she was enthusiastic about the idea. If we can come together to take on this project, we could draw from three obvious choices for this issue. These would be for the states of Oregon, Idaho, and Montana. This issue would be slated for publication sometime in the year 2000.

With this in mind, I would like to ask the membership to consider volunteering their time towards this project. Individuals will be needed to author the articles, but volunteers are certainly not limited only to this. We would also need people who can photograph specimens, draw maps, provide specimens for photography, and cover other important aspects of this project. If you would like to take part in this, please call me now and we will discuss your thoughts and ideas.

During the end of the 1980s, two Washington State issues were produced for Rocks and Minerals magazine as an FM project by this chapter. We did a good job then, and I feel we could do a good job once again. Let's do something special in 1998; call me now and let me know what you think.

Thanks,
John Cornish
40 Cedar Glen Drive
Port Angeles WA 98362
360-457-7630 j&gcornish@tenforward.com

NEW MEMBER:

I would like to welcome a new PNWFM member. Please put her on your membership list.

Karinita Hansen

P O Box 2452

Idaho Falls, ID 83403

208-524-2178

Several members have given me their internet address and I will publish these as I get them:

Bob Campbell is at camshaft@kamloops.net

Wes Gannaway is at wgannaw@mail.arco.com

James Etzwiler is at jamesetzwiler@jsf.boeing.com

John and Gloria Cornish are at j&gcornish@tenforward.com

DUES:

It is probably time to explain the dues structure as it pertains to our chapter and the national. We have been collecting dues at any time of the year, preferably at the beginning but mostly at the September symposium. Unfortunately, the dues for the national group only cover from January to December. If you paid at the symposium, say in 1997, your dues supposedly covered you for 1998, however, the national treasurer only credited you for paying for 1997, thus the confusion. Our answer to this dilemma will be to hold the national dues back until January but credit you with paying at the chapter level when you do so you can get the newsletter. Also, if you paid in 1996, then if you missed paying for 1997, and you pay dues for 1998, the national is going credit that payment against the 1997 dues, so you still owe for 1998. The chapter also sends bulletins to those members that owe for a year. The national bulletin will stop when your membership stops. If you have any questions about this or wish to know if you are paid up, call Karen Hinderman. If you owe dues Karen includes a notice in your copy of the bulletin.

EDITOR'S COMMENTS:

At the January meeting in Lacey it was decided that everyone would like to see a bi-monthly bulletin. I agree with this and will do my best to put it out, but I really would like to see some input with articles from all of you members. Please take some time to jot a few notes about any mineral related topic: a show that you attended, a field trip, a specimen, a rumor of a new find, or a book or magazine article that you liked and would like to see reviewed. My deadlines for articles are going to be March 1, May 15, Aug 15, and Nov. 15 in order to get the material to the National newsletter editor and the Mineralogist magazine. I really don't like to mail out a one page bulletin but will do so if necessary. If you send in information from another source please give the name of the source so I can credit them or I really can't use the material.

Wes Gannaway

1604 Brookwood Dr. Ferndale WA 98248

360-384-4209

wgannaw@mail.arco.com

FROM OFF THE BEATEN PATH by John Cornish

Hello and welcome to this newest addition of From Off The Beaten Path. This time around we're going to discuss one of the more unassuming situations which can turn our field collecting trips into an unmotivated, bleary, red-eyed haze. This segment of our column will be on sleep.

Sleep is a fragile thing at best and more than twenty million Americans experience insomnia to the point where the quality of their waking hours are affected. Sleep, scientifically, is considered to be of two distinct and different types: dream sleep, with rapid eye movements (R.E.M.) and non-dream sleep also called deep or delta-sleep. This last one is the type of sleep which we most need while out in the field, or at home for that matter. Deep sleep is the one which seems to activate most of our bodies restorative processes favoring cell-division, protein synthesis and other beneficial activities.

Cycles of deep sleep can repeat throughout the night, but the longest stretches of deep sleep usually occur during the first three hours of sleep. Most people need between six and eight hours of sleep to achieve adequate deep sleep. If sleeping for shorter periods, a person can usually expect to wake feeling unrested, lousy and irritable. Too much sleep can also be a bummer as a person can often wake feeling groggy and fuzzy. It's a personal thing for sure, and it's best to let our bodies decide how much sleep it needs.

This is far easier to accomplish when out in the field or on vacation as compared to operating daily in the real world. In the real world we're usually waking to an alarm clock, and this is definitely a good thing, because our bodies march to a different drummer or more accurately to a different rhythm: a circadian rhythm.

The circadian rhythm is a pattern of alertness and body temperature which runs a complete cycle every twenty-four and three quarters hours. This means that a person will naturally tend to sleep approximately forty-five minutes later every day. In a scientifically controlled environment a person who starts sleeping at midnight would be going to bed at noon in about two weeks time!

When sleeping in the field, both us and our brains are subjected to many things which can guarantee to keep us up at night. Our brain is constantly protecting itself and anything which appears "unusual" will arouse it. As morning approaches and we begin waking we move more into R.E.M. sleep phases where our bodies become poikilothermic, or cold blooded. Our bodies begin at this point to take on the temperature of the air around us. If we're inadequately, or overly protected our body will respond by shivering or sweating and this will probably be what wakes us.

It's important not to confuse sleepiness with fatigue. Sleepiness and its opposite, wakefulness, are brain phenomena, while fatigue is a muscular phenomenon. Sleepiness occurs at about the same time every day in the circadian rhythm and fatigue can disrupt our sleep. One of the worst things an out of shape person can do is to overexert themselves

during the day and think that they'll sleep better that night because they're exhausted. More often than not the results will be the exact opposite of what they'd hoped for and they'll now be up most of the night and will on the morrow only find that they feel sleepy and sore. On the other hand, a person who is fit and exercises regularly will sleep deeper and longer in the deep sleep phase before the beginning of the first R.E.M. sleep stage.

What we put into our bodies also affects our sleep. Complex carbohydrates are as prized at nighttime as they are during our busy day in the field. They enhance the impact of an amino acid found naturally in protein food called L-tryptophan. L-tryptophan is nature's "Sominex" and acts as a natural tranquilizer which our bodies use to raise its serotonin level. Serotonin is a natural body chemical which brings on feelings of contentment, relaxation and peace. Sources of this amino acid include turkey, tuna fish, peanuts, bananas, milk and milk products. Eating any of these foods with some complex carbohydrates will definitely improve your chances of a restful slumber.

Simple sugars like candy and cookies as well as caffeine and alcohol are some of the worst things to ingest prior to sleeping. Alcohol also contributes to fragmented sleep and even sleep apnea (irregular breathing) which causes snoring.

Some other positive things conducive to a good night's rest can be as simple as choosing the right place to camp. A person who is normally accustomed to hearing traffic sounds can find the "white-noise" of a running stream very comforting and relaxing. Sleep at a consistent time. Sleep on a level surface on a good, supportive sleeping pad in a sleeping bag temperature rated for the conditions you'll be experiencing. Bring a pillow or something comfortable to act as one.

Try to have camp set-up several hours before sleep time. Socialize away from bed and work out the next morning's itinerary well before bed so that you'll have a clear head for sleeping. The worst thing you can do is worrying about not falling asleep. When you're upset about not sleeping it causes more arousal in the brain. It's like worrying about sexual performance—the more you worry, the worse it gets! If you still can't sleep try reading or doing minor mind-dulling chores which may help you achieve a sleepy state of mind.

In our next addition of From Off The Beaten Path I'll discuss sleeping pads and bags as well as a few other surprises. In our last column I presented the trivia question of "What is the origin of the name Coober Pedy? The answer is that the name came from the Kokato tribe of aborigines whose words kupa-pita translated into "white man in hole"! The question and answer were found within Peter Bancroft's book, Gem and Crystal Treasures.

The trivia question for this issue's column is—Stinkflus was a name given for what mineral from Wölsendorf, Bavaria which when struck with a hammer would produce a highly unpleasant odor which would cause headaches and nausea among the miners?



Dr. Eugene E. Foord at the Blanchard Hill Stilpnomelane outcrop, Skagit County, Washington, July 24, 1996. Photograph by Bob Meyer.

It is with great sadness that I report the passing of Dr. Eugene E. Foord. Gene passed away on January 8, 1998, the victim of a rare form of cancer. He was 51 years old. Many Pacific Northwest Chapter members had the chance to meet and befriend Gene at our 1997 symposium where he was a featured speaker.

Gene was a prominent mineralogist. He received his Ph.D. at Stanford, and was employed with the U.S. Geological Survey, in Denver. He was widely known for his exacting work. The list of the species he discredited is perhaps as impressive as those he described. Gene was a prolific writer, he was co-author of Mineralogy of Maine, Minerals of Colorado—updated and revised, and The New Dana's Mineralogy, all published in the last few years. He also published many papers. Gene was conversant with the most up to date methods of analysis, but was a defender of some of the older methods, including optical mineralogy. At our symposium, he lamented the fact that schools no longer teach optical mineralogy. There is no one to replace him.

Gene was an engaging speaker. He had a large number of fascinating stories about his adventures as a mineralogist-geologist. In some of them, his very life was in danger! In addition, his knowledge of mineralogy was almost daunting. If someone was to ask for my impression of Gene, I might recall a time when he was commenting on two of his old friends. He said that in the entire time he had known his two friends, he had never discerned any motive not rooted in good, for anything he had ever seen them do. I realized at the time, that this was perhaps Gene's highest compliment, and that it applied to him. Gene leaves behind his wife, Sue, and his two children, Laura and Robert. Our condolences go to Gene's family and friends.



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Karen Hinderman, Secretary
6217 Tyler Lane
Ferndale, WA 98248

