

**BEEHIVE ROCK & GEM CLUB**  
**DAVID HARRIS, EDITOR**  
2208 NORTH 700 WEST  
OGDEN, UT 84414



**TIME VALUE DO NOT DELAY  
FIRST CLASS MAIL**



P.O. BOX 1011  
OGDEN, UTAH 84402

**VOL. 40 No. 2**

Website: <http://www.beehiverockandgem.com>

**February 2012**

**MEMBER OF UTAH FEDERATION OF MINERALOGICAL SOCIETIES  
ROCKY MOUNTAIN FEDERATION OF MINERALOGICAL SOCIETIES  
AMERICAN FEDERATION OF MINERALOGICAL SOCIETIES**

The Beehive Rock & Gem Club began in April of 1970.

The purpose of our club is: To collect, cut and polish rocks, to gather fossils, mineral specimens, to discuss and impart our knowledge of the different phases of collecting, polishing and displaying-

To promote, organize and hold meetings, outings, trips, and similar events. To enjoy and protect our natural resources.

Permission to reprint from the BUZZER is granted if credit is given as from (the original bulletin if copied, then via "others" or "et al" for those between and then) BEEHIVE BUZZER with date of issue taken from.

**BOARD OF DIRECTORS OF THE BEEHIVE ROCK & GEM CLUB FOR 2011**

President & Board Chair	Joe Kent	801-771-8184
Vice President	Steve Smith	801-731-4216
Secretary	Dave Offret	801-791-6081
Treasurer	David Law	801-731-4255
Field Trip Coordinator	Roger Bush	801-775-0147
Assistant	Ray Law	801-825-5857
Program Chairman	Ray Rutledge	801-732-8331
Door Prize Chair	Jim Alexander	801-399-0785
Hospitality Chair	Linda Pilcher	801-392-7620
Communications Chair	Kay Berry	801-825-6261
Membership Chair & Club Directory	David Law	801-644-4931
Mini-show Chair	Alice Crittenden	801-547-7781
Safety Chair	Lynn Hayes	435-723-2216
Publicity	Mark Acker	801-475-4705
Managing Editor of BUZZER	Dave Harris	801-737-1266
Associate	Leora Alexander	801-399-0785
Calling Committee Chairs	Sherm & Ricky Thompson	435-760-1362

**FEDERATION REPRESENTATIVES**

Rocky Mountain Federation Delegate -----President  
 Utah Federation Delegate -----TBA  
 Public Land Advisory Committee ----- Jim Alexander

**DUES**

Due: October 1  
 Single - \$11  
 Couple or  
 Family - \$16  
 Junior - \$5

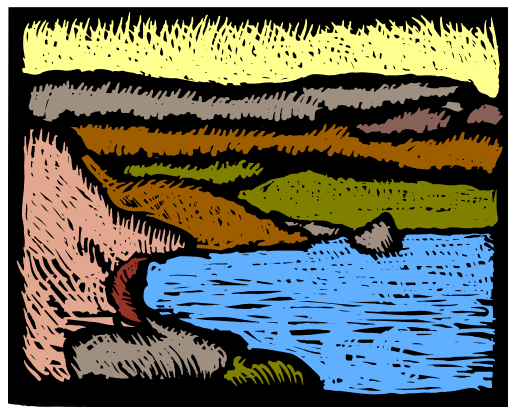
**Overdue: January 1**

**Beehive Rock & Gem Program –  
 Thursday, February 23, 2012**

We will have a guest presenter from Great Salt Lake Minerals with some beautiful samples of minerals from an important Utah resource.

Possibly there will be samples for attendees and other info for a field trip into the area .

“Rocky” Ray, Program Chairman



Program Note for March

We will hold our annual auction next month. Get your donations ready. The auction last year was a smashing success.

Web Page Update:

Our webmaster, Dan Siler, is updating our web site, [www.beehivrockandgem.com](http://www.beehivrockandgem.com). Any suggestions on improvements to the web site are welcome. Also, any recent photos of field trips are also needed. Please forward to Dan Siler.

## Board Meeting Minutes February 7, 2012

Steve Smith conducted - Joe is out of town chasing rocks.

Discussions about upcoming Field Trips, dates, and Locations.

Dave Law, our Club Treasurer, gave the Board an accounting of the Club's finances.

Roger Bush will be stepping down as Field Trip Chairman. He has done a wonderful job. If anyone in the Club would like to fill this position, please contact Joe or Steve.

Tom Burchard will be representing our Club at the New Mexico Gem show.

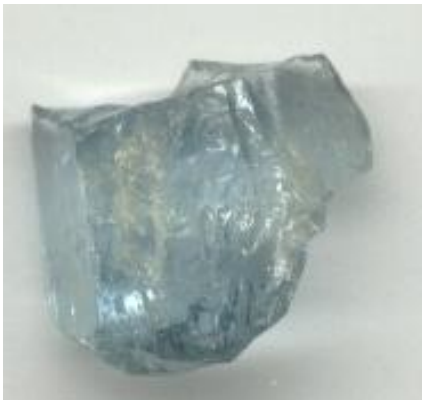
Dan Siler updated the Board on what he has done to the Club Web page, and what he would like to add. He requested that if anyone has newer pictures of the past Field Trips, please get them to him to put on the Web page.

This month's Club Meeting will feature Bill Snarr from Great Salt Lake Mineral Company. He will be speaking about being an Engineer for the company, and he will be bringing samples for Club Members.

Reminder that any current Club Member may attend the Board meeting, held the 1st Tuesday of each month.

Dave Offret, Secretary

## March Birthdays & Anniversaries



Source: Eurico Zimbres, [www.wikipedia.org](http://www.wikipedia.org)

## BIRTHSTONE — Aquamarine

Aquamarine is a beryl that is 7.5 to 8 on the Mohs hardness scale. The color is generally pale blue but

can also be found in yellow, pink and clear. Some of the best specimens come from Russia, Sri Lanka and Brazil. In the United States, Colorado's crystals. It is also found in Wyoming's Big Horn Mountains. The Largest crystal found came out of Brazil in 1910 and measures 48.5 cm in length and 42 cm in diameter. In the Middle Ages, people believed Aquamarine could cure poisoning through its magical properties.

Source: [www.wikipedia.org](http://www.wikipedia.org)



Source: Ra'ike, [Wikipedia.org](http://Wikipedia.org)

Bloodstone for Courage. A cryptocrystalline form of quartz, called chalcedony or agate. It is 7 on Mohs scale. It is colored dark green "mossy" inclusions with red spots. It makes a striking stone whether cabed or carved. Thought to be the stone called "jasper" in the Bible.

Anniversaries – Aquamarine – 19<sup>th</sup>. Use Moss Agate for the 14<sup>th</sup>.

FLOWER — Jonquil or Daffodil.

## RMFMS News:

[RMFMS Show](#) March 15-18, Albuquerque, NM

Albuquerque Treasures of the Earth (TotE) Gem and Mineral Show, Mar. 16, 17, 18, 2012 at the NM State Fairgrounds in the Creative Arts Bldg. Over 40 dealers. Minerals, fossils, jewelry, books, junior table, raffles, silent auction, live wolf, door prizes. Friday is Dollar Day. Admission Sat., & Sun. \$3, under 13 free! Fri-Sat 10-6, Sun. 10-5.

## Show Dates

### March 2012

**3-4—CALDWELL, IDAHO:** Show and sale, Owyhee Gem & Mineral Society, O'Conner Field House, 2200 Blain, Caldwell, ID. Carolyn Roberts, email: [ncrobertsrp@msn.com](mailto:ncrobertsrp@msn.com)

**8-11—DEMING, NEW MEXICO:** 47th annual show and sale; Deming Gem & Mineral Society; SWNM Fairgrounds; Raymond Reed Blvd.; Thu. 9-5, Fri. 9-5, Sat. 9-5, Sun. 9-5; free admission; more than 100 dealers, displays, geode cutting, gold panning, spinning wheel, silent and live auctions, door prizes, raffle, guided field trip; contact Maurice Crawford, 713 W. Spruce PMB 726, Deming, NM 88031, (575) 546-0056; e-mail: [mauryjudy@yahoo.com](mailto:mauryjudy@yahoo.com); Web site: [dgms.bravehost.com](http://dgms.bravehost.com)

**10-11—FILER, IDAHO:** 61st annual show; Magic Valley Gem Club; Twin Falls County Fairgrounds; 215 Fair Ave.; Sat. 9-6, Sun. 10-5; adults \$2, children (under 12) free with adult; contact Shirley Metts, (208) 423-4827; e-mail: [rmetts@cablone.net](mailto:rmetts@cablone.net)

**16-18—ALBUQUERQUE, NEW MEXICO:** ROCKY MOUNTAIN FEDERATION SHOW; Albuquerque Gem & Mineral Club; New Mexico State Fairgrounds; CAC Bldg., San Pedro Ave. entrance; Fri. 10-6, Sat. 10-6, Sun. 10-5; adults \$3; more than 40 dealers, crystals, jewelry, fossils, rocks, minerals, decorator items, jewelry, books, supplies, beads, mineral ID booth, visits by a well-behaved and socialized wolf, NM Bureau of Geology and Mineral Resources educational booth, kids' grab bags, silent auctions, about 20 displays; contact Paul Hlava, PO Box 13718, Albuquerque, NM 87192, (505) 255-5478; e-mail: [paulhlava@q.com](mailto:paulhlava@q.com); Web site: [www.agmc.info](http://www.agmc.info)

**16-18—SPANISH FORK, UTAH:** Show and sale; Timpanogos Gem & Mineral Society; Spanish Fork Fair Grounds; 475 S. Main St.; Fri. 10-7, Sat. 10-7, Sun. 10-5; free admission; Wheel of Fortune, rock Grab Bags, rock display table, auction, Dinosaur Man; contact Vickie Hathaway, 693 E 1 South, Spanishfork, UT 84660, (435) 820-2672; e-mail: [jamnjelleze@gmail.com](mailto:jamnjelleze@gmail.com)

**23-25—SANDY, UTAH:** Annual show; Gem Faire Inc.; South Towne Expo Center; 9575 S. State St.; Fri. 10-6, Sat. 10-6, Sun. 10-5; adults \$7, children (11 and under) free; jewelry, gems, beads, crystals, silver, rocks, minerals, exhibitors from all over the world;

contact Yooy Nelson, (503) 252-8300; e-mail: [info@gemfaire.com](mailto:info@gemfaire.com); Web site: [www.gemfaire.com](http://www.gemfaire.com)

**31-1—POCATELLO, IDAHO:** Show and sale; Southeast Idaho Gem & Mineral Society, Bannock County Fairgrounds, Pocatello, ID, Kevin Taylor, 208-232-4269

### April 2012

**13-15—OGDEN, UTAH:** Show and sale; Golden Spike Gem & Mineral Society; Golden Spike Event Center; Weber County Fairgrounds, 1000 North 1200 West; Fri. 9-6, Sat. 10-6, Sun. 10-4; adults \$2, students \$1.50, children free with adult; The Walking Dinos, more than 20 dealers, rocks, minerals, jewelry, beads, gemstones, equipment, supplies, gold, fossils, wood, findings, displays, exhibits, demonstrations, grab bags, wheel of fortune; contact Cindy Aeschlimann, PO Box 12835, Ogden, UT 84412, (801) 648-5060; e-mail: [club@goldenspikegem.org](mailto:club@goldenspikegem.org)

**14-15—IDAHO FALLS, IDAHO:** 47th annual show; Idaho Falls Gem & Mineral Club; Idaho Falls Recreation Center; B St.; Sat. 10-6, Sun. 10-5; adults \$2, children (under 12) free; contact Jim Bosley, (208) 520-1819; e-mail: [jbosley@cablone.net](mailto:jbosley@cablone.net)

### Note on Rocky Mtn Fed show in Albuquerque, NM on March 16-18:

We are members of this federation. It is a gathering of rock hounds from nine states. Sure wish we were going to be there, because meeting other people with "rocks in their heads" is fun.

Leora Alexander, Assistant Newsletter Editor

Check [www.rockngem.com/showdates](http://www.rockngem.com/showdates) for other shows throughout the country.

*"No man is good enough to govern another man without that man's consent."*

Abraham Lincoln



*"It is impossible to rightly govern the world without God and the Bible."*

George Washington

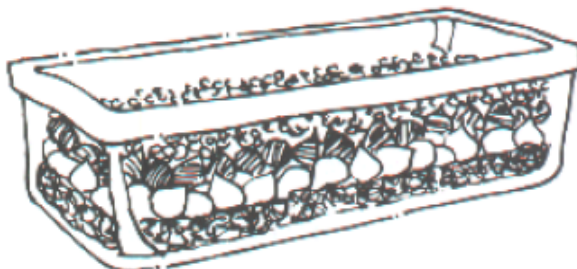


# *Kids Page* by Susie Howard

## Sedimentary Rock Snacks

Sedimentary rocks are made in layers. The layers of mud, sand, or even seashells are built up over a long period of time. The layers get squeezed and stuck together to make new rocks. This cookie is made in layers and you can still see the layers even after it is pressed and cooked.

**NOTE! THIS ACTIVITY MUST BE DONE UNDER ADULT SUPERVISION!**



**You will need to gather these ingredients:**

- 1/2 cup butter
- 1 and 1/2 cups vanilla wafer crumbs
- 1 (14 oz.) can sweetened condensed milk
- 1 (6 oz.) package chocolate chips
- 1 (6 oz.) package peanut butter chips
- 1 cup chopped nuts

### Materials:

- clear 9" by 13" baking pan
- heat source
- can opener
- oven mitts

### Steps to follow:

1. Melt the butter in the baking pan.
2. Sprinkle crumbs over the butter.
3. Pour condensed milk evenly over the crumbs.
4. Layer the remaining ingredients evenly over the top.
5. Press down gently. Bake at 350 degrees F for 25-30 minutes
6. Let cool. Cut into bars. Enjoy!

### Follow Up:

Describe how the cooked item was formed.

Notice that after being pressed and cooked, the items remained in layers.

Explain how this is a good example of how sedimentary rocks are formed.

This activity was found on internet site: [thinkquest.org](http://thinkquest.org)



PINKISH CALCITE CUBE



CALCITE in METRICS

## CALCITE - CALCITE - CALCITE

by Sheryl E. Sims

C - carbonate mineral

A - acid neutralizer

L - limestone component

C - chemical formula:  $\text{CaCO}_3$ 

I - colorless, white, gray, yellow, red, orange, green, blue, violet, brown &amp; black

T - twinning

E - even found in volcanic or mantle-derived rocks.

When I first began to grow my mineral collection, one of the minerals that caught my eye, and I discovered, could be found in an array of colors, was calcite. Calcite is very common and can be found all over the world in sedimentary, metamorphic and igneous rocks such as limestone (sedimentary) and marble (metamorphic), and is used to produce concrete<sup>1</sup>.

There are many other uses for calcite as well. It is used to neutralized acids in the chemical industry and, when mixed with flavoring and sugar, can be made into chewable tablets commonly used to neutralize stomach acids. Calcite has a hardness of 3 as defined by the Mohs standard<sup>2</sup> and its crystals are trigonal-rhombohedral<sup>3</sup>. In addition, calcite can be crushed into a powder which is extremely white, and in this form, is called "whiting," and is used in paints as well as a whitewash<sup>4</sup>. It fluoresces red, blue, yellow and a number of other colors when viewed under short-wave, long-wave, ultraviolet and phosphorescent light. In addition, calcite was found to have been a component in the eyes of trilobites (an extinct arthropod species commonly found all over the world as far back as 250 million years ago)<sup>5</sup>. Today, calcite is used in numerous optical structures.



RHOMBOHEDRAL PINKISH CRYSTALS OF CALCITE



DIFFERENT COLORS OF CALCITE

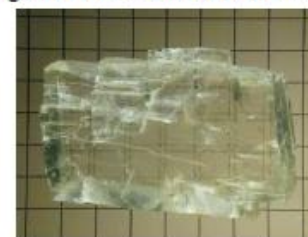


ORANGE CALCITE

*Written by Sheryl E. Sims, from the Mineral Newsletter  
via The Northern Virginia Mineral Club March 2011*

1. <http://geology.com/minerals/calcite.shtml>
2. Ibid.
3. <http://en.wikipedia.org/wiki/calcite>
4. <http://geology.com/minerals/calcite.shtml>
5. <http://hexagonaldipyramidal.wordpress.com/2011/02/05>

**Where do we find these beautiful Calcite!**



**DOUBLE REFRACTIONS SEEN  
THROUGH CLEAR CALCITE**



## “The Story of Victoria Stone”

by Vyonne Mack-WGMS Club Member

Victoria Stone is also known as “Imori Stone”, named after its Japanese creator, Dr. Imori. It is not an artificial or fake stone. What Dr. Imori was able to accomplish was to actually blend several different minerals using a special process known only to him to come up with an Imori Stone, commonly called Victoria Stone.

This beautiful reconstructed gem is mineralogically similar to Nephrite Jade. It has a harness of six, specific gravity of 3.02 and a refractive index of 1.62. It was laboratory produced from natural raw materials such as quartz, feldspar, magnesite, calcite, fluor spar, etc. for a total of seven different minerals-fused together under high pressure and a high temperature and again mineralized to make this gem by adding special crystallizers and habit regulators. This is not an imitation or synthetic but is a reconstructed natural stone. The boule of Victoria stone was slowly cooled down for 35 to 40 days to make it crystallize into the pretty fan shapes.

Victoria Stone is mineralogically similar to nephrite jade, but the arrangement of the actinolite crystals is different. Instead of the crystals interlocking and tying together as they do with jade, they have crystallized in fan shapes to provide the beauty of the stone. As a result of this difference, the rough stone is more likely to crack or splinter if overheated.

Victoria Stone could be bought by the boule or in slices when it was produced in 15 different colors from 1960 to the 1980's –green, sky blue, reddish purple, yellow green, blue green, sky indigo, chocolate, yellow, deep indigo, white, quiet green, quiet yellow, quiet blue, grey and black.

To cut Victoria Stone, cut it first lengthwise, and then let it set for 24 hours; then you can go ahead and

slice it using normal cutting procedures, using plenty of water to keep it cool so it won't shatter. First sand on sharp 220 grit sanding cloth, then sharp 320 cloth, with a final sanding on a worn 320 cloth. A quick and easy polish can then be obtained finishing on a dry leather buff with tin oxide.

The transparent Victoria Stone that is used for faceting is composed of di-silicates or tri-silicates of earth elements and alkali metals. The hardness is 5.5 to 6, specific gravity of 3.02 and a refractive index of 1.12. It was quickly cooled down in one day so that it wouldn't crystallize into patterns. The faceted Victoria Stone came in 8 colors, including sapphire blue, emerald green, amethyst purple, ruby red, topaz, aquamarine, garnet and peridot green. Dr. Imori died without

confiding in anyone how the process worked and no one has been able to duplicate it. There is only a limited and non-replenishable supply of Victoria Stone in existence, when this material is used up to make jewelry and cabochons, it will become scarcer and about impossible to find.



In 2008 George and Vy attended a meeting of the McPherson Gem &

Mineral Society where Jim Nutter was giving a program on rock identification. Judy Beck, 's son brought his collection of rocks. George pointed out one of the rocks and asked if they knew what it was. “Just a pretty stone he likes to play with.” It was a piece of Alexandrite worth approximately \$80. Vy later gave a program on Alexandrite for the McPherson Gem and Mineral Society and the Wichita Gem and Mineral Society. This article was written by Vy for the McPherson newsletter and submitted in the RMFMS Bulleting competition. Vy received a certificate of appreciation for her entry. Vy's article was also printed in the July '08 edition of the WGMS Quarry Quips.



## CRACKING GEODES OPEN (WITHOUT DESTROYING THEM!)

by Ray Hill

Seems I'm always getting calls from folks asking "How can I crack a geode open without breaking it into small pieces?" Well, there are a number of ways, some good and some not so good. Here, I will outline four of the most common ways for you.



1. **Diamond Saw.** Should you be fortunate enough to have a large diamond saw, or know someone that owns one, you can saw the geodes in half. This works best when there is a vice to hold the specimen. You can cut the geode open and end up with two halves with a smooth face on each. But not every one has a diamond saw.

2. Another method of opening geodes that works well, The method I use most often, is to crack the geode open with an old fashioned cast iron plumbing **Pipe Cutter**. This is a tool that plumbers used to use in doing plumbing in homes when they worked with the cast iron plumbing pipes, homes built prior to about 35 years ago. I have one of these tools that I use to break geodes open and most of the time I can break them with two matching halves. This really does a good job. Maybe you have seen show dealers that were breaking geodes open with one of these tools. The tool has a chain at the business end with links like a bicycle chain, and in this chain there are round carbide rollers with sharp edges on them. To break the geode open, you simply wrap the chain, with the carbide rollers, around the geode, and fasten it into a notch in the tool and press down on the handle. This constricts the chain around the geode evenly all the way around and squeezes to where it breaks the geode open into two halves. This works good. Like I said, I use one myself. I got my cast iron plumbing pipe cutter from a retired plumber here locally. If you're going to break a lot of geodes you may want to get you one.

3. **Hammer and Chisel.** Most folks don't have a diamond saw or plumbing pipe cutter, and only want to break a couple of geodes open. Well, you can do a pretty good job with a hammer and cold chisel. I've done it a number of times and it works good. Take your hammer, cold chisel, and geodes outside where there is a concrete walk, driveway, steps, etc., in other words a hard surface. I wouldn't try it on a wooden surface. And you almost need three hands to do this. Place the geode on the concrete and hold it on the sides with one hand, then hold the cold chisel on the top of the geode and strike it **LIGHTLY** with your hammer. Don't try to break it open now. Rotate the geode about a half-inch, place the chisel in line with where you just hit it and strike the chisel again. **LIGHTLY**. Do this all the way around the largest part of the geode. By the time you have hit the chisel in a line all the way around the geode, it should be ready to open. If the geode has not broke open at this point, start around the circumference again, striking the geode with the cold chisel in a straight line. Strike the chisel a little harder this time. This is a little slow, but if you do it right and don't get in too big a hurry, you should be able to break the geode open into two halves that you can fit back together to where you can't hardly tell where it is broke. Try this.



4. **Hammer.** Of course you can strike the geode repeatedly with the hammer until it breaks open, but it most likely will end up in a few pieces. Not a good method!

Source: Golden Spike News, 2/12; BEMS Tumbler, 09/08; via The Quarry, 6-7/08; via Hound's Howel, 12/05; from <http://www.greatsouth.net>; via Watsach News and Views, 2/12

*"Horse sense is the thing a horse has which keeps it from betting on people."*

W. C. Fields





## COPROLITE, OR THIS DUNG IS FOR YOU

by Brett Whitenack

This article deals with a subject that some people find rather offensive and vulgar. Others find it quite amusing. There are few people who find it extremely fascinating and worthy of study. What could exhibit so many varied reactions? I'm speaking of petrified poop, dino doo, fossilized er, ah, pardon me. I don't wish to offend anyone reading this article. I'm talking of the much maligned, the lowly, the humble, coprolite.

"What is coprolite?" I'm glad you asked. Coprolites are fossilized feces, dung, scat! Yes, ladies and gentlemen, coprolites are the extruded remains of meals that prehistoric animals deposited.

"But how can these be fossils?" The oldest coprolites date some 400 million years ago from the Silurian Period and are from fish. The most recent coprolites are from Ice Age animals and may still contain much original organic matter—a fact your nose may discover if the coprolite gets wet!

Coprolites form just like any other fossil. They must have been buried rapidly in fine grain sediment and kept away from biological agents that could destroy them, such as scavengers or the environment. Ground water percolating through a potential fossil must be of a correct nature, not too acidic, and full of minerals that can replace the soft materials. Of course, these requirements only pertain to those coprolites that are petrified. Some younger coprolites have been found desiccated in southwest caves and date from the last Ice Age.

Being of a soft nature, dung doesn't preserve as readily as bones, teeth, or scales. However, coprolites aren't exceedingly rare by any means, and you too can easily own a piece of this most interesting geologic wonder.

Given its detached nature, a coprolite can't be identified with the exact species of animal that left it. In some instances, coprolites from sharks can be determined from the grooves and markings on them, as sharks have distinctive spiral valves in their intestines.

By studying the makeup of a coprolite, one can tell if the animal was a carnivore (meat eater) or herbivore (plant eater). It is interesting to note that carnivorous coprolites are more readily preserved due to their higher mineral content from the bones the animal ate.

Other things that can be told by studying coprolites are such things as the paleo environment where the animal lived, other organisms that were associated with it, and how this animal interacted with its surroundings.

The name coprolite has two sources as to how they were named: one fact, the other fiction. During the great "bone wars" between Professor O.C. Marsh and Professor Edward Drinker Cope, during the latter years of the last century, Professor Cope's men apparently stole an allosaur skeleton from a quarry of Professor Marsh's. This incensed Professor Marsh, and to "immortalize" Professor Cope, Professor Marsh named the fossilized fecal remains "coprolites" to get even with his arch enemy, a quaint legend, but **entirely untrue**.



The name coprolite has more humble and mundane origins. The English geologist, William Buckland, deduced their true nature and named them from the Greek *kopros* (dung) and *lithos* (stone), literally **dungstone**. Buckland thought they would be important in agriculture as a source of fertilizer due to their high calcium phosphate content. In addition to the information they can tell us, coprolites have become fashionable as a cutting material. Believe it or not, some coprolites exhibit beautiful colors when cut and polished. It has been said that the reds are from the meat the animal ate, brown from nuts and seeds, green from plant material, and black from the juices of blackberries. Actually, these colors come from the minerals deposited by ground water that percolated through them as they were fossilized.

Source: Golden Spike News, 02/12; BEMS Tumbler, 04-07; via West Seattle Petroglyphs, 8/06; via Carny Hound, 3/06; via The Southwest Gem, 2/04; via Stoney Statements, 1/04; from The Stone Chipper, 8/03; via Watsach News and Views, 2/12



## DO YOU HAVE A METEOR?

One good way to identify a Meteorite is described in the following Internet Site:

<http://epswww.unm.edu/iom/ident/index.html>



## SAFETY NOTE: KNOW YOUR LIMITS

*by Owen Martin, AFMS Safety Chair*



Over the past few years I've written a lot of safety articles, many of which were inspired by fellow rock hounds while out on hunting trips (kind of like those songs from Taylor Swift - don't date her!). Last week I managed to inspire another one of my own. The trip I was on resulted in a great find - a big ammonite that weighed in excess of 70 pounds. Seeing as

I had hernia surgery earlier this year this posed a problem. Luckily with proper lifting techniques I managed to slowly haul the big ammo out of the water and up to my cart without injuring my self! The effort did however inspire this note.

In my particular case I really pushed the limit of how much I could safely lift without injuring or reinjuring myself. The potential was there to aggravate my hernia scar or even hurt my back.

Understanding your limits with respect to managing how much you can carry is very important. The very first article I wrote as the Safety Chairman for the SCFMS was inspired by an incident where a lady passed out from heat exhaustion while trying to carry too much weight up a hill to our cars. Ultimately she was OK, but we left most of her finds at the outcrop. If she had considered her physical condition, the heat and the terrain, then she would have been much more selective with what she had tried to haul out.

Along those lines I would encourage you to take into account what you might find while on a field trip and give careful consideration to how much you can physically carry from the outcrop to your vehicle. Personally I use a variety of buckets and

ropes to do a lot of my rock hauling, and much to the amusement of many of my friends, I haul a lot of rocks in a double-wide jogging stroller (3-wheeler) that I bought at Goodwill a couple of years ago. It works great - thus my "limit" is about two hundred pounds of rocks! I have other field trip buddies who use wagons, carts, sleds, canoes, rafts, etc. to help them haul out their finds.

My hunting in Texas also adds the summer heat to the mix. It was so hot this past summer that I know very few people who actually made many hunts over the past several months. Hunting in this heat required additional consideration for what could be hauled out from an outcrop. Distance, time, heat and how much liquid you could carry out with you were added to the equation with weight. Staying hydrated was essential. Two bottles of water in a backpack were NOT adequate!

One thing I really enjoy is the opportunity to take my kids hunting with me. My eldest daughter has type 1 diabetes and managing her insulin and food intake can become much more complicated while on extended hunts. Many of us really ratchet up our rockhounding after retirement, but likewise have a lot more medical considerations associated with age. Please keep that in mind if you are going into the field so that you can make sure that your medication and food situation is properly accounted for.

In a nutshell keep in mind what limitations you have, both physical and physiological. Considerations include rock weight, distance travelled, vertical ascents/descents, stamina, water/food/medicine requirements, and those of who you will be hunting with.

Proper planning will help keep you safe and knowing your limitations will help you to not overdo it.

**BE SAFE!!!**

Source: AFMS Newsletter, 2/12