

## **SHOW-ME ROCKHOUNDS**

SEPTEMBER 2006 NEWSLETTER

**Dues are \$10.00 per family and \$5.00 for individual memberships. Show-Me Rockhounds is a non-profit organization affiliated with the Association of Earth Science Clubs of Greater Kansas City, Inc. and the Mid-West Federation of Mineralogical Societies. Monthly club meetings are at the Plaza Library in the Large meeting room. Our purpose is to further the study and awareness of the Earth Sciences amongst our membership and the public.**

**OFFICERS:** Martin Mueller, President; Rolland Smith Vice-President  
Sharon Penner, Treasurer; Secretary & newsletter, Carol Ferguson.

### **PRESIDENT'S MESSAGE:**

It is September; the hot days for the rest of summer are numbered. As is the days of our club. For several years, a handful of members have worked to maintain the Show-Me Rockhounds. This work was directed toward sharing the enjoyment we feel for the many facets that earth science offers.

The new members that have joined over the last three years have refused to take advantage of what social clubs offer by becoming involved. At this month's meeting we will be discussing (among our usual topics) if the Show-Me Rockhounds will exist into the New Year.

I plan to enjoy the last few months of my presidency and this meeting I hope to bring a selection of the rocks I'd collected for their perceived esthetic qualities.

Please come to your meeting. Sincerely Martin Mueller

## **SOCIAL CLUBS:**

**The Show-Me Rockhounds have less than four months for our members to stand up and join in.**

That it has come to this has me surprised and I don't truly understand why. I grew up within the Lutheran Church, being a "PK" I couldn't be ignorant or ignore the systems and structure that combine with people to make a church live.

The benefits (blessings) of being involved in a social club are almost four dimensional. This thought of a fourth level comes from having been a potter and it is an attempt to describe an idea like time where it doesn't exist as only a linear line but that has volume and mass also. Synergy, where the whole is greater than the sum of its parts, it is what a healthy social club is.

Regarding the life I have had since joining the Show-Me Rockhounds lends to making a long list. From getting rides for meetings and field trips, to getting my own car and making my budget fit my activities. I came from the eastern edge of Colorado's High Plains and had gotten a degree in earth science from Greeley, Colorado. Here in Kansas City, I found lots of limestone and lots of invertebrate fossils and I have collected from Indiana, Illinois, Iowa, Nebraska, South Dakota, Colorado, Kansas, Oklahoma, Texas, and Arkansas. I have Dyslexia and being in this club I've been able to write little pieces for this newsletter without being ridiculed (well not much, okay mainly my wife) (and she was just kidding) which has helped me at work. I have had a camera with me on almost every trip; taking pictures of landscapes, happy rock hounds, butterflies and the occasional butt. I have gotten to speak with professors from O.U., U.M.KC, K.U., I.S.U., and Maplewoods Community College. People have helped me with minerals, fossils, lapidary skills and some on faceting. It is easy to have any number of irons in the fire: learning, trying, doing and sharing. All involve people, other people, us; to state it in simple terms, club members.

We are being told that intellectual stagnation opens the door to senility and I believe television while interesting in the short run doesn't provide enough active involvement to stave off the quiet drift to death. All people need to throw off the shackles that keep them from picking up the sword to fight the coming of the night. I hear too often people saying they are unable to participate because they know they won't be good enough. "WE ARE NOT RACING EACH OTHER---WE ARE TRYING TO GROW!!!" This club is a fellowship of learning and sharing, not a fight club where a winner destroys the loser. None of the tasks that the club deals with, are difficult, as we pay attention to the March gem and mineral show, we still have time to research and learn about those things that interest ourselves.

This is not to be a catharsis for me nor a farewell, but a call to action for the Show-Me Rockhounds' new members. Sincerely Martin Mueller

## **Calendar of Events:**

**Sept 15-17** Denver Gem & Mineral & Fossil Show; Denver Merchandise Mart  
451 E. 58<sup>th</sup> Ave [www.denvermineralshow.com](http://www.denvermineralshow.com) for more information

**Sept 15-17** Lincoln Swap in Lincoln, MO at the City Park for more info  
call Linville Harms at 660-827-4143---Mozarkite Field trips!

### **SEPT 19<sup>th</sup> Tuesday 7 pm Show Me Rockhound monthly meeting**

**Sept 23-24** Tri-State Gem & Mineral Annual Swap Joplin Museum Complex in  
Schifferdecker Park. Call 417-623-1180 for more information.

**Oct 7-8** Omaha, Nebraska Gem & Mineral Show Westside Community Center @  
108<sup>th</sup> & Grover St in Omaha; call Tim @402-397-9606 or [www.nerockgem.org](http://www.nerockgem.org)

**Oct 14-15** Topeka Show in Topeka, KS @ Kansas ExpoCenter 17<sup>th</sup> & Topeka Blvd email for  
more info [Rock2plate@aol.com](mailto:Rock2plate@aol.com)

### **OCT 17<sup>th</sup> Tuesday 7 pm Show Me Rockhound monthly meeting**

**Oct 28-29** Tulsa Gem & Mineral Show Expo Center Harvard & Yale on 21<sup>st</sup> St  
Richard Jaeger 918-481-0249 or [Rjgrsci@aol.com](mailto:Rjgrsci@aol.com)

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## **MISSISSIPPI Valley Chapter of the Friends of Mineralogy:**

Per Bruce Stinemetz: The October field trip. We will be collecting minerals found in sedimentary rocks in the area north of Manhattan, KS and southern NE. We will be meeting on **Saturday 10/21 at 9:00am**. Plan on meeting in the parking lot near the emergency spillway area at Tuttle Creek Lake. This is on the east side of the dam off route 13. It is currently designated as an motorcycle use area so you might see signs indicating that. In this area it is possible to collect calcite and pink celestine. This is the area that was scoured out during the 93 flood when they had to lower the lake to keep the dam from failing. The Corps controls this area and they don't permit the use of tools to collect, but I have had good success picking up larger chunks and breaking them up at home. Some of the celestine is surprisingly good. Saturday afternoon we will continue north to Odell, NE. In the vicinity of Odell it is possible to collect amethyst, calcite, and barite. The barite occurs as single crystals and as small barite "roses". See the attached registration form and instructions if you are interested in attending this one day field trip.

## **Notes from the August meeting:**

There were only 4 persons attending this meeting — Martin, Rolland, Sharon and Stu. The balance in the treasury as of 7/31/06 is \$1,230.94. Martin shared some of his finds from a previous field trip to Bedford, Indiana. All of the specimens were quartz pseudomorph concretions after calcite marine fossils. Several of the specimens were hollow and were lined with quartz crystals. The specimens were clearly crinoid calyxes, brachiopods (spirifera), horn corals or ammonites.

Martin brought a flyer regarding an upcoming Mineral Sale of specimens from the Last Hurrah Pocket on October 14 & 15, 2006, 10 AM-4 PM at 7513 Tudor Road, exit I-25 #149, Colorado Springs, CO. Call Ray & Eloise Berry, 719-598-7877 for more information. "Most specimens \$1 to \$50. Hundreds to choose from."

An interesting tidbit of information that Martin shared: Water does not go over Niagara Falls at night. From late evening to early morning, the water that goes over Niagara Falls is diverted to power plant streams. This water is used to turn the power plant turbines to generate electricity. The power plant made an agreement to allow the water to go over the falls in the daytime for tourism.

Rolland gave an excellent Power Point presentation on fossil cordaite seeds. Some highlights of his presentation—The heart-shaped cordaite seed is called cardiocarpus, the "cardio" prefix meaning heart. The cordaite trees, which date back some 295 million years (Pennsylvanian era), are the ancestors of today's conifers. The cordaite tree had leaves up to 2 feet long and grew to about 60 ft tall. It was similar looking to mangroves. The habitat of cordaites was along marine shores and estuaries. Per Rolland September Program Basilosaurus eocene whale.

The pictures shown on the presentation were specimens from Rolland's collection. One specimen was found on the east side of the campus of Park University, Parkville, MO in the Bonner Springs shale layer in 1986 (this site no longer accessible). Another specimen found at Park University was an elongated heart shape. The elongated variety probably evolved 10,000 years later than the regular heart-shaped variety, judging from the difference in the shale (clay) composition. The last specimen shown was a regular heart-shaped cordaite seed found in June 1982 at an old abandoned quarry in Sugar Creek, MO (this quarry is located between Kentucky and Courtney Roads). The specimen was found in a shale lens in the Winterset Limestone layer. The Winterset Limestone shale lenses are older than the Bonner Springs shale. Cordaite seed fossils can also be found along the bluffs of the Missouri River from Riverside, MO eastward to Missouri City, MO in the Fontana shale layer.

Some other bits of interesting information regarded the field of paleobotany, the study of ancient plants. Paleobotanists found that the earliest land plants were discovered in sedimentary rocks 430 million years old. Modern plants are mostly angiosperms (flowering plants). The first angiosperms date back to about 140 million years. Paleobotanists also study climate changes as indicated by the differences in plant life over geologic time. Sharon Penner

# ***Understanding Salt and Sodium***

By ANN LOUISE GITTLEMAN, N.D., M.S.

Via the Internet

SODIUM IS ESSENTIAL TO LIFE.

Sodium is so important, in fact, that humans have a specific sensor on the tongue that can detect salt. Thousands of years ago, when the diet of humans was potassium-rich and sodium-poor, this sensor for salt was a crucial survival tool. Nature, in her infinite wisdom, devised a way to help humans (as well as animals) seek out salty foods so they could be assured of receiving adequate sodium from their diets. This is important because sodium is often found in the form of sodium chloride or salt plays countless roles in the body.

During the refining of table salt, natural sea salt or rock salt is stripped of more than 60 trace minerals and essential macro-nutrients. Commercial refined salt is not only stripped of all its minerals, besides sodium and chloride, but it also is heated at such high temperatures that the chemical structure of salt changes. In addition, it is chemically cleaned and bleached and treated with anti-caking agents which prevent salt from mixing with water in the salt container. Unfortunately the anti-caking agents perform the same function in the human body, so refined salt does not dissolve and combine with the water and fluids present in our system. Instead it builds up in the body and leaves deposits in organs and tissue, causing severe health problems.

Two of the most common anti-caking agents used in the mass production of salt are sodium alumino-silicate and alumino-calcium silicate. These are both sources of aluminum, a toxic metal that has been implicated in the development of Alzheimer's disease and that certainly does not belong in a healthy diet. To make matters worse, the aluminum used in salt production leaves a bitter taste in salt, so manufacturers usually add sugar in the form of dextrose to hide the taste of the aluminum!

However, there are alternatives to commercial table salt. Unrefined sea salt and Real Salt® are good salts the body can use for many of the roles sodium plays. Real Salt is a pollutant-free salt extracted from an ancient seabed in Utah. It is not altered with coloring, additives or bleaching and it is not kiln dried. It also has a full complement of trace minerals, including iodine.

Salt is added so insidiously and so routinely to foods by manufacturers that it's difficult to escape it. From obviously salted snack foods like chips, pretzels and roasted party nuts to basic staples like soups and breads, salt is in there. It's even hidden in cereals like cornflakes and desserts like instant chocolate pudding! Read those labels!

**2<sup>nd</sup> Annual Parkville Rock and Fossil Show**  
**Sponsored by the**  
**Kansas and Missouri**  
**Paleontological Society**  
**Sunday, September 24<sup>th</sup>, 2006**  
**10:00 am until 4:00 pm**  
**Free Admission**

The Kansas and Missouri Paleontological Society will host its 2nd Rock and Fossil Swap. The date is Sunday, September 24<sup>th</sup> 2006, from 10 am to 4 pm. The place is the Old Mill in English Landing, just south of the railroad tracks on Main Street in Downtown Parkville, across the Missouri River from Downtown Kansas City. Just take highway 9 from Highway 169 or I-635 west ~2 miles. You can't miss it. Each member will have a chance for a single table for \$10 to sell or trade fossils on a first come first serve basis. We have about 45 tables available. For more information and your reservation of a table call Gil Parker 816-678-1943. The Old Mill will also serve food in the form of BarBQue. For table reservations E-mail Gil Parker at [gilparker@comcast.net](mailto:gilparker@comcast.net)

MISSISSIPPI VALLEY CHAPTER FRIENDS OF MINERALOGY  
Field Trip  
Minerals Found in Sedimentary Deposits  
Manhattan, KS and Odell, NE  
OCTOBER 21, 2006  
REGISTRATION FORM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Registration Fees:

MVC 2006 member: \$5 (to cover cost of field guide book.)

Non-member: \$15 (includes field guide book AND dues to become MVC member)

Field Guide Book: \$5

I am unable to attend the Seminar but would like the Field Guide Book:

Number of copies: \_\_\_\_\_ Please enclose the appropriate fee(s) and \$2 for postage.

The Release of Liability form (over) must be signed before you are allowed to participate in any of the field trips. Please sign and date the form –OVER->

Total amount enclosed: \_\_\_\_\_

Make checks/money orders payable to: FRIENDS OF MINERALOGY

Checks should be returned by 10/7/06

Send fees to: Bruce Stinemetz  
2706 S Cherokee  
Independence, MO 64057

Meeting Information: We will meet at the spillway area at Tuttle Creek Lake at 9:00 A.M. on 10/21/06. The lake is located north of Manhattan, KS. This area is a motorcycle use area and you might see signs for that. The spillway is on the east side of the dam off Rt. 13. In the afternoon we will meet at a road cut 1 mile east of Odell, NE.

If you are coming up Friday night there are numerous motels in Manhattan, KS.

Any questions?? Email [bruce.stinemetz@ssa.gov](mailto:bruce.stinemetz@ssa.gov)

This form must be signed by all persons who are planning to participate in ANY fieldtrip. Registration and Release of Liability Mississippi Valley Chapter Friends of Mineralogy October 2006. (Required of all who plan to participate on any field trip at the seminar).

Participant Name: \_\_\_\_\_ Age \_\_\_\_\_ Date: \_\_\_\_\_  
IF under 18 years old: Parent or Guardian Signature: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Signature: \_\_\_\_\_  
Participant Name: \_\_\_\_\_ Age \_\_\_\_\_ Date: \_\_\_\_\_  
IF under 18 years old: Parent or Guardian Signature: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Signature: \_\_\_\_\_

By signing above, I acknowledge that all activities conducted by the Mississippi Valley Chapter (MVC) may be hazardous and may result in loss, damage, injury or death.

With full knowledge of these dangers, I hereby agree for myself, all of my family, my estate, my trusts, and my heirs to RELEASE MVC or any of its agents, leaders, instructors, guides, officers, directors, representatives or affiliates or any landowners or their lessors or lessees or their agents from liability, claims, demands or any causes of action, and NOT TO SUE OR OTHERWISE MAKE ANY CLAIM against MVC or any of its agents, leaders, instructors, guides, officers, directors, representatives or affiliates or any landowners or their lessors or lessees or their agents whatsoever which may arise during my participation in any activities of MVC.

I intend this RELEASE OF LIABILITY to be effective whether or not any loss, damage, injury or death RESULTS FROM NEGLIGENCE of MVC or any of its agents, leaders, instructors, guides, officers, directors, representatives or affiliates or any landowners or their lessors or lessees or their agents. I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances, to protect himself, herself or others from injury or death. I agree to be solely responsible for my own safety and to take every precaution to provide for my own safety and well-being while participating in activities of MVC.

IF UNDER 18 YEARS OF AGE, PARENT OR GUARDIAN MUST READ AND SIGN BELOW:

I am the legal guardian of the above named minor and have read the above RELEASE. I hereby consent to the terms of the RELEASE on behalf of the above named minor and give my consent to the participation of the above named minor in all activities of MVC on the terms stated above.

Signature \_\_\_\_\_ Date \_\_\_\_\_