



Member: South Central Federation of Mineral Societies



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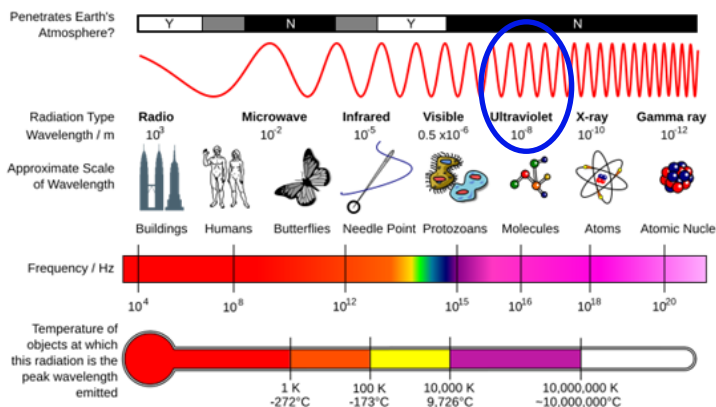
1st Place, 2022 SCFMS Mini-Bulletin
1st Place, 2022 AFMS Mini-Bulletin

Bring on the Heat

Don Shurtz, Pleasant Oaks Gem and Mineral Club of Dallas

Usually, I write about minerals or rocks, but I diverge from the norm this month. We are approaching the hot months of the year (July and August) and are rapidly approaching the longest day of the year, the summer solstice on June 20th. This is the time of the year when we must protect ourselves from the sun's heat and Ultraviolet (UV) rays. Both the heat and the UV exposure can kill you – the heat in the short term and the UV in the long term. This is not the time of year to go on field trips unless they are to indoor places like a museum or a rock show.

UV rays are present in the sun's rays. UV light can be long-wavelength or short-wavelength light. Humans cannot see either longwave or shortwave UV light. Many will question this statement, but most UV light sources emit radiation spread over a range of wavelengths, and some of those wavelengths include visible purple or purple-white. UV light is at shorter frequencies than the human eye perceives. Some insects (bumblebees, for example) can see radiation in the UV regime. So, if we can't see it, it can't hurt us – right? If you are inside a building, that is generally correct. However, even inside, some UV radiation can pass through window glass (unless it is treated) and end up shining on your skin. The shorter the wavelength of the UV light, the more energy it has.



The shortwave UV light does the most damage to our skin. It can disrupt the DNA and lead to mutations, also known as skin cancers. Skin cancers, particularly if found at an early stage, can be treated. Skin cancers may appear as pinkish to brown areas on your skin, or a new mole or an existing mole that changes appearance. If you notice any changes, SEE YOUR DOCTOR ASAP. As mentioned, skin cancers can be treated. It is better to have a doctor evaluate what you are seeing than to let it develop into non-treatable skin cancer. The sun you are exposed to today can damage your skin, but the damage from UV radiation is cumulative. It is the sun that you were exposed to as a youth that started the damage. The best means of blocking the sun's damaging effects are keeping the skin covered (i.e., long sleeve shirts), staying indoors, or using Sun Block – the higher the SPF, the better.

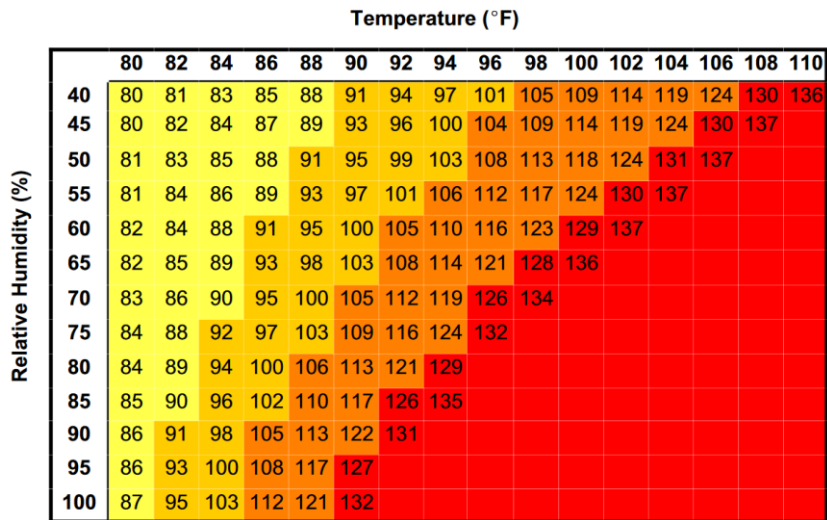
Heat is another killer. Unfortunately, it is not just heat but the combined effects of heat and humidity. Sweating when you are hot is healthy - the evaporation of the sweat cools your body. The humidity is a measurement of the saturation of the air with water vapor. When the humidity is high, it slows down or may even prevent your sweat from evaporating, so you will feel hotter. The National Weather Service uses the Heat Index (how hot it feels – the temperature adjusted for humidity) to issue Heat Advisories. It is common to have high daytime

temperatures exceeding 100 degrees from June through August, and it is even more common to have a Heat Index exceeding 100 degrees in the same period. Sticking around for multiple days is common when the heat wave arrives.

Be it Heat or Heat Index, it can be a killer. Heat can lead to heat exhaustion or, even worse, heat (sun) stroke and even death. Heat exhaustion has been known to occur in infants and older adults due to the heat alone – no physical activity is required. However, it can happen if you are physically active outdoors on a high heat index day. Symptoms include nausea, dizziness, headache, thirst, and excessive sweating. If you have heat exhaustion, move to a cool place (even just moving to a shaded area will help), remove any extra layers of clothing, and cool off by sitting in front of a fan or using cool, wet towels. If not promptly treated, heat exhaustion could lead to heat stroke. Heat stroke is hyperthermia of the body with core body temperatures greater than 105.1 degrees. In addition to high temperature, other symptoms include disorientation and lack of sweating. Treatment is to cool the body’s core temperature. Cooling can consist of bathing or showering in cold water, cold compresses to the body, neck, head, and groin, or a fan or air conditioner to evaporate sweat or water (toweling or misting). Hydration (taking in fluids) is essential. Water or sports drinks may be a good starting point, but too much water may lead to an electrolyte imbalance. Pedialyte® can be helpful in hydration and adding electrolytes. Pedialyte® is not just for infants! Also, don’t hesitate to call 911 for emergency help – it could save a life or YOUR life.

Of course, the best way to treat heat exhaustion or heat stroke is to take proactive steps to avoid them. If the heat index is way up there, stay inside in the air conditioning (going to a mall or a theater is a good option if your air conditioner is broken). If you must work outside, take it easy. Take frequent breaks, drink lots of fluids, and cool down if you start feeling symptoms.

How does all this apply to rockhounds and our activities? For one thing, we tend to be a hobby of senior citizens with a smattering of younger members mixed in. We all need to take care and watch for symptoms. Field trips should be planned for the months with historically milder temperatures. If you go on that trip in the summer months, plan to do strenuous activities in the cooler hours of the morning or evening. However, even the cooler temperatures may not be enough – the moisture is already in place, so the relative humidity is higher in the morning; thus, it is harder to cool down from just sweating. If you must hike to your area, take plenty of water, sunscreen, insect repellent, etc. Take frequent rests and keep yourself as cool as possible. Better yet, do it earlier or later in the year.



Likelihood of Heat Disorders with Prolonged Exposure and/or Strenuous Activity

■ Caution
 ■ Extreme Caution
 ■ Danger
 ■ Extreme Danger

These values are for shady locations only. Exposure to full sunshine can increase heat index values by up to 15°F (8°C). Also, strong winds, particularly with very hot, dry air, can be extremely hazardous as the wind adds heat to the body.

Pictures: Heat Index Table: <https://www.noaa.gov/jetstream/synoptic/heat-index>, public domain
 Electromagnetic Spectrum: Wikimedia Commons, <https://commons.wikimedia.org/wiki/>, CCA-SA 3.0

From the Desk of the President

JC Moore, AFMS President

Thank you to the Catawba Valley Gem and Mineral Club, Inc. for hosting the AFMS/EFMLS Convention in Hickory, North Carolina. The Convention was a great success with many vendors, a wonderful kid's area, one beautiful competitive exhibit (submitted by a first-time exhibitor who earned a score high enough to earn a trophy) as well as several other exhibits. Our meetings were well attended and had great interaction in the decisions. After discussions last year in Ventura about converting the newsletter to an electronic version, a resolution was approved to transition this year to an electronic version. Currently, 1540 newsletters are mailed. Each club receives 3 copies with a yearly cost of \$16,000.00. In the remaining months, details will be finalized so that the newsletter will be readily available to a larger portion of our membership. During the Uniform Rules meeting, it was determined that the Operating Procedure for the Judges Training Committee is outdated, and a



committee was established to update the Operating Procedure for the position. It will be presented at next year's Convention.

After attending the AFMS Convention in Hickory, North Carolina, we returned home on Monday night, and then on Tuesday, we began packing for the Midwest Convention in Lincoln, Nebraska beginning on Thursday, April 3. Being the AFMS President sometimes feels like you're meeting yourself coming and going.

The weekend following the AFMS Convention, the Midwest Federation held their Convention at the Lincoln Gem and Mineral Club's 65th Annual show. While this was their 65th show, the club was organized 70 years ago and had 70 display cases with a theme of petrified wood to commemorate their 70 years as a club.

As the show season is now in full swing, I hope that all the clubs are enjoying successful shows with great attendance. When you're not attending a show, I hope that you are out collecting your favorite specimens.

Shows and Activities – Upcoming Show and Activity Dates

Check the show contact to verify the show status

May 2025

May 4-5, Waco G&M Club, Lee Lockwood Library and Museum, [HYPERLINK www.facebook.com/wacogemandmineralclub](https://www.facebook.com/wacogemandmineralclub)
May 24-25, Fort Worth G&M Club, Will Rogers Memorial Center, <https://www.fortworthgemandmineralclub.org/show.html>

June 2025

June 14-15, Arlington G&MS, Grapevine Convention Center, <https://www.agmc57.org/annual-show>

October 2025

October 19-21, Austin G&MS show and SCFMF Convention (October 18). The show is at the Palmer Event Center in downtown Austin; the Convention Breakfast and General Meeting will be at their clubhouse, 6719 Burnet Lane, and the awards banquet will be at Nature's Treasures, 11055 N IH-35 Frontage Rd. Both are north of downtown Austin.

Ref: Local Shows, https://www.scfms.net/local_shows.htm

VISIT AN AREA CLUB

[Arlington Gem & Mineral Club](#), meets the 1st Tuesday of each month at 7:30 pm, 1408 Gibbins, Arlington, TX

[CERA Gem, Mineral, & Glass Club](#), meets the 2nd Tuesday at 7:00 pm, CERA 3300 Bryant Irvin Rd. Fort Worth

[Dallas Bead Society](#), meets 1st Saturday of each month at 10:00 am at The Point at CC Young, 4847 W. Lawther Dr., Dallas, TX

[Dallas Gem & Mineral Society](#) meets the 3rd Tuesday of each month at 7 pm, American Legion, 10205 Plano Rd, Dallas (next to their shop)

[Fort Worth Gem & Mineral Club](#), meets the 4th Tuesday of each month at 7:30 pm, 3545 Bryan Avenue, Ft. Worth

[Oak Cliff Gem & Min Soc.](#), meets the 4th Tuesday of each month at 7:30 pm, Unitarian Universalist Church, 3839 W. Keist Blvd, Dallas,

[Pleasant Oaks Gem & Mineral Club](#), meets the 1st Monday of each month at 7:00 PM, Knights of Columbus Hall, 3722 Cavalier Dr., Garland

[Wild West Bead Society](#), meets 3rd Tuesday of each month at 6:30 pm, Wild Beads, 1124 S. Bowen Road, Arlington, TX

Chips and Chatter

See the Chips and Chatter online for color!

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Pleasant Oaks Gem and Mineral Club of Dallas, TX

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Bench Tips

Brad Smith

DRILLING SMALL ITEMS

Small pieces need to be held secure while drilling to prevent them from spinning if the drill catches. Having sliced my fingers occasionally in my younger days, I avoid band-aids now by using flat-jaw pliers or a ring clamp. Pliers also save you if the piece gets hot. Put a little tape over the plier jaws if needed to avoid scratches.



tip of the drill is just pivoting in the hole and fails to cut well. When it looks like the drill isn't cutting, the tendency is to push with more force. The drill gets hot, and the diamond grit falls off.

A much better approach is to use a core drill. This is a small hollow tube with a coating of diamond grit at the business end. The diamonds easily carve out a circular arc without undue pressure or heat buildup.

Core drills are readily available from lapidary and jewelry supply companies. They come in sizes as small as 1mm and are very reasonable in price. For instance, a 2mm diameter drill is about \$6.



DRILLING A STONE

One of the things my students often ask to do is drill a hole through a piece of gemstone. The usual thought is to get a diamond drill, but I've been disappointed with them. I think the reason is that the

Chuck the core drill in a drill press, Dremel, or Foredom, and be sure to keep the drilling zone wet to cool the tool and to flush out debris. Also, if you're drilling a through hole, ease up on the pressure as the drill is about to cut through. Otherwise, you may chip off some of the stone surface around the hole.

See More of Brad Smith's Smart Solutions for Jewelry Making Series

<http://amazon.com/dp/B0BQ8YVLTJ>

OUR MAY MEETING – CINCO DE MAYO CELEBRATION

Our May meeting is on May 5th, so it is even more appropriate that we celebrate Cinco de Mayo this year. We celebrate this minor victory of the Mexican Army over the French Army in the Battle of Puebla on May 5, 1862. It was the first victory by the Mexican Army in the war – a symbol of National Pride. However, a year later (May 17, 1863), the Mexican Army was defeated at the Second Battle of Puebla. The victory opened the path to Mexico City and forced the Mexican Government's exile to Northern Mexico. With the help of the U.S. Government, the French finally withdrew from Mexico in 1867. Cinco de Mayo is only a minor celebration in Mexico, mainly in Puebla, Mexico, with a reenactment of the battle. Cinco de Mayo is a more popular celebration in the United States, fueled by restaurants and bars and their desire for more money.

CLUB OFFICERS FOR 2023

President: Joe Vulk
1st VP, Programs: Carolyn Grady
2nd VP, Field Trips: Julie Wilson
Secretary: Amy Vulk
Treasurer: Ling Shurtz
Editor: Don Shurtz
Contact us by email: don.shurtz@gmail.com or
L.SHURTZ@gmail.com

OFFICERS FOR 2024 – 2025

President: Joe Vulk
1st VP, Programs: Amy Vulk
2nd VP, Field Trips: Julie Wilson
Secretary: Johnny Rhodes
Treasurer: Ling Shurtz
Editor: Don Shurtz
Contact us by email: don.shurtz@gmail.com

Minutes of the April 7, 2025 Meeting

Call to Order: POGMC President Joe Vulk called the meeting to order at 7:40 PM.

Snack Time: Snack time until latecomers arrive. Thanks to Cheryl, Carol, the Shurtz, Hatt, and the Vulks for bringing snacks.

Pledge of Allegiance: We all rose and Pledged our Allegiance to the U.S. Flag and the country.

Quorum: We have a quorum

Visitors: There were no visitors. Carolyn and Brenda were ill and could not attend.

Minutes: The Minutes of the February meeting were published in the March Chips and Chatter. Hatt made a motion to accept the Minutes as published. Ling seconded the motion. The motion passed by a vote of the members present.

Treasurer's Report: Ling presented the Treasurer's Report. Don made a motion to accept the Report as read. Amy seconded the motion. The motion passed by a vote of the members present.

Old Business: Julie and Warner were at the IGEM show. A quarter of the booth was set up with POGMC rocks and

minerals. The club sales were \$265.00. The club's share of the booth cost was \$100.00, leaving net sales of \$165.

New Business:

- Amy will work to have Tom Dill from the Dallas Paleo Society talk at our June meeting.
- May 5th meeting will be our annual Cinco de Mayo potluck social. Sign-ups for food were:

Carolyn – Taco meat (club will pay for meat)
Ling – Tortillas
Don – Refried beans
Cheryl – onions
Carole – cheese
Amy – lettuce and tomatoes
Joe and Brenda – Desserts
Hatt – Tea

Presentation: YouTube videos about creating homemade geodes using egg shells and water-soluble minerals.

Raffle: We had the raffle

Adjourn: Joe adjourned the meeting at 9:10 PM

April Meeting Presentation

We viewed several short videos for the May meeting about making geodes using everyday household items at home. The general procedure was to crack eggs in half and dry out the shell. The shell's inside was then coated with a layer of white school glue. When partially dry, the eggshell is coated with broken-up bits of the selected household mineral (Alum, Epson Salt, Borax, or virtually any water-soluble mineral). The shell is put away to dry. The next day, the same mineral is dissolved in hot water, forming a saturated solution, and the eggshell is submerged in the water. The excess water solution is poured off after the mineral crystallizes on the seed crystals in the shell (a few hours to overnight). WALA – a homemade geode

Next Meeting

The next meeting will be on May 5, 2025, at the Knights of Columbus Hall starting at 7:00 PM. It will be our annual Cinco de Mayo celebration and potluck dinner.

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PLEASANT OAKS GEM and MINERAL CLUB of DALLAS



Meetings

First Thursday of each month. The next meeting will be April 6 at the Bradfield Recreation Center, 1146 Castle Drive, Garland, TX 75040

Membership

Single Adult: \$16.50,
Junior: \$5.00, Family: \$27.50
(Plus badge fee for new members)

PURPOSE

The Pleasant Oaks Gem and Mineral Club of Dallas is organized for charitable and educational purposes to promote interest in the various earth sciences, particularly those hobbies dealing with the art of cutting and polishing gemstones, the science of gems, minerals, and metal crafts, as well as their related fields. Pleasant Oaks Gem and Mineral Club of Dallas is a not-for-profit organization

CHIPS AND CHATTER

Pleasant Oaks Gem & Mineral Club
c/o 4004 Dublin Rd.
Allen, TX 75002-6526

To

VISITORS ARE ALWAYS WELCOME

**Our next meeting will be on Monday, May 5, 2025, starting at 7:00. We will meet at the Knights of Columbus Hall, 3722 Cavalier Drive, Garland
This will be our Annual Cinco de Mayo Celebration and Potluck Dinner**

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