



# The Rock-It

"Merry Christmas to All"

Dec/09/Jan/10

## Officers: For 2009 and 2010

**President:** Stephen Petkovsek (503) 641-4089  
**Vice President:** Jill Coleman (503) 663-7550  
**Secretary:** Jan Shelley (503) 618-8696  
**Treasurer:** Troy Smith (503) 646-1932  
**Federation Director:** Edna Nelson  
**Board Member:** Jeff Shelley  
**Board Member:** Michael Brown  
**Past President:** Lenora Smith (503) 646-1932  
**Committee Chairpersons:**  
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**Exhibits Chairperson:** Patty Amos (360)-892-3716  
**Registration:** Edna Nelson (503) 397-5284  
**Sunshine Person:** \*\*\*\*Leona\*\*\*\* (503) 254-2621  
**Juniors Leader:** Steve Nelson, and Kala Wellman  
**Refreshments Book:** Brenna Freese  
**Club Historian:** Esther Lively (503) 774-9559  
**Librarian:** Barbara Brandt or Dick Wormcke  
**Programs:** If you have one let us know  
**(Monday meeting)**  
**Display Table:** Richard Shellhammer (503)-658-8003  
**Membership:** Merlia Tilgner (503) 666-2905  
**Regional Advisor:**  
**Regional Advisor:** Steve Nelson (503) 397-5284  
**Greeter:** Rotating  
**Trip Coordinator:** See Tim Fisher if you have a field trip.  
**Weeklong Club Trip:** Tim Fisher  
**Club Publicity:** Keene Clay (503) 558-8500  
**Oregon Council Rep:** Lenora Smith (503) 646-1932  
**Oregon Council Rep:** Troy Smith (503) 646-1932

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"The Rock-It" is the official club publication of the Mt. Hood Rock Club. The news deadline is the first day of every month, for that month's publication. The contents of "The Rock-It" may be reprinted if credit is given to "The Rock-It" and the author.

**Meetings:** Mt. Hood Rock Club meets the second Tuesday & the fourth Monday of each month. Meetings are held in the basement of the United Methodist Church in Gresham. The Church is located at 620 NW 8<sup>th</sup> St, Gresham, OR. Regular meetings start at 7:00 pm. Juniors are welcome!

**Mt. Hood Rock Club: Phone No. (503) 760-1825**

**Dues are due before January 31<sup>st</sup> if you want to be included in the club's roster for that year.**

**Dues:** \$10.00 per adult, juniors \$1.50 family membership same household \$15.00.

**Oregon Council Web site:**

[www.oregoncouncilrmc.org](http://www.oregoncouncilrmc.org)

**Mt. Hood Rock Club** is a proud member of the Portland Regional Gem & Mineral Show Association, Northwest Federation of Mineralogical Societies and the Oregon Council Rock Mineral Clubs.

**Website:** check us out on our new web site.

<http://www.mounthoodrockclub.com/>

## December Birthstone: Blue Topaz

Birthstone Color: Blue



As cool and inviting as a blue lake on a blistering summer day, **December's birthstone** is derived from the Sanskrit word "tapas," meaning fire. This is because Blue Topaz was considered by ancient civilizations to have cooling properties. Not only was it believed to cool boiling water when thrown into the pot, but to calm hot tempers as well! This gemstone was credited with many other healing powers, among them the ability to cure insanity, asthma, weak vision and insomnia. The Blue Topaz was even thought to have magical properties in its ability to make its wearer invisible in a threatening situation. Blue Topaz is the hardest of the silicate minerals. While pure Topaz is colorless, minor changes of elements within the stone result in a variety of other colors, such as blue, pale green, red, yellow and pink.

The blue hue is created when Topaz is heated, whether the heat source is natural or engineered by man. The three shades of Blue Topaz are Sky, Swiss and London Blue. The latter is the deepest blue and is often used as a less expensive substitute for Sapphire. Topaz is found primarily in Brazil, Nigeria, Sri Lanka, Mexico, Pakistan, China, and the United States. A gift of Blue Topaz is symbolic of love and fidelity. Luckily, this cool blue gemstone has no legendary power to put out the burning flame of love!

### Alternate-Birthstone

An alternate birthstone for December is the Turquoise. So named because it was initially brought to Europe by way of Turkey, this stone is one of the first gems to be used in jewelry. Turquoise was considered by ancients to be a sacred stone, protective against all manners of evil and ill health. This beautiful gemstone is mined in Iran

and the southwestern United States. A gift of Turquoise represents friendship and luck.



### December Birthdays

Monica Ruscheinsky  
Lenora Smith  
Tanya Sonner  
Herb White  
Lamar Tilgner

## January Birthstone: Garnet

Birthstone Color: Deep Red



One glance at the deep red seeds nestled inside of a pomegranate fruit explains why the word "garnet" comes from the Latin word "granatus," meaning "grain" or "seed." This name was given to the garnet because of its close resemblance to the succulent pomegranate seed. But don't bite into a garnet, because at Moh's hardness 6.5 to 7.5, it will definitely damage the teeth!

There are many myths and legends surrounding the garnet. One Biblical legend is that Noah hung this gem on the ark to light his way through the dark and stormy nights of God's wrath. A Greek myth linked to the garnet is the story of the young goddess of sunshine, Persephone, who was abducted by Hades, god of the underworld. Hades eventually released Persephone, but not before he offered her some pomegranate seeds, which guaranteed her return to him.

**Rock hounds of the Year!**



The Mt. Hood Rock Club is proud to nominate Lamar and Merlia Tilgner for Rockhounds of the year 2009. Members since 1972, they have taught hundreds the arts of Cabbing, Silversmithing, Beading, Wirewrapping, Displaying, Judging, Earrings, Bead Knotting, and High-speed Sanding.

Lamar was the first President of the Portland Regional Gem & Mineral Show Association and created the Northwest Rockhound Retreat.

He also negotiated a display case for our club in the Northwest Rice Museum of Rocks and Minerals. Merlia sews 400 grab bags each year and has been instrumental helping with Membership for over 20 years. Together they are invaluable to our club.

**In Memory**

For those of you who knew Dicks dad Garold Parks he passed away on December 22. He will be greatly missed by all of us.



First mined in Sri Lanka over 2,500 years ago, the garnet is also found in Africa, Australia, India, Russia, South America; and in the United States, in Arizona and Idaho. Although most commonly known as a red gemstone, the garnet comes in a variety of other hues, including muted yellows, vibrant oranges, rosy pinks, lime greens, and violets—a virtual bouquet of colors. This diversity is due to unique combinations of elements within each particular gem, such as iron, calcium, and manganese.

Archaeologist findings of primitive style garnet jewelry among the graves of lake dwellers dates the early use of this gemstone to the Bronze age. But not all garnet is of gem quality. It is also a very effective abrasive and is used commercially for grinding and polishing. Garnet coated sandpaper is one such industrial use.

The garnet continues to be the protective gem of journeyers. A gift of garnet is thought to be symbolic of love and the desire for a loved one's safe travel and speedy homecoming. It is January's birthstone, but far from being only a winter gem, the garnet, with its brilliance and multitude of colors, is truly one for any season.



January Birthdays

Julie Herman  
Tomoko Kira

## Rock Auction for our Christmas party



Rick took several different pictures at the meeting I would like to thank him for the pictures that he has sent me. Please keep sending them even if I don't use all of them it gives me other things to have for the newsletter.



### Broccoli Casserole

**Sauté:** 1 cup chopped celery, 1 cup chopped onion

**Cook:** 2-10oz pkgs frozen chopped broccoli, drain, and add to above

**Add:** 2-cans cream of mushroom soup  
1 cup uncooked minute rice  
8 oz Velveeta cheese (cubed) 2 oz sharp cheddar cheese (shredded) 4 oz can of mushrooms (drained)

Pour into 9"x13" pan coated with non stick spray

Bake @ 350 for 45 to 60 minutes. Yield 10-12 servings

### SANTA IS A ROCKHOUND

(A Lapidarist's version of the Night Before Christmas)

'Twas the night before Christmas and all through the house  
Not a Rockhound was stirring ---  
I felt like a louse!  
For the lapidary gifts I was making this year  
Lay down on my bench, UNFINISHED, I fear!  
The pendant my dear wife wanted so much  
As I polished the cab, it fractured with a touch;  
And the lovely jade brooch for Grandma so sweet,  
Just wouldn't polish - it looked terribly beat.  
As for Sister's new bracelet with baroques dangling lightly,  
I ran out of bell caps after the stores were closed tightly.  
Then the tie clasp for Uncle that would make such a hit,  
After I cut the cab, no mounting would fit!  
And even Junior's new crystal growing set  
Though I'd sent for it months ago, had not arrived yet!  
So I tossed and I turned as though caught in a trap.  
I could not settle down for a "long winter's nap."  
When all of a sudden I heard such a clatter,  
I sprang from my bed to see what was the matter:  
I raced for the door then saw with a flick a red suited man I was sure was Saint Nick.  
As I reached for my robe and was turning around  
Down the basement stairs, Santa went with a bound.  
He went straight to my workbench to see what I lacked,  
Then with a nod of his head, he opened his pack

Out tumbled such mountings and bell caps  
without stop,  
I was sure Santa must own a Lapidary  
Shop!  
He said not a word but went straight to his  
work,  
And finished each piece, then grabbed his  
pack with a jerk.  
And shaking his white-bearded face with  
much glee,  
Took out some new slabs I knew must be  
for me!  
Then, laying his finger aside of his nose,  
With a nod of satisfaction, up the stairway  
he rose.  
Went straight to the door, to his team gave  
a whistle  
And away they all flew like the down of a  
thistle.  
But I heard him exclaim 'ere he drove out  
of sight,  
"Merry Christmas, Dear Rockhounds, and  
to you a good night.  
Original author unknown  
Via Hy Grader and Coastal Waves 2005  
DEC. 2008

## 12 Days of Rockhounding

**On** the first day of Christmas, my true love gave to me, A branch from a petrified tree.

**On** the second day of Christmas, my true love gave to me, Two trilobites, and a branch from a petrified tree.

**On** the third day of Christmas, my true love gave to me, Three silver findings, two trilobites, and a branch from a petrified tree.

**On** the fourth day of Christmas, my true love gave to me, Four fluorite pieces, three silver findings, two trilobites, and a branch from a petrified tree.

**On** the fifth day of Christmas, my true love gave to me, Five golden nuggets, four fluorite pieces, three silver findings, two

trilobites, and a branch from a petrified tree.

**On** the sixth day of Christmas, my true love gave to me, six sapphire "star" stones, five golden nuggets, four fluorite pieces, three silver findings, two trilobites, and a branch from a petrified tree.

**On** the seventh day of Christmas, my true love gave to me, seven sheets of copper, six sapphire "star" stones, five golden nuggets, four fluorite pieces, three silver findings, two trilobites, and a branch from a petrified tree.

**On** the eighth day of Christmas, my true love gave to me, Eight agate nodules, seven sheets of copper, six sapphire "star" stones, five golden nuggets, four fluorite pieces, three silver findings, two trilobites, and a branch from a petrified tree.

**On** the ninth day of Christmas, my true love gave to me, Nine rock hammers hammering, eight agate nodules, seven sheets of copper, six sapphire "star" stones, five golden nuggets, four fluorite pieces, three silver findings, two trilobites, and a branch from a petrified tree.

**On** the tenth day of Christmas, my true love gave to me, Ten diamond saw blades, nine rock hammers hammering, eight agate nodules, seven sheets of copper, six sapphire "star" stones, five golden nuggets, four fluorite pieces, three silver findings, two trilobites, and a branch from a petrified tree.

**On** the eleventh day of Christmas, my true love gave to me, Eleven quartz crystals, ten diamond saw blades, nine rock hammers hammering, eight agate nodules, seven sheets of copper, six sapphire "star" stones, five golden nuggets, four fluorite pieces, three silver findings, two trilobites, and a branch from a petrified tree.

**On** the twelfth day of Christmas, my true love gave to me, Twelve tumblers tumbling, eleven quartz crystals, ten diamond saw blades, nine rock hammers hammering, eight agate nodules, seven

sheets of copper, six sapphire "star" stones, five golden nuggets, four fluorite pieces, three silver findings, two trilobites, and a branch from a petrified tree. I brought this to the Christmas party and we sang it after dinner a few years ago we have had a lot of new members I thought they might enjoy the piece. It was sent to me from a friend of ours in Canada. Via: The Surrey Rock Club, Canada

**WHAT'S IN A NAME ?**

The important letter in the word **VOLUNTEER** is the letter **U**, but I prefer to spell it as **YOU**. **VOLUNTEERS** are people, ordinary people, like you, and you and you and me, too. Each of us has some special talent or ability that, when put to work on a committee or project, benefits not only the committee or project but the whole club as well.

Each of us knows our own strengths and weaknesses, our abilities and talents better than anyone else. There is no point in my volunteering to be on a committee to repair showcases. When it comes to painting, I'd get more paint on myself than on the showcase. Hammer a nail? I'd hit my finger instead - but armed with a pot of coffee and some articles, I can type up a storm and prepare what I hope is an interesting Journal each month.

**What can YOU do to help YOUR CLUB?**

If each of us would help out in the area that best suits our interests and time available, we would find a new awareness - a sense of satisfaction, a feeling of accomplishment in helping **our club** and our fellow club members.

**By Trudy Martin, Editor-Canada**  
**October 1979 (and it is still relevant today)**

<> <> <> <> <>

**A VOLUNTEER**

It's not for money, it not for fame,  
 It's not for any personal gain.  
 It's just for love of fellowman,  
 It's just to give a helping hand.  
 It's just to give a tithe of self,

That's something you can't buy with wealth.

It's not for medals won with pride,

It's for that feeling deep inside.

It's that reward down in your heart,

It's that feeling that you've been a part

Of helping others far and near

That makes you be a **VOLUNTEER!**

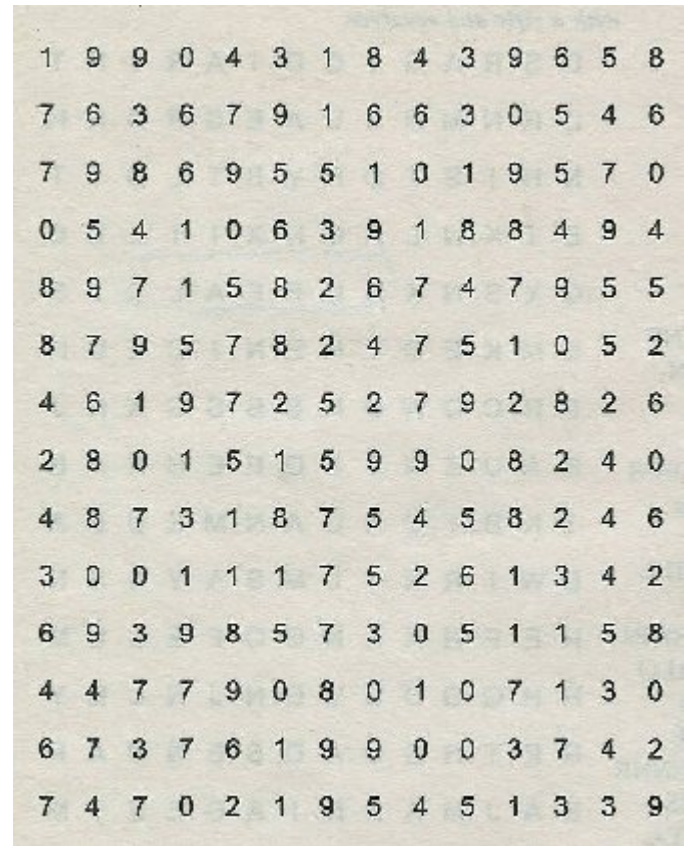
Author unknown

**Via - Midwest Newsletter - Dec. 2002**

**WIT and WISDOM**

Too many of us are like wheelbarrows -- useful only when pushed and too easily upset. Some people give and forgive; others get and forget.

**Numbers search**



0546	1158	2875
3163	5406	5873
6342	8599	9871
9990	00565	15199
22951	41164	41704
51132	62802	68821
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70108	73761	75224
79596	88679	89396
98745	015596	015742
060754	088424	160870
228094	428976	439658
513068	642854	747021
750033	809783	957597
976367	0717829	4526062
5757175	6481411	6747579
7751189	7779420	9185274
9715826	9900374	

## Minerals and their uses in our daily lives continued!

### Chromite

A mineral ore of [chromium](#) which is used in making **steel**, "chromed" parts for automobiles and appliances and in the manufacture of chromic acid which is used to tan much of the leather used in making shoes, belts, purses, jackets, gloves etc.

### Coal

Coal is primarily used in the generation of electricity. About 56% of all the electricity used in the United States is produced from coal-fired facilities. The rest of our electricity is produced from nuclear power plants (24%), natural gas power plants (10%), hydroelectric resources (8%) and alternative sources (wind, solar etc.) - about 2%. Coal is also a source of raw material for making heating oils, chemicals and medicines. At current rates of use and under current environmental regulation, about a 300-400 year supply of coal remains. To put that in perspective, the first English settlement in the New World was at Jamestown, VA in 1607 - just about 400 years ago.

### Cobalt

Cobalt is used in making superalloys for jet engines, chemicals (paint dryers, catalysts, magnetic coatings), permanent magnets, and cemented carbides for cutting tools.

The United States uses about one-third of the world production of cobalt.

### Columbite-Tantalite Group

These are the principal ores of [niobium](#) and [tantalum](#), used primarily as an additive in steel making and in superalloys; used in metallurgy for heat-resistant alloys, rust-proofing (stainless steel) and electromagnetic superconductors.

MERRY CHRISTMAS

### Our Christmas Party

We had around 60 people at the Club Christmas Party there was lots of food and good entertainment.



Stephen getting his presidents award



So many things to pick from!



Passing out number for the prizes



Getting ready for prizes and fun!



Dick was the first winner of our night!  
I would like to thank Rick for his pictures

## MOUNT HOOD ROCK CLUB Annual Awards

### (A) None

**Gemstone of the Year** – Must be a completed Gemstone that the Entrant completed in the past year.

**(B) Keene Clay & Elizabeth Boerner- Cabochon of the Year** – Must have been completed by the Entrant in the past year.

**(C) Edna Nelson- Jewelry of the Year** – Must have been completed by the Entrant in the past year. The stone can be purchased.

**(D) Wes Brauckmiller- Project of the Year** – Must have been organized and implemented by the Entrant within the last year.



We had a sing along after eating

**(E) None**

**Fossil of the Year** – Must have been collected and prepared by the Entrant within the last year.

**(F) Brenna Freese-**

**Silver Pick of the Year** – Must have been acquired by the Entrant within the last year.

No individual may enter more than 1 item in each category but an item may be entered in multiple categories. The Entrant will be given up to 2 minutes to define and politic for the selection of their glorious entry. Winner of each category will be based upon the voting of the club members present at the meeting. Voting will be done on a secret ballot at the last meeting in November. The winners will be presented at the Annual Christmas party. Now is your chance to start thinking of what you would like to do for this year's award. It is never too early to get started

**The Lap Shops first operating class**



**Lapidary Shop Opens**

The long awaited Lapidary Shop for the Mt Hood Rock Club is now open. The first 3 sessions were held in the first week of

January and will continue on a regular schedule. Previous training sessions for shop hosts and assistants were attended by 24 participants. The club hopes to open other times as Hosts become trained and familiar with the shop and the equipment. The support has been excellent.

The schedule for the Shop is as follows:

- Tuesday 10-4 Host-Steve Nelson
- Wednesday 6-10 Host-Keene Clay
- Thursday 6-10 Host-Jim Crismon

Club members that pay for 3 months or more at a time will have priority. Others will be allowed in on a space available basis. The shop can handle 12 participants at a session. You can pay at the session or at the meetings. At this time, you must be a club member to use the shop.

Children under 12 will not be allowed in the shop unless it is a specific juniors night or event. Children 12 and over must be accompanied by a parent and must be actively involved in a lapidary project.

The shop currently has 6 cabachon units (2 wheels each), 3 high speed sanders, 3 leather polishing wheels, 3 trim saws, 1 sixteen inch saw, 1 eighteen inch saw and 1 twenty-four inch saw. There are additional fees per cut for the use of the larger saws.

Slabs are available for sale at the shop but we encourage you to bring some of your own rock to cut and polish. The shop hosts will be available to instruct you and encourage you as you learn to become comfortable with the equipment.

Fees are yet to be finalized and will be printed in a future addition of the Rock-it. Come join us and make use of the latest and greatest Mt Hood Rock Club addition.



All Thundereggs are NOT created equal



Paula clamping her first thunderegg to be cut



Learning how to set the stop on a saw will allow a full cut to be made



Steve showing how to use a Hi-speed sander -NOTE-face masks covering both nose & mouth



Ruth trying her hand at cutting with the trim saw for the 1<sup>st</sup> time.

# Mt Hood Rock Club Show Is on its Way!

We have just 3 months before the Mt Hood Rock Club show. It isn't time to panic but it soon will be. The following are some of the things we all need to be thinking of and looking for before the show.

**1. Silent Auction Rock:** Cull through your piles and use this as an excuse to reduce your tonnage. Also be aware of rock sales and estates that may prefer to donate and collect the tax deduction.

**2. Oral Auction Rock:** If each of the club members donated one high quality piece of finished or unfinished material, we would have all we need for an excellent Oral Auction. Bring your donations to the club meeting and give them to Keene. He will store them and have them ready for the show.

**3. Tumbler rock:** The kid's area and the Easter eggs all need large amounts of small to medium tumbled rock. Currently, the big tumbler is broken down. We need all of your tumblers going to make sure we will have enough.

**4. Polished small thunder egg halves:** We need hundreds of thunderegg halves. If you need material to work on, please let us know.

**5. Volunteer:** When the show chair (Mary Dowel) or one of the other chair persons asks for volunteers please get your hands up with enthusiasm. This is a project for the whole club and we each need to do what we are able.

**6. Commit to a Display Case:** Get your application in for a display case. Show us what you have and what excites you. Be

proud of what you have and share it with the rest of us and the public.

**7. Mark your Calendars and Commit your time.** Make sure you will be available all day Friday April 10 for Setup and then all day on Saturday and Sunday for the show. We need every semi-abled body until we are all done at about 9:00PM.

Attached is a case application I would like to see one from all of you. Please get them to me as soon as you can. If you need help in setting up a case there are several members who would be willing to help you. Make copies of the case applications and give it to anyone you know who might be interested in putting in a case or if your at a show and see a case you think would make a great case at our show give them a case application Thanks Patty

## *Past Presidents of Mt. Hood*

**1952: Mrs. Raymond Duncan**

**1953: Mrs. Irene Prickett**

**1954: Ernie Norbie**

**1955: Ted Schoen**

**1956: Amy Thompson**

**1957: Arlo "Buck" Baker 'First Show'**

**1958: Pat Harmanson**

**1959: Bob Lorenz**

**1960: Pat Harmanson**

**1961: May Garrison**

**1962: May Garrison**

**1963: Merle Iverson**

**1964: Claude Conwell**

**1965: Richard Ulrich**

**1966: Jesse Gerber**

**1967: Tony Strnad, & Leona Conwell**

**1968: Leona Conwell**

**1969: Evert Vickers, Richard Ulrich**

**1970: Marion Gottschalk**

**1971: Bob Mitchell**

**1972: Bob Mitchell**

**1973: Tony Zimmerman**

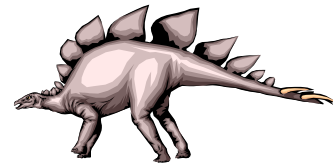
**1974: Harold Nydigger**

1975: Harold Nydigger  
 1976: Cecil Poore  
 1977: Cecil Poore  
 1978: Lamar Tilgner  
 1979: Lamar Tilgner  
 1980: Marge Davis  
 1981: Dick Markee  
 1982: Beverly Burnham  
 1983: Beverly Burnham  
 1984: Wally Hobson  
 1985: Gary Bergeson  
 1986: Gary Bergeson  
 1987: Bernard Davis  
 1988: Bernard Davis  
 1989: Ray William  
 1990: Ray William  
 1991: Roger Crosby  
 1992: Roger Crosby  
 1993: Mary Bolton  
 1994: Mary Bolton  
 1995: Gaylord Brooks  
 1996: Gaylord Brooks  
 1997: Dick Parks  
 1998: Dick Parks  
 1999: Keene Clay  
 2000: Keene Clay  
 2001: Keene Clay & Alva Richardson  
 2002: Alva Richardson & Patty Amos  
 2003: Patty Amos  
 2004: Patty Amos & Steve Nelson  
  
 2005: Steve Nelson  
 2006: Steve Nelson & Lenora Smith  
 2007: Lenora Smith  
 2008: Lenora Smith & Stephen Petkovsek  
 2009: Stephen Petkovsek  
 2010: Stephen Petkovsek &

As far as I know all of these are correct. If you should know different please let us know. Just thought the new and some of the older members might like to know who some of our past presidents are. Some of them are gone now but there are still many of them in the club

## Dinosaurs

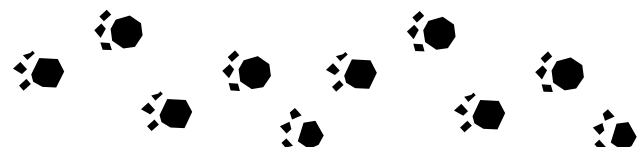
Millions of years ago, dinosaurs ruled the Earth! Some of the best-known dinosaurs appeared starting 150 million years ago, right before and during the Cretaceous (Krih-TAY-shuss) Period. The Cretaceous Period ended 65 million years ago-when dinosaurs suddenly disappeared from the Earth. Will you ever meet one of these big creatures? No. Most creatures of the Cretaceous died out. But if you look closely at some birds, you may catch a glimpse of a little dino....



### Stegosaurus

**Pronunciation:** steg-oh-SAWH-us  
**Name means:** *Roof lizard*  
**Family:** Stegosauridae  
**Lived:** 150 million years ago  
**Areas found:** USA (Colorado, Utah, Wyoming), Europe  
**Length:** 30 ft (9m)  
**Height:** 14 ft (4.3m)  
**Weight:** 2-5 tons  
**Diet:** low plants

*Stegosaurus* was an herbivore (plant eater). It had a large body with two rows of bony plates along its back. It was slow-moving, but it had tail spikes for weapons. It also had a tiny head and small brain.



## EDIBLE ROCK RECIPES

### IGNEOUS ROCKS

1 can evaporated milk (6oz.)  
1-1/2 cups sugar  
1/4 teaspoon salt  
1/2 cup chopped nuts  
1-1/4 cups tiny marshmallows  
1-1/2 cups chocolate chips  
1-teaspoon vanilla

1. Grease and 8x8 or 9x9 inch pan.
2. Combine evaporated milk with sugar and salt in a saucepan. Bring to a boil. Reduce heat and simmer, stirring for 5-9 minutes.
3. Remove from heat. Add remaining ingredients and stir gently.
4. Pour into prepared pan. Let cool. (Refrigerate)
5. 1 pan (8x8) makes 30 1-inch squares.

### METAMORPHIC ROCKS

1/2 cup shortening or margarine  
1-cup brown sugar  
1/2 teaspoon vanilla  
1/2 cup chopped nuts  
1/2 cup well-drained crushed pineapple  
1 egg, beaten  
1-cup whole-wheat flour  
1-cup flour  
1-teaspoon soda  
1-teaspoon salt

1. Cream the shortening and the sugar.
2. Add the beaten egg and vanilla.
3. Add the dry ingredients and mix.
4. Stir in the fruit and the nuts.
5. Drop by teaspoonful onto cookie sheet.
6. Bake for 7 minutes at 375\* degrees.

**Note:** Chocolate chips; coconut, wheat germ, etc. can also be added.

## SEDIMENTARY ROCKS

### Bottom:

1-1/4 cups crushed cereal  
1-1/4 tablespoons sugar  
1/2 cup margarine

1. Melt the margarine.
2. Mix with the cereal and the sugar.
3. Press into and 8x8 or 9x9 pan.

### Top:

1-cup chocolate or butterscotch chips  
1-1/4 cups coconut  
1 cup chopped nuts  
1 can sweetened condensed milk (14oz.)

1. Sprinkle the chips over cereal layer.
2. Sprinkle the coconut over chips.
3. Sprinkle the nuts over coconut
4. Pour condensed milk over the layers.
5. Bake for 25 minutes at 325\* degrees.

Recipes you or your children can make!

**Via: The Calgary Lapidary Journal**

## Don't forget the Vinegar

Next time you go camping, be sure to take along the vinegar. When the cook tent or camper smells of frying fish, or a screw head refuses to turn, or you wake up with a raspy throat, or a bug bite drives you half crazy, just reach for the vinegar bottle. Vinegar has long been a seasoner, preservative, cleaner, purifier, and healing agent. There are more than 40 non-culinary uses for vinegar but it is often overlooked or replaced with over-advertised products that cost more and are less effective.

**Via: many bulletins Calgary Lapidary journal**

I haven't tried this so if you do let me know if it works.

