



Threshold

June 12, 2025

Center for the Historical Recovery Association of North Florida
Dedicated to the Hobbies of Metal Detecting and Treasure Hunting



Next Meeting: Thursday, July 10, 2025 Time: 6:30 PM

Location: Holiday Hill Church, 730 Mandalay Road, Jacksonville, Florida 32216

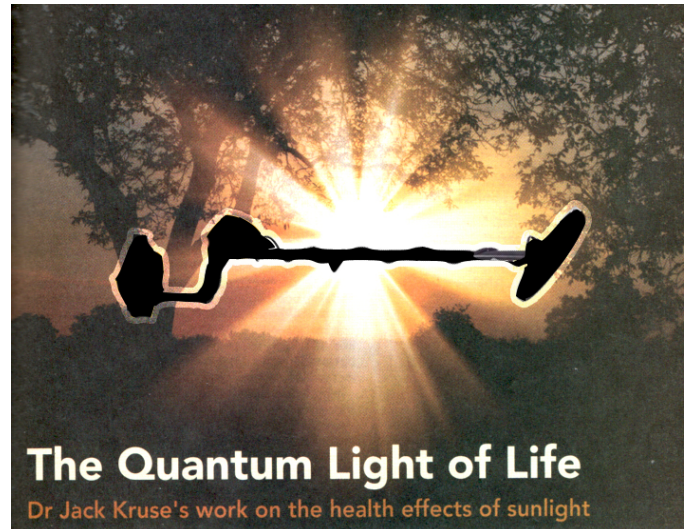
Newsletter Articles

If you have a story or article to share with the club please contact me (Terry Sayre). In the past I used Central Florida Metal Detecting Club member Jim Fielding's stories for our newsletter. He had some serious health problems and hasn't written anything for more than a year. Here's his latest story.

Seeing The Light - Health and Detecting

- By Jim Fielding

Metal detecting, and being active in the hobby, usually bodes well in the health department for most people, especially senior members of our society, whose chance for physical activity erodes as joints get sore and inflamed while opportunities for activity diminish into watching a flickering screen in an air-conditioned cell. Since I am quite health challenged myself, with cancer, heart disease, Diabetes, and a poor attitude, I have recently been in the intensive care unit at the VA a few weeks ago with a festering heart issue, which called for the stopping of my heart, then restarting it again to get it back into a healthy sinus rhythm, which they did, or I wouldn't be writing this. As a result, I usually am interested in any advancements in health science or medical devices that may help to keep me one of the most annoying treasure hunters to have a continuing presence among the hordes of today's treasure hunters. My interests often take me to alternate publications like NEXUS, one of my favorites, with its tell-it-like-it-is science articles. And here we find an interesting item on the science of



sunlight on the human body. Not just any sunlight, but the early morning, low ultraviolet "red" light of the morning sun. This type of light helps jump-start your day. Who takes advantage of this state of atmospheric affairs? Why early morning east-coast beach hunters, be it on the sand or in the salt water, you are absorbing some of the best and healthiest photonic wavelengths according to neurosurgeon Dr. Jack Kruse (NOT the inventor of the Nokta Kruser metal detector!) in his NEXUS article "The Quantum Light of Life"

In the good doctor's view, his audacious claim is that light, water, and magnetism (all components of beach detecting) - not diet or drugs-drive life's engine. We are actually solar-powered creatures and our disconnection from natural light, coupled with our constant immersion in 21st Century artificial "blue" light, is the root of modern chronic disease. So not to put too fine of a point on it, metal detecting, in all probability, is one of the healthiest hobbies, especially in regard to sand and water hunting at the beach. Around noon time the sun is now

putting out IR (Infared) and UV (ultraviolet) radiation which is a driver of improved metabolism and immunity. Just the opposite is the dreaded "blue" light, artificial LED or plasma illumination that actually saps our health, damaging our mitochondria and other aspects of our sunlight-based health. And everyone is continually bathed in it from the cellphone, computer, tablet and television. And a lot of folks who don't get out of the office and into D65 (daylight) illumination may be paying a price for it later. Of course, you're going to say, "But Sunlight causes cancer!" and you would be right, but that would be sunlight in excess, which younger people can tolerate pretty easily, but us older folks can get a case of melanoma of the skin if we go unprotected too long. It's a double-edged sword we are working with here. Despite that, my own doctors continually urge me to get more sunlight.

Couple these aspects with the otherwise normal choreography of bending, stretching, and other mechanical aspects of using your muscles and tendons digging and scanning and you have a pretty complete workout of pretty much everything that matters. We've had several members of our metal detecting club who have hunted well into their 90's, and several others still hunting regularly into their early to mid 80's and a plethora of other members hunting at various other senior age groups. To say metal detecting at any age can be a healthy pursuit is quite true and can be an advantage over other more sedentary hobbies of the less physical kind. And the treasure aspect is a motivating factor to keep you interested; seeing an 18K gold ring in your scoop is a massive rush! Just remember to hydrate, hydrate, hydrate before a case of dehydration takes you down, literally! At any rate, here is wishing you good luck and happy hunting, as summer officially starts in a few hours!

o

June finds of the month table.

Coins

2nd

Gold T-200a Eisenhower
Harris Fabricator
CE

Russia Dime 7

1917 Wood Row 5

1962 Liberty Bell from
Riviera Columbian
Outdoors half dollar 3rd

CRUNCH LABS
EDUCATIONAL
STEM 1

1912 S Cent 2

1942 Silver
MERCURY DIME

1852-53 Time
3 cent star 2nd

1894
Indian Head 1st

Jewelry

3rd

14K RING 3rd

14K RING 1st

Spinner Ring 2

SILVER RING 5

UNUSUAL CIGAR
PENNANT

14K Gold with
Real diamond 2nd

14K BLEW ROYAL
\$2,900 2nd

10K GOLD
BRACELET 6

Relics

3rd

2nd

HARMONICA REED
Partial 3

Tiny finger bullet
Small palm shell 8

3 NECKY WORM
cocoon 2nd

The "3 Merry Widows"
condoms, popular in the
early 20th century, were
marketed to prevent
disease. The tin contain
holding three condoms v
often embossed with the
names of the three widows
Agnes, Mabel, and Becki

WAR OF 1812
SCRIPT ENGLISH I
Eurythm 1st

1970's
Harley Davidson

1970's
HARLEY DAVIDSON
BUT 2nd

Miscellaneous

2nd

2nd

5

2

9

1st

- Markings: "USN" for United States Navy.
- Age: Likely from the early to mid-20th century.
- Use: Part of formal dining ware for naval officers.

1st

Vintage Floor
Inklike Register

MINECRAFT
TAMED WOLF

Tokens/ Buttons

3

3rd

2

1st

1927 - 50th Anniversary
Token - Barnett Bank

In 1927, Barnett National Bank celebrated its 50th anniversary and dedicated its new 18-story office building in Jacksonville, FL. This building became the tallest structure in the city, remaining so until the construction of the Prudential Building in 1954. The bank had been founded in 1877

1950's CAR
wash token 10

1800's Floral Toler Style
Button 8

UNITED IN
GODS WORK 2nd

June Finds Competition

June	Coins		Jewelry		Relics		Miscellaneous		Tokens/Buttons	
1st	Filippi, James	5	Carmody, Carol	5	Filippi, James	5	Terwilliger, Ray	5	Terwilliger, Ray	5
2nd	Combs, "Pete"	4	Filippi, James	4	Greene, Greg	4	Combs, "Pete"	4	Simmons, Dale	4
3rd	Herndon, Gerald	4	Simmons, Dale	4	Simmons, Dale	4	Filippi, James	3	Jacobs, Ricky	3
4th	Carmody, Carol	3	Combs, "Pete"	3	Terwilliger, Ray	4	Carmody, Mike	1	Combs, "Pete"	1
5th	Jacobs, Ricky	1	Greene, Greg	3	Mule, Philip	3	Mule, Philip	1	Filippi, James	1

2025 Finds Competition Standings Category and Overall Best Hunter

Coins		Jewelry		Relics		Misc	
Filippi, James	25	Carmody, Carol	23	Filippi, James	24	Filippi, James	18
Carmody, Carol	16	Simmons, Dale	18	Terwilliger, Ray	19	Simmons, Dale	17
Terwilliger, Ray	12	Combs, "Pete"	16	Simmons, Dale	15	Terwilliger, Ray	17
Combs, "Pete"	11	Terwilliger, Ray	12	Combs, "Pete"	11	Combs, "Pete"	15
Mule, Philip	10	Sayre, Terry	11	Carmody, Carol	9	Sayre, Terry	8
Tokens		Youth		Overall			
Simmons, Dale	20		0	Filippi, James	92		
Terwilliger, Ray	19		0	Terwilliger, Ray	79		
Combs, "Pete"	17		0	Simmons, Dale	78		
Filippi, James	17		0	Combs, "Pete"	70		
Carmody, Carol	6		0	Carmody, Carol	61		
				Mule, Philip	39		
				Sayre, Terry	34		
				Jacobs, Ricky	23		
				Carmody, Mike	17		
				Greene, Greg	13		

HRANF Secretary Report for June 12, 2025

Meeting was held on the above date at Holiday Hill Church, 730 Mandalay Road, Jacksonville, Florida 32216. Meeting was called to order at 6:48 p.m. by President Dianna Watkins who led the Pledge of Allegiance. President Watkins distributed an Agenda. There were two guests, Rich Corey and Cindy Bockenstedt.

Monthly Reports:

- (1) Vice President Allen Moore – present – nothing new
- (2) Secretary Carol Carmody – present – nothing new
- (3) Treasurer Kim Moore – present – 50/50 raffle tickets
- (4) Newsletter Editor Terry Sayre – not present
- (5) Board member Chip Kirkpatrick – present – nothing new
- (6) Pete Combs managed the finds table

Next, general business:

- (1) Upcoming club public events: We have paid for a table at the Equestrian Center's Healing Hooves Treasure Hunt on August 2, 2025; The club will have a table again at the History Fair on June 14, 2025
- (2) Birthdays and anniversaries recognized
- (3) Returns – James Filippi returned a wedding ring; Rick Jacobs returned Jeep keys; Philip Mulé returned buried treasure in a yard; Carol Carmody returned a dog tag; Dianna Watkins returned a ring
- (4) For Sale – James Filippi – new Minelab Manticore \$1,500.00; Rick Jacobs – Minelab Sovereign \$50.00
- (5) Questions about detectors - none
- (6) Permissions – no new permissions set up
- (7) Upcoming seeded hunts were discussed
- (8) Hunt the 27th – Recap – Clues are posted @ sunrise – See website
- (9) Monthly contest for coins: Dale Simmons 1st place; Carol Carmody 2nd place; Philip Mulé 3rd place
- (10) This month's contest will be red pull tabs
- (11) Ray Terwilliger gave a presentation on Money Facts
- (12) Social time, silent auction, and finds table results awarded
- (13) Name Badge Drawing – Larry Turner
- (14) Scavenger Hunt-ongoing – Show Dianna your finds either in person or phone picture
- (15) Cindy Bockenstedt was the winner of the 50/50 drawing \$60.00

Meeting was adjourned at 7:53 p.m.

Carol Carmody, Secretary