



# Spore Print

The Newsletter of the Connecticut Valley Mycological Society  
Affiliate of the North American Mycological Association  
Member Northeastern Mycological Federation

*Founder: Ed Bosman*  
*President: Bill Bynum*  
*Vice President: Bill Yule*  
*Treasurer: Terri Hungerford*  
*Secretary: Ellen Bulger*  
*Membership Sec.: Karen Monger*  
*Spore Print Editor: Dinah Wells*

*email: [dinahwells@hotmail.com](mailto:dinahwells@hotmail.com)*

Membership: Dues per calendar year are \$15 individual; \$20 family (two or more persons at one address and requiring only one copy of club mailings). Lifetime memberships are \$200 individual and \$250 family. Make checks payable to CVMS and send to: CVMS/Karen Monger, 32A Perkins Ave., Norwich, CT 06360. CVMS members may also pay NAMA yearly membership dues by attaching a separate check for \$24 (electronic) or \$30 (hard copy) payable to NAMA.

The Spore Print newsletter is published quarterly in early Winter, Spring, Summer, and Fall. It is distributed to all members of the club in good standing, and on an exchange basis to the newsletter editors of other mushroom clubs. Submissions to this newsletter can be sent to the editor. If you would like to get your copy online, send your email address to: [dinahwells@hotmail.com](mailto:dinahwells@hotmail.com) (put "Spore Print" in subject line or your email will be deleted).

## CONTENTS

Coming Events .....	1
President's Message .....	2
Bits & Pieces .....	3
Hawaii trip <i>by Karen Monger</i> .....	4
NAMA photo contest .....	5
COMA foray registration form .....	6
Membership list .....	7-9

## We welcome your submissions

The Spore Print "staff" would love to have your input! Photos, poems, articles, recipes or anything of interest to the members. The next deadline for submissions is Oct. 1. Send a link to an interesting article or an email to: [dinahwells@hotmail.com](mailto:dinahwells@hotmail.com)

## COMING EVENTS

**Aug. 6-10: NEMF 2013, Samuel Ristich Foray, Rimouski, Quebec** on the beautiful St. Lawrence River. See details in last issue or go to: <http://nemfdata.org/nextforay.htm>.

**Aug. 25: Ed Bosman Educational Day, Devil's Hopyard State Park, East Haddam, CT** A regular club foray with several educational talks on the collection in honor of CVMS founder Ed Bosman, still sorely missed. Not an official food event, but people often bring food to share.

**Aug. 30 – Sept. 2: COMA's 35th Clark Rogerson Foray, Hebron CT** see registration form on page 6.

**Aug. 31: Saturday CVMS foray, Mansfield Hollow SP, Mansfield, CT** This is a joint foray with COMA Clark Rogerson attendees and mycologists. CVMS members can register at a special rate (\$35 adults; \$20 children aged 3 to 12) to attend that night's dinner and evening program. Contact Don Shernoff at [donshernoff@yahoo.com](mailto:donshernoff@yahoo.com) or call (914) 761-0332 with questions.

**Sept. 15: Mushroomfest, Montville, CT** A potluck lunch (approximately 12:30) preceded by a foray at the regular time (10 am). Takes place at member Joe Maciejny's home (see directions Q in foray book). A \$5 per person fee will be collected to defray expenses. Joe suggests bringing fishing gear to try out his pond.

**Sept. 29: Denison-Pequotsepos Mushroom Day Festival, Mystic, CT** Collections from the club forays at Bluff Point SP and Pequot Woods will be displayed at the festival where there are always delicious mushroom treats, local wine and beer. \$18 per person (2-6pm)

**Oct. 6: Ed Bosman Tricholoma Foray, Kettletown State Park, Southbury, CT** This is a joint foray with COMA, our fungal friends to the west. There will be comments on the collection which usually includes, you guessed it, Tricholomas! There are often hens to be found here in the fall. (Grifola frondosa, that is.)

\*\*\*\*\*

Each summer issue of the newsletter (out in the middle of July) contains the list of current CVMS members (names and towns). If you are a paid-up member and do not see your name on the list, or find another error, please contact the Membership Secretary, Karen Monger at [kraczewski@comcast.net](mailto:kraczewski@comcast.net)

;

# President's Message

Hello CVMS'ers,

Now is the time to come to some forays! July marks the point when the species count at our weekly forays can really climb. When the rain cooperates, the weekly count can regularly reach well over 100 species. When everyone spreads out in the woods and then brings back their discoveries to crowd them onto the tables, the collection is impressive, fascinating, and perhaps even a little daunting. Unarguably, it is a great time to learn mushrooms. You can observe, smell, taste, magnify and try to find them in guide books. As experienced members write names on the labels, the collection table becomes a hands-on field guide!! And you can get answers to your questions. What can be better than that?!

**A Special Invitation:** COMA (the Connecticut-Westchester Mycological Association) has graciously invited CVMS members to the Saturday evening dinner and program at their Clark Rogerson Foray on August 31 at Camp Hemlocks in Hebron. The dinner and the program are real treats for all mycophiles and promise to be a great experience. Gary Lincoff (author of the Audubon Guide) and other mycologists will be there. The discounted fee for CVMS members is \$35 for adults, and \$20 for children. See this link for information and registration: <http://comaforay.tumblr.com/registration> Note that this evening event is the same day as our scheduled Saturday foray at Mansfield Hollow State Park where COMA and Gary Lincoff will join us.



Of course, going in the woods has some risks and one risk is ticks, especially the tiny ticks that can carry Lyme disease: *Ixodes scapularis* which is only about the size of this 'o'. I want to share an account about my current experience with Lyme disease. On June 1 after several hours in the woods, I found three tiny ticks. Two were attached and one of those escaped my attention until the next day. Three weeks later, on June 22, I began to feel unusually tired. Then the next evening with a fever of 102 along with achiness and no energy, I only wanted to sleep through the next day. I immediately suspected Lyme and got to the evening clinic to see our family doc. He heard my story, agreed that it was Lyme (the characteristic rash often does not appear, he said), and prescribed 21 days of a twice-a-day antibiotic. After the third dose I felt much better. Now with only a few days of pills left, I feel fine. I am glad my doc did not want to wait for a blood test. He said he had three other cases the same day I came in. His approach is that the sooner you start treatment, the better the outcome. If you do find a tick, get it off quickly. Try Harley Stoleson's easy removal method for attached ticks: dampen a cotton ball, rub it on a bar of soap, then rub it counter-clockwise on the tick. He (or she??) will back out onto the cotton. Although this method works very well for tick removal, it is not officially approved by the CDC, NIH, or the CT Agricultural Experiment Station (CAES) which has published an 84-page handbook on ticks:

<http://www.ct.gov/caes/lib/caes/documents/publications/bulletins/b1010.pdf> (see approved tools for tick removal on last page)

While it is well known that Lyme disease is dangerous because it can become disabling or even deadly, many questions are not settled in the scientific and medical communities. An in-depth article by Michael Specter just published in the July 1 New Yorker magazine is worth reading. Here is a link to the article: [http://www.newyorker.com/reporting/2013/07/01/130701fa\\_fact\\_specter](http://www.newyorker.com/reporting/2013/07/01/130701fa_fact_specter)

Finally, here is a link to Consumer Reports' recommendations for tick/mosquito repellants including DEET-free options: <http://www.consumerreports.org/cro/magazine-archive/2010/july/health/insect-repellent/overview/index.htm>

Wishing everyone fulfilling and tick-free foraying, *Bill Bynum*, President

## NAMA 2013 Foray in the Ozarks

The 2013 NAMA Foray will be held in the beautiful Ozark Mountain Range of Arkansas, October 24-27, hosted by the Arkansas Mycological Society. It promises to be a spectacular event with a stellar faculty that

*(NAMA foray, continued from preceding page)*

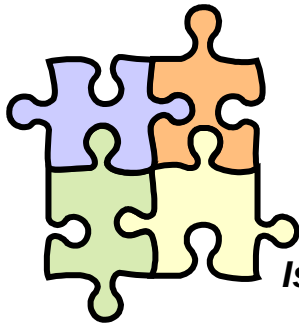
includes chief mycologist Dr. Clark Ovrebo, Dr. Alan Bessette and Arlene Bessette, Dr. Andy Methven, Dr. Michael Kuo, Dr. Jean Lodge, Dr. Tom Volk, Dr. Britt Bunyard and the "Magnificent Mycologist of Texas", David Lewis. Come spend time with these knowledgeable mycologists, attend lectures, explore the unique habitat of this region, and meet some new friends.



The Ozark Mountain region is characterized by a diversity of terrestrial, aquatic, and karst habitats, ranging from extensive glades and tall grass prairies to both coniferous and deciduous woodlands as well as cypress swamps, fens, sinkholes, sloughs, and a plethora of clear-flowing streams and rivers fed by an abundance of springs, including some of the largest freshwater springs in North America.

For more information and registration: <http://www.namyco.org/events/NAMA2013/index2013.html> or phone the registrar, Jay Justice, at 501-837-5303

**Now is a great time to Join NAMA; dues have been lowered.** *(Note: Membership in NAMA is required to attend NAMA Forays). Members of affiliated clubs (electronic: \$24; hardcopy: \$30)*



## **Bits & Pieces**

***Israeli Mushroom May Hold Key to Pancreatic Cancer Cure***

from <http://www.jspace.com/news/articles/israeli-mushroom-may-hold-key-to-pancreatic-cancer-cure/14008>

May 14, 2013 *(submitted by Roz Lowen)*

A type of mushroom found in the forests of Israel may hold promise as a treatment against one of the deadliest forms of cancer. *Cyathus striatus*, the scientific name for the wild mushroom, has proven effective in treating pancreatic cancer in early animal trials conducted at Haifa University.

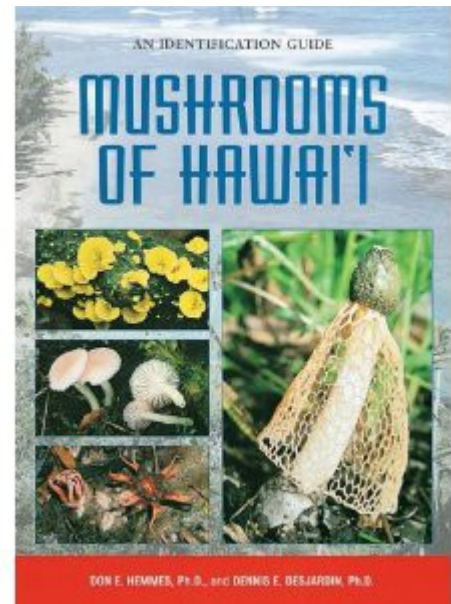
While medicinal mushrooms may seem a novelty in modern western medicine, mushrooms have become a standard line of defense against cancer in Japanese medicine as well as some natural and tradition medicine treatment protocols. Professor Solomon Wasser of Haifa University, who is also the editor of the *International Journal of Medicinal Mushrooms*, is a pioneering leader in the research of medicinal uses for mushrooms in Israel and the world.

Wasserman's laboratories have been responsible for discovering *Ganoderma lucidum*, a mushroom that was found to be beneficial to breast and prostate cancer patients as well as *Pleurotus ostreatus* and *Pleurotus eryngii*, both mushrooms that help lower LDL, or the 'bad' type of cholesterol. Wasserman also has a living archive of over 1,500 types of mushrooms in his labs, many of which could have medicinal properties that have not yet been identified. He continues to scour the Haifa area for new varieties.

## Mushroom Hunting in Hawaii

by Karen Monger (Dec. 2012) {more photos at [www.the3foragers.blogspot.com](http://www.the3foragers.blogspot.com)}

Since we have been studying mushrooms and exploring amateur mycology for a few years, it follows a natural path that we would like to hunt mushrooms while on vacation. We usually head out to a warm and tropical location during the middle of a New England winter, so we did a little research into the fungi of our destination, the Big Island of Hawaii. A good deal of the fungi on Hawaii are alien, introduced with vegetation and soil from other places, therefore, many of the mushrooms are familiar to us. Only an estimated 17% of fungi on Hawaii are considered native Hawaiian species. Fungi can be found almost all year in the subtropical environments, but the more abundant season is from July through January. Fallen palm leaves and casuarina needles, along with dead wood, coconut husks, lawns, and compost piles of mulch are all good places to look for fruiting mushrooms. We purchased [Mushrooms of Hawaii](#) by Don Hemmes and Dennis Desjardin to help us identify the mushrooms we hoped to find.



Upon our arrival to the Big Island in December, we were a bit worried to hear they were experiencing a significant drought. I contacted [Don Hemmes](#), the author of the mushroom guide to ask him for some advice about where to possibly find some fungi. He graciously offered to take us to MacKenzie Park in the Puna district, along the southeastern coast, to do a quick foray. Although he does not teach biology full time at the University of Hawaii Hilo any longer, he still visits many sites and records the fungi present on a monthly basis. Don still participates in and contributes to the study of fungi on Hawaii on the Fungi of the Hawaiian Islands [website](#). We braved winding one-lane roads, rain squalls, and lava tubes to take a walk and find some mushrooms, including the *Geastrum litchiforme*, the lychee earthstar, and a poisonous *Amanita*, *Amanita marmorata* (*below, right. Pictured at left, below, is *Gymnopus luxurians**)

We also looked for fungi on our own on every hike we took into a forest. We visited the Kipuka Puauulu Bird Park near the Volcano National Park, and found some very large *Scizophyllum communes*, along with many slow growing conks. In the Waipio Valley, we found a log covered in *Corpinus disseminatus* and *Earliella scabrosa* shelves. Further up the coast in the Polulu Valley I came across rather large oysters, *Pleurotus* species growing from a fallen log on the trailside. At the bases of many of the casuarina trees we found the casuarina conk, *Phellinus kawakamii*, rotting the ironwood trees.

While we may have wished our vacation would never end, we did manage to meet a fellow mycologist and hike in many of the Big Island of Hawaii's forests looking for mushrooms. It would seem that myco-tourism is part of our future, since we are enjoying the fungi that we encounter on our travels.



## 2013 NAMA Digital Photo Contest

The contest is open to all mushroomers and a NAMA membership is not required to enter the photo contest. If you're not a NAMA member there is a \$4.00 entry fee by check or money order made out to NAMA. Images that have previously won (including honorable mention) are not eligible. Closing date: All entries must be received by the Contest Director on or before **August 4, 2013**. Allow at least one week for mailing. Up to 15 images may be entered per person. With a maximum of 6 in the Pictorial, 6 in the Documentary and 3 in the Judges Option to make a total of up to 15 images.

**There are 3 Entry categories: pictorial, documentary and judge's option.**

**Pictorial** This division is for single photos that illustrate the beauty and variety of fungi in form and color. Mushrooms should not be cut and should look natural. Judging criteria include consideration of both technical (focus, depth of field, exposure, lighting, color, absence of distracting elements) and artistic (composition, color, background, lighting) aspects.

**Documentary** For single photographs especially suited as illustrations in a field guide or monograph, or for use in a lecture. Emphasis is placed on portrayal of key morphological characteristics such that the usefulness of the image as an identification aid is maximized. Subjects may be shot in the field, laboratory or studio and the photographer has complete freedom to cut, process, manipulate, or orient the specimen in any desired manner to achieve the goal. Close-ups of single features and photomicrographs are acceptable. Judging criteria will be the same as in the Pictorial category but they will be of secondary importance to the overall mycological utility of the photo. Accurate identification of the subject will be a consideration.

**Judge's Option** For single photos or series which do not fit into the Pictorial and Documentary divisions. Examples include time-lapse series, ecological relationships of fungi (e.g. fairy rings), fungi with animals, people enjoying fungi, humor, etc.

**Awards:** First, 2<sup>nd</sup> and 3<sup>rd</sup> place prizes will be awarded in Pictorial, Documentary and Judges Option. Honorable Mentions will also be noted for some Pictorial and Documentary photos. Prize(s) such as mushroom books will be given to first through 3<sup>rd</sup> place winners.

**Marking, Listing, and Submitting Digitals:** The digital photo's file name should include 3 things: D (for Documentary) JO (for Judges Option) or P (for Pictorial), the photographer's initials, followed by the genus and species of the fungi or, for the Judge's Option photo, the title of the photograph. Digital images may be emailed or mailed on a CD or DVD and will not be returned. Mail images, the entry form is optional from [http://www.namyc.org/photography/contest\\_rules.html](http://www.namyc.org/photography/contest_rules.html) and entry fee (check payable to "NAMA") to John Plischke III, 411 Center Avenue, Greensburg, PA 15601 724-832-0271 [Fungi01@aol.com](mailto:Fungi01@aol.com) If emailing in images please include your name, address and phone number. Images can also be submitted using free file mailing programs such as <http://www.mailbigfile.com/> or Dropbox etc.

**Reproduction:** Entry in the contest constitutes the consent of the photographer to allow NAMA to reproduce copies of each winning image (including Honorable mention etc.) for circulation or use by the Education Committee among the membership and affiliated societies. NAMA also reserves the right to post images of the winning images on the NAMA web pages and in the Mycophile and to be used by the marketing committee. All copyrights remain with the photographer.

---

### **Dogs and Cats and Toxic Mushrooms** [reprinted from the NAMA website]

Dogs take a special interest in both *Amanita phalloides* and *Inocybe* species, quite possibly because of their fishy odor. *Amanita phalloides* is well known to be a deadly species but *Inocybe* species and the *Clitocybe* species that also contain muscarine can be lethal to dogs. Muscarine has not caused any human fatalities that we are aware of and so dogs must be uniquely sensitive to this compound. Some *Scleroderma* species are also lethal to dogs (and pigs) but not to humans, but the toxin, to our knowledge, is not known. Both *Amanita muscaria* and *Amanita pantherina* are frequently eaten by dogs. They too have a fishy odor. The toxins ibotenic acid and muscimol are not lethal to humans but in rare instances can cause death in dogs. Though cats rarely consume mushrooms they are particularly attracted to dried *Amanita muscaria* and *Amanita pantherina*, sometimes with lethal results. [read more at: [http://www.namyc.org/toxicology/pet\\_poisonings.html](http://www.namyc.org/toxicology/pet_poisonings.html)]

# COMA's 35<sup>th</sup> Clark Rogerson Foray

Friday to Monday, August 30 – September 2 (Labor Day weekend)  
Camp Hemlocks, Hebron, Connecticut

COMA is pleased to announce the 35<sup>th</sup> Clark Rogerson Foray, to be held at Camp Hemlocks in Hebron, CT. Our track record in this region has been great with over 300 species of mushroom collected in 2011 and 2012. This year's foray features:

**Chief Mycologist Gary Lincoff:** author of Audubon Guide to North American Mushrooms and many other mushroom books.

Additional mycologists are:

- o **Dr. Roz Lowen:** ascomycete expert and professor of mycology
- o **Bill Yule:** naturalist and Bolete expert
- o **Leon Shernoff:** editor of Mushroom the Journal
- o **John Plischke III:** author of Good Mushroom, Bad Mushroom

Guided mushroom and botanical walks, including walks for newcomers  
Amazing appetizers and entrees at the outdoor mycophagy event  
Entertainment including lectures by the mycologists, the mushroom music of Joshua Hutchins, mushroom trivia, auctions, swimming pool and more.  
Early-bird registration discounts and affordable day visitor rates.  
Additional details at [www.comafungi.org](http://www.comafungi.org) or [www.comaforay.tumblr.com](http://www.comaforay.tumblr.com).



Photo by dohduhdah from Wikimedia

The 4-day fee includes 3 nights' lodging and 8 meals, from dinner on Friday to breakfast on Monday (bring your lunch on your day of arrival). If you have any questions, contact Don Shernoff at [donshernoff@yahoo.com](mailto:donshernoff@yahoo.com) or call (914) 761-0332. Please complete the following form and mail it with your check to:

Don Shernoff, Apt 4H  
10 Franklin Ave.  
White Plains, N.Y. 10601

Make checks payable to: **COMA**  
We can accommodate 75 people.  
Priority for double-occupancy units is given to couples.

No. of adults \_\_\_\_\_ Name(s) \_\_\_\_\_  
(Please Print)

No. of children \_\_\_\_\_ Name(s) and age \_\_\_\_\_

Address \_\_\_\_\_

Tel. \_\_\_\_\_ e-mail \_\_\_\_\_

	(Fri – Mon)	No. of people	(Fri – Sun)	No. of people	<b>Early Bird Discount</b>
Adult.....	\$290/person	_____	\$220/person	_____	Deduct \$10 per person if mailed by July 1
Child 3 – 12....	\$220/person	_____	\$150/person	_____	

Day Visitors (lunch, dinner and all activities included. Arrive by 8:30 A.M. to participate in excursions.)

\$50/adult per day.....Saturday \_\_\_\_\_ Sunday \_\_\_\_\_

\$35/children (3-12).....Saturday \_\_\_\_\_ Sunday \_\_\_\_\_

Room-mate preference? \_\_\_\_\_ Do you have room in your car for an extra person? \_\_\_\_\_

Vegetarian? \_\_\_\_\_ Vegan? \_\_\_\_\_ Gluten-free? \_\_\_\_\_

**Each adult registrant must print his/her name and sign on the lines below.**

\_\_\_\_\_ hereby release(s)  
COMA and any officer or member thereof from any and all liability arising out of or relating to any injury, accident or illness of any nature occurring during, or as a result of, this foray.

If I am not now a member of COMA, I understand that by signing this form I agree to become a provisional COMA member beginning 8/29/13. Annual dues are \$25. I understand that if I do not pay these dues by September 6, my provisional membership will lapse and I will have no indebtedness to COMA.

Signature

Date

Signature

Date







---

“Neither porcini nor poems are day to day staples: continuous availability is confined to the more easily grown, more easily storable grains. Yet the intensities of the rare, the seasonal, the brief, the strange, and that which requires both a kneeling intimacy and depth of knowledge to be safely known at all—these are needed as much as oatmeal, rice, or bread. It is that elusive, concentrated presence, the sudden coming and going of life forms mostly hidden, the awareness of mysteries that can only be given, not forced into being, that both the mushrooms and the poems in this volume point toward. Gathered from the root-zones of many different trees, knife-scraped from rock-face, lifted from dung, spore-flung into air, these gathered mushroom poems offer undomestic, distinctive discoveries to all who choose to join the effort to find them.”

—Jane Hirshfield [from the introduction of *Decomposition*, an anthology of mushroom poems edited by Renee Roehl and Kelly Chadwick, Lost Horse Press]

---



Pictured above is the Tick Nipper (by Joslyn Designs, Inc.) available from Campmor and other places for around \$5.00. The jaws slide under the tick without squeezing or cutting it. It can then be safely pulled off without causing tick to regurgitate stomach contents into host which may increase the risk of infection.

Other “approved devices that have been shown to successfully remove *I. scapularis* nymphs attached for 48 hours in all attempts in a recent study include #4 forceps, Original Tick Kit (Tick Kit, Inc.), Pick-Tick (Encepur, Chiron), Pro-Tick Remedy (SCS, Ltd.)” [*from the Tick Management Handbook by Dr. Kirby Stafford, the State Entomologist, published by the CT Agricultural Experiment Station.*]



CVMS / Dinah Wells

FIRST CLASS MAIL