

Fungifama

The Newsletter of the South Vancouver Island Mycological Society
January 2005

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Dues: \$20.00 per year per household, payable in January by cheque made out to SVIMS or by cash at meeting.

Meetings: First Thursday of the month (no meetings December, January, July, and August), 7:00 p.m. sharp at the Pacific Forestry Centre, 506 Burnside Rd W, Victoria. Lots of free parking. The meeting room is near the main entrance door. Non-members welcome.

Caution: The South Vancouver Island Mycological Society (SVIMS) newsletter, Fungifama, is not intended as an (online) identification or medicinal guide to mushrooms. There are risks involved in eating and in using wild mushrooms. The possibility may exist that you are allergic to a specific mushroom, or that the mushroom may be anomalous. SVIMS, Fungifama and the authors on this site warn that the reader must accept full personal responsibility for deciding to use or consume any particular specimen.

Monthly Meetings:

January: Survivors Banquet

- 6:00 pm, Saturday, January 22, 2005
- Resource Centre, Horticulture Centre of the Pacific, 505 Quayle Road, Saanich. This year's Banquet will take place in the newly renovated Resource Centre with the Kempster Building available for the kitchen and washroom facilities.
- Bring: 1) a potluck dish big enough to serve 6 & serving utensil. Mushroom dishes are welcome but not required. 2) your own plate, utensils, cup.
- SVIMS provides coffee and tea. There are stovetop and microwave ovens for quick re-heating of your culinary contributions but no oven.
- Raffle: Part of our entertainment for the evening will include a raffle of unwrapped silly or sensible items. Bring one along to contribute to the fun.
- Help with set-up by arriving at 5:30 and pitching in to move tables and such. Or stay after to help clean up.

February (Feb 3): Mushroom Medley
Speaker – Adolf Ceska

March (Mar 3): Mushrooms as Medicine
Speaker – Paul Kroeger

April (Apr 7): Russulas of southern Vancouver Island coastal forests
Speaker – Christine Roberts

May (May 5): Morel Ecology

Speaker – Michael Keefer or Richard Winder

June (Jun 2): Possible potluck supper and video 'Attack of the Mushroom People'. Details to follow...

Events and Forays:

Saturday, March 5: Special mushroom field trip to Victoria Chinatown

Organized by Adolf Ceska, Oluna Ceska, Jean Johnson

We have to get the details, but the trip will start about at 4 p.m. with a tour through the Chinatown. Our leader will be Kristyna Ng, who is a UVIC Geography student. After the tour we will end up in the Golden City Restaurant where we will have special mushroom meals prepared for us.

This is the menu that will be offered:

- Tea
- Mushroom-chicken soup
- Shitake stuffed with shrimp
- Dry mushrooms with Chinese greens
- Fresh crab meet with Chinese greens
- Abalone mushrooms with egg tofu
- Dry scallops & steam mushrooms with eggplant hot pot
- Diced chicken & mushrooms in basket Chinese Style with Chow Mein
- Steamed rice

The price will be \$35 and will include the tour, tax, and tips.

We will be selling the tickets at the Survivors' Banquet and at our February and March meetings. The number of people at the Chinatown Tour proper will be limited to 40 people; however, the latecomers will be able to join us for the Golden City meals (you will have to buy the tickets in advance, though, since they need to know the number of people to be served). Because of the logistics, we

cannot accommodate people who would like to save the money, skip the dinner, and join us just for the Chinatown Tour. I know, \$35.00 is quite a bit of money, but let's start saving for this extravaganza now.

Mushroom of the Month

The Executive has decided to try out a new feature during each meeting. In order to further education of our members, one mushroom per monthly meeting will be featured. One individual is responsible for collecting the specimens and filling in the information to present at the meeting. We would be happy for all members to participate in this exercise. For this year, the Mushroom of the Month presenters are:

February	Shannon
March	Oluna
April	Christine
May	Richard
June	Kevin
September	Gerald
October	Tineke
November	Christian

The information to be provided should aim to include:

Latin name
Common name
Cap (colour, description, size)
Stem (colour, description, size)
Gills/tubes/pores, description
Veil and or volva (if any)
Spore print colour
Odour
Habitat and when found
Edibility
Additional remarks

DUES ARE DUE!

It's time to renew your membership in SVIMS. Send \$20.00 (made out to SVIMS) to: Jean Johnson, 2552 Beaufort Rd., Sidney, B.C. V8L 2J9.

Prez Sez

By Christian Friedinger

A Happy New Year to all of you and a successful 2005.

Looking forward, we wonder what nature will provide us. Looking back we certainly experienced a very unusual abundance of mushrooms, sometimes wave after wave of fruitings from the same mycelium - extending onto our dinner plates. Thus, the culinary effect introduced friends and neighbors to the enjoyment of different varieties of wild mushrooms. However, often at those dinner conversations, the specifics of one variety in regards to its identification and its habitat characteristics induced a wider view about the function and significance of the different types of myceliums in our ecosystem. The presentations and discussions at the SVIMS meetings certainly allowed specially the "lay" members to sway many people to a more scientific perception of the toadstool.

I invite you all to the Survivor's Banquet, the turning event to the new mushroom year. The stories, the secret spots, the menus... I especially welcome the new members to this event and an exiting mushroom year. Identification is always a challenge, therefore this year we will introduce at every meeting one variety, its special features, consider its look-a-likes, its habitat, its fruiting conditions etc. Everybody is invited to the coming forays - will we find the same varieties on the same places again? Will we find new varieties, not known here up to now? With the abundance last year, do mushrooms expand to new locations?

I therefore invite you all to come to the SVIMS meetings with your discoveries, your knowledge and your questions.

The Swan Lake Mushroom Show 2004

By Jean Johnson

Congratulations to all of us. Financially, this was the most successful Mushroom Show to date plus we also were able to voucher some new and/or rare fungi. Melanie (of Swan Lake) kept an accurate count of people and we had approx. 250 people attend the show. We made a total profit of \$415 that came from Memberships (\$120), Calendars (\$144) donations (\$61) and Bake Sale (\$90 - the most we've ever raised).

Thanks go, first of all, to our (then) President, Christine, for being so organized and organizing us and then to our many other volunteers:

For dispensing information within the table "quad": Shannon Berch, Oluna Ceska, John Dennis, Ian Gibson, Paul Kroeger (from VMS who came to do field work and stayed to help with IDs), Renata Outerbridge, Christine Roberts, and Richard Winder.

For baked goods (that made us so much money) and lunch for the volunteers: Joyce Lee for brownies and pine mushroom crescents, Karen Just for apple slices, Christine Roberts' friend, Jean for apple squares, Christine Roberts for Leftover Soup, Nadia St. Amand for peanut butter cookies and rice crispy squares, Christina Tomaschuk and John Preidt for spanikopita and some angel who made those delicious egg salad sandwiches (who are you?).

For providing fresh wild chanterelles and pine mushrooms to our gourmet chef at the outside BBQ, Astra Outerbridge and her friend Jillian, a great big thanks to Kevin Trim who also brought the last *Boletus edulis* wannabe of the season to our display table. Astra and Jillian did a marvelous job of marinating and sautéing the chanterelles, pine mushrooms, shaggy parasols, and button mushrooms.

Every time I looked, there were crowds of people surrounding them, elbowing in to get a taste.

For making parking a Halloween event by wearing a clown costume and entertaining the Swan Lake visitors - Joyce Lee.

For festooning the walkway between the Parking Lot and the Swan Lake Centre with mushrooms - Joyce Lee. What a clever idea! There's still a bit of *Sparassis crispa* stuck to one of the Douglas fir trees out there.

Thanks to Jean Johnson for making her annual fungi display basket (and hiding a Halloween "trick" in among the Shaggy Manes) and organizing the membership station.

Andy McKinnon (who's been away on a marvelous international adventure) came to the table to re-new his SVIMS membership and stayed to help for several hours. The same thing happened to Karen Just, who came to help out and stayed for 4 hours - selling baked goods and calendars.

The Children's Stamp Table was a real hit, as usual, and thanks to Jeff Greenwell, Neil Greenwell, and Jacques Forest who entertained the children and made sure that Andy McKinnon had a mushroom "tattoo" before he left the building.

Thanks also to Bob Trotta who helped in so many ways, including ordering the two pizzas for our volunteers, and to Adolf Ceska who did his share of finding mushrooms and toting specimens.

Also thanks to all who stayed at the end, like Ken Wong, to help clean up and make sure that the mushroom dirt was well and truly ground into the Swan Lake carpet.

This event also couldn't have taken place without all the folks who collected and brought fungal specimens to the Swan Lake Centre on Saturday - and those who

stayed until we switched back to Standard Time to sort and identify them.

If I've forgotten anyone or not given the correct credit to specific people, my apologies.

(PS - I brought the *Mutinus caninus* and Paul Kroeger to the Mushroom Show. Paul said, when he got in the car, the "smell" made him look at the bottom of his boots and when he didn't find any doggy doo, he knew I must have the dog stinkhorn in the car).

Articles about fungi

Royse, D.J. 1996. Specialty mushrooms. p. 464-475. In: J. Janick (ed.), Progress in new crops. ASHS Press, Arlington, VA.

<http://www.hort.purdue.edu/newcrop/proceedings1996/V3-464.htm>

In the article at the above web address, the author from Penn State University discusses production techniques for 12 specialty mushrooms: *Auricularia* spp., *Flammulina velutipes*, *Ganoderma lucidum*, *Grifola frondosa*, *Hericium erinaceus*, *Hypsizygus marmoreus*, *Lentinula edodes*, *Morchella esculenta*, *Pleurotus* spp., *Pholiota nameko*, *Tremella fuciformis*, *Volvariella* spp.

Mushroom magic fights cancer

BBC News

<http://news.bbc.co.uk/2/hi/health/2202914.stm>

Monday, 19 August, 2002, 11:28 GMT 12:28 UK

Exotic mushrooms may hold chemicals that could help scientists develop new cancer drugs, it is claimed. Cancer Research UK has researched the use of mushrooms in traditional medicines in Asia. Research there suggests that some have anti-tumour properties. Trials in the US, Japan and China suggest that chemical compounds derived from fungi

may prolong the survival of cancer patients.

One survey of Japanese mushroom workers found that those who produced edible mushrooms - suggesting consumption by workers - had a far lower death rate from cancer than those who produced non-edible mushrooms. Compounds derived from mushrooms could have a hugely beneficial influence on the way cancer is treated. Medicinal mushrooms may also be able to relieve the side effects suffered by patients with advanced cancer. While there is evidence that extracts of rarer mushrooms such as shiitake, enoke and oyster may be beneficial, the humble British button or flat mushroom is likely to possess none of these abilities.

More than 100 species are used by traditional Chinese medicine practitioners to form remedies for a wide variety of ailments. They are often taken as powdered concentrates or extracts in hot water drinks. Professor John Smith, from the University of Strathclyde, who led the review, said, "There is now increasing evidence that the medicinal mushrooms offer a remarkable array of medicinally important compounds that have yet to be evaluated by western medical scientists."

Fungus Fun in Poland - Grzyby

<http://www.warsawvoice.pl/view/3015>

Każdy, kto podróżował, samochodem po Polsce wie, że wystarczy odjechać kilkadziesiąt kilometrów od miasta, i jak okiem sięgnąć rozciąga się las. A ponieważ lasy w Polsce są w większości państwowe, można do nich wejść i nazbierać leśnych owoców albo grzybów. Jeśli zaś nie mamy zielonego pojęcia o grzybach i nie potrafimy odróżnić borowika od muchomora, lepiej zatrzymajmy się przy drodze i kupimy od dobrych ludzi koszyk kurek

albo maślaków. Grzyby są naprawdę pyszne, trzeba tylko umieć je przyrządzić.

Those who have traveled by car in Poland know that it's enough to travel only a few kilometers outside the city to see forests that stretch as far as the eye can see. Since forests in Poland are mainly state-owned, you are allowed to pick berries and mushrooms within. If you do not have the slightest idea about mushrooms and cannot tell a boletus from an amanita, just stop by the road and buy a basket full of chanterelles or brown ring boletus from some good people along the road.

Jakie grzyby można kupić przy drodze:

- **Kurki - małe, żółte lub pomarańczowe.**
- **Borowiki /prawdziwki - jasno lub ciemno brązowe, średniej wielkości.**
- **Maślaki - jasno brązowe z żółtym spodem, małej albo średniej wielkości**

The mushrooms you can buy along the road:

- Chanterelle - small, yellow or orange
- Boletus - light or dark brown, medium-sized
- Brown ring boletus - light brown with yellow underside, small or medium-sized

Co mówimy:?

What to say:

- **Jak nazywają się te grzyby?**
- What are these mushrooms called?
- **Kurki.**
- Chanterelles.
- **A ile kosztują?**
- How much are they?
- **15 złotych kilogram.**
- zł.15 a kilo.

- Poproszę.
- I'll take them

Human Mycoses

http://www.doctorfungus.org/mycoses/human/human_index.htm

Just when you thought that all fungi are friendly, like chanterelles, you find out that some fungi would prefer to consume you than the other way around. Take a look at the information presented at the terrific web site above and touched on in the following from that site.

Fungi cause a wide variety of diseases in humans, and the areas we discuss are listed below. You may also want to refer to the Infectious Disease Society of America-Mycoses Study Group (IDSA-MSG) Practice Guidelines for treating invasive mycoses. These cover aspergillosis, blastomycosis, candidiasis, coccidioidomycosis, cryptococcosis, histoplasmosis, and sporotrichosis and are available at the IDSA website.

Other diseases are a little harder to classify as some of them are caused by one of several different fungi. Thus, even though they have a fungal-sounding name (e.g., *Tinea barbae*), you can't always expect to find a corresponding fungus named *Tinea barbosa*! These include Chromoblastomycosis, Eye Infections, Lobomycosis, Mycetoma, Nail, Hair, and Skin disease.

Aflatoxicosis outbreak in Kenya

From Doctor Fungus Mycology Mailer 2005

Moulds are known to cause allergic disorders, infections, and mycotoxicosis in humans. Mycotoxicosis develops due to the naturally occurring toxic metabolites produced by some fungal species. One of these mycotoxins, aflatoxin is known to be produced primarily by strains of *Aspergillus flavus* and *Aspergillus*

parasiticus. Aflatoxins are of 4 major types; B1, B2, G1, G2, aflatoxin B1 being the most toxic one, and two additional metabolic products, M1 and M2.

The existence of the fungus responsible for aflatoxin production does not always indicate the existence of the toxin. It just indicates the potential for toxin production. Aflatoxins are ingested via consumption of grains contaminated with fungi producing the toxin due to the poor and unfavorable harvesting, storage or transportation conditions. Thus, the commodities are susceptible to fungal invasion and related aflatoxin production during preharvest, storage, and/or processing.

Aflatoxins may cause acute mycotoxicosis and sudden death following their ingestion in large amounts over a short period. Acute mycotoxicosis was first defined in 1960 in England following the death of more than 100 000 young turkeys and termed as "Turkey X disease". The signs and symptoms of acute aflatoxicosis in humans include malaise, vomiting, abdominal pain, pulmonary edema, convulsions, and subsequent coma and death with cerebral edema and fatty involvement of the liver, kidneys, and heart.

A recent outbreak of acute aflatoxicosis was reported by May 2004 where over 90 cases and more than 50 deaths occurred in three Kenyan districts among people who consumed contaminated grain.

Ingestion of small amounts of aflatoxins over a longer period, on the other hand, may lead to development of hepatocellular carcinoma. In 1988, aflatoxin B1 was included in the list of human carcinogens by the International Agency for Research on Cancer.

To prevent contamination of grains with aflatoxins, harvesting should be done

when the grains are completely dry and the storage should be carried out in well-ventilated and dry stores.

Mushroom collectors in fine art

<http://members.cox.net/mushroomsinart/Mushroom%20Collecting.htm>

This little web site has links to some lovely paintings of mushroom collectors:

1) Mushroom Gatherers Resting. , Academy of Fine Arts, St. Petersburg, Russia. A group seated and lying in a little cleared space in the forest and listening, rather incredulously, to the eager assertions of the youngest that she knows where a still more fruitful harvest of fungi may be found.



2) Lingus, Menike. Canadian, 1943- , The Mushroom Pickers. Oil on canvas, 54" x 44", Private collection R. & E. Eisenberg



3) Shishkin, Ivan Ivanovitch (Schischkin)]. Russian, 1832-1898, Gathering Mushrooms. 1870. Oil on canvas, The Russian Museum, St. Petersburg, Russia. Four women and a boy with baskets on clearing by a stream. No mushrooms visible.



4) Solomatkin, Leonid. Russian. 1837 - 1883 , The Mushroom Gatherers , 1873, oil on canvas. 17 3/4" x 13 3/4" ; , Sold to unknown buyer by the Tretyakov Gallery, Moscow, Couple on a wooded path. Man with basket full of boletes, maybe, woman holding a mushroom.



5) Sutherland, Jane. American born, lived in Australia. 1853-1928, The Mushroom Gatherers, c. 1895. Oil on canvas, 41.3 x 99.0 cm, National Gallery of Victoria,

Australia. Two women in a field, one with a basket, the other apparently with mushrooms in apron. The mushrooms are not visible.



Kinoko-ya. Portraits of mushrooms from Japan

http://www.cx.sakura.ne.jp/~kinoko/01eng/0e_home.htm

Hiroshi Takahashi of Japan is an amateur photographer who works as a cook and loves to photograph mushrooms. A member of the Mycologist Circle of Japan, Chiba Mycological Club, Hiroshi has created a web site of wonderful mushroom pictures. The technical details of the picture taking and web site creation are:

Tools OS: Windows2000

Camera: Nikon CoolPix 950, 990

Photo-editing: Adobe Photoshop 4.0J, Paint Shop Pro 6.0

Html-editing: IBM Homepage Builder

2005 Mushroom meetings near and far

3rd International Medicinal Mushroom Conference

October 12-17, 2005

Port Townsend, WA

Spring Mushroom Extravaganza

Glacier Institute, Kalispell, MT 59903

(406) 755-1211

Instructor: Larry Evans

June 25-26, Saturday-Sunday

- US\$125/\$145 includes lodging at Big Creek June 25

- US\$240 in combination with Fall Mushroom Foray, September 17-18
- US\$280 includes lodging June 25 and September 17

Telluride Mushroom Festival

<http://www.shroomfestival.com/INDEX.HTML>

August 18 - 21, 2005

Telluride, Colorado

Wild Mushroom Festival

Oct 15 - Nov 15

Long Beach, WA

Participating restaurants, inns and bed and breakfast establishments offer daily wild mushroom specials. Wild mushroom workshops, field excursions and prix-fixe dinners are also offered.

Contact: Carol Zahorsky 360-704-3020

The Last Resort Foray

Vancouver Mycological Society foray

Sept 23,24,25 / 2005

Manning Park

<http://www.vanmyco.com/upcoming.htm>

And check out the VMS web site which now has an animation at the top that includes mushrooms popping up out of the forest floor, a squirrel finding and eating a truffle, and a woodpecker seeking insects in a presumably fungus-attacked tree.

Membership News

Welcome new members: Marta Donovan, Chris Shepard, D. Schneider, Peter and Nelly Pronk, Kathy Johannesson, Harriet Critchley, Gordana Lazarevich, Karen Rowe, Lee Smith, Dan Ollsin, Sara Redpath, Andy Redpath, Sharron & Kevin Redpath, Howard Joe, Paul Feldman and Lise Jobin, and Rob Gemmell, who has already led a foray for our group to Royal Roads in November. Thanks, Rob. Also welcome back to Andy MacKinnon and family who have away for over a year

