

## PREZ SEZ

Hello everybody, thank you for your vote of confidence on having me as our President.

As of the last elections Jean Johnson retired from the SVIMS executive. For the past 12 years she was a key member of the executive team and held a number of positions including secretary, treasurer, membership and president.

She continually went above and beyond to make sure we all enjoyed an interesting and viable organization. Jean is still a member and will keep a watchful eye over us, but for now she is taking some extra time for her family; it is time well deserved. Thank you for all of your efforts Jean.

Our latest executive meeting went very well and we will have some excellent speakers this year and likely a bonus event or two. (cont. p2)



Kevin Trim, SVIMS President

### VOLUME 15, ISSUE 1



HAPPY NEW YEAR!

### JANUARY 2012

#### Dates at a glance:

- \* Jan 14 Survivor's Dinner
- \* Feb 2 meeting—Paul Kroeger—Mushrooms are Way Cool Because...
- \* Feb 4 Royal Roads foray with Paul Kroeger
- \* Mar 1 meeting—TBA
- \* May 3 Mushroom Photography-Tips and Tricks—Duane Sept

## CONGRATULATIONS, ADOLF AND OLUNA

On Nov 17th, 2011, Adolf and Oluna Ceska celebrated 50 years of mushrooming together.

Not only is Nov 17th a significant day for them, but also for their homeland, the Czech



Republic, where the "Struggle for Freedom and Democracy Day" is a state holiday.

Best wishes from all of us for your continued health and happiness together!

## PREZ SEZ (CONTD)

So here we are, starting into 2012. If you are still seeking some tasty treats maybe the odd well-protected hedgehog and some winter chanterelles can still be found, but that is about all in the food category.

Speaking of 2012, unless you have been living under a rock you will no doubt be aware that this will probably be our last year for mushroom hunting..I know, I know...don't all stand up in protest, it will not do you any good now; apparently the Mayans have gone and messed it up for all of us.

But now let us look on the bright side. You will no longer have to listen to me go on and on and on...and on about doing as little disturbance to mushroom habitat as possible. All that talk about treating our forests with care is now pointless. So go ahead and get a big rake, scrape away all the moss, then scratch out each and every button to be found. Remember it is no longer important to cover the holes you have created, and what the hey, you may as well cut down a big tree while you are at it, and oh, don't forget to leave some garbage behind. Damn Mayans!...Pardon me, I digress.

Was going to leave it there, but the end of the world is a tad of a low note to go out on. So I will end on the high note of what SVIMS is to me.

SVIMS is not only about mushrooms; it is about people. We are a rich blend with a variety of interests. Our interests vary around cooking, growing, art, medicine, photos, spirituality, recreation, classification, commerce and for sure other reasons as well. It is our different facets and not our similarities that make SVIMS most interesting. But no matter what our individual focus is, SVIMS is the umbrella under which we all gather together and enjoy in the sharing of knowledge, excitement and mushroom adventures.

Like the trees and plants of a forest are connected by the mushrooms, in some way the mushrooms connect us all as well. Although the common thread may be mushrooms, the garment created by the thread is a diverse society of amazing people. This is you, give yourselves a hand.

Here's to another year full of adventure and fun. Thanks to all who will be a part of it.

Kevin

### MUSHROOMS BY THE (CALIFORNIA) NUMBERS

According to the California Poison Control System (CPCS), 1,748 cases of mushroom ingestion were reported statewide in 2009-2010. Among those cases:

**Two** individuals died.

**Ten** individuals suffered a major health outcome, such as liver failure leading to coma and/or a liver transplant, or kidney failure requiring dialysis.

**964** were children under six years of age. These incidents usually involved the child's eating a small amount of a mushroom growing in yards or neighborhood parks.

**948** individuals were treated at a health care facility.

**19** were admitted to an intensive care unit.

The most serious illnesses and deaths have been linked primarily to mushrooms known to cause liver damage, including **Amanita ocreata**, or "destroying angel," and **Amanita phalloides**, also known as the "death cap." These and other poisonous mushrooms grow in some parts of California year-round, but are most commonly found during fall, late winter or spring.

# 16TH ANNUAL SURVIVORS'S BANQUET

**Location:** Gordon Head Lawn Bowling Club

4105 Lambrick Way, Victoria.

By the Gordon Head Recreation Centre, just off Feltham. Lots of parking.

**Date:** Saturday, January 14, 2012

**Time:** 6:00 p.m. (5:00 p.m. - come early and help set up tables and chairs if you can)

**Food:** a potluck dish big enough for 8 people. Mushroom dishes encouraged but not necessary. Please bring a card listing your dish's ingredients.

Bring: plate, cutlery, mug, glass; BYOB or beverage of choice

Provided by SVIMS: coffee and tea

**RAFFLE:** Participate in this fun event by bringing one highly prized item - new, recycled, regifted - to be raffled off at the Banquet. Then buy tickets for your chance at a treasure. Tickets are \$2 each, 3/\$5, or 7/\$10. Be prepared for lots of laughs and skulduggery!



DON'T BE A BAD SPORE...BE A FUN GUY!

## MUSHROOM FEAST IN CHINATOWN

**WHEN?** March 17, 2012 starting at 5:00 p.m.

**WHERE?** Golden City Restaurant  
721 Fisgard Street  
Victoria, BC

**HOW MUCH?** \$40 per person



If you are interested in this dinner, our treasurer, Barbara Pendergast, will take your names (and money) either at the Survivors' Banquet (January 14), or at our first 2012 meeting (February 2). The Golden City restaurant has to know numbers about ten days ahead in order to get some ingredients from Vancouver, so please sign up for this fun gourmet event before March 1st.

# MORE DATES YOU WON'T WANT TO MISS

January 13-15, 2012

## **38th Annual Santa Cruz Mushroom Festival**

Santa Cruz, CA

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

January 13-16, 2012

## **2nd Annual Napa Truffle Festival**

“world-class cuisine meets cutting edge truffle science”

Napa, CA

[www.napatrufflefestival.com](http://www.napatrufflefestival.com)

1-800-753-9378

10% off for SVIMS members, codeword mushroom

January 14-16, 2012

## **15th Annual SOMA Wild Mushroom Camp**

Occidental, CA

<http://somamushrooms.org/index.html>

January 27-29, 2012

## **5th Annual All California Club Foray**

Albion, CA

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

\$175 per person, incl meals, lodging, forays

August 2-5, 2012

## **Northeast Mycological Foray 2012**

East Strousburg, Pennsylvania

Registration to open on or before January 15, 2012. See [www.nemf.org](http://www.nemf.org) for details coming soon

Sept. 28-30, 2012

## **Foray Newfoundland and Labrador**

Terra Nova National Park

[www.nlmushrooms.ca](http://www.nlmushrooms.ca)

Dec. 13-16, 2012

## **NAMA Annual Foray**

Scotts Valley, CA

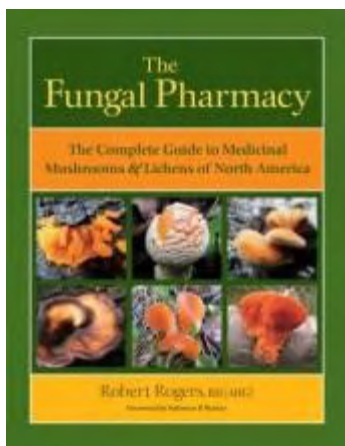
[www.namyco.org](http://www.namyco.org)

## NEW PUBLICATIONS

### **THE FUNGAL PHARMACY: The Complete Guide to Medicinal Mushrooms & Lichens of North America**

by Robert Rogers. 608pp. Random House. \$34.00

Synopsis from [www.randomhouse.com](http://www.randomhouse.com)



In *The Fungal Pharmacy*, noted herbalist Robert Rogers introduces readers to more than 300 species of medicinal mushrooms and lichens found in North America. These fungi, Rogers explains, have the capacity to heal both the body and, through the process of myco-remediation, the planet itself. Throughout the book, he documents their success in optimizing the immune system and treating a wide range of acute and chronic diseases, including cardiovascular, respiratory, and liver problems, blood sugar disorders, cancer, and obesity.

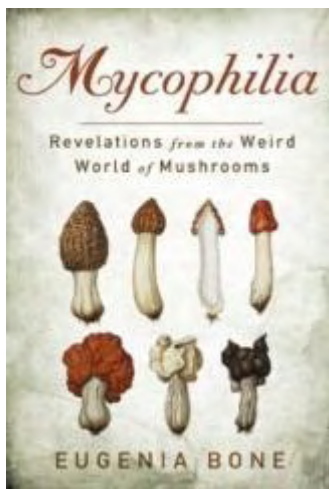
Entries discuss the mushroom or lichen's medicinal traits and properties, including active chemical components, preparation methods (including extracts, essences, and essential oils), and historical as well as modern-day usage. Two hundred full-color photos and thorough descriptions make identification easy for the reader. Rogers also delves into the cultural, religious, and literary significance of each mushroom, featuring fascinating tidbits about each one's etymology and history.

### **MYCOPHILIA: Revelations from the Weird World of Mushrooms**

by Eugenia Bone. 368pp. Rodale Press. \$29.99

Synopsis from [www.amazon.ca](http://www.amazon.ca)

An incredibly versatile cooking ingredient containing an abundance of vitamins, minerals, and possibly cancer-fighting properties, mushrooms are among the most expensive and sought-after foods on the planet. Yet when it comes to fungi, culinary uses are only the tip of the iceberg.



Throughout history fungus has been prized for its diverse properties—medicinal, ecological, even recreational—and has spawned its own quirky subculture dedicated to exploring the weird biology and celebrating the unique role it plays on earth. In *Mycophilia*, accomplished food writer and cookbook author Eugenia Bone examines the role of fungi as exotic delicacy, curative, poison, and hallucinogen, and ultimately discovers that a greater understanding of fungi is key to facing many challenges of the 21st century.

Engrossing, surprising, and packed with up-to-date science and cultural exploration, *Mycophilia* is part narrative and part primer for foodies, science buffs, environmental advocates, and anyone interested in learning a lot about one of the least understood and most curious organisms in nature.

# A BIG WELCOME TO OUR NEW MEMBERS!

Brian & Michelle Allen

Karl & Marion Benson

Eric Bjornsen

Michael Borins

Allan Brown

Caner Budakoglu & Bridget Minishka

Karen Burns & Dave Mackas

Andrew Carter

Byron Cook

Brad Darr

Michael Ford

James Gagne

Ben Hircock

Rick & Phee Hudson

Elizabeth Ireland

Eugene Kaczbur & Ethel Luhtanen

Jan Kokelj

Pippi Lawn & Wei Quin Wong

My Lipton

Bruce Lortie

Robert Maccari

Barry Munn

Christina Peacock & Allan Jackson

Maria Perry

Victor & Janet Piller

Rod Pooley & Carmen Stanek

Christian Prohom & Jennifer Aikman & Danielle

Rod & Carmen Reed

Trish Reimer

Benoit Roche & Louise Boulend

Joyce Russell

Sandra Van Vliet

Johanna & Rick Wolf

Jeff Wright



photo credit: Jean Johnson

## BEGINNERS' FORAY

By Jill Stanley

Despite the finger and nose-chilling day in November 2011, cheery mushroom newbies gathered at Ross-Gowland Park to begin what for some will be the start of a lifelong fascination with fungi.

**Shannon Berch**, ably assisted by **Jean Johnson**, **Brenda Callan**, **Tom Maler**, and **Jack and Neil Greenwell**, put us through our paces on this foray.

Usually most of the tough work on a foray is done by the leaders, identifying mushrooms as fast as we can find them. (They must cringe, don't you think, when asked for the 15th time what the name is for the same little brown mushroom everyone was finding?) For newbies, unaccustomed to unpronounceable Latin names, it becomes a tsunami of new information that is often difficult to retain. (Ahh, okay it's just me.)

This time, WE had to do the work. Shannon wisely gave us excellent handouts that listed the characteristics of 20 different genera. Rather than focusing on the more difficult genus and species (eg. *Amanita phalloides*), she wanted us to be able to identify some mushrooms at least by genus (eg. *Amanita*). By getting us to focus on the appearance of the fungus and its location, we could compare it to the list of characteristics for the genus on our handouts and in our small groups make our best guesses as to what it might be. Then if we were totally flummoxed our leaders would try to save us from our ignorance. Since there are hundreds of genera just in BC, sometimes the mushroom wasn't on our list of 20 after all.

But you know what? We learned. Most of us came away confident we could name a few genera confidently. Now when we newbies venture out, you'll be able to identify us by the excited shouts of "Suillus! Ramaria! Pholiota!" echoing through the woods.

A big thanks to Shannon and crew for a great day and a job well-done.



Heriot Bay Inn photo credit: Mabel Jean Rawlins

## MUSHROOM FORAY PUTS QUADRA ON THE MYCOLOGICAL MAP

by Darcy Mitchell



In the pit with Shannon Berch and Jim Jones

Two dozen members of the Southern Vancouver Island Mycological Society (SVIMS) and more than fifty local enthusiasts packed the HBI dining room on Friday, September 30 for the opening event of Wild Mushroom Weekend – 2011. **Dr. Shannon Berch**, a research scientist with the B.C. Ministry of Environment, and a founding member of SVIMS, told the crowd that, according to the fungal inventory kept by Natural Resources Canada, Quadra Island has only one species of mushroom – and it was reported in 1968! Shannon’s goal for the weekend was to put 19 more species on the map, bringing us from One Dot to Twenty Dot Island. That goal was achieved, and much more.

In her lively presentation Shannon covered topics ranging from “what is a mushroom?” to some of the common edible, poisonous and otherwise intriguing species. Many in the audience were surprised to hear that, in addition to cooking up as tasty meals, and as fascinating subjects of photography, mushrooms can be used in dyeing, and in making paper, ink and crayons. She mentioned First Nations’ mushroom sculptures and traditional lore, as well as the medicinal and nutraceutical applications of some fungi. While emphasizing the potential for mushroom poisoning, Shannon noted that most toxins are not lethal, but can still make one very, very sick. The clear message here was “If you don’t know what it is, don’t eat it!” And even then, try new species in small amounts.

On Saturday, forty-some visitors and Islanders spread out across locations ranging from the Community Centre trails to Granite Bay, with the mission to find as many different species of mushroom as possible. When the haul was unpacked, Shannon, **Jim Jones**, founder of the Bamfield Mushroom Festival, and other SVIMS members went to work. On Sunday morning, weekend participants (along with quite a bit of walk-in traffic) viewed 115 different species of mushroom laid out in the BayView Room at the HBI. In the short time available, the SVIMS folks were able to identify 80 species, and categorize the others by genus. Identifying more species would have required both more time and more equipment. With many species still to appear as the autumn advances, there are certainly an even greater variety of mushrooms in our forests, lawns, gardens and fields than were found by the weekend hunters.

Comments by visitors and Islanders alike were overwhelmingly positive. The HBI was praised for great service and delicious mushroom dishes (prepared by **Chef Catherine Berg**

especially for this occasion). As a mushrooming destination, Quadra took top marks. As one of the participants said, “In Victoria, you have to drive an hour to get anywhere to look – here you walk out the door!” Local organizers **Marian McMeekin, Hanna Lewandowski, and Darcy Mitchell** were especially pleased by the number of people who expressed interest in forming a mushroom club on Quadra, and in working toward an annual full-fledged Mushroom Festival. As a bonus, SVIMS President Jean Johnson offered to help a club get going.



photo credit: Darcy Mitchell

6 am moon  
out of the still dark grasses  
one white mushroom

*Sanjuktaa*

a tree falls  
only the wood ear  
listens

*Angie Werren*

MUSHROOM HAIKU

on the hot lawn  
only the mushroom’s  
shade

*Anita Virgil*

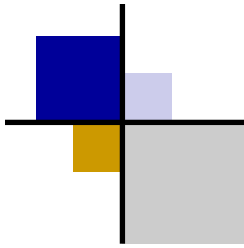
a mushroom cap  
tilting in the sun—  
I feel for my bald spot

*Michael Dylan Welch*



Enteloma Madidum—photo credit Ken Wong





# SVIMS ANNUAL MUSHROOM SHOW

photos and article by Jean Johnson

This fall is one of those “strange” years for shrooming. Several species are starting to appear weeks later than usual, the quantity of fungi seems to be less, and mushrooms that appeared early in the season fruited fitfully. We didn’t know what to expect in terms of species for this year’s Annual Mushroom Show.

Our loyal scientific mycologists and some new folks helped to ID and explain the mysteries of the Fifth Kingdom. **Shannon Berch, Kem Luther, Kevin Trim, Richard Winder** and **Sinclair Philip** spent all day in the ID bull pit with help from **Jean Johnson, Sharon Godkin** and **Erik Blair**. A very welcome pair in the “pit” was former President, **John Dennis**, and mycologist **Renata Outerbridge**. **Agnes Lynn** also provided new signs for our display tables. **Shannon Berch’s** two “vases” made from mushroom paper graced the Polypore sign.

Our new SVIMS computer and digital projector were used to present **Oluna Ceska’s** *Mushrooms of Observatory Hill*.

There were far fewer wild edibles this year so **Jean Johnson** had to make a run to the Root Cellar to buy pine mushrooms and chanterelles. Fortunately, **Helga Wolnicki, Julien Marceau** and **Brooke De Paoli** brought in some wild edibles as did **Thomas Maler** who arrived with a box of *Lactarius rubrilacteus* and *suillus*.



Shannon Berch, Kem Luther, Sinclair Philip



Kevin Trim in the “pit”

We don’t know everyone to thank for receiving and sorting the mushroom specimens on Saturday afternoon and evening, but we know that **Adolf Ceska, Shannon Berch, Kevin Trim, Ian Gibson, Agnes Lynn** and **Richard Winder** had a lot to do with it. We owe them a big thanks for their stamina and dedication. Our invaluable **Oluna Ceska** was laid low with the flu. Our apologies for not mentioning any others who also helped.

**Barbara Pendergast** set up the membership table and also sold the calendars that **Rich Mably** brought in to the room. Rich and **Mabel Jean Rawlins** came through with a gorgeous 2012 SVIMS calendar to sell. This year’s entries are truly original in their composition.

Assisting Barbara at various times in selling the Calendar, issues of Fungi magazine, memberships, and beautiful mushroom-themed cards created by **May Kald**, were **Mabel Jean Rawlins, Jean Johnson, Agnes Lynn** and **Julie Anne LeRose**.

**Scott Mair** of the **Swan Lake Nature Sanctuary** printed out very popular mushroom colouring templates for the children's table.

**Bill Chalmers** from Western Biological in Langley was unable to attend this year and was sorely missed. There were dozens of enquiries about his fungi products.



**Duane Sept**, author of *Common Mushrooms of the Northwest*, was selling and signing his books.

Many thanks to the folks who provided food and goodies for our volunteers: **Jean Johnson** for cookies and brownies and **Zora Creery** for yummy Egg Salad Sandwiches.

As usual, **Ian Gibson** came to enter all the fungal species in our Club's database. He marked down over 220 species which is at the high range for the Mushroom Show. **Oluna Ceska** (who dragged herself from her sick bed and arrived in the afternoon) and **Adolf Ceska** are collating the final species list. Many members stayed to help clean up afterwards. After sharing with the Swan Lake Nature Sanctuary, our wooden mushroom gathered over \$200 in donations. The unofficial attendance count was over 500 people and we attracted twelve new members.

Thanks to **Heather Leary** for doing the Publicity for the show. As you know, **Ian Gibson** was interviewed on the radio and the Mushroom Show was featured in the GO section of the Times Colonist.

Data Collector, Ian Gibson

A special thanks is reserved for **Helga Wolnicki**, who stood outside and cooked from 10:00 am to 4:00 pm without taking a break. Her aromatic pine, chanterelle and lactarius mushrooms cooking on a grill drew people to the front door of Swan Lake. While there was no direct coercion, people just naturally put their money in the Donation Box after tasting Helga's delectable appetizers. She was assisted by the folks who had the unenviable task of cleaning all the mushrooms: **Pauline Cohen, Thomas Maler** and **Agnes Lynn**.

Many thanks to **Scott Mair** and the **Swan Lake Nature Sanctuary** for hosting our show and providing help when we needed it.

We hope that everyone who contributed gets thanked so if there are any errors and omissions in this summary, please let us know. The people who attended this event, whether SVIMS members or members of the public, all enjoyed themselves. And some of our mushroom specimens lived on –recycled by **Rene Zich** for the **Galiano Mushroom Show** on Saturday, November 6<sup>th</sup>.



Super-organizers, Jean Johnson and Barbara Pendergast

Chef extraordinaire, Helga Wolnicki

### Got a favourite mushroom recipe you'd like to share?

This is the spot to do it. Send your recipes, and photos if you have them, to [jillstanjs@hotmail.com](mailto:jillstanjs@hotmail.com). Anyone got one for those springtime morels?



## POTATO AND MUSHROOM SOUP

selected by Jill Stanley

It's that time of year when you are grateful for the mushroom bounty you put away in the fall. Perhaps you dried some of your haul, or maybe you just bought a big box of dried mixed mushrooms from Costco. Whatever you have on hand, a hearty soup with mushrooms fits the bill. This one came from the blog, [www.theperfectpantry.com](http://www.theperfectpantry.com). Check it out for more delicious mushroom recipes.



This Polish soup is rich and creamy, and can be made vegetarian if you prefer. Serves 10.

### Ingredients

1 cup dried porcini or mixed wild mushrooms (not shiitake)  
4 cups water  
3 leeks, white and light green parts, rinsed, trimmed  
1 medium onion

3 ribs celery  
1 large carrot, peeled  
1/2 cup (1 stick) unsalted butter  
1 lb white mushrooms, thinly sliced  
1 Tbsp caraway seeds  
4 cups beef broth, vegetable broth or water  
5 large potatoes, peeled, cut into 1/2-inch chunk  
4 cups whole milk  
Salt and freshly ground black pepper, to taste  
1 cup sour cream  
1/4 cup unbleached, all-purpose flour  
2 tsp sweet Hungarian paprika

### Directions

Place dried mushrooms and 4 cups water in a saucepan. Bring to a boil, then simmer, uncovered, for 30 minutes. Strain the mushrooms, reserving the cooking liquid. Coarsely chop the mushrooms and set aside.

In a food processor, finely mince the leeks, onion, celery and carrot. Melt the butter in a stockpot over medium-high heat, and add the minced vegetables. Sauté 5 minutes. Reduce the heat to medium, add the fresh and dried mushrooms and caraway seeds. Continue cooking until the vegetables are very tender, 15-20 minutes.

Meanwhile, pour the reserved mushroom liquid into a pot, being careful to leave any sediment behind. Add the broth and potatoes. Simmer until the potatoes are tender, 20-25 minutes. Add the potatoes and liquid to the sautéed vegetables, and mash half of the potatoes against the side of the pot with a large spoon to help thicken the soup.

Add the milk to the soup and heat through, and season to taste with salt and pepper. Whisk the sour cream, flour and paprika together in a small bowl until smooth. Stir into the soup pot to blend. Cook the soup a few minutes over low heat, being sure not to let the soup boil, or it will curdle. Serve hot.

**SVIMS EXECUTIVE  
2011-2012**

**President**

Kevin Trim

**Past President**

Richard Winder

**Vice President**

Lee Smith

**Treasurer/  
Membership**

Barbara Pendergast

**Assistant**

Teresa Klemm

**Secretary**

Kem Luther

**Forays**

Adolf & Oluna Ceska

**Fungifama**

**Newsletter**

Jill Stanley

**Reviewer**

Shannon Berch

**Publicity/Media  
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Heather Leary

**Refreshments**

Dianne Humphrey

**Librarian**

Helga Wolnicki

**Listserve**

Kevin Trim

**Webmaster**

Ian Gibson

**Director**

Sinclair Philip

**Director**

Bruce Pendergast

**Director**

Julie Anne LeRose

**A CAUTIONARY TALE**

by Jill Stanley

Every year we hear reports of mushroom hunters getting lost in the woods. Recently, Oregonian Jason Rizos barely evaded hypothermia by walking through the night for 20 hours after being separated from his buddy. All he had with him was his picking bucket. Asked why he was so woefully unprepared, he replied, "because it was only about a 20 minute hike." Why not carry a GPS since he was a frequent forager? "Yeah," he said, "it was pretty much on my mind the entire time. A ten-cent compass too."

If you've ever felt disoriented in the forest or been lost in the wild, you'll understand how frightening it can be. A GPS might be the answer to that momentary panic, and prices are now low enough to be a sensible and affordable investment for the keen mushroomer.

If you own a GPS, or are considering one, but are unsure how to use it effectively, **SVIMS will be offering a 4 hour GPS course** this spring through the folks from Search and Rescue B.C. Stay tuned for more details. Meanwhile, don't get caught out like Jason...be prepared.

**THE LAST WORD**

As your new, wet-behind-the-ears editor, the first thing I did was check out the Fungifama archives on the website. They are brimming with the editors' (and your) energy, and document so well the history and development of SVIMS.

When I saw that Heather Leary had been involved with the newsletter since 2006, I gulped! That's an awesome amount of dedication. Thank you, Heather, for your hard work and fine example. You're a tough act to follow!

But as you have seen from these newsletters over the years, without

members' contributions, there wouldn't be one.

So, do you have a hair-raising, strange or unusual mushroom tale to tell? We'd love to publish it in Fungifama. Mushroom news, book or equipment reviews, photos, recipes, science, new applications for mycology, websites, poems, whatever strikes your fungi-fancy, it's all welcome.

Also, how do you like the new format? I look forward to hearing your comments and suggestions.

Jill

jillstanjs@hotmail.com