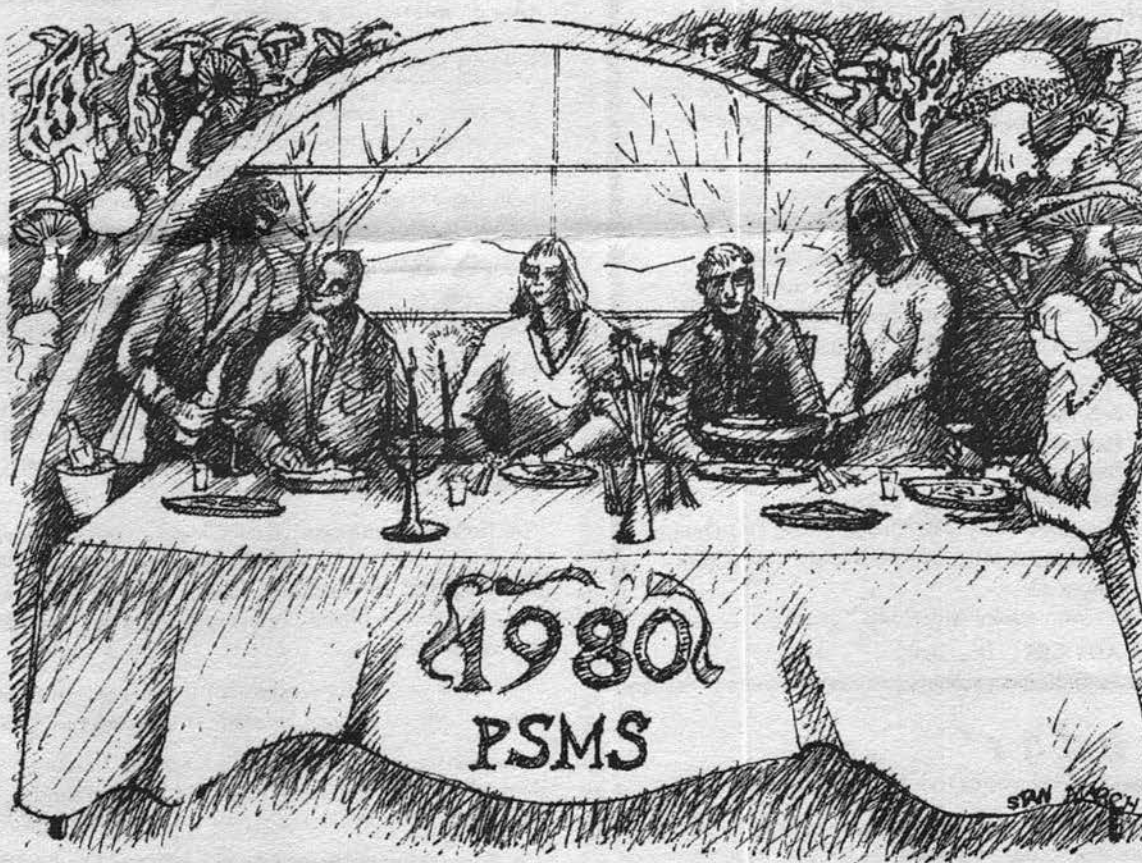


# SPORE PRINTS

BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
2161 East Hamlin, Seattle, Wa. 98112

February 1980

Number 159



## Survivors Banquet

FRIDAY, MARCH 14, 1980

SOUTH SEATTLE COMMUNITY COLLEGE

CHAMPAGNE RECEPTION 6:30 - \$3.00

DINNER 7:30 - \$11.00; WINE \$1.00 EXTRA

GUEST SPEAKER DR. JOSEPH AMMIRATI

"COLLECTING FUNGI ON THE ALASKA TUNDRA"

This sixteenth annual meeting is fast approaching and response to ticket sales has been very good. Unfortunately, the facility for this "ELEGANT DINING" affair can only accommodate a limited number of diners, so don't hesitate too long to purchase your ticket or you may miss out on this very special evening. Tickets will be available at the February Membership Meeting or by mailing a check (made out to PSMS) and a stamped, self-addressed envelope to Ethel Bennett, at 3023 N.W. 63rd Street, Seattle, Wa., 98107. March 7th will be the cut-off date for tickets, if there are any left by then.

( See page 3 for more Banquet News )



# P. S. M. S. Spore Prints

is published monthly except July and August by the  
PUGET SOUND MYCOLOGICAL SOCIETY

% The Museum of History and Industry, 2161 E. Hamlin,  
Seattle, WA 98112. Mail all articles, art or photos to  
Hildegard Hendrickson, 2559 NE 96th, Seattle, 98115.

**OFFICERS** Jennie Schmitt, President, 1980 (1)  
Rick White, Vice-President, 1981 (1)  
Earl Harrison, Treasurer, 1980 (1)  
Margaret Holzbauer, Secretary, 1981 (1)

**TRUSTEES** Term expires March 1980  
Bob Hanna (2); Margo Harrison (1); Carl  
Hermanson (1); Stan March (apptd); LomNee  
March (1)  
Term expires March 1981  
Margaret Dilly (1); Grace Jones (1); Dennis  
Krabbenhof (1); Tom McKnight (1); Agnes  
Sieger (1).

**ALTERNATES:** John Lockwood; Rudy Karzmar

**SCIENTIFIC ADVISER** Dr. Daniel E. Stuntz

## Calendar

Feb. 11 Monday, Membership Meeting, 8:00 pm

Feb. 12 Tuesday, deadline for Spore Print material. This is  
earlier than usual, because the March issue serves as  
our election issue. Send all articles, art work, and  
photos, to the Editor, 2559 NE 96th, Seattle, 98115  
- or bring the material to the membership meeting.

Feb. 18 Monday, Board Meeting, 8:00 pm

March 8 Saturday, Deadline for returning your PSMS ballots

March 14 Friday, The 16th Annual Survivors Banquet

### ABSOLUTELY LAST CALL FOR MEMBERSHIP RENEWALS

If you have not renewed your 1980 PSMS membership by the  
February membership meeting your name will not appear in  
the 1980 membership roster which is being prepared. Grace  
will be at the February meeting. If you cannot attend, send  
your dues to Grace Jones, 12238 - 78th Ave. South, Seattle,  
WA 98178. Dues for a family membership are \$10; for a single  
membership \$7; and for a student membership \$5.

### MUSHROOMS NEEDED FOR THE BANQUET

The chef is anxious to incorporate wild mushrooms into the  
menu. Therefore, if you have any dried and/or frozen Mo-  
rels, Boletes or Chanterelles which you could donate, please  
contact Margaret Dilly (782-8511) and let her know as soon  
as possible so that the necessary quantities can be determined.

## Membership Meeting

Monday, February 11, 1980, 8:00 pm in our new location  
THE MUSEUM OF HISTORY AND INDUSTRY  
located at 2161 E. Hamlin (in the Montlake District).

Program: Carol Higgins will give a slide-illustrated lecture  
on Natural Dyeing (i.e. she uses mushrooms for their color)  
and she will also display some dyed yarn samples. Carol is  
a PSMS member. She holds classes on the subject of dyeing,  
and she is the co-author of the book: Gentle Dyes. Sounds  
like an interesting program.

### BOARD NEWS

H.R.H.

Our treasurer, Earl Harrison, reported that he is in the pro-  
cess of arranging our financial affairs with the Museum of  
History and Industry, and final severing of financial matters  
with the Science Center. More and an annual financial re-  
port in a later issue.

Margaret Dilly reported that about 100 tickets for the banquet  
were sold at the January membership meeting (the limit is  
200) and all other plans for the banquet are progressing.

Grace Jones reported that membership renewals are coming  
in very slowly (even from long-time members). She has made  
arrangements for the 1980 roster, and anyone who has not  
renewed by the February membership meeting will not be in-  
cluded in the roster.

The fieldtrip chairman, Dick Sieger, reported that the field-  
trip to the Ostrom Mushroom farm in Olympia will have to  
be postponed until May or June. Ostrom's is having probl-  
ems with their culture, and don't want any outside "germs"  
at this time.

The Board voted to re-establish the Education Committe and  
Jennie Schmitt agreed to chair it after March 1980.

Ben Woo has drawn up the plans for the layout of our 1980  
Annual Exhibit which will be held at the Flag Pavilion and  
they look very professional; we will have lots of room there.

The Board went on record in the minutes to show their appre-  
ciation to Ed Cantelon for patrolling the parking lot during  
Board meetings. The Board also wants to thank all who do  
the same during membership meetings.

### HOW TO RECONSTITUTE DRIED CHANTERELLES

so that they don't taste bitter. The Tacoma Mushroom Society  
recently recommended the following method: Soak the chan-  
terelles 4 - 6 hours in hot water, changing often when the  
water becomes yellow. Boil 30 minutes in 1 teaspoon soda per  
gallon of water. Rinse thoroughly again, drain and squeeze  
until fairly dry.

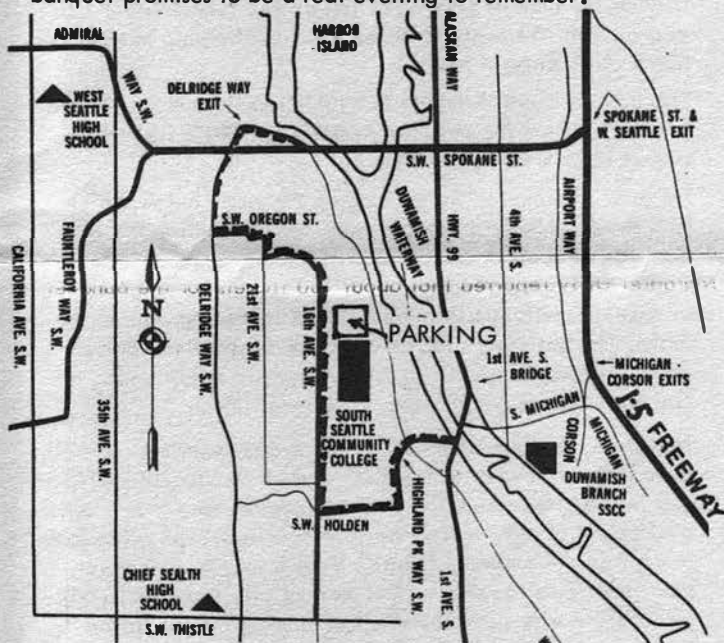
And to convince the members of the Tacoma Club that this  
recipe works, a member brought a dish prepared with dried  
chanterelles, and we share this recipe with you:  
Fry with butter or oil and chopped - up fresh pork (lean)  
strips. Flavor with soy sauce, beef bouillon cube, and pepper.

### AFTERTHOUGHT

Maybe PSMS should designate one of the membership meet-  
ings (preferably in season) as mushroom tasting night and the  
members prepare their favorite mushroom dish and serve us a  
sample. -----



Preparation for the evening are progressing well and the chef is excited to be able to use wild fungi in his culinary creations (which would be prohibitively expensive for most ordinary banquets). Service at its ultimate will provide a relaxed atmosphere where you may enjoy socializing with old friends and make some new ones. For those members who have never met our beloved advisor Dr. Stuntz, this will be an excellent opportunity to do so. In addition, I believe we are all anxious to meet our guest speaker and his wife. The coming banquet promises to be a real evening to remember.



The above map has been included to assist you in locating the College. Take Delridge Way Exit from Spokane Street OR Highland Parkway Exit from First Avenue South. The address of South Seattle Community College is 6000 - 16th Avenue Southwest. Ample parking is available on the north end of the Campus. Directional PSMS signs will lead you to the dining area. Any further information on the Banquet will be printed in the March issue of Spore Prints.

#### CORRECTIONS ON THE CHAMPAGNE RECEPTION H.R.H.

The champagne reception preceding the dinner will be what the name implies. Last month, your editor, with editorial anticipation implied that hors d'oeuvres would be included. The banquet chairman informed me that if any hors d'oeuvres are served, I would have to provide them. Therefore, I withdraw my anticipations.

#### PRELIMINARIES ON THE COMING ELECTIONS M.M.H.

Your election committee is proud to report that there are candidates for all the positions to be filled at the March 1980 elections. The committee is pleased that three of the candidates are experienced Board members running for their second term, thereby providing a hardworking and dedicated Board from which our Society can expect good management.

The nominations are open till the February Membership meeting. Remember, if you want to nominate someone else than yourself, you must have the permission of that person.

A listing of all candidates, their photos, and your 1980 ballot will be included in the March issue of Spore Prints. When you receive it, please vote.

Carl Hermanson has been a PSMS member since 1976, and in this time he has worked on every annual Exhibit, was an alternate trustee for 2 years and is presently in his second year as an elected member of the Board. He was the master-of-ceremonies at last year's banquet. A year ago Carl inventoried the PSMS library holdings. I think he volunteered for this job because his wife Betty is a professional librarian (with a Master of Librarianship degree) and she assisted him in this task. It seemed appropriate to take stock of our library holdings since Ben Woo, in whose office the library is housed, moved, and everything had to be packed up anyway. Carl also procured two beautiful book cases and reshelved the books in Ben's new office (assisted I think, by Rudy Karzmar).



Carl and Betty became interested in mushrooms after they built a cabin by Lake Wenatchee, because "there were mushrooms everywhere". So they decided to learn to identify them. "I'm still pretty slow at it, though," says Carl, although he is presently working on a slide presentation on Armillarias for a future membership meeting. Carl is a doer. In addition to the cabin, he had designed and constructed an eight-room stone ranch home in Illinois, and remodeled his present home here in Seattle.

But we are getting ahead of ourselves. Carl was born in Burea Sweden, and came to the U.S. with his parents. He earned a BSEE from Northwestern University and an MBA from the University of Chicago. In his career, Carl has designed remote handling equipment for radio active material at Argonne National Laboratories; was a V.P. and General Manager for Nuclodyne Co.; a partner in a manganese mining venture and since 1959 he is an engineering/logistics manager for Boeing.

I asked Carl about the special events in his life. And he said: "Marrying Betty was the best thing I have done." They have one daughter, married in New York, and three sons who all followed their father's engineering footsteps.

Carl plans to stay active in PSMS and when talking about our Society, he bubbles with many ideas he would like to see accomplished.

#### PICKING MUSHROOMS IN SCANDINAVIA

excerpts from an article in Scanorama

In Scandinavia the common right of access to private land affords everyone the opportunity to rove about freely in forests and meadows. It is permitted, for example, to pick flowers, berries and mushrooms - provided they are not protected by law - without the consent of the land owner. The picking of mushrooms has been going on for many generations in Scandinavia, and Finland especially is a pioneer in that the state oversees the systematic utilization of forest mushrooms as a basic food resource. Finland trains mushroom consultants who, in turn, train mushroom pickers. The annual harvest of these pickers is considerable and, in addition to the sizable domestic consumption of mushrooms, significant quantities are also exported. In Sweden and Norway mushroom picking is not under any centralized control and is carried out mainly as a leisure-time pleasure.

In several mycological newsletters articles on the above topic have been presented recently, that I felt a summary would be interesting and helpful for our members.

The ultimate responsibility for the consequences of eating a mushroom rests with you, the person doing the eating. No matter what the books say, what I say, or what Uncle Charlie says, you are the master of your own well being. If you eat a wild fungus and get sick, there are several possible reasons why. Mis-identification is the most obvious. Milton Grout of our Society uses the following two phrases when beginning a new class on mushroom identification: "Know the Genus Amanita" and "Identify every mushroom you plan to eat beyond any doubt, and if in doubt, throw out". Silver spoons are no good.

Fungi must be placed close to the top of any list of allergenic foods. Many people cannot eat the commercial mushrooms, and the different symptoms manifested from one individual to another reflect how wide the variations in personal biochemistry can be. Malaise, mild or severe gastrointestinal upset, headache, sniffles and other cold-like symptoms are common. One case was reported where a person must take extraordinary precautions when eating in restaurants as consumption of a very small quantity of commercial mushrooms hidden in sauces or dressings is followed in about four hours by vomiting, diarrhea and loss of consciousness. Obviously, eating wild mushrooms expands the risk of incurring an allergic reaction, and some disagreements concerning the edibility of certain species undoubtedly involve nothing more than individual sensitivity. In our Society I am aware of the following cases: the son is sensitive to Boletus edulis, while the mother has reactions when eating Leccinum aurantiacum. One author reported the following after eating Verpa bohemica: some four hours after eating it, he became so remarkably uncoordinated that even such a simple task as writing is difficult. Yet most people eat Verpas without consequences.

Contamination from a pollutant such as car exhaust or pesticide is another possibility. Some mushrooms cause problems when consumed with alcohol

The number of people eating wild mushrooms in our country is on the increase. This increased consumption has led to more knowledge and many once considered safe mushrooms have been given questionable status. It must be emphasized that the only persons who can expand their gastronomical horizons with wild mushrooms in safety are those who study the mushrooms sufficiently to become familiar with the characteristics of the edible and poisonous species. Simple tests, such as the ease of peeling or the blackening of silver coins cooked with the mushrooms, bear no relationship to the presence or absence of toxins.

This article is not intended to frighten new members, but to impress on them the absolute necessity of 100% identification of their finds before they eat them.

For your information we are adding the table below which lists those actually poisonous mushrooms for which the toxins are either known or are pharmacologically analogous to known compounds. Most cases of serious mushroom poisoning in the U.S. will likely involve the first three groups in the table. The active principles in groups three, five, and six (muscarine, psilocybin and a disulfiram-like substance, respectively) have been known for a long time.

Therefore, my recommendation to our new members, as well as to those who want to become more knowledgeable, is to enroll in the class which the Society sponsors each year. Also attendance of monthly membership meetings, where the fungi brought in are properly identified, is a way to re-enforce your identification skills. And most of all, those participating in field trips have the thrill of finding the specimens themselves; have the opportunity of identifying the fungi and then have the ID verified by an expert, and then they can safely feast on their bounty. Happy Mushrooming!

T O X I C M U S H R O O M S

Group	Mushrooms	Toxins	Organs attacked (mechanism)	Antidote
1a	Amanita phalloides group	Cyclic octapeptides (amanitins)	Liver and kidneys (inhibition of RNA transcription)	Thioctic acid
1b	Galerina marginata group	"	"	"
2	Gyromitra esculenta	Monomethylhydrazine and its derivatives	Central nervous system (depletion of B. vitamins)	Pyridoxine hydrochloride
3	Inocybe and Clitocybe species	Muscarine	Autonomic nervous system (cholinergic stimulation of parasympathetic system)	Atropine
4	Amanita muscaria A. pantherina	Muscimol, ibotenic acid	Central nervous system (hallucinogenic)	Treatment symptomatic
5	Psilocybe, Conocybe Stropharia and Panaeolus species	Psilocybin, psilocin	Central nervous system (hallucinogenic)	Chlorpromazine to terminate hallucinations
6	Coprinus atramentarius	Unknown, but disulfiram-like	Vascular system (strong dilation)	Reassurance

Source : "The Mushroom Toxins," Delaware Medical Journal volume 43, no. 7, July 1971, pp. 177-87.