FRIDAY, MARCH 14, 1980

CHAMPAGNE RECEPTION 6:30 - $3.00

GUEST SPEAKER DR. JOSEPH AMMIRATI

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

"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)
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

Our treasurer, Earl Harrison, reported that he is in the process of arranging our financial affairs with the Museum of History and Industry, and final severing of financial matters with the Science Center. More and annual financial report 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 included in the roster.

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

The Board voted to re-establish the Education Committee 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.

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The Board went on record in the minutes to show their appreciation 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 chanterelles 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 meetings (preferably in season) as mushroom tasting night and the members prepare their favorite mushroom dish and serve us a sample. -----
BANQUET NEWS

Margaret Dilly

Preparation for the evening are progressing well and the chef
is excited to be able to use wild fungi in his culinary crea­
tions (which would be prohibitively expensive for most ordi­
inary 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 an­
xious 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 with­
draw my anticipations.

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 fo­
rests and meadows. It is permitted, for example, to pick flow­
ers, 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 Scan­
dinavia, 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 domes­
tic 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.

PRELIMINARIES ON THE COMING ELECTIONS M.M.H.

Your election committee is proud to report that there are can­
didates for all the positions to be filled at the March 1980
elections. The committee is pleased that three of the candi­
dates 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 meet­
ing. 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 bal­
lot will be included in the March issue of Spore Prints. When
you receive it, please vote.

PROFILE OF A V.I.P. AND BOARD MEMBER H.R.H.

Carl Hermanson has been a PSMS member since 1976, and in this
time he has worked on every an­
nual 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 al­
so procured two beautiful book cases and reshelved the books
in Ben's new office (assisted I think, by Rudy Karzmark).

Carl and Betty became interested in mushrooms after they
built a cabin by Lake Wenatchee, because "there were mush­
rooms 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 re­

te handling equipment for radio active material at Argonne
National Laboratories; was a V.P. and General Manager for
Nucledyne 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 ac­
complished.

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"SAFE" MYCOPHAGY FOR THE BEGINNER  H.R.H.

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!

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