

# SPORE PRINTS



BULLETIN OF THE PUGET SOUND MYCOLOGICAL SOCIETY  
Number 392 May 2003

## PRESIDENT'S MESSAGE: PSMS LIBRARY

Karin Mendell

Did you know that PSMS has its own library? Many of our newer members don't.

But we do! We have a marvelous, eclectic collection of interesting books on cooking mushrooms and mushroom field guides, as well as some "out of print" older titles and text books. Our library is housed in our PSMS office in the main CUH administrative building just across the inner garden from our monthly meeting room. Many of the books have been donated over the years to the collection from our members (as ever, a generous bunch!). We also frequently purchase new titles with the advice of Book Sales Chair Trina Litchendorf.



Lorraine Dod

If this is "news" to you, then you may also not be aware that we have had a terrific volunteer librarian. Lorraine Dod, a retired Boeing technical writer, has graciously served as our PSMS librarian for the past ten years. Many will know Lorraine from her delicious cooking at several Meany Lodge forays, an annual joint PSMS/The Mountaineers foray held in the fall. She has also served on numerous PSMS boards and as committee chairs.

Lorraine has done her best to keep our books in orderly fashion, though recently it has presented a real challenge. Since the fire at the Center for Urban Horticulture, the CUH receptionist has been sharing our small office. Lorraine has recently asked us to accept her resignation from this post and assisted us in finding her replacement. Leesa Wright, a recent graduate from The Evergreen State College, had spoken to Lorraine about helping out in the library and has since agreed to transition into this position. We would ask that you "hold off" a bit on rushing over to check out the library and let Leesa get a feel for the collection and complete a current inventory. Books may be checked out between meetings, allowing approximately a four-week checkout period for members. Books are checked out using a card in pocket system (for your name and date) just as in public libraries.

We would like to heartily applaud Lorraine Dod's wonderful and generous service as our librarian and also as a terrific member. Besides serving three terms as PSMS Secretary, she has held many other positions, such as being the Chair for Ticket Sales at our annual exhibit for many years. We really appreciate all your efforts, Lorraine. Many thanks!

## PSMS MEMBERS HELPING MEMBERS

One of the greatest things about PSMS is that once you are a member and begin to meet other members at field trips and forays, you'll discover a new "extended family" of folks who are caring and compassionate. Along that same vein, we try to share information about our members who are going through trying times.

Many longtime members know **Millie and Irwin Kleinman** from years of foraging through the forests of Mt. Rainier in search of the choicest matsutake.

Irwin has also had lots of secret bolete and morel patches throughout the Cascade Mountain range, which he has graciously shared with members who have taken him out to the mountains. Many members count Millie and Irwin as dear PSMS friends. We wanted to share with our members that Millie is now in a care facility. Cards (but no flowers, please) from PSMS friends would be welcome, mailed to Irwin, who is keeping house at 2556 E Roanoke St., Seattle, WA 98112.

Irwin can no longer drive and would appreciate rides from their home to see Millie if some of our members are able. He would also be delighted to accept rides to membership meetings and weekend field trips or midweek outings, so he can still get out in the woods this spring. If you know the Kleinmans and would like to offer your assistance, please contact Irwin directly at (206) 323-2903.

We would all like Millie and Irwin to know that we are thinking of them and wishing them our best right now.

## THEORY FOR WHY "EDIBLE" MUSHROOMS MAKE SOME PEOPLE SICK

Jan Lindgren

*MushRumors*, Oregon Myco. Soc., via *NJMAnews*,  
New Jersey Myco. Assoc., July/Aug. 2002

Tjakko Stijve, a retired food chemist for the Nestlé Corp. in Switzerland, had some answers to my questions as to why some people get a gastrointestinal upset from eating supposedly edible mushrooms.

First, the cell structure of all mushrooms is composed of chitin (pronounced KAI-tin), the same substance that forms crab shells. The human digestive tract does not have an enzyme that will digest the chitin, and when large quantities are consumed, we usually feel some discomfort. Tjakko then mentioned the presence of the sugar alcohols mannitol and arabitol, which are frequently encountered in mushrooms and are not digestible. Mannitol seems rather harmless; it is used as a sugar substitute in candy for diabetics and for weight watchers. Arabitol is less well tolerated. As an example, he stated that *Suillus* species contain not only more chitin than *Boletus edulis* but also high concentrations (up to 12% of dry weight) of arabitol. This could explain why many people have difficulties in digesting "Slippery Jacks. *Agaricus bisporus* has up to 20% mannitol but no arabitol.

*Pleurotus ostreatus*, the oyster mushroom, has a little of both substances. Chanterelles have no arabitol, but the false chanterelle, *Hygrophoropsis aurantiaca*, is loaded with it. The blewit, *Lepista nuda*, has less than one percent of total sugar alcohols, but it is rich in the sugar trahalose, which most people can tolerate rather well. Maybe some day the makers of BEANO will come out with a sister product, FUNGO!

# Spore Prints

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## PUGET SOUND MYCOLOGICAL SOCIETY

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Annual dues \$25; full-time students \$15

## CALENDAR

May 10	Field Trip, Twenty-Nine Pines Campground
May 13	Membership Meeting, 7:30 PM, CUH
May 16-18	Spring Foray, Circle 8 Ranch
May 19	Board Meeting, 7:30 PM, CUH
May 20	<i>Spore Prints</i> Deadline
May 31	Field Trip, Bridge Creek Campground
June 7	Field Trip, Swauk Creek Campground
June 10	Membership Meeting, 7:30 PM, CUH

## BOARD NEWS

Treasurer John Goldman is working with a representative who specializes in nonprofit organizations to update the PSMS insurance policy. Patrice Benson reported that approximately 60 students total have signed up for the beginner and advanced mushroom identification classes with Dr. Ammirati. Ramona Owen and John Goldman have completed reservations for the Fall 2003 field trips. Cathy Lennebacker volunteered to be Fall field trip coordinator. Colin Meyer will continue as Webmaster. David Hunt will be the weekend chef at the Spring foray at Circle 8 Ranch. A Fall foray is planned for September at Circle 8 Ranch. The 2003 Wild Mushroom Exhibit will take place at Sand Point, Magnuson Park. Joanne Young will submit a request for a graphic artist for the exhibit poster in the May *Spore Prints*. Trustee Donna Palomaki will be the new *Spore Prints* printer/printer interface. Karin Mendell requested that all Board members type up a job description for their committees. The Columbia Tower Club and the Washington Athletic Club have requested a PSMS field trip/lecture. PSMS has bought a new answering machine. PSMS slides are being digitized by Patrice Benson's daughters as time allows.

## MEMBERSHIP MEETING

Tuesday, May 13, 2003, at 7:30 PM at the Center for Urban Horticulture, 3501 NE 41st Street, Seattle

The featured speaker for May will be our scientific advisor, Dr. Joseph Ammirati. Joe has always honored his commitment to our organization and has recently notched it up a bit by offering to teach a new group of mushroom identifiers, which should carry us into the end of this century! We currently have 55 or so dedicated students at a wide range of levels who began their new studies this week. Joe will speak to us this month about "Why It Is Important to Study Fungi." Although not as smooth as Trudell, or as charming as Trappe, or as convincing as Woo, or as crafty as Coleman, or as tall as Matheny, Dr. Ammirati is still a FUN-GUY. He describes himself as stubborn and antisocial, but he's an excellent teacher and associate, and we are extremely lucky that he is also generous and good looking. Do NOT miss this meeting.

We will also be honoring someone who has worked behind the scenes for years as our librarian, Lorraine Dod.

If all goes well, there may be morels. But just in case there aren't, please bring treats to share if your *first* name begins with the letters A-M.

## MacDONALD PARK, MARCH 29, 2003

Hildegard Hendrickson & Brian Luther

Hosts Kitty Loceff and Tony Tschanz welcomed the 48 members who signed the roster and additional attendees who did not sign in. In the morning the weather was dry, but as the day progressed the sun came out, and coats were taken off. Hildegard Hendrickson gave a short talk about hunting mushrooms in general and in more detail about cottonwoods and *Verpa bohemica*.



Tony Tschanz

Our super identifier Brian Luther added to the talk and assisted our members with identification and instructions during the day. Steven Bell, who lives in Duvall, had brought verpas and one true morel to show to the newcomers, so they could see what they were looking for. Brian, Steven, Dave Hunt, and Hildegard Hendrickson led members on hunts in different locations. Just about every member found *Verpas*, some more than others. Marian Maxwell, who hunted before arriving at the shelter, had quite a few mushrooms in her basket.

Kitty and Tony had coffee and snacks on the table in the shelter. Many of the attendees also brought goodies. When the field trip ended around 2 PM all the goodies were gone. It was a pleasure to have the sunny weather, because on the first field trip of the season, we have more often hunted in the rain.

Thirty-two species of fungi were displayed and identified. Interesting or unusual species included an unknown violet colored *Omphalina*-like fungus, a species of the unusual Bird's Nest genus *Nidularia*, and small collections of the following Ascomycetes: *Dasyscyphus virgineus*, occurring commonly on last year's female Red Alder infructescences or seed bearing catkins (you would call them "cones," but they're not cones), *Plectanina nannfeldtii*, *Pseudoplectanina melaena*, and *Trichophaea*

*hemisphaerioides*. This last species was collected by Marian Maxwell. It's very rare with us. All microscopic characters of this specimen are in complete agreement with the literature. It's somewhat common in Northern Europe, but is almost never mentioned in the literature for North America. Also, Hildegard brought a very nice specimen of *Amanita pantherina* from home to show everyone. It was found under *Cedrus deodora*, and was presumably mycorrhizal with it.

Judging from the level of enthusiasm of those who attended (which was high), we're going to have lots of interest in the spring field trips and foray coming up in May and June.

## FLAMING GEYSER FIELD TRIP

Doug Ward

Forty-five brave souls, including many new members, ignored the rainy weather and journeyed to Flaming Geyser State Park on April 5 to search for the elusive *Verpa bohemica*. After a slow and damp start, the day improved, and Hildegard Hendrickson led a group to search along the trails. It should come as no surprise that all who accompanied her were successful. Everyone who attended found something for the identification table, so it was a good outing. Doug and Theresa Ward hosted, and Hildegard Hendrickson, with the welcome assistance of Joy Spurr and Colin Meyer, identified the following list of mushrooms:

<i>Agrocybe</i> sp.	<i>Nolanea sericea</i>
<i>Clitocybe</i> sp.	<i>Omphalina ericetorum</i>
<i>Coprinus micaceus</i>	<i>Panellus stipticus</i>
<i>Crepidotus applanatus</i>	<i>Peziza</i> sp.
<i>Crepidotus mollis</i>	<i>Pholiota terrestris</i>
<i>Crucibulum laeve</i>	<i>Pholiota vernalis</i>
<i>Exidia candida</i>	<i>Pleurotus ostreatus</i>
<i>Fomitopsis officinalis</i>	<i>Polyporus elegans</i>
<i>Galerina</i> , 2 species	<i>Polyporus varius</i>
<i>Ganoderma applanatum</i>	<i>Psathyrella</i> sp.
<i>Hypoholoma fasciculare</i>	<i>Rutstroemia</i> sp.
<i>Inocybe</i> sp.	<i>Sarcoscypha coccinea</i>
<i>Inocybe albodisca</i>	<i>Trametes versicolor</i>
<i>Marasmius</i> sp.	<i>Verpa bohemica</i>
<i>Mycena</i> sp.	

**Reminder:** All state parks now require a \$5 day fee *per vehicle*. Car pooling with a friend cuts costs and makes for friendly conversation while traveling to the site.

## DESIGNER & PRINTER SOUGHT FOR 40TH ANNUAL WILD MUSHROOM EXHIBIT POSTER.

Are you a graphic designer, print production person, or printer? PSMS needs your talents for the 2003 Annual Exhibit poster. Each year PSMS prints about 1000 color posters to promote our wild mushroom show. If you are a graphic designer starting out, this is a good chance to show your work in print. If you're a seasoned artist/designer, well, we're just very grateful and happy to have your help and a beautiful, exciting poster! Contact Joanne Young, [jd2young@aol.com](mailto:jd2young@aol.com), for details.

## PSMS SPRING FORAY AT CIRCLE 8 RANCH Karin Mendell and Dave Hunt

**To Reserve Space:** Space is still available at the PSMS Spring Foray at Circle 8 Ranch on May 16-18. We only have room for 18 more participants, so sign up before it is too late! We would

like to receive your check/reservation ASAP before the foray. E-mail David Hunt ([dhhuntinc@seanet.com](mailto:dhhuntinc@seanet.com)) or Karin Mendell ([k.Mendell@attbi.com](mailto:k.Mendell@attbi.com)) for further information and registration.

**Pets:** We have been advised by the property owners that dogs are allowed on the property *on leash only*. Pets are not allowed in any buildings. Please consider this if you wish to bring same.

**Equipment:** Indoor heating is limited in the two small A-frames which will house half of our campers. Your cozy sleeping bags should assure your warmth. Be sure to bring layered clothing for warmth while collecting, with multiple changes in case we have rain. As usual for this type of outing, don't forget that you need to bring your own towels and toiletries.

**Events:** Anyone interested in general collecting from beginner to expert is encouraged to participate. There will be many classes available, ranging from identification and using GPS devices to microscopy. David Hunt, our local "gourmand," is planning some delicious surprises for your palate! Steve Trudell, foray mycologist, and Brian Luther, Chief Identifier, are also working on many interesting mycological materials.

The foray will offer something for everyone. For the younger set, Brittany Spears, Tiger Woods, and Elvis will be appearing.\* For the more mature crowd, Frank Sinatra and Steve Martin will be making an appearance!\*

\*(We hope, confirmation pending.)

## UPCOMING FIELD TRIPS

May 10

**Twenty-Nine Pines**  
(2500 ft elev, 102 mi. east of Seattle)

Take I-90 over Snoqualmie Pass to exit #85. Follow the signs to Hwy. 970 east of Cle Elum for 2½ miles. Turn left on Hwy. 970 and go 4½ miles. Turn left onto Teanaway River Road. Continue about 6 miles, bearing right at the fork onto the Teanaway North Fork Road and continue another 6 miles just past the new fish hatchery on the left and Jack Creek. Twenty-Nine Pines is on the left. There is no shelter or water, but there are outhouses. Hosts: Ross & Val Othus.

May 31

**Bridge Creek/Leavenworth**  
(2400 ft elev, 150 mi. east of Seattle)

Take Hwy 2 over Stevens Pass and proceed 34 miles to Leavenworth. (You can also take I-90 over Snoqualmie Pass to exit #85, go over Swauk Pass to Hwy 2, and proceed left for 6 miles through Leavenworth.) On the west edge of town, turn south off Hwy 2 onto Icicle Creek Road. Bridge Creek is 11 miles up the Icicle and on the left. Once on the Bridge Creek Campground road, take the left "Y" before the bridge and continue to the metal barricade, which is the gate for the group camp which is reserved June 1 for us. People are reminded to close the barricade each time after entering or leaving because otherwise campers will help themselves to our reserved area, at our expense. This has happened many times in the past and has been a problem. Hosts: Cathy & Don Lennebacker.

June 7

**Swauk Creek Campground**  
(2500 ft elev, 110 mi. east of Seattle)

Take I-5 over Snoqualmie Pass to exit #85. Follow Hwy. 10 east of Cle Elum for 2½ miles. Turn left onto Hwy. 970. After 7 miles bear left onto US Hwy. 97 (north) and continue another 16 miles. The campground is on the right. Swauk Pass is 4 miles beyond the campground. Hosts: Ross & Val Othus.

**MEET GLORIA BARBER, CREATOR OF McGEE, MS (MUSHROOM SNIFFER)**

[Ed. Note: Over the past two years, readers of Spore Prints have become familiar with the imaginary adventures of McGee, MS (Mushroom Sniffer). What most people don't realize is that McGee is the creation of our own Gloria Barber, who draws him exclusively for PSMS. I have therefore asked Gloria to write a brief biography so our members could become better acquainted with this talented artist and longtime PSMSer.]

I was born in Seattle. As a kid I carried around paper and pencil or chalk and drew almost anything that took my eye. I have no formal training, and often get the impression I'm suppose to or I'm not considered legit. But earlier this year I found out that one of my favorite artists didn't have any teachers either, so I feel better now.

In the mid-1970s, about the same time I was doing freelance design, my husband, Merrill, came home from work one day and said, "Remember I told you about that strange guy at work whose has been into the bushes and crawling around peering at the ground. Well he's looking for mushrooms. Name's George Rafanelli and he belongs to some kind of mushroom club or group. He invited us to go mushrooming. Mind going?" With children involved, any entertainment that did not cost money was a great idea. So off we went, to become one of those strange guys, too.

My earliest remembrances of the hunt are of George sipping a bit of red wine, then climbing down from his truck into a stretch of

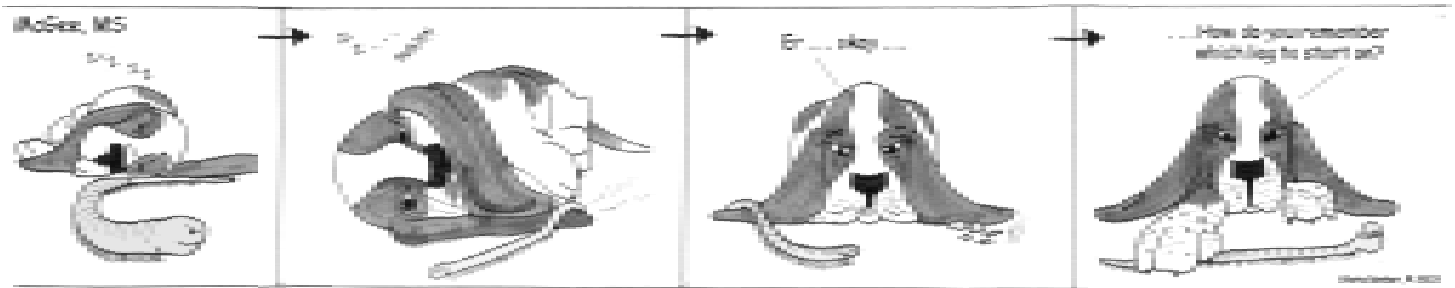
cottonwoods and peering at his environs on hands and knees from a slug's-eye view, looking for *Verpa bohemica* bumps under the cottonwood leaf pack. Or of Monty and Hildegard Hendrickson hosting the early spring foray on the Tolt River and everyone being soaked with a fine, slathery mist of rain.

Not too many years before we joined PSMS. I had started doing my own Christmas cards of the family, cartoon style in lieu of the budding popularity of seasonal newsletters. When the kids were gone it just seemed natural to use the dogs, myself, and my husband in the "toons."

A couple of years ago I read or heard somewhere that *Spore Prints* editor Agnes Sieger wanted to do something different, and my mind went straight to cartoons. Why not? Cartoons are everywhere. Since our family includes our fourth and fifth basset hounds, natural clowns all, and each with one of the best noses of dogdom, "Aha," said I to me, and I drew up a cartoon and contacted Agnes. The result is "McGee, MS."

As to what McGee will be up to next, you'll have to watch and see. As for me, I love those mushrooms, but now with my arthritis, it is often hard to hunt them in the cold. I often hear newcomers wanting easy directions and specific areas, but George had the idea. Get down and dirty. Visit the leaf pack or deadfall, old stump or meadow on a one-to-one basis like old short-stuff McGee. Get down and muddy. McGee can show you how! (And sometimes how not to.)

No, our bassets don't sniff out mushrooms.



**Puget Sound Mycological Society**  
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