

Next Meeting July 10th, 2006

SPORES Afield

The newsletter of the Colorado Mycological Society

July 2006

Great news!

We are ready to launch the first ever *E-SporesAfield*. This e-newsletter will be the same, yet quite different than the hardcopy you have been receiving in the mail



all these years. The first thing you will notice is that it is in full color and one of the coolest features will be the links that will be available from time to time.

Here's how the sign up is going to work; in order to sign up for the *E-SporesAfield* you will need to e-mail Membership Chairperson Linda deLeon at, ldeleon@comcast.net. **Be sure to title your e-mail with "CMS E-SporesAfield"** so she can distinguish it from other e-mails and that way you won't get rejected as spam mail. Just let her know that you want to receive the *E-SporesAfield* instead of the hardcopy you are receiving now. You may only receive one or the other, not both. Linda will make sure you are a current member and compile a list to be sent to our web master for distribution.

That's it; you may switch at any time but please send your e-mails as soon as possible to receive the August issue of *E-SporesAfield*.

The annual CMS Mushroom Fair is coming up fast and we need lots of volunteers to help out. Please see page 5 for more information.
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Speaker for the July Meeting:

Ellen Jacobson

"Where to go , when to go and how to go 'shrooming"

Ellen has been a CMS member for about 28 years. She has been foray chair and worked with the visiting mycologists doing identification at the Fair for the last 10 years or so. She helped write "Stalking the Wild Mushroom" the booklet you receive when you join CMS. Ellen teaches classes every year at the Buena Vista King Boleus Festival and also teaches a program for the Gore Range Outdoor School in Avon. She has given lectures about wild mushrooms to various groups in the Denver area.

"I really enjoy teaching beginning mushroom hunters and I really, really, really enjoy eating Agaricus, morels, and Boletus". Come to the July meeting to let some of her enthusiasm rub of on you.

(Presidents continued from column 1)

This is a great opportunity to get to know other members of CMS and take a crash course in mushroom identification, you will learn more in one weekend than you will from weeks in the woods. Contact our Fair Chair person Rob Hallock at 720-480-4452, or at rob.hallock@UCHSC.edu

We are still in need of someone to take over T-shirt sales, please contact me if you are willing to help out with this important task.

Please; Rain, Rain, Rain! Happy hunting!

Upcoming Events

- July 10th** CMS member Ellen Jacobson.
"Where to go, when to go and how to go 'shrooming"
- Aug. 12th** Fair Setup
- Aug. 13th** Annual CMS Mushroom Fair at Denver Botanic Gardens, The Fair identifier this year is Dr. Roy Halling of the New York Botanical Gardens.
- Aug. 14th** CMS member Rob Hallock. "CMS members introduce fungi from the fair"
- Aug. 17-20th** Crested Butte Wild Mushroom Festival, for more info: call Roger Kahn at 303-322-5532 or 970-349-0238 or www.cbmushfest.com
- Aug. 17-20th** 2006 North American Mycological Association (NAMA) foray will be held at the Hinton Training Center, Hinton, Alberta, Canada,. For more info now call Marilyn Shaw, 303-377-1278, or go to www.namyco.org.
- Aug. 26-27th** The 10th annual King Boletus Festival. The phone number for the event is 719-395-8458. The event is sponsored by Buena Vista Heritage.
- Sept. 11th** Cook & Taste, Chairperson William Windsor, contact him at wnwindsor@comcast.net. or 303-544-6069
Note: this meeting will be held in Gates Hall.
- Oct. 9th** Gary Lincoff on psychoactive mushrooms
- Oct. 22nd** "End of the Season Fungi Feast" at the Boulder Cork restaurant, see the insert in this issue for more information.

Bring mushrooms for identification and display to any meeting.

All meetings are held at the Denver Botanic Gardens in Mitchell Hall at 7:30 PM unless otherwise announced.

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SporesAfield

SporesAfield is published from March through October by the Colorado Mycological Society. CMS dues are \$28 for the first year and \$25 thereafter. Send membership dues to Linda deLeon, CMS Membership Chair, 14310 W. Fifth Ave. Golden, CO 80401-5226. All CMS members receive *SporesAfield* as part of their membership

CMS is an affiliated member of the North American Mycological Association.

CMS web site: www.cmsweb.org

Amateur Mycology Loses a Great Friend

By Marilyn Shaw

Friday, June 9, 2006 was a dark day for mycology, both amateur and professional. Our dear and respected friend, Dr. Orson K. Miller, Jr, passed away. He had been diagnosed with and had surgery for a brain tumor about a year ago. The surgery and subsequent radiation treatments seemed to have been a success until about two weeks ago on a foray in Bend, Oregon when symptoms reappeared. He was hospitalized both in Bend and in Boise, then transferred to a Boise rehabilitation facility where he died suddenly on the 9th with his wife Hope at his side.

Dr. Miller had spent a great deal of time in Colorado. He was the chief mycologist when CMS hosted our first national foray at Snow Mountain Ranch near Granby in 1983. In spite of bone dry hot weather leading up to the foray date, we forged ahead. Then, two weeks before the start of the foray, it began to rain . . . and rain . . . and rain. Participants didn't even have to leave the Ranch. They collected between buildings. There were so many chanterelles that people quit leaning over to pick them. Really! We always suspected that Orson had something to do with that memorable fruiting. This is still remembered as one of the most successful NAMA forays ever.

Dr. Miller and Hope returned to Denver many times after that to serve, respectively, as chief mycologist and recorder for our annual Mushroom Fairs. In recent years they have been working with Vera Evenson in the Herbarium of Fungi at Denver Botanic Gardens.

Dr. Miller received an MS in Forestry from the University of Michigan in 1956 and worked for the Intermountain Forest and Range Experiment Station in Idaho. From there the family moved to Philadelphia and the Northeast Forest Experiment Station. In 1958 he enrolled in a doctoral program at the University of Michigan, and received his PhD there in 1963. He subsequently joined the

Forestry Sciences Laboratory at the University of Idaho. In 1965 the Millers moved to Laurel, Maryland and he joined the U.S. Forest Service Mycology Lab at Beltsville. In 1970 he became an Associate Professor of Botany and Curator of Fungi at Virginia Tech. He was promoted to Full Professor in 1973. He also served alternate summers from 1968 to 1995 as a Visiting Professor and taught mycology at the University of Montana Biological Station at Yellow Bay on Flathead Lake. He retired in May, 2002, and the Millers moved permanently to what had been their summer home for many years in McCall, Idaho. Many of the current crop of U.S. mycologists studied under Dr. Miller.

The Millers have traveled all over the world in their pursuit of fungi, working together as a team. They have written many books, both individually and together. Probably the best known is "Mushrooms of North America" of which 240,000 copies have been sold. Their latest, "North American Mushrooms: A Field Guide to Edible and Inedible Fungi" was published this last May.

Dr. Miller has been the recipient of numerous awards and honors including the North American Mycological Association's Award for Contributions to Amateur Mycology. For listings of his many other awards please look for them on the internet. But for those of us in CMS who knew him, he will always be remembered for his intelligence, warmth, wit, and for being an all around great human being. We will miss him sorely.

Condolences can be sent to Hope Miller, PO Box 858, McCall. ID 83638-0858. If you wish to send a personal message via e-mail go online to: www.legacy.com/idahostatesman/obituaries.asp - to sign a guest book and leave a message

Upcoming Forays

Please note all forays meet at 9:00 am in the northeast parking lot (also known as the T-Rex lot) of the Morrison exit at I-70 unless otherwise announced. If you carpool from that point which is strongly encouraged, due to limited parking at most foray locations, please chip in gas money.

You must be a member of CMS to take part in the forays.

July 30th, Tom Taggart will lead a foray, please contact him a week or two before the foray at 303-423-5317 or tnttaggart@uswest.net

Aug. 5th, Tom Ruzicka will lead a foray, please contact him a week or two before the foray at 303-447-2740 or at tomruzicka@comcast.net.

Aug. 11th, Ellen Jacobson will lead a foray with Fair identifier Dr. Roy Halling. Contact Ellen at 303-741-3836 or egj538@aol.com

Be sure to bring your CMS membership card or your current copy of *SporesAfield* with you. If you are not a member you can become one at the foray for the standard new member fee of \$28, which will also get you copies of *SporesAfield* for the rest of the year.

Forays may be cancelled in the event of dry weather. Call first if in doubt.

We have a need for people to lead forays. You do not need to be an expert identifier to lead a foray. You only need to be willing to lead a group of people to a location where mushrooms can be found. If you would be willing to lead a foray, please contact Tom Ruzicka 303-447-2740 or at tomruzicka@comcast.net.

Comments on Athlete's Foot

Fungus

By Thomas Kurt.

As an ancient, I wish to comment, both as a medical toxicologist and mycologist on the Spores Afield column by Jason Salzman's "Athlete's foot: A mycophile's dilemma". Certainly that guy has smelly feet if he has such extensive fungal involvement...and, that is not exactly such a pleasant olfactory sensation as smelling chanterelles. He is also on the threshold of getting a life threatening secondary bacterial infection in the skin cracks that develop, so his flippant attitude about treatment can't be taken lightly medically. Also, while "tis the season", the odor of athlete's foot is not exactly "Joyeaux Morel".

Suggest that he doesn't have to consider topical anti-fungals which might be associated with those big anti-fungal companies on the hit list of the Rachel Carson Society. So, instead, he really has at least two acceptable alternatives:

1. Taking an anti-fungal prescription drug by mouth, such as Sporonox. Oral anti-fungals need to be taken for a few months, because they go into the bottom level of the skin, the dermis and then gradually go to the outer layer which harbors the athlete's foot fungus. Skin grows slowly outward over a few months and then is sloughed off, forming part of the ring of a bathtub. In snakes this occurs all at one time and is called "molting" and a layer of old skin is left behind. So, the cure is slow in coming and patient compliance in regularly taking the medicine is necessary as opposed to a cavalier attitude.

2. Becoming really old fashioned and using Gentian violet, the anti-fungal and antibacterial purple dye extracted from the naturally occurring Gentia plant. (Among the Colorado mountain flora in the summer, but strongly do not advise a foray of Gentia and extracting your own.) Such commercially prepared dyes are still used in medical laboratories as part of what are called "Gram's stains" to look for bacteria in stained swabbed samples under the microscope.

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THE BIGGEST MOST EXCITING EVENT OF THE FUNGAL YEAR: THE TWENTY NINTH ANNUAL MUSHROOM FAIR IS NOT FAR OFF!

The time is now to decide what you want to do to be a part of this very special event. Lack of experience or knowledge is not a deterrent. The Fair is intended as a learning experience, not only for the general public, but also for our own CMS members. What a fun way to learn more about our favorite subject!

Following are some of the committees on which you can serve (or in some cases, even head up) and some of the friends you'll be working with (this is a great way to get better acquainted and to make new friends). Please call the chairs where listed, or you can contact Fair Chair person Rob Hallock, 720-480-4452, or at rob.hallock@UCHSC.edu, for more information as to what is involved.

Arts and Crafts display: Items can be handmade or commercially produced, but must have a mushroom theme. Photographs of mushrooms are included. This display requires at least two members overseeing it at all times.

Book Sales: Adele Mikelevicius, 303-771-9425.

Cultivation: Chris Hardwick and Ed Swanberg, 303-485-8952.

Dyeing and Paper Making: Karen Ryan, 303-355-5966

Edible and Poisonous display panels: Marilyn Shaw, 303-377-1278

Forays: Tom Ruzicka, 303-447-2740, Ellen Jacobson, 303-741-3836.

Identification/Recording: Dr. Roy Halling, Vera Evenson, Ellen Jacobson

Sorting: Lots of folks are needed for this, both Saturday afternoon and Sunday. This is the very best way to learn mushrooms and get plenty of exercise! Beginners are welcome!! We need to know in advance if you will take part.

Kiddie Korner: Ruth Davis, 303-322-7908. If you love children, you'll love helping at this station.

Membership: Greet fair-goers and potential members at the door. Lots of people will join on the spot.

Natural Habitat: William Windsor 303-544-6069

Photography: Photograph specimens and give advice.

Physical Arrangements: Tom Taggart, 303-423-5317, and Gary Pickett. Help set up the tables and displays. Lots of good clean fun!

Preservation: A new display possibility, and something that the public would find very helpful. If you are good at this (drying, pickling, etc.), please call. This display can be your own personal creation.

Publicity: Jason Salzman, 303-433-6961. Write press releases and make contact with the media.

T-shirt Sales: Need a volunteer.

Toxicology/Rocky Mountain Poison & Drug Center: Marilyn Shaw, 303-377-1278.

Don't be bashful. We won't know you want to help if you don't call. And don't delay! We'll all sleep better when all the posts are filled. Don't know what you want to do? Volunteer to "Help Where Needed". Whatever you do, don't miss this once-a-year fun event!

Crested Butte Wild Mushroom Festival (August 17th to 20th)

By Bernie Seward

The Crested Butte Wild Mushroom Festival will take place August 17th to 20th in Crested Butte, Colorado. This year's festival will be bigger and more varied than ever with more speakers and more workshops. There will be three days of forays on private land. Each foray is followed up with an identification workshop.

As in previous years, Larry Evans of the Western Montana Mycological Society and "Fungal Jungle" fame will be the chief festival identifier and main leader for the daily mushroom forays. Back by popular demand, Dr. Dave Teitler will present workshops on medicinal mushrooms.



Larry Evans leading a foray.

This year there will be several new additions to the line up of speakers. From northern California Debbie Viess (Mycological Society of San Francisco) will conduct an amanita workshop – Amanitas: From Deadly to Delicious. Wildlife and nature photographer Jannette Runge will conduct a field workshop on Photographing Wild Mushrooms. And if you were wondering what to do with all those mushrooms you have been finding, Hank Seeberg and Helen Turner will hold a workshop on Preserving Wild Mushrooms.

As in previous years, Crested Butte's gourmet chefs will be demonstrating their favorite wild mushroom recipes. And as if that were not special enough, workshop participants will get to eat the

results. In addition to Crested Butte restaurants Cocina, the Timberline Restaurant, and the Buffalo Grille, Keely Murphy's Arrangements Catering and Events will be providing chefs for the workshops.

On a lighter side Friday night's activities will kick off with a Mushroom Appetizers and Fine Wines social followed by a jazz concert featuring Colorado's own noted jazz bass player Ken Walker and his Ken Walker Sextet.

A three-day festival registration allows one to participate in all forays and all workshops except the cooking workshops, which have a separate fee and limited enrollment, and the Mushroom Appetizers and Fine Wines social, which also has a separate fee. One may also participate in any events on individual days by registering "a la carte". To learn more about the Crested Butte Wild Mushroom Festival (August 17-20) and to register visit the festival's Web site at www.crested-butte-wild-mushroom-festival.com.

Crested Butte is about four hours west of Denver. The town lies in a beautiful setting of high mountains and valleys. This winter's record snowfall should result in a bumper crop of mushrooms later in the summer. Plentiful accommodations, numerous good restaurants, and varied mountain activities all await festival goers.

Wei Qi Immune Enhancing Soup

By Jeffrey Dann

Wei Qi —, in Oriental Medicine is an understanding of a very specific kind of vital energy, qi (chi Chinese, ki in Japanese) translated as DEFENSIVE ENERGY. It is described as a specific guardian defense on the perimeter of the body, defending against exterior noxious pathogens. It governs thermo-regulation of surface temperature and skin moistness and reflects the state of health as the luster of the skin. It nourishes and moistens the tendons and muscles. This classical description is now recognized as indicating the protective function of the immune system and its lymphatic messenger network of macrophages, phagocytes, cytokines, and a number of other specialized cells that activate the bodies production of NK (natural killer) and T cell lymphocytes. The Chinese characters of wei qiè— indicate a border patrol that protects the frontier and notifies the camp barracks forces located in the blood if there is trouble.

In order to boost or enhance the wei qi Chinese medical culinary prescriptions often contain medicinal mushrooms and astragalus root (*Astragalus membranaceus* (Fisch.)Bge.), a kind of milk vetch. Good quality astragalus roots (huang qi) look like tongue depressors, are one of the Imperial herbs of longevity listed in the Shen Nong Ben Cao of 220 AD which also recognizes *Ganoderma* (ling zhi), tremella (mu er), and polypore *Wolfiporia cocos*. as belonging to this first class of medicines. The best roots are four years old, sun dried, rehydrated, and cut into thin slices.

Astragalus root is often added to soups and broths by the Chinese mother if the season is harsh, to protect members from colds and sickness, and to help in recovery from illness or surgery.

The Traditional Chinese Medicine (TCM) functions of astragalus are:

1. To replenish qi;
 2. To benefit (defensive) qi and stabilize the exterior;
 3. To release toxins and promote healing;
 4. To promote water metabolism and reduce edema
- It is an important tonic in many traditional formulas and strengthen the lungs and digestion. It's taste is somewhat bland and doesn't overpower soups or broths. Depending on desired strength 2 - 7 sticks may be used in a family soup .

Here is an immune enhancing formula:

Fill pot 2/3 with filtered water add:

Astragalus membranaceus 5-7 sticks

Ganoderma lucidum, reishi- 1 medium

Other tonifying mushrooms (2-3 small fruiting bodies) such as shiitake, maitake

Slightly sprouted beans 1/4-1/2 cup aduki (red), black etc

Bring water to a boil, simmer 20 minutes, then add Organic barley 1/2- 1 cup

Simmer 20 minutes

Add carrots, dark leafy greens

(Athlete's Foot continued from page 4)

In older days prior to antibiotics, Gentian violet was swabbed on tonsils to treat Strep infections of the throat and swabbed in between toes, or placed in a flat glass kitchen cooking dish (will stain anything else) about 3/4 inch deep and used to soak your feet to kill athlete's foot fungi. The feet will turn purple for several weeks and need to be dried off with paper towels like Bounty or clean old cloth towels that you don't care anything about.

Do not advise wearing Texas during this time unless you want to provoke a lot of curiosity.

While Jason might feel he's being cutely coy as a mycophile, there are good fungi and there are bad fungi, or white hats and black hats. He might like the white hats, as such he doesn't need to embrace the black hats, which include the various species of athlete's foot fungi. In doing so, he might suffer some serious health consequences that could be life threatening, if secondary bacterial infection

occurs from MRSA (methicillin resistant Staph aureus) bacteria. In addition, he's a public health menace where ever he takes a shower or places his uncovered feet where others might tread....or sit. His athlete's foot fungi can also jump to the crotch, on his hands, under his fingernails and on his towels and cause "jock itch" (Tinea cruris) or to the scalp and cause "Tinea capitis". He is a hazard to and needs to stay away from those who are immunocompromised, such as with HIV/AIDS, those on cancer chemo and others on big doses of corticosteroids for various unusual diseases such as Wegener's granulomatosis...their involvement with a major fungal infection can be rapid and life threatening.

(Thomas L. Kurt, MD, MPH) & g t; FACPM, FACMT, FAACT, FCP, FACOEM, FAHA, FACE Semi-retired Medical Toxicologist and Clinical Professor Department of Internal Medicine University of Texas Southwestern also a member of BRIT (Botanical Research Institute of Texas) and Advisory Board to American Botanical Council, publisher of HerbalGram.

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SOCIETY

