



OMPHALINA

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Newsletter of



Vol I, No 2
Aug 1, 2010

OMPHALINA is the lackadaisical newsletter of Foray Newfoundland & Labrador. There is no schedule of publications, no promise to appear again. Its primary purpose is to serve as a conduit of information to registrants to the upcoming foray and secondarily as a communications tool with members.

The content is neither discussed nor approved by the Board of Directors. Therefore, opinions expressed do not represent the views of the Board, the Corporation, the partners, the sponsors, or the members. Uncredited opinions are solely those of the Editor.

Please address comments, complaints and contributions to Andrus Voitk, the self-appointed Editor:

foray AT nlmushrooms.ca



**FORAY
NEWFOUNDLAND
AND LABRADOR**

is an amateur, volunteer-run, community, not-for-profit organization with a mission to organize enjoyable and informative amateur mushroom forays in Newfoundland and Labrador and disseminate the knowledge gained.

COVER

This issue's cover was taken by our Trailmaster, Jamie Graham, during a kayak trip on the Great Northern Peninsula in July, 2010. It shows the recreated Viking sod hut homestead at L'Anse aux Meadows, site of this year's Viking Foray, seen from the sea just as the Vikings saw it. We have been to L'Anse aux Meadows some 20 times—all but one it has been cold, windy and wet. Always we have wondered why the Vikings chose this miserable spot to build a settlement; surely Newfoundland has many more hospitable and pleasant sites. However, the day we passed L'Anse aux Meadows the wind was down, the sky was blue and the sun was shining and warm. From far off at sea, the meadow at L'Anse aux Meadows stood out as an inviting green oasis among brown rock, with easy landing, an absolutely logical place to land and set root. Guess much depends on your perspective. And guess the day the Vikings came it was also sunny and calm.

OUR PARTNER ORGANIZATIONS

People of Newfoundland and Labrador, through
Department of Environment and Conservation
Parks and Natural Areas Division
Wildlife Division

Department of Natural Resources

College of the North Atlantic
St Anthony Campus

Parks Canada

L'Anse aux Meadows National Historic Site
Gros Morne National Park

Great Northern Peninsula Forest Network
Model Forest of Newfoundland and Labrador

Viking Trail Tourism Association

Sir Wilfred Grenfell College

Tuckamore Lodge

Gros Morne Cooperating Association

Memorial University

Grenfell Historical Properties

Aurora Nordic Cross Country Ski Club

FUNGI magazine

Quidi Vidi Brewing Company

Auk Island Winery

List not complete—more expected to join in

Message from the Editor

VIKING FORAY UPDATE

Our annual foray is filled up!

The only remaining few spaces have been reserved by some of our partners, who are waiting until the reduced rates are finished before registering their staff. This is a very generous gesture, intended to support us maximally with each of their registrants, in addition to a donation already made. We can't believe it—full before the end of July!

And even more unbelievable:

Our budget is balanced and in the black!

This is our most expensive foray by far and we had serious concerns about our ability to cover all costs—in fact, we did not expect to come out even. Partners, who understood our increased needs, did their best to meet the demand. New partners joined in. Very busy people, with budgetary concerns of their own, made allowances and then lobbied others to do the same. A lot of effort by a lot of good people. We are deeply touched by the sincere good will of all these people on our behalf. In a way, it is humbling to know the faith others have in our aims and our ability to meet them. Thank you!

In recognition of this great support, the first page of this issue is dedicated to our partner organizations. The list is not complete, as more may join is before the event.

MUSINGS ON THE PROCESS

This Foray is new for us: the first time we do an Annual Foray without having all participants in a camp. Unfortunately, there are no summer camps on the Great Northern Peninsula. Being together in the same place is considerably cheaper for all. Proximity also makes catering, meals, and the database parts of the foray process easier to carry out. With people and events scattered, a lot of time goes to travel back and forth. However, we have a stark and beautiful setting for the travel, so let us enjoy it. With common interests, common meals and common evening programs, we will generate palpable and positive camaraderie.

Also making things a bit more difficult is starting cold on Friday with a mycolitz, before getting together formally or informally, without any advice or counsel. However, this is a wonderful way for all participants to see the historic site L'Anse aux Meadows (which celebrates 50 years since its rediscovery this year), the first confirmed site of European colonization on the Atlantic Coast. To make it easier for participants, particularly the 20-25% totally new to mushrooming, we have considerable information on our web page. We encourage you to investigate this. Particularly, make sure you have read the "Read Me First" page. To help you know when to be where, we shall reprint the Friday Program page from our website on the inside back cover (second last page of pdf document) of this issue.

PHOTO CONTEST REMINDER

Don not forget about the **Photo Contest**. We shall not reproduce the info here, since it has been sent around before. However, the Rules and other info are downloadable from our website. Right about now you should find plenty of fairy ring mushrooms to photograph. See past notices of others that are still missing. If we could get the few we need, we could produce our poster this year. If not, we shall wait another season, allowing you to submit more pictures, so that we can produce a quality poster of our edibles.

VIKING FORAY IN THE NEWS

The Northern Pen, newspaper for the Great Northern Peninsula, where our Viking Foray will take place, had a nice story about our upcoming foray. Unfortunately it is not directly accessible on the net. It is available at <<http://northernpen.newspaperdirect.com/epaper/viewer.aspx>>, but it seems like you need to pay to gain access to it. Oh, well...

WHISTLES & CAPS

September is moose hunting season. Bright coloured clothes are prudent, even in protected areas. Bright coloured clothes also make it easier to spot you, should you become separated from your group. We provide a safety whistle and orange cap—you must have both to participate.

These are provided ONCE per individual. If you got yours in a past foray, please bring them again. If you forgot/lost your old one, we'll provide a replacement, but would appreciate a voluntary payment [whistle, \$10.00; cap, \$ 15.00].

Please carry them with you on all outings. These are not toys. Do not blow the whistles unless in need. Especially, do not allow children to blow them for fun and do not blow them indoors. They are very loud, serious safety devices, designed to be heard over great distances in the woods. The sound, if repeated often, is guaranteed to harm your hearing. Please take care of them, as they can serve you for years to come. Simple code:

- 1 blast—Where are you? / I hear you.
- 2 blasts—"simple" notification/communication
- 3 blasts—Help!!! / I am lost. / Come here!
- 4 blasts—Everybody, go to prearranged meeting place!

What follows are a prompt about the mushroom growing workshop, some reminders, and notices about events near and far that might interest some of you. For those of you more adventurous, there are two notices sent to us from Britt Bunyard, Editor of FUNGI, for events the magazine is sponsoring. How about morels in the fall? Tempting. Or the Telluride extravaganza? Like it closer and quieter? How about the foray in Nova Scotia? We've attended two years and enjoyed it thoroughly—recommend it personally. Besides, our friend and veteran of five Newfoundland forays, Dave Malloch, will be there. Of course, even closer is the Lichen Workshop given by our fellow Member, Mac Pitcher, also featured in the last issue (which was also the first issue).

And the plan for Friday on inside back cover, so you know where to join in when.

With all that glitz and glitter competing for your attention, don't forget about our own foray for 2011. The back cover has the announcement. As we write these lines, we are not entirely certain whether it will take place in Terra Nova Park, as stated. We've had some tempting offers from other areas, and are assessing to see if the logistics could work out. So stay tuned and check back on our web page in the late winter / early spring. We'd also like to return to the Great Northern Peninsula, but the production is so work-intensive and expensive, that we'd like to cool our heels a bit, before rushing back. As you see, choices galore: for a mushroomer, the world's your oyster.

And then that inside back cover of Friday's schedule.

Happy mushrooming!

andrus

GROW YOUR OWN MUSHROOMS—TIME TO RECONSIDER

This year we tried to offer some new workshops, popular at other forays, to our participants. They involve some expense to the instructor, so it is traditional to charge an additional fee to help defray these costs. Unfortunately, difficulties beyond our control required cancelling the dyeing and cooking workshops for this year. However, the mushroom growing workshop is still available.

At forays elsewhere this has been a popular workshop, and we consider it our good fortune to get Nova Scotian David Boyle of [Maritime Microbiologicals Inc](http://www.marimicro.ca) <www.marimicro.ca>, an entertaining and informative expert on the subject, as instructor. David will not take over 12, but considers 6 a minimum, to reduce subsidizing the event from his own pocket. To our surprise, there are only three registrants, to date. Therefore, if you thought that you wanted to take this workshop, but didn't get around to registering for it, please do so now. Just send us an e-mail that you wish to take this course. You can pay the additional cost (\$40.00) on arrival. We shall hold off until August 13 to decide whether we have enough participants to go ahead with the workshop.

For something different,



try a mushroom growing workshop...

Pick them, then grow them!

Please do not misunderstand. This message is a reminder and explanation to make sure those who wish to take the workshop get an opportunity to do so. It is not an appeal for

“charity”, a request to “do the right thing” or a last ditch effort to “save our honour”!!! There is nothing wrong with cancelling a workshop if participants have other interests. The goal of our foray is to encourage participants to pursue their interests, not ours. The reason to register in advance is exactly so that we can spare David the cost and effort of preparing and bringing material needlessly.

If you think you are interested, but do not know what it is about, perhaps the panel (from our website) and the graphic can help. Or e-mail David <dboyle@nsac.ca>.

Workshop consists of a didactic part (talk), covering the theory and practice of mushroom growing, and a practical part. The latter is a hands-on session, where participants inoculate substrate (log, and/or bag of boiled straw—supplied) with spawn of shiitake, oyster or *Hericium* (also supplied). No promise, but if possible, effort will be made to add a few local wild mushrooms, like *Auricularia americana* or others, some for eating and some for decoration or experimentation.

Participants will get to take home a shiitake, oyster or *Hericium*-inoculated substrate.

Shiitake kits and spawn for a few mushroom species will also be offered for sale for those who want to take home more, or who cannot attend the workshop.

REMI NDER—Membership notice:

1. Your present membership will expire with the beginning of our Foray, Sep 10, 2010. Your subscription to FUNGI, which is part of that same membership, will expire with the upcoming Summer 2010 issue (Vol 3, No 3). Membership is part of the foray fee, and will be automatically renewed, as will the subscription to FUNGI, for members who are able to participate in this year's foray.

2. If you will not be able to attend the foray, but would like to remain a member (and continue getting FUNGI without interruption), please go to our website <nlmushrooms.ca>, download a **Membership Form**, fill it out and send in with fee. **This should arrive BEFORE the foray on Sep 10**, if you are to get continuous subscription to FUNGI.

Please note that we are not being bureaucratic about the timing, but do the bank transaction only once a year, right after the foray. Transfer of funds and exchange fees are more than the cost of one subscription, so it makes no sense to do it, except as a bulk transaction. That is why, if you join after the foray, your membership does not become effective until the next foray. If you join after the foray because you want to get FUNGI, it is better for you to subscribe directly from the publishers <fungimag.com>.

Call for help: HELP!

We are looking for help with our web page. As it stands, the page is functional. It has all the info we want (and more) in an accessible way. However, it is not particularly attractive to look at, and all info has to be downloaded to look at it. Nothing is readable online. This is appropriate for much of the info, but not all. Some would be nice to read online only, some to read online with an option to download, if the reader wishes to keep a record or mail it to somebody. We have an excellent webmaster, who has kindly given us space and set up the site. However, he is very busy professionally, and does not have the time to do major web site redesign for us. We can change text on the existing pages and add or remove material for download, but need help with the design part.

What we need is somebody, who could design the page for us, so that it looks attractive and shows some pictures of our activities and mushrooms, at least as background. Then, put some material in a viewable format online, ± the downloadable pdf as an option. If you know how to do this and would like to donate your services, we'd sure appreciate it. Once the site is set up, we can probably keep it going, but might turn to you very occasionally for help, so mostly it's a one-time effort, not an ongoing time commitment. If interested/willing, please contact us, foray AT nlmushrooms.ca.

Volunteers? Please?

FUNGI and
FUNGALJUNGAL.ORG present

South American Morels ... in November

A 2010 Exotic Mushroom Foray led by Larry Evans,
the “Indiana Jones of Mushrooms”

Alexander von Humboldt. Charles Darwin. And other intrepid explorers have traveled to South America. All have been unsuccessful in locating the elusive South American morel. Until now. Join researcher, lecturer, and co-star of the film Know Your Mushrooms Larry Evans for this chance of a lifetime to go way off the beaten path in search of morels in the wilds of Argentina. (And in November, when most of your friends in the North will be seeing the first snowflakes of winter!)

Yes, Virginia, there are morels in South America. In the Lakes Region of Argentina, near the Chilean border, and extending for hundreds of miles north and south, the Mapuche people have resisted European influence for centuries, essentially defining the borders of the two countries. This mountainous region is forested with Nothofagus (an Antarctic beech) and an ecology very foreign to northern-trained botanists. Yet every November, during the southern spring, savory morels are harvested by the local Argentines for local consumption and export to Europe, where they fetch premium prices because of their out-of-season availability.

Can't get enough morels back home? Why not try your hand at South American morel hunting? In November!

Details for this excursion are still being finalized but entire week-long trip is expected to cost around US\$1,000 once you get to Buenos Aires (chartered airfare from Buenos Aires to Bariloche in the Andes Mountains, lodging, ground transportation, guides, meals while on forays and mushroom excursions included).

Contact Larry Evans at www.fungaljungal.org
or Britt Bunyard at www.fungimag.com for
additional information and make plans to join us
this fall!

MAAL—Lichen workshop:

Lichens are mushrooms (the vast majority are Ascomycetes). Much like the mycorrhizal mushrooms like Cortinarius, that have a photosynthetic partner (usually a tree), they also have a photosynthetic partner. In the case of lichens the partner is not a big tree, but a microscopic alga or cyanobacterium. Because the partner is so small, the entire partner is enveloped in fungal material, not just the root tips, as for mycorrhizal mushrooms. Recognizing this, we plan to add lichens to our foray beginning 2011, organized by our fellow member, Mac Pitcher. If you would like an introduction to lichens before our 2011 foray, Mac will conduct the lichen workshop below.

MUCH ADO ABOUT LICHENS

is a unique opportunity to learn about lichens with an expert right in the heart of the Avalon Forest where lichens grow profusely. It will take place over the week-end of September 24 -26, 2010 at the **Brother Brennan Environmental Education Centre** off the Salmonier Line on the Avalon Peninsula, Newfoundland. Under the instruction of Mac Pitcher there will be lectures, lichen walks, time spent in the classroom learning to use lichen keys and much lichen trivia. All meals and accommodation will be provided at the Centre and the numbers will be limited in order to maintain an adequate instructor:participant ratio. All this for just \$180. For more information and registration forms go to

<www.brotherbrennancentre.ca>.

Also, see the recent OSPREY. It has a lichen article by your humble Editor, who knows nothing about lichens. Better attend Mac's workshop.



A Celebration of All Things Fungal & Entheogenic

AUGUST 26 - 29
2010 (THUR. - SUN.)



PRESENTATIONS FROM:
PAUL STAMETS
GARY LINCOFF
DANIEL WINKLER
ELINOAR SHAVIT
BRITT BUNYARD
LINNEA GILLMAN
DAVID ROSE
LARRY EVANS
& MANY MORE!



ACTIVITIES INCLUDE:

LECTURES, SLIDESHOWS, PANELS, FILMS
DAILY FORAYS INTO THE MOUNTAINS
GROWING WORKSHOPS
COOK & TASTE PARTIES
IDENTIFICATION TABLES
LEGENDARY COSTUME PARADE

TICKETS:

EARLYBIRD PASS \$125
REGULAR PASS \$150

MORE INFO @ **SHROOMFEST.COM**
(JOIN THE TELLURIDE MUSHROOM FESTIVAL GROUP ON FACEBOOK)

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NOVA SCOTIA MYCOLOGICAL SOCIETY FORAY 2010

DATE: SEPT 24 - 26

LOCATION: WHITE POINT, QUEENS COUNTY

OPENINGS: 50 – 60 PEOPLE

FRIDAY EVENING RECEPTION (STATEROOM, MUNCHIES AND COMPLIMENTARY DRINK)

6 pm Stateroom, casual reception (approx 3hrs)

9 pm Live entertainment, Founder's Lounge

SATURDAY FORAY (LAKESIDE HALL, BAGGED LUNCH, DINNER)

8 – 9:30am Orientation session

10 Depart for field forays (bagged lunch provided)

10:30 - 3pm Field forays, various trails

3 - 6 pm Mushroom sorting, identification

6:30 - 9pm 3 course plated dinner with mushrooms featured

Guest speaker, mycologist Dr. David Malloch

9 pm Live entertainment in the Founder's Lounge

SUNDAY WORKSHOPS (LAKESIDE HALL, NUTRITION BREAK)

9am -12pm Concurrent workshops (nutrition break provided)

1. Grow Your Own - David Boyle
2. "Chef's Magic" cooking with mushrooms - White Point
3. "Pick for the Pot" outdoor edible mushroom adventure - Scott Cunningham
4. Mushroom Fabric Dyeing – Karen Casselman (tbc)
5. Identification Basics

12 Wrap up

12-2 Table Sessions: tour the identification table with mycologist



WHITE POINT FORAY PACKAGE:

- 2 night package, includes the above Foray agenda:
 - \$215 per person (based on double occupancy, plus 12% gratuity & HST)
 - \$330 for single occupancy (plus 12% gratuity and HST)
 - Approximately 15 - 20 rooms being placed on hold for attendees

This year, the cost structure of the Foray is such that initial preference is given to those staying at White Point. Until we meet our room target, we may limit the number of registrants not staying at White Point.

FOR THOSE PARTICIPANTS NOT STAYING ON PROPERTY:

\$ 120 (plus 15% gratuity and HST)

Foray agenda, including Reception, Chef's Bagged Lunch, Dinner on Saturday, workshop and nutrition break on Sunday morning.

Nearby alternative accommodations include camping at Thomas Raddall Provincial Park, and Port Mouton Internation Hostel located in Port Mouton (10 minute drive).

ALL ATTENDEES CAN CALL THE WHITE POINT RESERVATIONS DEPARTMENT AT 1-800-565-5068; TELL THEM YOU'RE BOOKING FOR THE MUSHROOM FORAY.

Packages payable on registration. Full refunds will be issued, less a \$25 administration fee, until September 14th, 2010. Cancellations made after September 14th are non-refundable.



FORAY NEWFOUNDLAND AND LABRADOR

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HUMBER VILLAGE
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Corner Brook, NL A2H 2N2
CANADA
URL: www.nlmushrooms.ca

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A not for profit organization conducting amateur mushroom forays in Newfoundland and Labrador, Canada.

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FRIDAY SCHEDULE

Because we arrive “cold” from the road, without meeting anybody or getting any instructions first, and start right in with a Mycoblitz at the L’Anse aux Meadows Site, a schedule is needed to help things flow, or show you where you might next meet the group.

1. **Bring a lunch to eat on site on Friday.** We are not set up to provide lunch Friday and there is no store or cafeteria at the site.
2. Arrive at least 11:00 AM, Friday, at the L’Anse aux Meadows site (LAM).
3. Go to the Visitors’ Centre and register at the FORAY table.
4. 11:45 AM—brief instructions, split into teams, assign leaders.
5. 12:00 noon—**everybody** leaves for mycoblitz of LAM. **Nobody there, if you arrive after 12:00.**
6. 3:00PM—leave LAM. Take all specimens to College of the North Atlantic (CONA) in St. Anthony and sort them.
7. 5:00-5:30 PM—go to your accommodations, check in and unpack (if not done before), shower, relax.
8. 6:30 PM—gather back at LAM for Reception/Supper. Please allow time to get there from wherever you stay. Register if didn’t do so before.
9. 8:00—Evening talks
10. Saturday morning begins 8:00 AM, sharp, with communal breakfast at The Legion in St Anthony. Please ask for exact directions from your motel or B&B, or download the map of St Anthony from our website.

Please note:

- In order to register, split into teams and receive required instructions before setting out at noon, Friday, please arrive at least 11:00 AM at the L’Anse aux Meadows site. Everybody, including the registrars and foray leaders, will be gone at 12:00 noon. If you arrive after that time interim, settle in and join the next event.
- The next opportunity to register will be at the Reception, 6:30 PM, Friday evening at the L’Anse aux Meadows site.
- This means that most folks traveling to the Great Northern Peninsula should probably plan to arrive Thursday.
- For people who have not been here before, it is highly recommended that you plan to spend several days before or after the foray to look around.
- For example, do the “official” tour of the L’Anse aux Meadows site on your own Thursday or early Friday morning—you will not have time during the foray.
- We know that some local people will have to miss the Friday activities because of work, but this cannot be helped. **If you cannot participate Friday, please show up at the Royal Canadian Legion for breakfast between 7:30-8:00 AM on Saturday morning to allow time to register, etc. Foray groups will leave from there. Please do not arrive after 9:00 AM, because everybody will have gone to the woods!**

Please note that the fees cover cost of the whole foray. Unfortunately, there is no discount for partial participation and we cannot refund any portions if you are unable to participate in all events.

LI CHENS added this year!



2011 2011 2011
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2011 2011 2011

Terra Nova National Park

Headquarters: Terra Nova Hospitality Home

September 9-11, 2011

GUEST FACULTY*

Teuvo Ahti
Stephen Clayden
Nils Hallenberg
Renée Lebeuf
Raymond McNeil
Faye Murrin
André Paul
Roger Smith
Andy Taylor
Greg Thorn

*tentative at time of publication

Please check our website in the Spring, 2011, for
Information & Registration Forms:

www.nlmushrooms.ca