



OMPHALINA

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Newsletter of



Vol I, No 3
Sep 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 picture was photographed on a bog near the outset of the trail from Great Brehat to Little Brehat, one of the trails of our upcoming Viking Foray. Although the bog is mostly covered by *Sphagnum*, the moss in which this mushroom grew is not *Sphagnum*. Its cap is entirely smooth, so this is not our logo, *Arrhenia sphagnicola*. Scott Redhead thinks it has too much red to be an *Arrhenia*, and is more likely an *Omphalina*. In that case *O. pyxidata* is the likely identification. Let us hope we find more of these during our foray, so that our identifiers can determine them for us.

Omphalinoid (omphalina-like) mushrooms, uncommon elsewhere, are characteristic in barrens, even if not overly frequent. Noting the moss with which they are associated is helpful for identification—even to say whether it is *Sphagnum* or not gives valuable information.

QUESTION FROM OUR READERS

Why do you not number your pages?

A: *Some pages (notices, etc) are inserted directly from original source after printing the pdf file. Don't have the software/skills to number those. Also, am lazy.*

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
Center for Forest Science and Innovation
Department of Innovation, Trade & Rural Development
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
Nordic Economic Development Corporation
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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

Message from the Editor

This is the last issue of OMPHALINA before the foray. Issues 2 & 3 are downloadable from our website. Its primary purpose is to get last-minute information to participants and to be a vehicle for the welcome-precaution-and-information talk previously given at the foray—thus leaving unsullied presentation time purely for mycological information and entertainment.

The Viking Foray has more participants and a greater proportion from this province than ever before. Is there an increasing interest in mushrooms? We certainly would like to see more people develop an

interest in mushrooms. Like Megan Hussey, a young veteran of our forays who has decided to pursue mycology academically (back to the camera hob-nobbing with mycostars like Faye Murrin and Tom Volk). She e-mailed to wish us a good foray and say that she will not attend this year's foray, because she has just entered Memorial University and doesn't want to begin her university career by cutting classes!



Please be aware that the Saturday of our foray is the opening of moose hunting season. As much as possible, foray trails have been chosen to decrease hunting exposure, except for some barrenland trails, where

A very warm WELCOME! to you all. An especially warm welcome on behalf of the rest of us to our out-of-province visitors.

visibility is better. Bright coloured clothes are useful even in protected areas, because hunters may stray. Bright colours also make it easier to spot you, should you become separated from your group. A safety whistle and orange cap are in the bags of first-time participants—you must have both to participate. If you got yours in a past foray, please bring them again. If you forgot/lost either, we provide replacements, but would appreciate a **voluntary** payment (whistle, \$10.00; cap, \$ 15.00), if your wallet permits. Please carry cap and whistle with you on all outings.

Our website contains a large body of additional risk management information.

Because people stay at different places, some a considerable distance away, **PLEASE COME PREPARED TO SET OUT DIRECTLY FROM BREAKFAST SATURDAY MORNING.**

The remainder of this newsletter has information from our website and/or your Program Booklet:

1. a review of the Friday program again, so that you'll know where to join us, if you can't get to L'Anse aux Meadows by 11:00 AM;
2. outline of the foray trails;
3. lecture program;
4. workshop program;
5. notice about morelling in November;
6. information about our Photo Contest; and
7. notice of our 2011 foray.

To contact you during the foray, please give your family the number for your hotel or other accommodations. Cell phones may be out of service range in foray areas. In an emergency, a message can be left for Andrus Voitk at Southwest Pond Cabins, 1-800-515-2261, or (709) 623-2140.

Request: Anybody anticipating missing the Friday night Reception or Sunday lunch, please let me know before Sep 5 to avoid wasted food and to reduce our budget.

See you at the Viking Foray!

A fond farewell to departing members. If you did not renew your membership and are not coming to the foray, your membership ends. Thank you for your company and hope we meet again. Happy mushrooming!

andrus



FORAY NEWFOUNDLAND AND LABRADOR

DELIVERY:
11 Balsam Ave
HUMBER VILLAGE
RR #1
Corner Brook, NL A2H 2N2
CANADA
URL: www.nlmushrooms.ca

MAIL:
PO Box 2312
RR #1
Corner Brook, NL A2H 2N2
CANADA
TEL: 709-639-8341
E-MAIL: foray@nlmushrooms.ca

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

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FRIDAY SCHEDULE

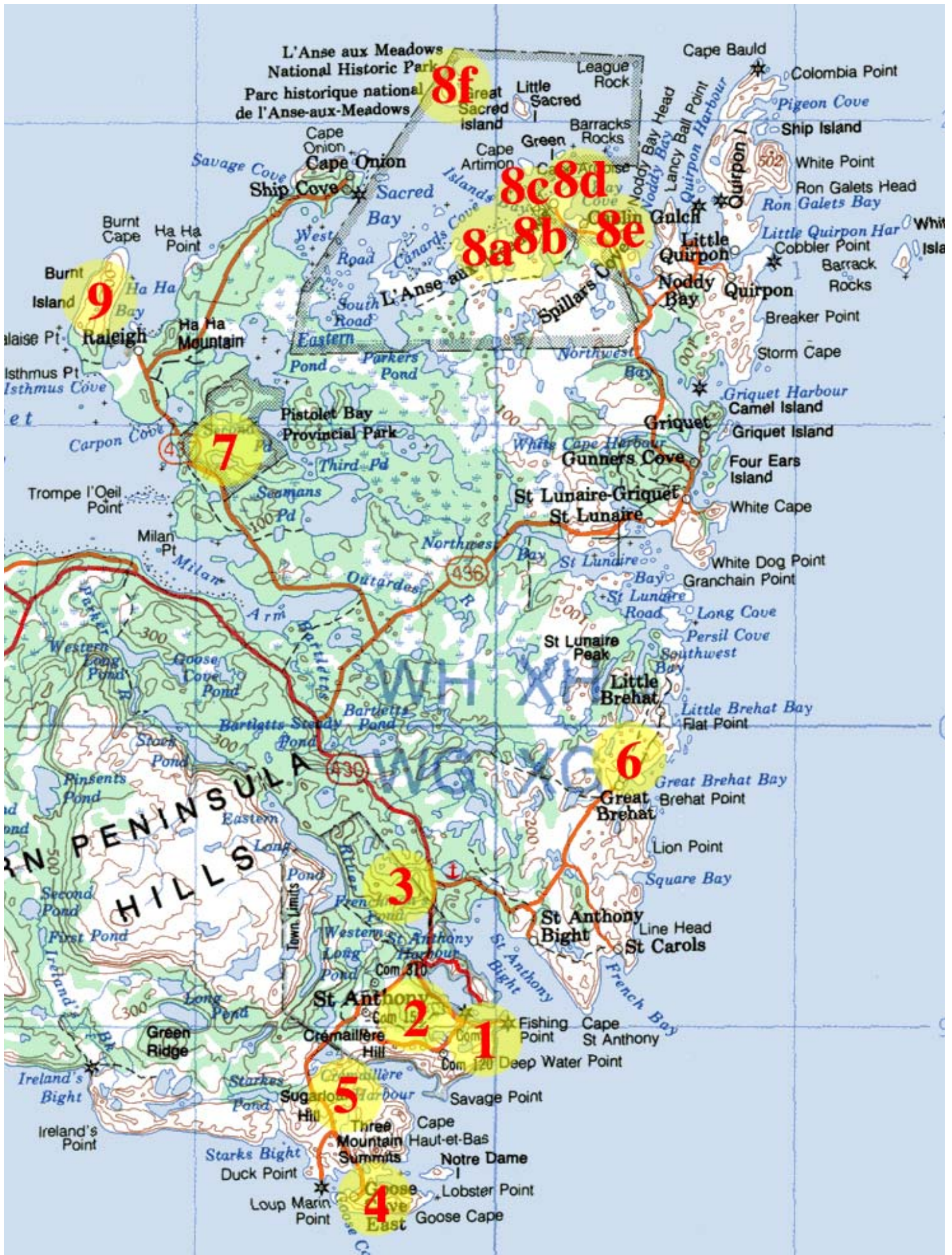
Because we arrive “cold” from the road, without meeting anybody or getting any instructions first, and start right in with a Mycoblitz at the L’Anse aux Meadows Site, a schedule is needed to help things flow, or show you where you might next meet the group.

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.



TRAIL DESCRIPTIONS

YELLOW = barrens, **GREEN** = forest, **BLUE** = faculty foray only

Trail		GPS start		Diff	Dist	Description	Terrain	Habitat	Yield
Nr	Name	N 51°	W 55°	1-4	km				
1	St Anthony - Fishing Pt & Santana trail	21.355 21.399	33.336 33.615	1 2-3	2-5	Around Point; path east of cemetery, strenuous climb 476 wooden steps to excellent lookout return same way or gravel road to Balsam St	grassy meadow, heaths, few bushes, alders	coastal barrens	med
2	St Anthony - Grenfell House	21.633	35.153	1-2	1-4	gravel path up behind Grenfell House, then down by pond	coniferous woods, rocky heath, few birch	boreal forest	high
3	Aurora Nordic Ski Club	23.943	35.477	4	10	ski trails (following light poles) then uphill	grass, wet bogs, conifers, birches	boreal forest	high
4	Goose Cove	18.674	37.632	2	1-3	cinder trail then open	grass, rock, heath	crowberry barrens	low
5	Cremaillere Cove road	20.041	38.697	3	1-4	go on ridge of rock and open heath, back by gravel road	rock, small bogs, alders	crowberry barrens	low
6	Great Brehat	25.672	29.565	2	4+	gravel paths by seashore; path to Little Brehat starts as gravel, gets rougher	grass, rock, heath	bog, crowberry barrens	low
7	Pistolet Bay Provincial Park	31.469	41.807	2	3	campsites & trail around pond	grass, nearby heath; coniferous woods,	boreal forest	high
8A	L'Anse aux Meadows coastal trail			2	1-4+	mostly flat seaside trail	along flat coast	coastal meadow & heath	lo-med
8B	L'Anse aux Meadows Birchy Nuddick loop & grounds	35.618	31.259	1-3	1-2	short loop through heath and grassy meadow along settlement	bog, tuckamore forest, crowberry heath, coastal meadow	meadow, coastal barrens, tuckamore forest	med
8C	L'Anse aux Meadows Beak Point			2	2	essentially flat coastal walk to small settled community (respect private property)	coastal heath to community	coastal heath, grass, sand dunes	med
8D	L'Anse aux Meadows Lacy's trail			3	3	easy walk along coast, steep climb in heath, down through heath-meadow	coastal heath to headland	meadow and crowberry heath	lo-med
8E	Cape Raven Trails	35.349 approx	29.523 approx	4	3-4	steep climb to crowberry heath headland, great view, not long, but has variety, a bit strenuous	forest, wet seepage slopes, meadows, barrens, dense tuckamore	boreal forest, meadows, coastal barrens	lo-med
8F	Great Sacred Island			1-3	2	go by boat, barren island, 1947 ship wreck	crowberry heath, few scrubby trees	coastal barrens	low
9	Burnt Cape Ecological Reserve	34.81	44.825	2	1-6	gravel road and rocky barrens	limestone barrens, dwarf willow	limestone barrens	very low

EVENING EVENTS

	Friday — L'Anse aux Meadows	Saturday — Grenfell Interpretation Centre
5:00 5:15 5:30 5:45 6:00 6:15	Please do not arrive for Fri Reception much before 6:30, as the staff has to prepare for us after closing the venue to the general public at 6:00.	Quidi Vidi QuuQup, mushroom tasting and supper
6:30 6:45		Reception and supper at sod huts, flowing into:
7:00 7:15 7:30 7:45	Sagas and shadows	Renée Lebeuf The beauty of Ascomycetes
8:00	Laura Park Photo Contest results	Ed Lickey David Boyle
8:15	Faye Murrin Britt Bunyard	Our logo mushroom and other NL sphagnicolous omphalinoids
8:30	Introduction to mushroom identification	Greg Thorn Chanterelles of Newfoundland
8:45		
9:00		

We shall feast and learn in the two most prominent (European) historic places in the region. Friday's Reception will take place by Viking sod huts, followed by sagas from Vikings. The didactic program will follow at the Visitor's Centre.

Saturday's Quidi Vidi QuuQup will take place at the Grenfell Interpretation Centre. In addition to Eric's Red, to continue the Viking theme, and our usual Newfoundland chanterelles (collected by Judy, Phyllis, Maria & Co), Britt



Bunyard of FUNGI and Umberto Pascale from the Mycological Society of Toronto are bringing dried morels. Britt will also bring huitlacoche and cook it as well, seeing we're not too expert on corn smut in Newfoundland and Labrador. Really, Google it and see—it



is such a delicacy that infected corn sells for more than healthy corn, even now that the state is subsidizing growing of corn for fuel! Judy and Maria picked fiddleheads in the spring, so we'll also have greens.

Protein courtesy of Santa's Department of Celestial Transportation.

Then follows our evening teaching program!



WORKSHOPS

	OUTSIDE			INSIDE		
9-10	Pick for the pot Judy (12 max)	Photography Point & shoot Michael (8 max)	Mycophagy: Insects that eat mushrooms Britt (10 max)	Tables Ed	Microscopy Greg (4 max)	Cooking 101 Preservation Maria
10-11				Tables Faye	Microscopy Ed (4 max)	How to use a key Andrus
11-12	Pick for the pot Maria (12 max)	Photography SLR Roger (8 max)	Growing mushrooms David (10 max) \$40	Tables Esteri	Cooking 102 Mushrooms on toast Ulrich	How to use a key Andrus
12-1				Tables Greg	Cooking 102 Mushrooms on toast Ulrich	Cooking 101 Preservation Judy

Sign up sheets for workshops will be available at Saturday supper and Sunday breakfast. Please sign only in spaces provided and sign up all children as well. If spaces are filled, please choose another workshop, but do not add your name to a full list. Please wear hat and carry whistle on outdoors workshops.

Pick-for-the-pot will limit itself to a few known and safe edibles, not all edible mushrooms encountered. All collections will be vetted before removal.

Separate photo sessions for advanced (SLR) and point-and-shoot cameras. Number of participants limited, because it is boring for a large group to stand around, while one camera is being set up or fine-tuned.

Growing mushrooms workshop has a fee to cover instructor's materials cost—must be paid before workshop.

TABLES. These are the key workshops of most forays, including ours. A mycologist will teach recognition and other interesting features of mushrooms, using OUR MUSHROOMS, collected in the field, not slides or texts. Next to teaching in the field, this is the best place to learn about our own mushrooms. Everybody should always try to attend at least one Tables session. Many people attend them all, because each mycologist points out different things and has differing interests. Any repetitions just aid the learning process.

Microscopy sessions will not turn you into microscopists, but will help the curious understand what things

mycologists look at to aid identification of collected specimens. To avoid too many people standing around while one looks, the number of participants is limited.

The cooking sessions are at an elemental level, not advanced cordon bleu sessions. (We hope to have those in future forays.) 101 answers the commonest question we get: how to preserve mushrooms for future use in a simple and practical way that retains maximal flavour and food value. 102 will show you the basic technique of frying mushrooms for toast and other applications. Many mycophages never need or want to go beyond this level.

People not trained in biosciences may be unfamiliar with the use of keys. The key sessions will show you how to use the simple, but effective key in *A little illustrated book of common mushrooms of Newfoundland & Labrador* to help identify your finds. This introductory session will concentrate mostly on gilled mushrooms.

Over the years we have had more positive comments about the workshops as valuable aids to a better understanding or appreciation of mushrooms, than about any other part of the foray. The style and subjects have been altered to suit expressed interests, as much as possible. If you have any comments or suggestions about present or future workshops (or any other part of the foray, for that matter), we should appreciate hearing them.

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!



PHOTO CONTEST

Winners of this year's Photo Contest will be announced at the foray. Contrary to expectations, so far we have not seen fruitings of *Marasmius oreades* in the usual sites. Perhaps it is due to the very wet season we have here on the west coast. In any case, it and a few other common mushrooms are still missing. Therefore, production of our poster has been delayed until next year, in the hopes that members will submit the missing species. See the notice and rules, next page, from our website, for missing species.

If you think you are an amateur, not qualified to enter a contest or contribute to a poster, look at the photo above. A stunningly gorgeous shot of *Gomphus floccosus* by member Pat Hill. The box has her secret for getting such pictures.

"I didn't really want to leave so after taking some pictures, I finally pulled myself away but came back and took more pics, the results of which I sent to you so it does pay to take a second look."

other

Yes, we know that *Gomphus floccosus* is not one of the mushrooms on the contest list. This picture was meant for your enjoyment, not to illustrate an entry. Its secondary purpose was to dispel opinions that only professionals can get gorgeous pictures. We encourage professionals and serious photographers to enter, because we want the best for our poster, but the contest is meant for all members. All the professional photographers we know are the first to admit that with a little effort (and occasionally with luck) an amateur with a keen eye can take some very exceptional pictures.

Since *Gomphus floccosus* is edible, why is it not on our poster list? Well, the people setting up the contest decided to leave it out because according to those who had eaten it, the taste was not great, and it is uncommon, if not rare. We wondered about the wisdom of encouraging collection and consumption of a potentially rare species, especially if it does not have appealing taste. Better enjoy it in the woods, like Pat.

FORAY NEWFOUNDLAND & LABRADOR

Mushroom Photo Contest

2010-2011

FORAY NEWFOUNDLAND & LABRADOR plans to produce a poster of Common Edible Mushrooms of Newfoundland and Labrador through a photo contest for Foray members. Modeled on a similar successful effort by the Alberta club, the NL version will likely feature 16 to 20 species. The contest will be held annually with the winners announced at the foray. Judges will select photos for the poster from the annual submissions and the poster will be produced once they have enough quality photos—probably in 2011.

The long-term goal of the project is to raise public awareness and interest in mushrooms, and bring members together through contributing to a worthwhile product. The poster may be offered for general sale at tourist outlets and made available to schools and public institutions as an educational or promotional tool. If the project is a success, other products such as a calendar, or a poster of other Mushrooms of NL may be produced from future contests.

This project is coordinated by
Laura Park

with the help of three judges:

Dr. Faye Murrin – Mycology perspective

Ralph Jarvis – Artistic Design perspective

Joe Brazil – Photography perspective

Contest Rules next page.



Coprinus comatus in Humber Village by Maria Voitk. This good edible is shown here well beyond its best before date. The judges disqualified the photo of an edible species because it was captured at an inedible stage—even though they liked the picture for its dramatic effect. Forewarned is forearmed.

Rules: Foray Newfoundland and Labrador First Annual Mushroom Photo Contest

Photo specifications

1. Photos should be colour, digital, and high resolution (minimum of 300dpi), with the featured mushroom clearly identifiable.
2. Photos must be taken in NL by the person submitting the photo.
3. Photographs should be restricted to those species on the list to the right.

Who can enter and how often?

1. Contest is open to all Foray Newfoundland and Labrador members.
2. Members may submit as many entries as they wish; there is no limit.

Conditions of entry

1. Foray Newfoundland and Labrador will be granted the right to use all submissions in the production of posters, or other educational or promotional material. Photographers will be given credit for each use of their photo, but no fees or royalty will be paid. Photographers retain copyright of their photo.

Deadline

1. August 15, 2011
2. Winners to be announced at the 2011 Foray, in September.

How to enter?

1. Send photos to Laura Park at <laura.park@dfo-mpo.gc.ca>.
2. A small jpeg (800X600 for horizontal and 600X800 for vertical view) should be submitted by email initially, but the full sized version of the file (TIFF or uncompressed jpeg) of selected photos will be required prior to the final announcements.
3. Photos should be accompanied by the name and contact information of the photographer, the name of the featured mushroom and location of the featured mushroom. Contestants' names will be withheld from judges.

NOTE: We need more submissions of the species listed in PINK, and have NONE of those underlined.

LIST OF ELIGIBLE MUSHROOMS

1. *Cantharellus cibarius* (Yellow chanterelle)
2. *Craterellus tubaeformis* (Yellow legs, Winter chanterelle)
3. *Coprinus comatus* (Shaggy mane)
4. *Lycoperdon perlatum* (Common puffball)
5. *Lycoperdon pyriforme* (Pear-shaped puffball)
6. *Marasmius oreades* (Fairy ring mushroom)
7. *Russula paludosa* (Swamp russula)
8. *Armillaria ostoyae* (Honey mushroom)
9. *Agaricus campestris* (Meadow mushroom)
10. *Agaricus arvensis* (Horse mushroom)
11. *Lactarius thyinos* (often known as “*Lactarius deliciosus*”)
12. *Lactarius deterrimus* (also often known as “*Lactarius deliciosus*”)
13. *Hydnum umbilicatum* (Sweet tooth)
14. *Hydnum repandum* (Hedge hog mushroom)
15. *Boletus edulis* (King bolete)
16. *Leccinum vulpinum* (including *L. atro-stipitatum*, *L. aurantiacum* and other red-capped relatives): **REMOVED FROM LIST**
17. *Leccinum niveum* (often known as “*L. holopus*”).
18. *Leccinum scabrum* (Birch bolete)
19. *Suillus luteus* (Slippery Jack)
20. *Catathelasma ventricosa* (Fat cat)
21. *Hypomyces lactifluorum* (Lobster mushroom)
22. *Morchella esculenta* (Black morel)
23. *Tricholoma magnivelare* (Pine mushroom, White matsutake)
24. *Clavulina cristata* (Crested coral)
25. *Clavulina cinerea* (Ashy Coral)

LI CHENS added this year!



FORAY

NEWFOUNDLAND AND LABRADOR

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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