



OMPHALINA

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FOGO ISLAND



Newsletter of



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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.

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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 of the upcoming foray and secondarily as a communications tool with members.

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

seened AT gmail DOT com,

*... who eagerly invites contributions to **OMPHALINA**, dealing with any aspect even remotely related to mushrooms. No picture, no paper. Material should be original and should deal with the mycota of Newfoundland and Labrador. Authors are guaranteed instant fame—fortune to follow. Authors retain copyright to published material, and submission indicates permission to publish, subject to the usual editorial decisions. Issues are freely available to the public on the FNL website. Because content is protected by authors' copyright, editors of other publications wishing to use any material, should ask first.*

COVER

Dramatic cover picture of the community of Fogo, with Brimstone Head in the background, courtesy of Glen of Focus On Newfoundland Photography <www.focusonnewfoundland.com>.

Due to an unfortunate internal miscommunication, it was attributed to Jamie Graham in an earlier version of this issue, released to members. Jamie notified us of the mistake and we apologized to the Fogo Island photographer, an apology we repeat here. Fortunately Glen was gracious enough to understand and granted us retroactive permission to use his photo.

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Message from the Guest Editor

This is the special “Foray” issue of **Omphalina**. This year the foray travels to one of the far corners of the earth, one of the four corners that is, according to the Flat Earth Society ... Fogo Island. Since this is the “Foray **Omphalina**” you will find all the regular registration materials, forms and such, at the end of this issue but first let us tell you about Fogo ...

Our foray on Fogo is being facilitated by one of our partners; the Shorefast Foundation. Finding adequate accommodations, meeting and work space for a large group such as a foray is always a challenge, especially in our smaller communities. The Shorefast Foundation will be providing accommodations for our foray participants in some of the traditional houses they have been restoring, in addition to seeing to our other space requirements.

First off the bat, we have an article submitted by Faye Murrin, about her wonderful experiences visit-

ing Fogo, and some delightful fungal and culinary highlights of that visit.

The whole idea of having a foray on Fogo was initially floated during a meeting of the board of directors last summer. People were almost tripping over themselves to set sail with the reconnaissance party ... Andrus reports about this adventure in his “Foray executive’s scouting trip” article.

We have also included some notes on how to get to Fogo, as well as proposed workshops and trails being considered for our event. We are excited about the faculty that will be joining us this year, welcoming back old hands, as well as some new faces. Most of all, we are hoping that you will come and join us in exploring this beautiful, photogenic, and unique part of our province.

Happy mushrooming!

Marian Wissink



Photo: Maria Voitk



Photo: Paul Gillard

Photo: Paul Gillard

Photo: Jamie Graham

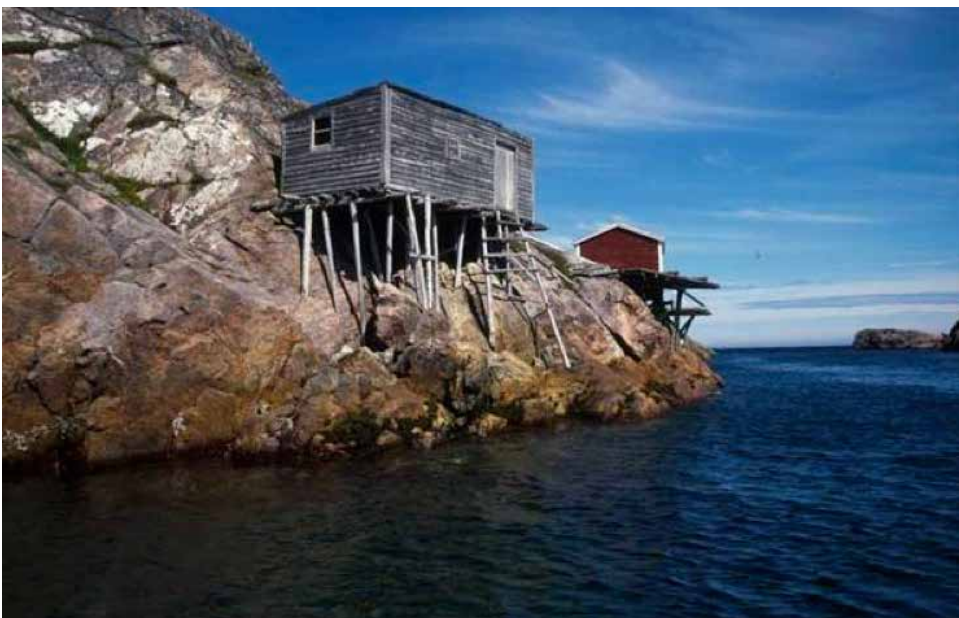
A welcome to the Fogo Island Foray from the



Pauline Payne

There are just under 3,000 people living on Fogo Island and the Change Islands; independent, unpretentious, strong of will and soft of heart people. It's not an easy place to live. It never has been. The Islands were among the earliest settlements in Canada, populated by a people

descended from immigrants from the west country of England and Ireland. People settled here, like most of Newfoundland, to fish for cod. In 1992 the cod fishery was closed. The upheaval throughout rural Newfoundland was devastating with hundreds of small outports losing their livelihoods almost overnight.



Many of the fishermen of Fogo Island have adapted their fishery to other species. The Fogo Island Co-operative Society, a locally owned enterprise, is one of the province's leading processors of seafood. While the Co-op is not, on its own, sufficient to fuel the economy and provide residents with a dignified living, it is a very valuable building block for the future. The New Ocean Ethic is a Shorefast project developed here to care

for the health of the oceans and, in doing so, protect the welfare of the people whose lives are linked to the sea. One of our first initiatives was using a 'pot' to harvest cod. The cod pot is ocean and habitat friendly and the method produces a top quality product, which, in turn, leads to higher prices.

The Shorefast Foundation is anchored in this place. A shorefast is the line and mooring used to attach a cod trap to the shore, a strong symbol of our cod fishing heritage and of being bound to place and community. By leading with the arts, we hope to make a meaningful contribution to the continued cultural, economic and social life of our Islands. We want to build on the people, culture and ecology to create a leading destination for geotourism at "this edge of the earth". To support this goal, Shorefast is building The Fogo Island Inn. All surpluses from Shorefast activities are reinvested in the community.

Our island life is inextricably linked to nature and the natural world, a world foreign to most people in the urban industrialized world, but one that many are now looking at, in their search for alternatives. We want to learn from those people as they in turn may learn from us. That is why we are particularly pleased to welcome you, with your interest in mushrooms, as guests into our communities.



MMMMM... mushrooms of Fogo Island

Faye Murrin



Do you remember this cartoon? A doting dog owner is speaking animatedly to her pooch but all the dog hears, as indicated by the speech balloon hovering over the woman's head, is ... "food, food, food, food, food!" But aren't humans a lot like that too? As a professional mycologist, it's the academic side of fungi that I am formally concerned with, but let's face it, mushrooms get our most ardent attention when served up in a succulent dish.

My first trip to Fogo Island was in September of 2009 at the invitation of Michelle LeBlanc and Shaun Hussey, chefs with the Shorefast Foundation. Shorefast, founded by Fogo-Islander Zita Cobb, is an organization that shows that local traditions, the arts, and entrepreneurship can be combined to offer

sustainable opportunities for progress in rural communities. Its focus is on Fogo Island and Change Islands, small, remote and beautiful northern islands situated off the larger, remote and beautiful island of Newfoundland. In 2009, Michelle and Shaun were the creative inspiration behind two exceptional food destinations: Michelle at Growlers Ice Cream Shop, and Shaun at Nichole's Café. I'd been corresponding with Shorefast for a while, but it was Michelle's enthusiasm for local sustainable fare and her keen interest in learning about local edible mushrooms that inspired me to pack up my car with mushroom baskets and, along with my fellow mycophile, Stephanie Squires, set out on the 6 hour drive from St. John's to Farewell and the 45 minute ferry ride to Fogo Island.

Upon our arrival, we received a warm welcome. Shorefast's Marcel Penton had arranged for us to stay in the town of Seldom on the island's south coast in one of the Foundation's renovated houses— a traditional saltbox house with low ceilings, narrow stairs and a wonderfully stocked kitchen. Shorefast has restored a good number of these old outpost homes, along with a fair number of the churches found throughout the island.

Michelle and our guide, Pete Decker, were lively companions and our first day of mushrooming was wonderfully productive. We took the trail to Brimstone Head, famous for its claim to be one of the Flat Earth Society's four corners of the world,



and site of the unique Brimstone Head Folk Festival. But it was the walk to Lion's Den that yielded our first choice edibles. I won't soon forget our sighting of these mushrooms. I was indicating to Michelle the nearby vegetation and saying that it was not good habitat for chanterelles, but just as my hand gestured to the inhospitable undergrowth, there they were! My embarrassment was second only to our delight in seeing these beauties on Fogo for the first time. The chanterelles of Newfoundland are now considered to be distinct from the European golden chanterelle, *Cantharellus cibarius*, which it has been commonly called; ours has deeper yellow to orange gill-folds, a salmon coloured spore print, and an ephemeral pinkish bloom on the fruiting bodies. The Newfoundland chanterelle is now recognized as a separate species and is called *Cantharellus roseocanus*. Acknowledgment of this difference in European and North American chanterelles came about as a result of the activities of Foray NL, and particularly through the research team of mycologist, Dr. Greg Thorn.

coloured spore print, and an ephemeral pinkish bloom on the fruiting bodies. The Newfoundland chanterelle is now recognized as a separate species and is called *Cantharellus roseocanus*. Acknowledgment of this difference in European and North American chanterelles came about as a result of the activities of Foray NL, and particularly through the research team of mycologist, Dr. Greg Thorn.



Photos: Faye Murrin

Sightings of other edibles came quickly. A woods road close to Seldom was especially productive and there we found our first winter chanterelles, *Craterellus tubaeformis* – Stephanie’s favorite. In the central area of Fogo Island, we found king boletes, *Boletus edulis*. Also called cèpes, penny buns or Steinpilz (in France, England and Germany, respectively), they taste best when dried as it concentrates their beautiful woody flavour. I think we were all very pleased with the productive mushrooming coupled with good companionship and grand scenery. However, Stephanie and I were unaware that the best was still to come.

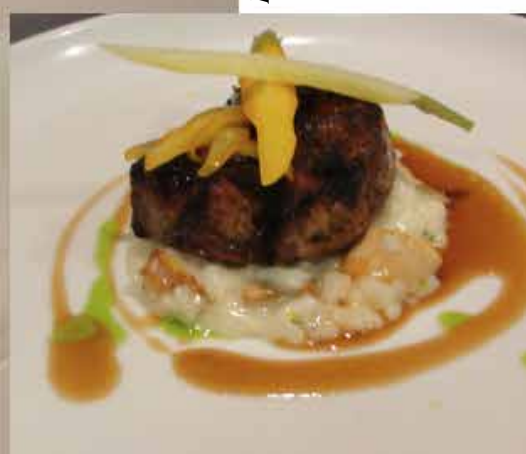
We were scheduled to have dinner at Nicole’s Café in Joe Batt’s Arm on the north coast of the island where, we were told, Shaun was preparing for us a special five-course taster’s meal. Nichole’s is, to all appearances, an unpretentious establishment with local arts and crafts on display and a menu highlighting traditional local food. I also knew that Nichole’s had a growing and glowing reputation as a destination for “foodies” from far and near. The meal presented to us by Shaun and the staff included the following: tempura fried oyster mushrooms, Fogo Island chanterelle mushroom soup, pickled chanterelles with warm pig tongue salad, sesame crusted pot of cod fish with shiitake mushrooms, and grilled strip loin with winter chanterelle risotto. For me to describe the tastes would be impossible, but if a picture of what was presented that night is indeed worth a thousand words, the pictures here may at least let you start to imagine our delight.



Photos: winter chanterelle (Michelle Leblanc), king bolete (Faye Murrin), pine mushroom (Marian Wissink)



Photos: Shorefast Foundation



Photos: Maria Voitk, Faye Murrin



My second trip to Fogo Island took place a few months later, in November, this time in the company of my dog Rose Blanche (Rosie) and my friend Karen Morris. Shorefast had been kind enough to invite me to give a presentation at the second annual Fogo Island Partridgeberry Festival which showcases that incomparable berry, along with local fall harvest produce, and arts and crafts of the region. It was an opportunity for me to meet Zita, Shorefast's founder, as well as to talk to folks about local mushrooms and to sample local wares. Michelle was busy in her chef's regalia promoting the unique Growlers ice creams – including an amazing juniper-coconut concoction and, of course, partridgeberry ice cream. Growlers has to be the best name for an ice cream shop that was ever imagined. It brings to mind a truly empty stomach and is also a Newfoundland term for some of the large floating chunks of sea ice found off our shores. (The button commemorating that festival still decorates my favorite fleece jacket.)

By the time of the Partridgeberry festival, we had compiled a list of mushrooms identified from our trip to Fogo and confirmed two more choice edibles collected by Michelle and Shaun: the hedgehog, *Hydnum repandum*, and the pine mushroom, *Tricholoma magnivelare*, also often called the American matsutake. The latter is in some ways the holy grail of mushrooms. It is less well known than the others, with its habit of growing half submerged in the duff of the forest, but it has also brought the highest price of any mushroom sold commercially, reputedly up to a hundred dollars for one mushroom when the market is right. It is also renowned for its enchanting, spicy aroma. It wasn't until a visit to Fogo Island this past fall with members of the Board of Foray NL that I was lucky enough to collect pine mushrooms there. Michelle and Shaun had by that time become townies, opening Chinchéd Bistro in downtown St. John's. To our delight, Executive Chef Murray McDonald of Shorefast's flagship establishment, the Fogo Island Inn, ably filled their shoes (rubber boots,

really). Murray, who has had extensive experience in western Canada cooking with these mushrooms, used fresh pine mushrooms we had just collected to show us, and the chefs he was training, how best to prepare them. This is no mean feat: my first time cooking these uniquely flavored delicacies had been a monumental disaster. I confess that, with some trepidation, I took several fruiting bodies home with me and tried my hand again. This time – *thinly* sliced and sautéed very quickly over high heat, with organic greens from my garden - they were just delicious!

In September 2013, Foray NL and Shorefast are partnering to present Foray 2013. I wouldn't miss it for the (four corners of the) world.

Faye Murrin
Department of Biology
Memorial University



Photo: Faye Murrin

FOGO RECCE REPORT

Andrus Voitk

When the New York Times listed Fogo Island as 22nd of 41 places to visit in 2011 (just behind Tallinn, Estonia), we knew this is where our next foray would have to happen. (Our decision was good, because at the end of 2012 Fogo Island moved up to one of ten top places to visit, according to The Globe and Mail.) Therefore, September 6 and 7, 2012, President Burzynski, flanked by Past President Voitk, Treasurer Thurlow, all with spouses, as

well as Secretary Murrin went to get a preview of the place declared as one of the four corners of the Earth by the Flat Earth Society.

Our reconnaissance party was generously hosted by a major partner of this joint venture, the **Shorefast Foundation**, in the person of Pauline Payne and her staff. Houses were put at our disposal, and food and, yes, even wine, was lavishly bestowed upon us. Our duties were threefold:

1. review the financial implications of this joint venture, to make sure we could meet them,
2. review the facilities to make sure they would serve our needs and those of our participants, and
3. walk the trails to ensure they were suitable for mushrooming and safe for participants.

Going to Fogo Island carries significant extra cost, just at a nasty part of the economic cycle for us: most of our major partners have had to cut back significantly or totally discontinue past financial support. However, The **Shorefast Foundation** stepped into the breach as a major partner with very generous support. It is interested in the natural heritage of Fogo and Change Islands, and is very happy to support our foray in return for finding out about local mushrooms.

Travel time to Fogo Island is significant. Members from Rocky Harbour, Corner Brook and St John's all left home at 8:00 AM to arrive on Fogo Island just before supper. This means that participants must be prepared to travel all day Friday to arrive at the Reception. Departure should be planned for the 4:00 PM



Hygrocybe lacmus on the Fogo coastal barrens.



Our laboratory, the restored and deconsecrated St John The Evangelist Anglican Church in Barr'd Islands.

ferry on Sunday, which means that most people driving home will do a good portion of it in darkness. An option will be offered to stay overnight on Sunday (for an extra fee) and leave Monday (first ferry runs 7:00 AM). Increased travel time becomes really significant for faculty from abroad, who must arrive a day before the travel and leave a day after, adding further room and board costs to their visit. Therefore, any loose cash welcome!

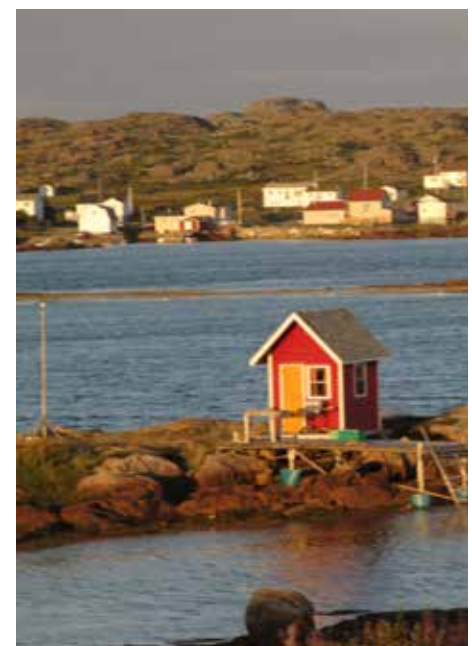
Facilities are superb. **Shorefast** has acquired and refurbished many properties on the island, and these will be put at our disposal at no cost. Our meals and meetings will take place in the Barr'd Islands Community Centre—more than adequate for our needs. The sorting, identifying, photography, databasing, drying and display will all be done in a large deconsecrated church next

to the Community Centre. Accommodations will be in refurbished houses distributed around the island. That means that some people may have to drive a bit from their lodgings to other happenings, but the island is small, so travel times are not significant. Since first-come-first-served applies, early registration will cut down travel times.

All the trails are easy to moderately difficult to walk, with very few significant hills. Mushrooms were abundant in number and diversity on all forested trails. Abundance and diversity were reduced significantly on the barrens, but the spectacular scenery more than compensated. While the barrens did not have many species, they did have some interesting finds, such as *Hygrocybe lacmus*. Our survey was very brief and superficial, and there is no doubt that both

forest and barrenland have many more interesting secrets to unveil. A thorough census of the island's mycota is definitely a worthwhile undertaking.

Table 1 lists species noted on Fogo Island by members of





Executive Chef Murray MacDonald discussing the culinary attributes of a selection of boletes, before getting down to the real business of the day: frying fresh pine mushroom, *Tricholoma magnivelare*, to awe the FNL visitors.

Photos: Maria Voitk

the FNL Board, during their reconnaissance of the island as a foray site: 57 species in two hours primarily devoted to assessment of trails, not collecting mushrooms. Choice edible species are shown in yellow. Although we had heard that there were many chanterelles on the island, we only encountered occasional ones. If there are large patches, they have eluded us. *Boletus edulis* and various *Leccinum* species were plentiful, but the find of the day must surely be *Tricholoma magnivelare*: at least one location had a large growth of it. Some was fried up for us by Murray MacDonald, executive chef at the Inn, and the following week Nicole's Café served fried cod with matsutake. With good husbandry, this patch should serve these establishments for years to come.

Participation is limited and we expect this foray to sell out quickly. It is worth the price just to tell your friends at your next New York cocktail party that you attended the Foray reception at the newly built Fog Island Inn.

Table 1. Mushrooms recorded during site visit

<i>Agaricus campestris</i>	<i>Laccaria bicolor</i>
<i>Albatrellus ovinus</i>	<i>Lactarius camphoratus</i>
<i>Amanita fulva</i>	<i>Lactarius deceptivus</i>
<i>Amanita muscaria</i> var. <i>russowii</i>	<i>Lactarius deterrimus</i>
<i>Amanita rufescens</i>	<i>Lactarius helvus</i>
<i>Arrhenia philonotis</i>	<i>Lactarius lignyotus</i> var. <i>canadensis</i>
<i>Boletus edulis</i>	<i>Lactarius rufus</i>
<i>Boletus speciosus</i> var. <i>brunneus</i>	<i>Lactarius scrobiculatus</i> var. <i>canadensis</i>
<i>Calvatia</i> sp.	<i>Lactarius thynos</i>
<i>Cantharellus roseocanus</i>	<i>Lactarius vinaceorufescens</i>
<i>Clavulina cristata</i>	<i>Leccinum holopus</i>
<i>Connopus acervatus</i>	<i>Leccinum scabrum</i>
<i>Cortinarius collinitus</i>	<i>Leccinum vulpinum</i>
<i>Cortinarius rubellus</i>	<i>Marasmius oreades</i>
<i>Cortinarius traganus</i>	<i>Melampsorella caryophyllacearum</i>
<i>Craterellus tubaeformis</i>	<i>Melampsoridium betulinum</i>
<i>Exobasidium savilei</i>	<i>Mycena adonis</i>
<i>Exobasidium vaccinii</i>	<i>Postia balsamea</i>
<i>Gloeophyllum protractum</i>	<i>Postia ptychogaster</i>
<i>Gymnopilus penetrans</i>	<i>Pucciniastrum goeppertianum</i>
<i>Hydnellum caeruleum</i>	<i>Sarcodon imbricatus</i>
<i>Hydnellum multiceps</i>	<i>Suillus cavipes</i>
<i>Hydnellum scrobiculatum</i>	<i>Suillus clintonianus</i>
<i>Hydnum repandum</i>	<i>Taphrina robinsoniana</i>
<i>Hydnum umbilicatum</i>	<i>Tricholoma magnivelare</i>
<i>Hygrocybe lacmus</i>	<i>Tricholoma transmutans</i>
<i>Hygrocybe conica</i>	<i>Tricholoma vaccinum</i>
<i>Hygrocybe miniata</i>	
<i>Hygrophoropsis aurantiaca</i>	
<i>Hypomyces chrysospermus</i>	

Faculty, Fogo Island Foray, 2013

Cathie Aime

Earned her doctoral degree under the direction of Dr. Orson K. Miller. Associate Professor and Director of the Arthur & Kriebel Herbaria at Purdue University. Focuses on the systematics, evolution and biology of rust fungi and biodiversity of tropical basidiomycetes. Studied all our *Gomphidius* species, with some interesting results that she will share with us. This is her first time with FNL, a change from her usual tropics.



Renée Lebeuf

Involved in mycology for 13 years in Québec. Interested in all fungi, but particularly *Mycena*, *Hygrocybe* and other small saprophytic fungi. Has photographed fungi for a few years. Her pictures have won awards and have been published in several mycological publications. Joins us for the fifth year.



Faye Murrin

Fell in love with mushrooms during her second year at Memorial University when she went on what she erroneously thought would be an uneventful field trip. Professor in Biology and Associate Dean of Graduate Studies at Memorial. Terra Nova National Park and the FNL have kept her love of field mycology alive. Inaugural member of FNL, a faculty member since year 1, and a member of its Board.

<www.mun.ca/biology/fmurrin/fmurrin.php>



Esteri Ohenoja

Volunteer *Curatrix emerita* in the Botanical Museum, University of Oulu, Finland, studying and writing about fungi of the northern and Arctic areas, like Lapland, Siberia, and Konrad Brook, Labrador (on the photo). Monitoring habitats of threatened fungi and plants in Finland. Third time to our Foray.



André Paul

Discovered the pleasures of mycology during a 2-year stay in British Columbia in the 1970s. Since then, studying mushrooms and looking for rare species in Eastern Canada and US. Special interest in *Cortinarius* and *Ramaria*—in fact, all new mushrooms! Fourth time serving us.



Michele Piercey-Normore

Main Focus is lichen-forming fungi, especially *Cladonia*. Also taxonomy, species concepts, population dynamics and evolutionary hypotheses; and the effect of the environment on secondary product biosynthesis in the lichen fungus. Teaches undergraduate and graduate students at the University of Manitoba. Second season with FNL, for whom she has agreed to direct the lichen program.

Irja Saar

Mycologist from University of Tartu, Estonia; interested in taxonomy and phylogeny of agarics (Basidiomycetes—cap-and-stem mushrooms). Studied all our collections of *Cystoderma* and allies, of which she will tell us. First time in Newfoundland and Labrador.



Roger Smith

While working on his M.Sc. At the University of New Brunswick, he started taking photographs for the Biology Department, and soon realized that photography was more interesting than his research on potato blight. For over 35 years he was the scientific photographer for the UNB Biology Department until retiring just over a year ago. Now has time for potato blight again. Official photographer of FNL for tenth year.

Greg Thorn

Mycologist at the University of Western Ontario, interested in a broad variety of fungi, from microscopic ones that attack soil animals or form mycorrhizal associations to the macroscopic. Identification is often the first challenge but what is really interesting is to learn more of what they do, and how the things that we do affect them. Joined us in our second year, returning for the seventh time.



Trails

The following trail descriptions were taken from a NL tourism brochure

Brimstone Head - Fogo

Travel to the top of one of the four corner's of the flat earth

0.5 km - (strenuous)

Fogo Head Trail and Battery - Fogo

Breathtaking view of ocean

Grosswater trail/Great Auk hike - Joe Batt's Arm

Starts at Ethridge's Point Park - coastal trail

1.5 km

Black Head and Kinden's Hill/Lookout - Island Harbour hiking trails

Amazing view of the sunset

Lion's Den, Shoal Tickle, Eastern Tickle, & Lock's Cove - Fogo

Located on this trail is the Marconi site

5.4 km

Oliver's Cove - Tilting

Captivating glance of whales and icebergs (in seasion), traditional gardens

Turpin's Trail - Tilting

Located on this trail is the first ground radar station on North America

8.5 km

Waterman's Brook Trail

Begins in Fogo and ends in Deep Bay. Includes beautiful scenery and ends in a capti-
vating waterfall.

5.7 km

Deep Bay

Walking trail and look off.

Around the Town Hall Trails - Fogo Island Centre

Wooded, tons of mushrooms



Photo: Gayle Garber



Photos: Maria Voitk



FORAY WORKSHOPS

María Voítik

All workshops take place **Sunday**, 08 Sep, 2013, between 9AM-1PM.

There is no extra fee for the workshops, but please note that the watercolor workshop requires equipment. You may bring your own or purchase a kit on site. See details under Watercolor Sketching. Sign up for the workshops will be on-site Saturday evening or Sunday morning.

Photo: Michael Burzynski

Tables

Instructors TBA; 4 sessions, 1 hr each, different mycologist for each.

Everyone should drink at least one cup of chaga daily and attend at least one Tables workshop yearly. This is our most important workshop, an effective method of learning about mushrooms, using our own finds. Each mycologist shares his/her own special knowledge and interests. Taking in four tables sessions is a great way to spend Sunday morning.

Photo: TA Loeffler

Microscopy

Instructor TBA; 1 hr

This workshop is not designed to turn you into a mycological microscopist. Rather, it will give you a glimpse at what a mycologist sees during microscopic identification of mushrooms. You, too, will see some interesting things and walk away with an understanding of the process. It may even pique your interest to pursue microscopic identification further. Participation limited, as turns must be taken for looking through the microscope.

Photo: Michael Burzynski

Cooking wild mushroom soup

Instructor, Yvonne Thurlow; 2 hrs

An elegant “starter” or delicious lunch on its own. Learn how to prepare and cook wild mushrooms; then savour the soup - a gourmet and conversation highlight! Wine pairing suggestions may be offered.

Photo: Faye Murrin

Pick for the pot

Instructors/leaders to be announced; 2 hrs

Hands down, our most popular workshop every year. The idea is not to collect every edible mushroom. Rather, safe collecting practice is taught, local edibles are reviewed from our tables, and then collecting is limited to no more than six relatively common species. Collections are reviewed at the end and vetted by a mycologist before being taken home.

Photo: TA Loeffler

Watercolour sketching

Instructor, Glynn Bishop; 2 hrs
Watercolour sketching in the field, to record mushroom discoveries. Basic art instruction, drawing with pencil and brush, watercolour techniques.

Equipment:

Watercolour kit:

Brush, good quality, sharp, small, fine, soft - for sketching and painting.

Sketchbook: suitable for watercolours - 3" x 5" size

Basic travel/pocket watercolour set of 12 colours

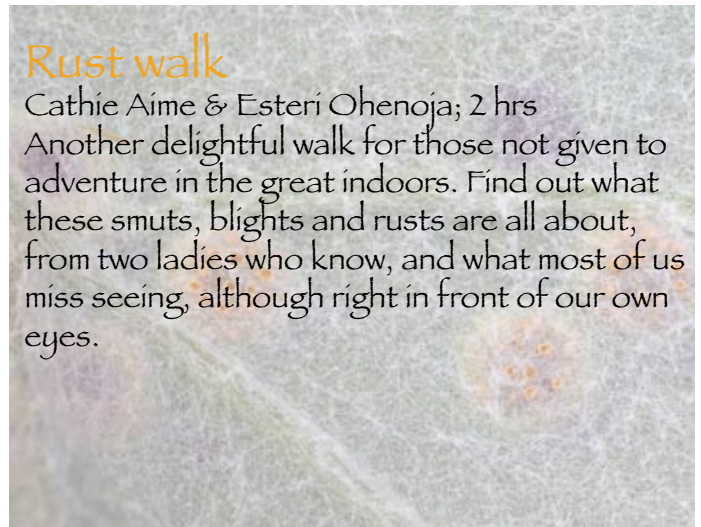
Pencil: 2hb + Eraser + Pencil Sharpener

NOTE: You can bring or buy your own kit of whatever quality and price you choose, or buy a quality set on site. Glynn will bring ten high-end watercolour pocket field sets with brush and moleskin notebook to be sold at cost: \$41.00 taxes included. You may also buy the components separately: paint set & brush: \$25, notebook: \$16. Please bring money or cheque to pay Glynn directly.



Rust walk

Cathie Aïme & Esteri Ohenoja; 2 hrs
Another delightful walk for those not given to adventure in the great indoors. Find out what these smuts, blights and rusts are all about, from two ladies who know, and what most of us miss seeing, although right in front of our own eyes.



Lichen walk

Michele Piercey-Normore; 2 hrs
A delightful choice for those not given to adventure in the great indoors. This is our third year of adding lichenized ascomycetes to our sphere of interest. Satisfy your curiosity about lichens, take this opportunity to meet and greet them with Michele, a lichenologist and Newfoundlander. Guaranteed to be pleasant and informative, with no test at the end!



Photos: Michael Burzynski

All roads lead to Fogo, or How to get There from Here

Marian Wissink

For those from away, the most common method to get to Newfoundland and Labrador is by ferry or by commercial aircraft. Marine Atlantic <http://www.marine-atlantic.ca> has two routes departing North Sydney, Nova Scotia. The short route (178 km) will bring you to Port aux Basques near the west coast of Newfoundland, and the long route (520 km) will bring you to Argentia nearer the east.

The Department of Transportation and Works operates a ferry service that crosses the Strait of Belle Isle http://www.tw.gov.nl.ca/ferryservices/schedules/j_pollo.html It runs between Blanc Sablon, Quebec and St Barbe, NL. That crossing is only 28 km.

Ferry Routes

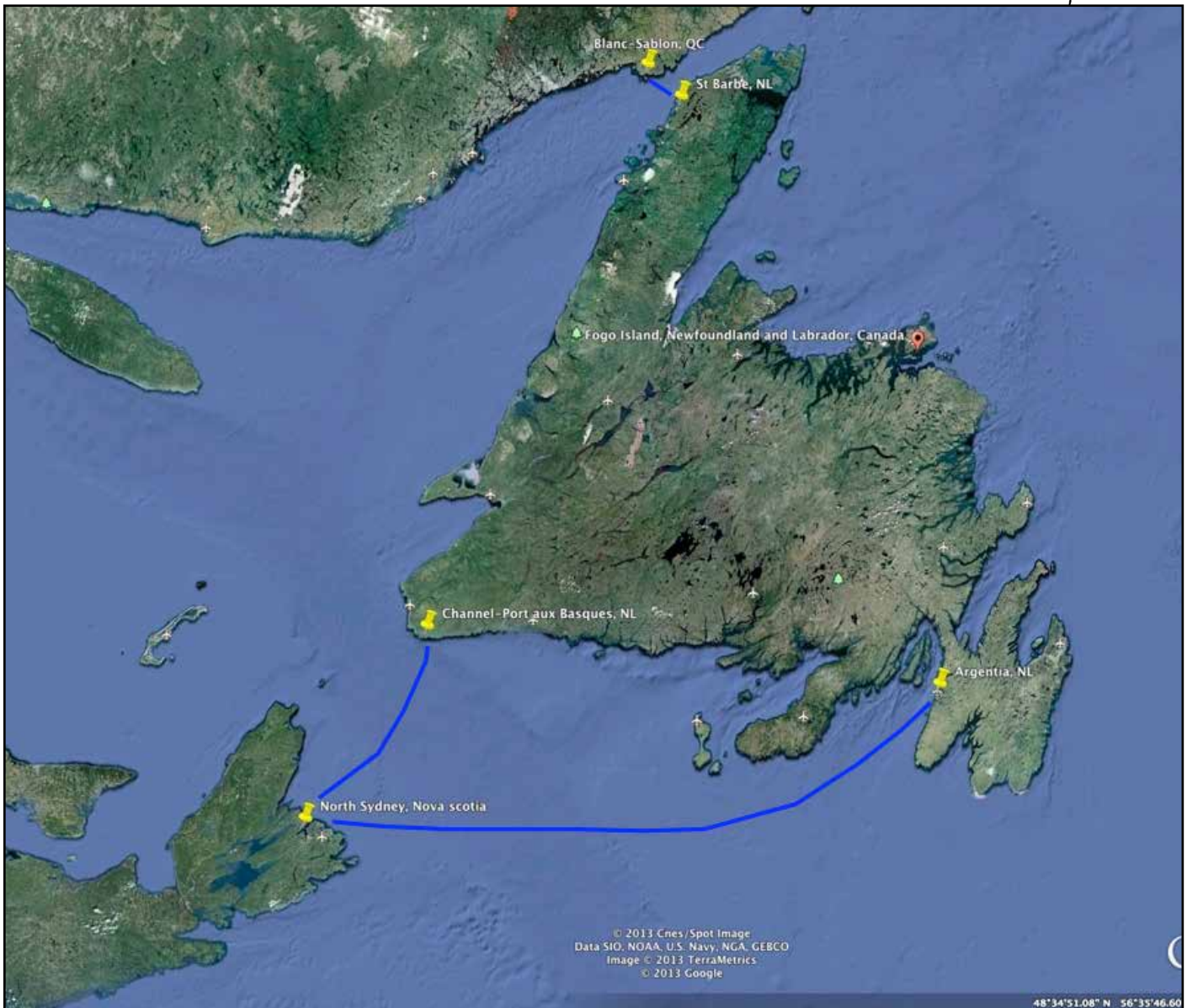
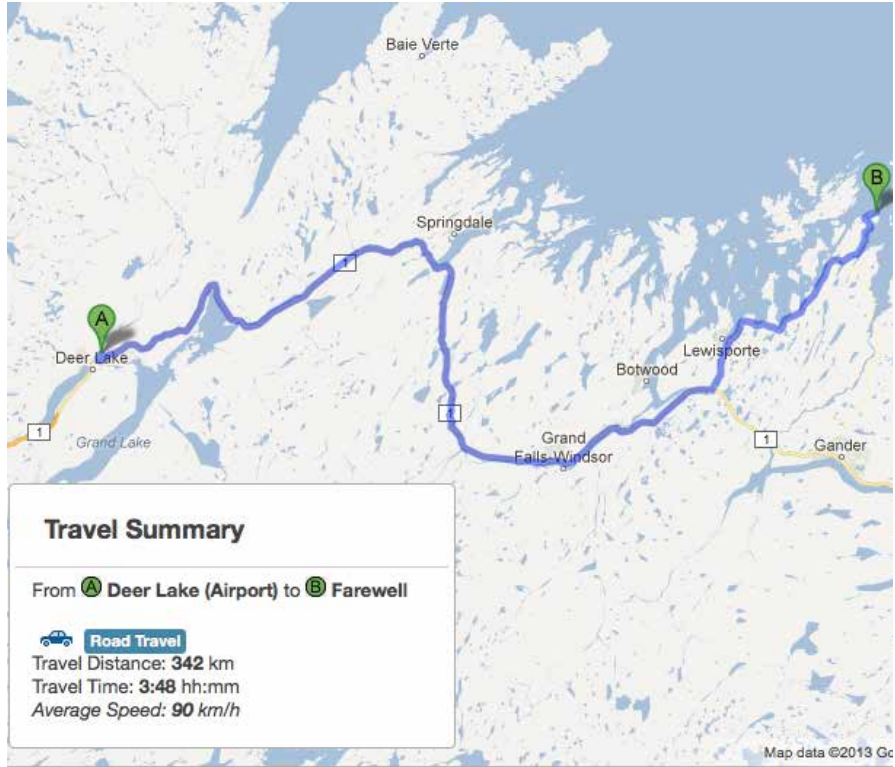
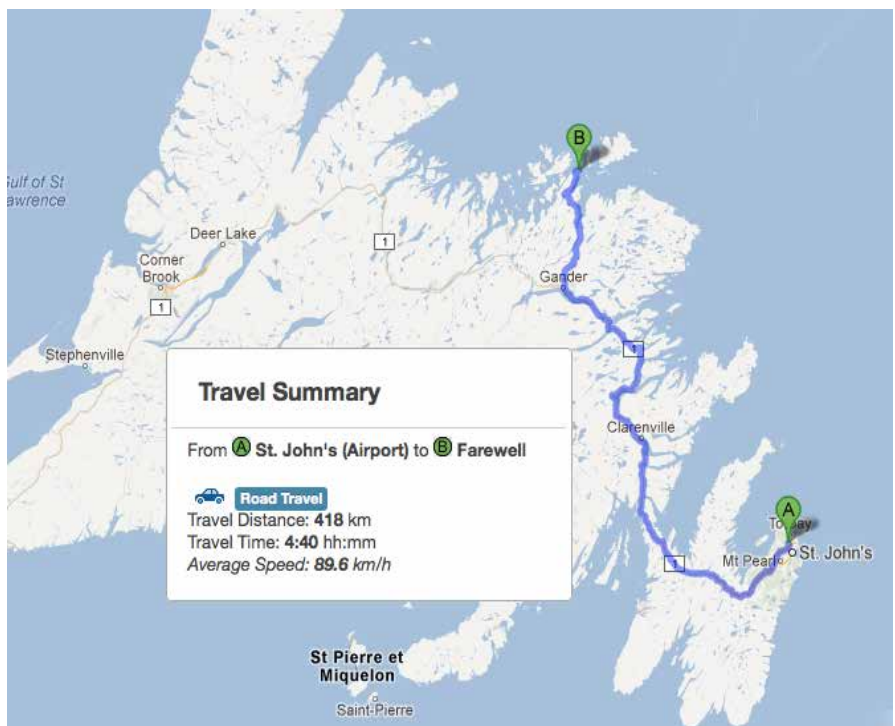


Image: Google Earth

Commercial airlines such as Air Canada <http://www.aircanada.com> and Provincial Airlines <http://www.provincial-airlines.com> fly into Stephenville, Deer Lake, St Anthony, Gander and St John's. Cars from car rental agencies should be reserved very early, especially during the popular summer and shoulder seasons. A driving distance/time calculator can be found at <http://www.stats.gov.nl.ca/DataTools/RoadDB/Distance/> Here are two snapshots from the site to give you an idea of travel time and distances, along with driving instructions obtained from Google maps.

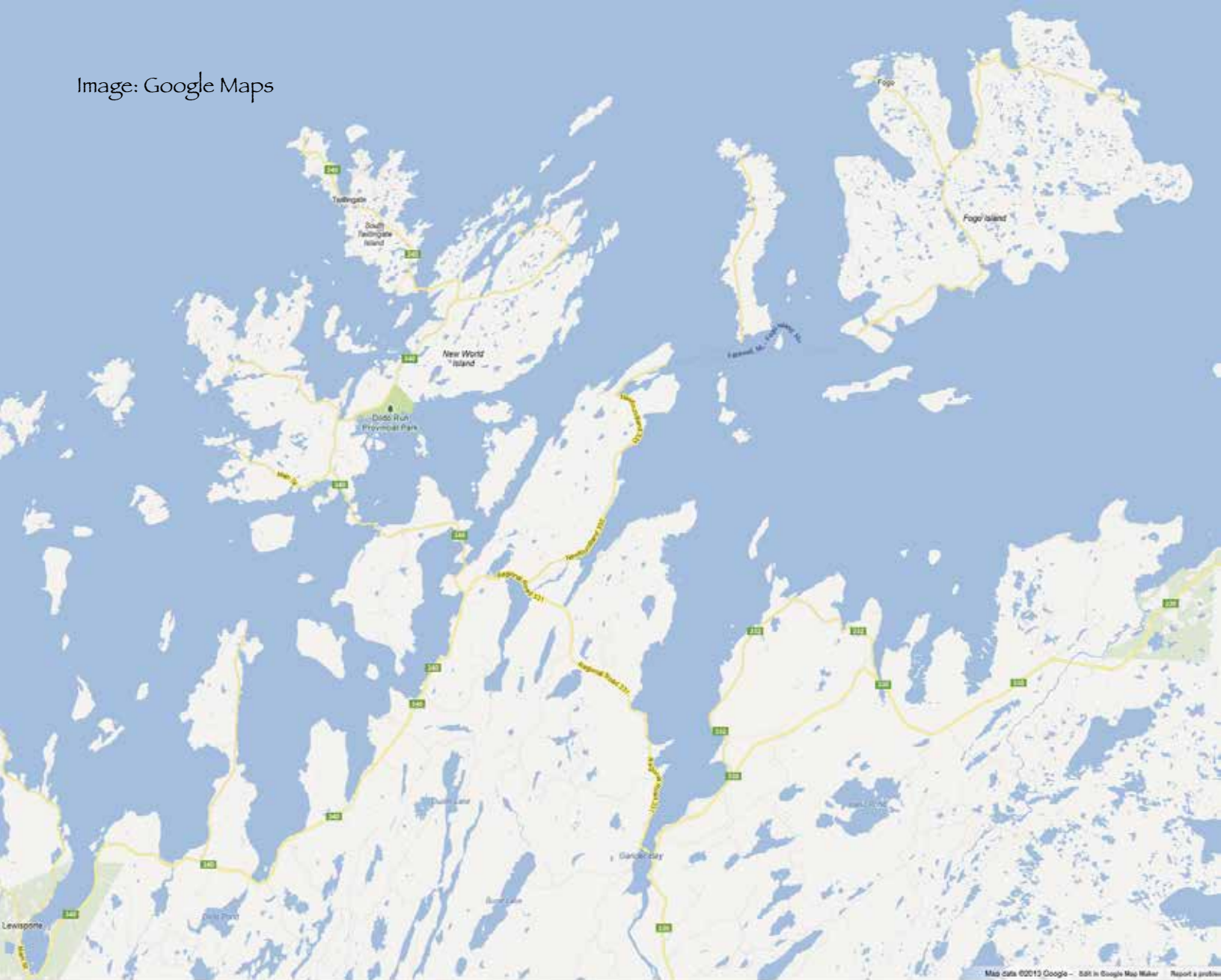


- A Deer Lake Regional Airport**
 1 Airport Rd
 Deer Lake, NL A8A 1A3
1. Head southwest toward Trans-Canada Hwy 2.3 km
 2. Turn left onto Trans-Canada Hwy 257 km
 3. Take the exit toward Labrador Ferry/ Fogo Island Ferry/Change Island Ferry 450 m
 4. Turn left onto Newfoundland and Labrador 340 N 11.4 km
 5. Turn right to stay on Newfoundland and Labrador 340 N (signs for Summerford/ Twillingate) 45.3 km
 6. Turn right onto Regional Road 331 (signs for NL-331/Victoria Cove/Clarke's Head) 4.8 km
 7. Turn left onto Newfoundland 335 N/ Newfoundland 355 N (signs for Stoneville/ Port Albert) 20.0 km
 8. Continue onto Ferry Ramp 230 m



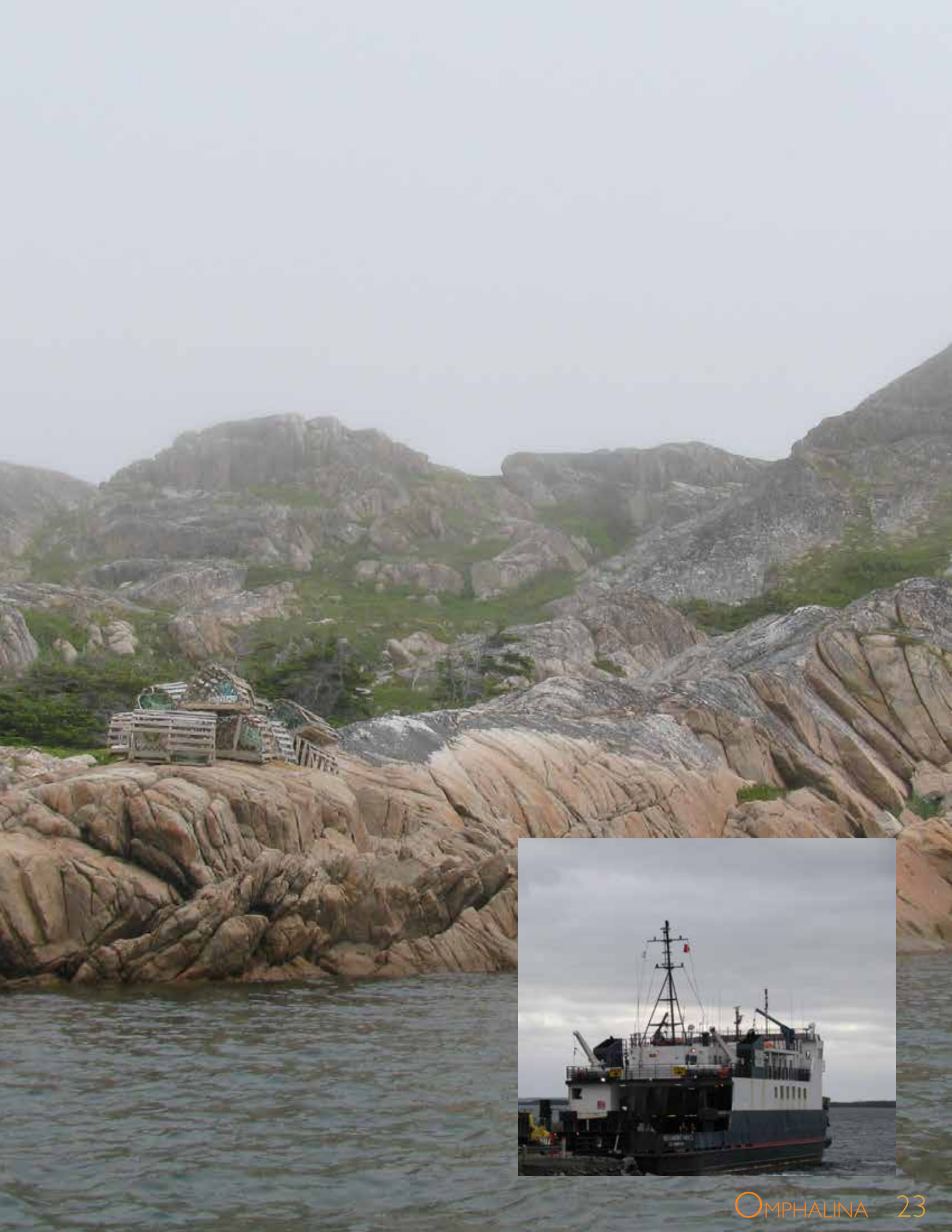
- A St. John's International Airport**
 80 Airport Terminal Access Rd
 St John's, NL A1A 0H6
1. Head northwest on Craig Dobbin's Way toward Airport Service Rd 160 m
 2. Turn left onto Airport Service Rd 210 m
 3. Turn left toward Craig Dobbin's Way 350 m
 4. Take the 1st right onto Craig Dobbin's Way 300 m
 5. Turn left onto Portugal Cove Rd/ Newfoundland and Labrador 40 S 850 m
 6. Slight left to stay on Portugal Cove Rd/ Newfoundland and Labrador 40 S (signs for Trans-Canada Highway/NL-1) 240 m
 7. Take the Trans Canada Highway/NL-1 W ramp 600 m
 8. Merge onto Trans-Canada Hwy/NL-1 W 330 km
 9. Turn right onto Cooper Blvd/NL-330 Continue to follow NL-330 42.8 km
 10. Turn left onto Regional Road 331 (signs for Clarke's Head/Twillingate) 22.5 km
 11. Turn right onto Newfoundland 335 N/ Newfoundland 355 N (signs for NL-335/ Stoneville/Port Albert) 20.0 km
 12. Continue onto Ferry Ramp 230 m

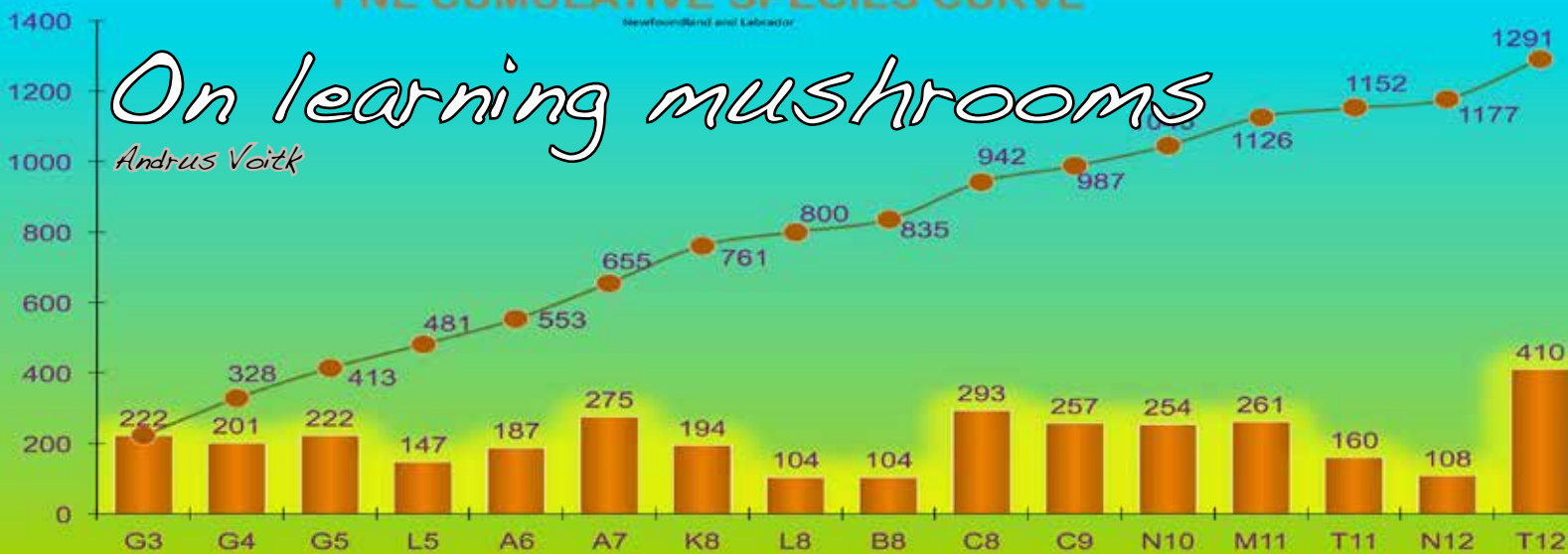
Image: Google Maps



To get to Fogo itself you will need to either grow fins or flippers or get on the ferry at Farewell. The schedule can be found at http://www.tw.gov.nl.ca/ferryservices/schedules/c_fogo.html. You should allow yourself plenty of time, 1-2 hrs before the posted departure times as space is limited and people line up early. Caution is especially advised when leaving Fogo if you have tight flight connections to make. You may wish to place your car in the line up several hours ahead of time just like the locals do. Don't let all this fussing about ferries put you off ... it's a lovely scenic ride.







Sabina: I'll never remember all those different Latin names.

Maximilian: So many of them look the same.

How many times have you felt like Binny or Max? If you are like most of us, quite often. Sure, every once in a while you meet somebody like Esméralda, a person with an uncanny familiarity with almost any mushroom. But she is the exception, like somebody who can play any tune on a piano, or multiply five-figure numbers in her head. It looks like a miracle, a special gift, and no doubt Esmée has innate gifts for recognizing mushrooms. She may have a better memory, a better ability to retain “foreign” words or see ties among them, she may have keener skills to detect minor differences. But for the most part, she has just worked awfully hard, much harder than most of us are prepared to work, at what is supposed to be a relaxing hobby. What drives her to work this hard is a passion for mushrooms, a passion most of us do not share to the same degree. While we would like to be like her, we are not prepared to work quite as hard to get there.

Well, Binny and Max are right: it is impossible to know all mushrooms, even for Esmée. Consider the graph in the title banner. The bars show the number of species collected in each of our forays conducted over the past 10 years: 100-400 species per

year. With repeated exposure, in time some of us might be able to recognize 100 species. But if our only exposure to these species is the annual foray, it is unlikely that we shall ever reach 400. Thus, knowing just the number of species that we collect at most of our regular forays is probably out of reach for most of us. Now consider the rising line. This represents the cumulative total of species recorded at all those forays. This line keeps on rising because at each foray new species are found. As you see, at present we have identified almost 1,300 species. What is the chance of knowing all those species? Not very good; impossible for most of us, even hard for Esmée. The line is not levelling off, meaning that we are nowhere near the limit of species for our province. That number is in the thousands, unmanageable even for the most gifted.

How does Esmée do it? Well, the basis of learning is repetition. Seeing the same species over and over again eventually enables you to recognize it on sight. First you learn to recognize the common species you encounter repeatedly. Constant collecting, constant reading, and using other resources increases the species you learn. Once you have amassed a certain number, you begin to note similarities and differences that eluded you earlier. You are able to segregate them into groups in

your mind. The more you know, the easier it gets to know more. Esmée’s strength lies in studying so many more mushrooms than we, that finding a new mushroom, she is likely to see similarities to mushrooms she already knows, considerably narrowing down her search. She has also read much more, and may remember descriptions, aiding identification.

Indeed, partner to recognition is identification. Nobody “knows” all mushrooms. None of our Faculty know all the mushrooms we identify at one foray. But they can identify them. Those who master identification techniques can name the unknowns. The key is the use of a key. Add microscopy and you can extend your key to the microscopic as well as the macroscopic characters, identifying more species, many of which you remember for good.

The same repetition happens to us at a slower pace. Binny, who has participated in six forays, still thinks that she knows nothing about mushrooms. Compared to the 1,300 species we have identified in the province, or to Esmée, this is true. But take her out in the woods and point to some of our common mushrooms, and it is surprising how many she knows. In addition, she is aware of ways (sporeprints, smells, staining reactions) and resources (people, books, journals, websites) she might use to identify some she does not know. If you think you



Photo: Henry Mann

know nothing about mushrooms, test yourself: take a walk and make a list of what you can identify—you will be surprised. An additional interest helps. Max likes to photograph mushrooms. He has only been to three forays, but already knows at least as many mushrooms as Binny. He is no more keen on working at identification than Binny, but once he has a good photo, he wants to know what it represents. This forces him to identify and learn considerably more mushroom species. He'll be getting a microscope soon...

It is a common misconception that mushroom forays and mushroom clubs are meant for the Esmées of this world. They are meant for all. Their purpose is to provide a social setting with a common interest, where the expert and newbie can interact as equals. On the above photo Tom Volk, one of North America's noted academic mycologists, reacts to a question posed by 11-year old Sarah Graham. Joking with Sarah is obviously a pleasure for

Tom, shared by the whole group. Kaden, on his father's shoulders, belongs here as much as Sarah's grandfather Jamie. All learn at their own speed—as much as they want or need. The upshot? Three years later a visiting mycologist held the following conversation with Kaden:

This is what we call a milkcap. It has milk inside. Watch what happens when I break the cap.

Oh, yes, an orange Lactarius. Because it has no green stains and has a slimy and flaky stem, it's Lactarius thynios.

Oh. Ooo-K. Hmm, sounds like you should be teaching me.

Fine. We are not all Esmées and we are not all kids, who soak it up like a bolete in a pan of butter. But the purpose of attending forays is not to learn all the mushrooms in our woods. As we saw, this is probably not possible. The purpose is to learn to recognize some of them, to appreciate nature through the special window mushrooms give into how it works, to share this experience with others and to

enjoy the process. A foray should provide an opportunity to pursue one's interest, be it photography, art, nature appreciation, eating wild mushrooms, identifying, investigating how they work, or any other mushroom-related activity. Welcoming all comers gives the participant the opportunity to associate with fellows of equal mycosophistication, pass on some knowledge to those with less experience, and be stimulated by those with more. It offers something for Sabina, Maximilian, Esmée, Sarah, Jamie, Kaden, as well as you and me. What about the Tom Volks? The proof is in the pudding: Tom is one of the most consistent participants of amateur forays on the continent; many experts keep coming to our foray, some for nigh on a decade.

Relax and enjoy the foray. Get the big picture and tap into the spirit. Worry not about remembering every name, because now it's official: you cannot know every mushroom—something you probably suspected all along.

Two genera of interest for 2013

Andrus Voitk

This year we have with us two mycologists with a specific interest in the species of two of our genera. In both cases, the genera are small (have a relatively small number of species), but we still wonder whether we have captured them all.

Irja Saar did her doctorate studying the genus *Cystoderma* and allies, describing a new genus and some new species. When I asked whether she would be interested in examining our collections, she was delighted, saying she has not had very extensive experience with material from North America. For the results of her examination and sequencing studies, you will have to catch her talk, where she will tell all, so we shall not spoil it for you here.

Commonest species in the genus is *Cystoderma amianthinum*, shown at the bottom of the page, and no doubt we have collected most, if not all, the species in the province. Still, there are a few species

that should/could be found here that we have not collected (yet). Most of these are the smaller species, found in exposed regions with a harsh climate. Fogo Island has plenty of such habitat, so if we should find these species, this should be a good opportunity. Keep your eye out for *Cystoderma* species. Irja will be glad to examine them all for us.

One of the things Cathie Aime did during her postgraduate years is work with the legendary Orson Miller on the genus *Gomphidius*. In the course of this work, she described a new species from Siberia, which has not been seen or reported since. Since those days she has spent most of her days in tropical climates, but when I approached her to see whether she would be willing to examine all our *Gomphidius* collections, she said it would be a great project in memory of her former mentor. Again, what she discovered will be revealed at her talk, not here.



But please keep your eye out for species of *Gomphidius*, like the nice pink one on the next page. The photo was taken on Fogo Island, but unfortunately the specimen was not collected, so exact identification to species is not possible. As with *Cystoderma*, we probably have most of our species, but a few may have eluded us. Cathie will be happy to examine all *Gomphidii*.

Neither group of mushrooms is overly abundant, but both are sufficiently common that they have suffered one of the problems of the common: I have very few good pictures. It seems you spend a lot of time photographing the unusual, and ignore the common. Therefore, I ask all of your help. If you have any interest in photography, please take good in-situ pictures of mushrooms in these groups. But, and this is very important, then make sure you can link your photo to the exact specimen. Note your photo number on the back of the collecting card, or something like

that, so that we can tie them together later.

Good pictures are wanting for all the mushrooms in these groups, but in one case we really do need to look at many specimens and many pictures. Namely, we have two very similar species and need to examine them carefully to look for characters that help to tell them apart. They are well described, but it seems that ours do not obey the books, and the differences are a whole lot more obscure than the printed page would suggest. Which two species? Well, I am not allowed to tell you yet. But if we get a whole lot of good pictures that can be matched up with exact specimens, then after they have been identified, we may learn something. At least we can use decent photos for future articles describing these genera in our province.

Read up about the species in these genera, so that you recognize them when you meet them on Fogo Island!



Clothing, Supplies, and Equipment

Clothing

Moose and caribou hunting seasons often overlap our foray so orange and bright clothes are prudent, even in protected areas. An orange cap with our Foray logo will be supplied when you check in. (See Whistles and Caps below for more details) Bright coloured clothes also make it easier to spot you should you become separated from your group.

September can be rainy, quite chilly to downright freezing. Loose layered clothing is best, with waterproof red or orange outer shell, if needed. Comfortable warm hiking boots with sneakers or rubber boots in reserve are good.

Mushroom Collecting Supplies

Since the purpose of a foray is to collect mushrooms, the following supplies and equipment are necessary to insure the proper collection and storage of mushrooms while on the trails.

1. Basket or large non-plastic bag.
2. Plenty of wax paper, paper bags, or small containers to keep specimens separate. (Some will be supplied.)
3. An inexpensive plastic bait box for smaller mushrooms is a good idea.
4. A knife is a necessity to properly remove the mushrooms from their substrates.
5. Pen or pencil to complete the collecting slips which are provided.
6. Mushroom field guide: Voitek: A little illustrated book of common mushrooms of Newfoundland and Labrador (See Field Guide section on the next page for ordering details.)

Other Supplies

1. Water bottle, if you need it.
2. Fly dope- flies and mosquitoes are usually not a problem on the island at this time of year, but one never knows.
3. Sunscreen (We can always hope!)

Recommended Equipment

The following pieces of equipment are recommended.

1. Small backpack to carry everything.
2. A whistle will be supplied (see below), should you become separated from your group while off the trail. REMEMBER TO TAKE IT WITH YOU!

Optional Equipment

1. Map and compass- we do not intend to wander far afield from the trails.
2. GPS (if you have one) to mark waypoint to return to car and to mark sites of rare or unusual finds.
3. Cell phone, if you have one (in case it works where you will be).
4. Two-way radios, if you have them. We have a limited supply and can provide some.
5. Recording your foray is equally important. Bring a camera, extra flash memory cards and batteries.

Whistles and Caps

As previously mentioned, we provide an orange cap along with a safety whistle- you must have both to participate. If you received one on a previous foray, please bring it again. If you forget or if you have lost your old ones, we'll provide replacements, but would appreciate a voluntary payment [whistle, \$10.00; cap, \$ 15.00]. Please carry the cap and whistle with you on all outings. The whistles 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 will harm your hearing. Please take care of them, as they can serve you for years to come.



FORAY NEWFOUNDLAND AND LABRADOR

Registration & Acknowledgment of Foray Participant's Responsibility, Express Assumption of Risk, and Release of Liability
Fogo Island Foray September 6-8, 2013

Very Important!
Before registering, please read the **INFORMATION** about the foray posted on our website www.nlmushrooms.ca

- Please make cheques payable to "FORAY NL"
- Please print out both pages of this form, fill out, sign, and send along with cheque to: Mr. Geoff Thurlow
16 Hammond Drive
Corner Brook, NL, A2H 2W2, CANADA

Name: _____ Date _____

Please provide address to which you would like FUNGI magazine sent:

Address: Street: _____

City: _____ Prov/State: _____ Code: _____ Country: _____

Tel: (_____) _____ - _____ E-mail: _____

Participation fee (in CAD)	Single	235.00	_____
	Couple (each)	220.00	_____

Children 12 or younger participate for free; Youth 13 to 17 pay 50% 115.00 _____

Database Team: Students - no fee; Non-student team veterans - 50%* 115.00 _____

This is a "Members-only" foray. Your membership is included in the participation fee. The membership lasts until the following year's foray. One of the benefits of membership is a year's subscription to FUNGI magazine at our special price — one issue per household. The participation fee also covers accommodation and meals at the foray.

Book Purchase: I wish to buy _____ NL mushroom field guides @ \$20.00 each + _____

This is a special members' price. We do not sell the book at the foray.

SUBTOTAL (payments) + _____

I subscribe to FUNGI on my own** — deduct	Single	\$28.00	_____
	Couple (each)	\$14.00	_____

Early bird discount (before June 30) Deduct \$20.00 _____ Per person

or

Timely bird discount (before July 31) Deduct \$10.00 _____ Per person

SUBTOTAL (deductions) - _____

Overnight Sunday Option: Anyone wishing to keep their room for an extra night and leave Fogo Island on Monday Sept. 9, please add \$40.00 per person. You must make your own meal arrangements. + _____
(Children aged 12 and under are free, youth from 13 to 17 pay \$20.)

TOTAL _____

Special needs/wishes:

Dietary or other needs _____

Expertise preference

Willing to (co)lead a field trip _____ Willing to identify specimens _____

Wish to help in other ways (please suggest) _____

Please Note: Vehicles will be necessary on Fogo Island, accommodations are spread among three communities.

* Database team members with organizational support please pay full fee. Contact M. Burzynski if you have questions: info@nlmushrooms.ca
** This applies to NEW (2012-2013) members only, who have subscribed to FUNGI on their own, and NOT to current or renewing (2012-2013) members, who get FUNGI with their membership, both of which expire at foray time & will be renewed with payment of participation fee.

I understand that during my participation in the events that together make up the Annual Fall Mushroom Foray, henceforth known as “the Foray” of MUSHROOM FORAY NEW-FOUNDLAND & LABRADOR, INC., henceforth known as “FNL”, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in the Foray and cannot be eliminated without destroying the unique character of the Foray. These events include, but are not limited to: accommodations, identification outings, scientific presentations and investigations, meals, including as a food course mushrooms selected by participants, leaders, including FNL Organizers and Faculty, and travel to and from the outings and meals. The inherent risks include, but are not limited to: the dangers of serious personal injury, property damage, and death, henceforth known as “I&D”, from exposure to the hazards of travel; moving in the wilderness, including uneven or insecure terrain, actions of fellow participants, wild animals or third parties, including hunters; mushrooms that may be poisonous, toxic, or cause unforeseen allergic or other adverse reactions in individuals, both independently and in conjunction with other substances, including wine or other alcoholic spirits. FNL Organizers and Faculty have not tried to deny or minimize my understanding of these risks. I know that I&D can occur by natural causes or activities of other persons, FNL Organizers and Faculty, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such I&D are involved in adventure travel such as the Foray and I appreciate that I may have to exercise extra care for my own person or others around me in the face of such hazards. I further understand that the Foray may not have, or be readily accessible to, rescue, medical facilities, or expertise necessary to

deal with the I&D to which I may be exposed.

In consideration for my acceptance as a participant on the Foray and the services and amenities to be provided by FNL Organizers and Faculty in connection with the Foray, I confirm that:

1. I have read these and any other terms, rules, information and conditions applicable to the Foray, made available to me directly or on the FNL website;
2. I will pay any costs and fees for the Foray;
3. I choose to participate in the Foray of my free will, being fully aware of the risks involved; and
4. I acknowledge my participation is at the discretion of the leaders.

The Foray officially begins and ends at the times and location(s) designated by FNL Organizers and Faculty. The Foray does not include carpooling, transportation, or transit to and from the Foray (including ferry) or trails during the Foray, and I am personally responsible for all risks associated with this travel. This is meant to include transportation provided by FNL Organizers and Faculty or participants during the Foray, including transport or carpooling to trails during the Foray and between the accommodations and the Foray trails.

If I decide to leave early and not to complete the Foray as planned, I assume all risks inherent in my decision to leave and waive all liability against FNL Organizers and Faculty arising from that decision. Likewise, if the leaders have concluded the Foray, and I decide to go forward without the leaders, I assume all risks inherent in my decision to go forward and waive all liability against leaders including FNL Organizers and Faculty arising from that decision.

This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally

unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.

To the fullest extent allowed by law, I agree to WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY FNL, its officers, directors, employees, agents, faculty and leaders, from any and all liability on account of, or in any way resulting from I&D, even if caused by negligence of FNL, its officers, directors, employees, agents, faculty and leaders, or any other parties in any way connected with FNL or the Foray. I further agree to HOLD HARMLESS FNL, its officers, directors, employees, agents, faculty and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant in the event. I understand and intend that this Assumption of Risk and Release of Liability is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the outing.

I have read this document in its entirety and I freely and voluntarily assume all risks of such I&D and notwithstanding such risks, I agree to participate in the Foray.

Signed:

Date: _____

If you are a minor (under age 18), your parent or legal guardian must sign this Agreement on your behalf.

I hereby agree and consent to the foregoing **Acknowledgment** on behalf of the minor named here:

Relationship: _____

Signed: _____

Date: _____

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

PEOPLE OF CANADA, THROUGH
PARKS CANADA
TERRA NOVA NATIONAL PARK
GROS MORNE NATIONAL PARK

MODEL FOREST OF NEWFOUNDLAND AND LABRADOR
FOREST COMMUNITIES PROGRAM

RED OCHRE DEVELOPMENT BOARD

MEMORIAL UNIVERSITY OF NEWFOUNDLAND

TUCKAMORE LODGE

QUIDI VIDI BREWING COMPANY

RODRIGUES WINERY

GROS MORNE ADVENTURES

SHOREFAST FOUNDATION



FORAY

NEWFOUNDLAND AND LABRADOR

2013 2013 2013
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The second decade

FOGO ISLAND

Headquarters: *Joe Batt's Arm*

September 6-8, 2013

Guest Faculty:

Cathie Aime

Renée Lebeuf

Esteri Ohenoja

Michele Piercey-Normore

André Paul

Irja Saar

Roger Smith

Greg Thorn

Get to know our MUSHROOMS & LICHENS!

www.nlmushrooms.ca