

2018 FABULOUS FALL FUNGI WORKSHOPS

Presented by: Queen's University Biological Station (QUBS)

ABOUT THE WORKSHOPS

Now entering its 9th year, *Fabulous Fall Fungi* (FFF) is a series of multi-day mushroom workshops offered to the public each fall at Queen's University Biological Station (QUBS). These workshops introduce participants to the vast diversity of mushrooms and other fungi growing in Southern Ontario. Typically, 150-200 species are identified in each session, including many not seen in previous years. To date, just over 500 species (503 to be exact) have been recorded since the workshops began back in 2009 (there were no workshops in 2010).

The workshops are very hands-on, with daily field trips (usually within ~30 minutes of QUBS) to collect fresh specimens, followed by working in the classroom, both individually and as a group, to identify our finds. This is complemented by mini-lectures and informal discussions about fungal ecology and natural history. Evenings vary. If there are specimens still to be identified, we go back into the classroom. If not, the instructor gives a slide presentation. But no matter what, we always set aside some time one of the evenings to watch bioluminescent mushrooms glow in the dark.

Once registered, each person is sent a moderate amount of reading material (in pdf format) and is responsible for getting familiar with this material prior to the start of the workshop. At the workshop itself, each individual is provided with a species checklist and has access to an extensive collection of reference books. There will also be a compound microscope on hand, allowing us to look at some basic microscopic structures.

ABOUT THE INSTRUCTOR

Richard Aaron (B.A., M.B.A.) has been studying mushrooms and other fungi since 1994 and loves sharing his knowledge with others. He has conducted walks, workshops and lectures on a variety of nature subjects, including fungi, for over 85 organizations in Canada and the U.S. He has also worked as a summer staff naturalist at Algonquin Provincial Park and been published in several leading nature periodicals. His website is at: <http://natureknowledge.weebly.com>.

WHO ARE THESE WORKSHOPS FOR?

Fabulous Fall Fungi workshops are suitable for all levels from beginner to advanced, and will appeal to naturalists, conservationists, educators, hikers, canoeists, photographers, artists and all others with a curiosity to learn about the natural world.

Note: The primary focus of these workshops is on developing your fungal identification skills, along with learning about fungal natural history and ecology. They are not intended to be foraging workshops. That being said, if we happen to come across any edibles in sufficient quantities, the kitchen staff is more than willing to prepare samples for us to try. Typically, we sample anywhere from 1-5 species per session.

MINIMUM AGE & PHYSICAL REQUIREMENTS

Participants must be at least 18 years of age & be able to comfortably walk a minimum of 3 km per day. Some of this walking will entail going off trail over uneven ground and may involve inclines. However, we always move at a moderate pace.

If you have any medical conditions we should be made aware of, you will be asked to provide this information on the registration form you will fill out.

LOCATION

All workshops are based at Queen's University Biological Station, located near the village of Chaffey's Lock. Driving time from downtown Kingston is just under an hour. Further details about the Biological Station can be found at <https://qubs.ca>.

The instructor will send detailed directions, maps, and GPS coordinates to all registrants approximately one month prior to each session.

CLASS SIZE

In order to provide the best learning experience possible, each session is limited to a maximum of 12 participants.

SWIMMING & CANOEING

QUBS is on Lake Opinicon, so there are opportunities to go swimming if the weather is warm enough. There are also canoes you can borrow (life jackets & paddles are supplied).

CARPPOOLING

The workshop instructor will send a class list to everyone 4-5 weeks before each session begins to allow those who are interested in carpooling to try to arrange something. While the majority of participants hail from the Ottawa, Kingston and Toronto areas, over the years we have had people come from many other parts of Southern Ontario.

ACCOMMODATION & MEALS

The registration fee covers all meals and accommodation during the workshop.

- 3-day workshop: 3 nights (Tues/Wed/Thurs) + 9 meals (Tuesday supper - Friday lunch)
- 4-day workshop: 4 nights (Mon/Tues/Wed/Thurs) + 12 meals (Monday supper - Friday lunch)
- 5-day workshop: 5 nights (Sun/Mon/Tues/Wed/Thurs) + 15 meals (Sunday supper - Friday lunch)

Meals are held in the main lodge (dining hall) at QUBS. Special diets/restrictions are accommodated to the best of the cooking staff's abilities. In the past, they have met the needs of vegetarians and vegans, plus those with gluten or lactose intolerance, nut allergies and other food restrictions.

Accommodation at QUBS is a mix of building types. Each person will get their own room if this is something they desire (couples may wish to be together). If you wish your own private mini-cabin, then bring a winter sleeping bag, wool hat and warm sleepwear as these buildings are unheated. All other accommodation has heating.

NEW FOR 2018

- a "guest mycologist" in Session #2
- a possible "guest mycologist" in Session #1 (tentative at the moment)
- looking at fungi using UV light

DATES & PRICES

Session	Start	Finish	Cost	What you get
#1	Mon, Sept 24 (5:00 pm)	Fri, Sept 28 (3:00 pm)	\$600	<ul style="list-style-type: none">• 4 full days of instruction (spread over 5 calendar days)• 4 nights' accommodation• 12 meals (all meals during the workshop)• use of classroom & other facilities• guest mycologist for 1-2 days (tentative) (NEW)
#2	Sun, Sept 30 (5:00 pm)	Fri, Oct 5 (3:00 pm)	\$750	<ul style="list-style-type: none">• 5 full days of instruction (spread over 5 calendar days)• 5 nights' accommodation• 15 meals (all meals during the workshop)• use of classroom & other facilities• guest mycologist for 2½ days (NEW)
#3	Tues, Oct 9 (5:00 pm)	Fri, Oct 12 (3:00 pm)	\$450	<ul style="list-style-type: none">• 3 full days of instruction (spread over 4 calendar days)• 3 nights' accommodation• 9 meals (all meals during the workshop)• use of classroom & other facilities

HOW TO REGISTER

Step 1: Email the workshop instructor, Richard Aaron (natureteacher1@gmail.com), indicating which session you are interested in. You may also wish to indicate a 2nd and 3rd choice.

Step 2: If the instructor indicates there is still space, he will email you the registration form to fill out. There are three ways to pay the registration fee: by certified cheque, bank draft or money order (banks may waive the service fee for certain types of accounts or for seniors). **No personal cheques.**

You will be sent confirmation once your registration has been received. Note that a workshop may be cancelled if the weather conditions are so dry that few fungi to be seen. Fortunately, in all the years that *Fabulous Fall Fungi* has been running, we have only had to cancel one session.

CANCELLATION POLICY

If you cancel more than 45 days in advance you will receive a full refund less an administrative fee of \$75. If you cancel less than 45 days in advance, no refund will be given unless a replacement registrant can be found, in which case a full refund less an administrative fee of \$75 will be given.

TICKS

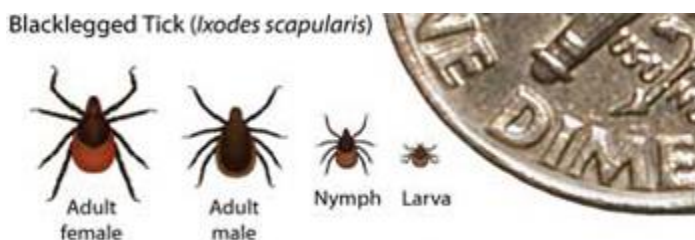
Ticks are known to occur on the QUBS property as well as the other sites where we go collecting, so come prepared and also do daily tick checks.

The following recommendations have been gleaned from a number of sources. By following these procedures, you reduce the risk of being bitten by a tick.

- wear light-coloured clothing: long-sleeve shirt/long pants/socks (the better to see ticks)
- tuck pants inside socks
- spray skin with DEET (min 20% concentration)
- spray shoes and socks with DEET (min 20% concentration)
- spray the rest of your outer clothing with permethrin (permethrin is banned for human application in Canada unless one has a license to spray and is thus hard to purchase. But it is readily available for purchase in the U.S. from Walmart, Target, Cabelas, TSC stores, etc. In Canada, you can find permethrin sprays for animals. If you live in Canada and choose to spray permethrin on your clothing, you are technically breaking the law. But ask yourself, would you rather break the law or risk getting Lyme disease? The choice is yours.
- as an alternative to getting a permethrin spray for your clothing (the spray breaks down after 2-3 weeks), you can purchase permethrin-impregnated clothing that uses Insect Shield technology. Clothing so treated lasts for at least 70 launderings (www.insectshield.com). Insect Shield sells their own brand of clothing (www.insectshield.com/shop.aspx) and also licenses their technology to many other clothing merchants (www.insectshield.com/Where-To-Buy.aspx). Or, you can get clothes you currently owned treated with the Insect Shield technology (www.insectshield.com/IS-Your-Own-Clothes-P338.aspx).
- take a shower right after being in the field (if a tick hasn't embedded itself, it may wash off)
- after the shower, change into a different set of clothing (since ticks may still be on your field clothes)
- put the clothing you were wearing into a sealed garbage bag and give it to me (Richard). I will put the clothing into a hot drier for 30 minutes which should kill any ticks.
- do daily tick checks, preferably with a buddy who can inspect your back and other areas you can't check yourself (take special care to check under the arms, in and around the ears, inside the navel, backs of knees, in and around all head and body hair, between the legs, and around the waist). One FFF participant recommended that women use a hand mirror to check their private parts since she once found a tick there.
- purchase a tick key (aka tick extractor) – different types are available at Lee Valley, Mountain Equipment Co-op, etc.). There is an extractor in the first aid kit in the main lodge at QUBS and I (Richard) will also have one with me at all times.

Note: There are many useful websites with other tips for keeping yourself safe.

The Blacklegged Tick (*Ixodes scapularis*), the main carrier of Lyme disease in our area, is very small. Here is a size chart for reference:



WHAT TO BRING

The Queen's University Biological Station does not provide bedding or bath items. Participants will need to bring their own bedding (or a sleeping bag) for a single bed, a pillow, towel and facecloth, and personal toiletries. There are a few double/queen size beds too, but you won't know if you get one until you arrive, so bring different sizes of sheets if possible or simply a sleeping bag.

The following is a packing list of what to bring.

Essential

- sleeping bag (or sheets and blanket), pillow, shower towel, hand towel/facecloth, and personal toiletries
- flashlight & spare batteries (it gets pitch black at night away from the buildings)
- hat (for sun)
- warm hat & gloves (evenings, and sometimes days, can get cold)
- sturdy footwear and other appropriate clothing (for sunny and warm; wet and cool)
- light-coloured clothing (long sleeve shirts, long pants, socks), as discussed under 'Ticks'
- tick key & hand mirror (especially for women)
- sunscreen
- sharp knife with stiff blade – for removing specimens from substrate (pocket knife, hunting knife)
- pen/pencil & notebook
- whistle (to summon help if needed while collecting in the woods)
- late-model smart phone (with GPS using satellite tracking) / stand-alone GPS unit / compass

Recommended

- slippers/sandals/flip flops (we take our shoes off in the lodge, and some people may find the floors cold)
- Mushrooms of Ontario and Eastern Canada* (field guide) *
- Mushrooms Demystified* (field guide) – has very useful dichotomous keys and great descriptions of the different genera
- any favourite field guides that you own
- 10x loupe (if you have) *
- plastic fishing tackle box (or a foam/plastic egg carton) – for collecting small/delicate specimens *
- collecting basket with handle, such as a 6-8 litre fruit basket, or something fancier *
- laptop computer – handy for independent research (QUBS has wi-fi)
- camera

(* The instructor will have multiple spare *Mushrooms of Ontario and Eastern Canada*, 10x loupes, tackle boxes, and collecting baskets available for participant use.)

Optional

- compound microscope (If you have) – the instructor will be bringing his own
- rubber boots or gaiters (for while we are out collecting) – in case it is raining or the vegetation is wet from morning dew
- bathing suit (should the lake be warm enough & you wish to go for a swim)