

# Spores Illustrated

## FALL 2013

[WWW.COMAFUNGI.ORG](http://WWW.COMAFUNGI.ORG)  
[WWW.FUNGIKINGDOM.NET](http://WWW.FUNGIKINGDOM.NET)  
[WWW.PBASE.COM/COMAFUNGI](http://WWW.PBASE.COM/COMAFUNGI)



*photo by Karen Monger*

### Hail to the Chefs - Joe and Kathy Brandt

Joe and Kathy Brandt, seen here surrounded by their staff of mycophagy magicians, with some of their creations at the recent Rogerson Foray. The mycophagy “tastings” were a big hit at the foray. No words can describe the creations that emerged from Joe and Kathy’s kitchen.

Incidentally, we did learn much from our outstanding group of resident mycologists. When we weren’t eating, we were collecting and studying, so there was food for the mind as well as the belly. (The next edition of SI will report on the foray in more detail.)

### Mushroom Rap - by Joshua Hutchins\*

I'm so nefarious finding Cortinarius in various areas, appearing wherever the rain carries us. I know you're curious, acting garishly, flashing blue Lactarius. Bet you think that that's hilarious. See, I'm serious - Xylarias, Daldinias, Laetiporus's – you find 'em where the forest is. Polyporus umbellatuses, Grifola frondosas – you find those where the most oldest Oaks is. Some are saprophytic and some are mycorrhizal, and there's some facts about medicinal mushrooms that might surprise you – like cancer fighting properties and Psilocybes – been used to open the mind since the time of Socrates. Don't soak it in sake unless you're sure of the species. Ganoderma tsugae is the Hemlock Reishi. Nectria on some tree leaves. It's not easy to key a red Russula – there's like a billion and three of these. Is this chaga, or a canker from a tree disease? This style's hotter than the stars in the Pleiades...hotter than our own sun – 10,000,333 degrees, but like a bird in the trees – I'm out on a limb, it's all about Mycology.

\*Editor's note: The lyrics above were performed by our myco-poet, Joshua Hutchins, at the Rogerson Foray. They are better seen and heard by Josh himself, and you can do this by looking at the video which is on COMA's Facebook page.

Learning About Learning About Mushrooms by Taro Ietaka

Is there such a thing as a mushroom Mozart – a genius with such a talent for mycology that he or she was spouting off Latin names at 4 years old and discovering new species at 7? In recent years the idea of genius has been treated suspiciously, most popularly in Malcolm Gladwell's book, *Outliers*, but also in books such as *Mastery* by Robert Greene and *Talent is Overrated* by Geoff Colvin. In these books, greats such as The Beatles, Mozart, and Leonardo da Vinci have had their careers explained as the result of hard work (the “10,000-hour rule”), timing, and luck, with inherent talent playing a lesser role. K. Anders Eriksson, professor of psychology at Florida State University, has further lessened the aura of genius with his theories on 'deliberate practice' – grossly simplified, he explains that it is the training methods of the elite that differentiates their abilities from the merely good. It's an interesting thing to think about, but it is not the purpose of this article to attempt a conclusion on the topic. Instead, the hope of this piece is to briefly mention some of the work and study habits that are discussed in those books, as well as tips garnered from other mushroomers, so as to improve the skills of COMA members. It may not get any of us to greatness, but can't help but increase our knowledge if we put them into practice.

Motivation is the key ingredient in improvement. If someone's goal is to find common, edible mushrooms to cook then the motivation to key out mycenae is just not there. That person's time would be much better spent walking through the woods. But even if one has the motivation to learn about all mushrooms, it helps to have a plan. Motivation without direction is not going to succeed. John Plischke's suggestion for improvement is to learn 100 mushrooms a year. It is a reasonable number, especially if you think of it in terms of one walk a week and learning two new mushrooms each time. In ten years, you'll know 1000 mushrooms and will have most walk attendees calling for you when they find something they don't recognize.

But how do you learn to recognize mushrooms and how do you retain that knowledge? Spending time to really look at (and smell) a mushroom is the best way. This does not mean passively looking at a mushroom on the collection table. It means really seeing beyond the immediately apparent features. To do this, journaling, sketching, or photographing the mushroom are the best ways.

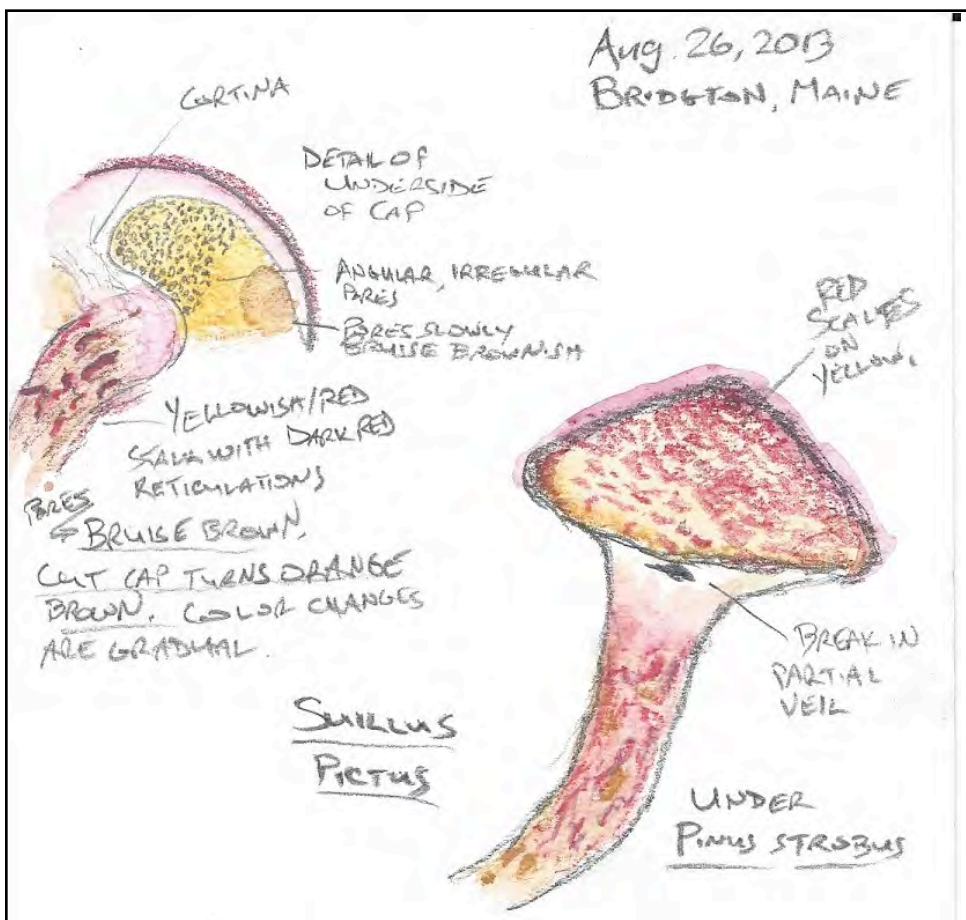
It is more than coincidence that some of the best mushroomers I know are also careful note takers. I've looked over Zaac Chaves' shoulder and seen pages of dense writing describing significant, although sometimes hard to see, details of mushrooms. Paired with the text are quick pen sketches to convey the overall feel, the gestalt, of the mushroom being described. The mix of both written and illustrated notes, and the process of creating them, cover more than one learning style. A recently published book, *Field Notes on Science and Nature*, contains excerpts from a dozen biologists' journals and gives an insight into how elite scientists and naturalists think and, just as importantly, work.

Not everyone may want to keep a journal. If you are a visual learner, then you could flip the journal idea and go heavy on the illustration with just a bit of text. At the most recent mushroom university, Stephanie Scavelli drew the silhouettes of various boletes and handed them out to each participant along with a handful of crayons. Students colored the caps, stems, gill surfaces, and included details such as bruising and staining. In my own case, I was able to learn my assigned mushroom after spending a few minutes with my crayons (it helped that I was assigned *Boletus pallidus*).

Coloring as a form of learning is effective for many people if the number of books with titles such as *Human Anatomy Coloring Book* is an indicator. There is still no *Mushroom Coloring Book* published so you will have to work on your own or ask Stephanie very nicely. Her watercolor illustrations also inspired me to give it a try, and I found it to be a good way to really look at something.

Photography is an excellent alternative to sketching and journaling (although certainly one could do all). Robert Gergulics of the 3 Foragers, Dianna Smith, and Peter Russell are all great mushroomers and always have camera in hand. The process of setting up the best shot of the mushroom is also time spent picking out details that might go unnoticed if the mushroom was simply plucked and dropped into a basket. The additional time spent going over the shots to find the best one and naming and organizing the files is additional reinforcement.

Other important parts of deliberate practice are the choice of appropriate subject matter and prompt feedback. For a beginner, choosing to study a group like the Cortinariid is not a good one – it can be frustratingly difficult, and even when a candidate is found there may not be a more experienced mushroomer who can confirm or tell you where you went wrong. Instead, spend some time with the mushrooms outside your door or in your local woods; do your best to identify them; make notes, a sketch, or take photos. Then, come to the next COMA walk, find that mushroom, put it on the collection table and give it your guess. If you are right, you'll have impressed your peers and will have that warm, fuzzy satisfied feeling. If you are wrong, figure out where you went awry, and be comforted in knowing that failure is also part of the learning process.



*Suillus pictus* sketch by Taro Ietaka





### First COMA Fungus Fair a Huge Success

Over a two day weekend in late June COMA hosted our first annual Fungus Fair at Ward Pound Ridge Reservation with about one hundred visitors attending. Pictured above are the participants in the first walk of the weekend, led by Gary Lincoff. Sandy Sheine (fourth from left), a founding member and long time president, travelled from Michigan with her husband, Jerry, to take part in the festivities which included a cultivation workshop, Jerry's microscope workshop, a fantastic kid's table with Stephanie Scavelli, and an edible tour with The Three Foragers. The cultivation workshop was led by Matt Anderson with many thanks to Zaac for his hours of hard work in preparing the logs.



Stephanie Scavelli (under the hat) doing mushroom art with children at the Fair

## Plants Use Underground Networks to Warn of Enemy Attack

Plants use underground fungal networks to warn their neighbors of aphid attack, UK scientists have discovered. The study, published in *Ecology Letters*, is the first to reveal plants' ability to communicate underground in this way.

The research, funded by a NERC studentship with Rothamsted Research, changes our understanding of the ways in which living things interact with one another. If crops can be managed in a way that exploit this natural communication channel, it could provide a new weapon in the battle against insect pests.

Scientists from the University of Aberdeen, the James Hutton Institute and Rothamsted Research grew the bean plant (*Vicia faba*) in groups of five. They allowed three in each group to grow underground networks of mycelia - a thread-like fungus that grows from one set of roots to another. They kept the two remaining plants free of the fungal links.

They then infested one of the plants in each group with aphids, triggering the release of a suite of chemicals designed to repel aphids but attract wasps, one of the aphid's predators.

Remarkably, plants which were not under attack themselves, but which were connected to the victim by the underground fungal network, also began to produce the defensive chemical response. Unconnected plants didn't mount a chemical defense, so remained vulnerable to aphid attack.

Previous research had shown that plants could communicate chemically through the air, but the researchers covered the plants with bags to rule out above-ground signaling.

Dr David Johnson, of the University of Aberdeen, led the study. He says, "We knew that plants produce volatile chemicals when attacked, and we knew they communicate danger to each other above ground. Now we know that they communicate danger through these underground fungal networks as well. Connected plants that weren't infested by the aphids behaved as though they were. We don't quite know the mechanism, but it's likely to be a chemical signal."

"Our understanding of ecological systems has not considered the fact that plants are interconnected in this way. It could have major implications for our understanding of how one organism affects another," he adds.

The roots of virtually all groups of plants, including important food crops such as wheat, rice, maize and barley, are colonized by symbiotic fungi.

Another of the study's authors, Professor John Pickett of Rothamsted Research, an independent research institute strategically funded by the BBSRC, says, "Aphids affect all higher-latitude agricultural regions, including the UK, the EU, North America, and North East Asia. This research could provide a new, sustainable and natural intervention. In a field of plants that have some inducible resistance to aphids, we could use a plant that's susceptible to aphid attack to 'switch on' the defence mechanism through the natural underground connection. There's the potential to deal with other pests and diseases, in other regions, in a similar way."

From the National Environmental Resource council: [www.nerc.ac.uk/press/releases/2013/05-plants.asp?cookieConsent-A](http://www.nerc.ac.uk/press/releases/2013/05-plants.asp?cookieConsent-A), May 10, 2013

Boletes Revisited - By Joe Brandt

The last thing I want to do is play down the dangers inherent in mycophagy when there is even the slightest chance of misidentification. Most certainly, every precaution must be taken in order to assure that nothing untoward will occur as the result of ingesting (cooked) wild mushrooms that you have collected yourself.

I am not usually a supporter of generalized rules of identification, either as a guide to what's edible or a guide to what's poisonous, so I cannot say as I am in favor of the concept of advising beginners (and others) to reject all boletes that have pores and/or flesh that bruises blue, especially when the blue-bruising characteristic will not always hold true for *Boletus huronensis*, a dangerously close look-alike to the highly-prized *B. edulis*. In fact, I believe that *B. huronensis* is a case that requires special consideration, so the key differences between it and *B. edulis* are best explained.

*B. edulis* has a reticulum (a net-like structure) on the stipe (stem) which is usually quite conspicuous and lighter than the ground color of the stipe itself. *Huronensis* does not have a pronounced reticulum. Any possible trace of such a thing would be very slight, and only visible at the apex of the stipe. There are a host of other possible look-alikes to *B. edulis* that may have a similar look to them, until they are closely observed. These include *B. variipes*, *B. sepeans*, *B. affinis*, *Tylopilus felleus*, and *T. badiceps*— although *badiceps* have purplish-brown caps, with pores that bruise brown, and change from off-white to pinkish in maturity. Some blue-bruising boletes (such as *B. bicolor* and *B. sensibilis*) will always bruise blue when cut, and although *B. huronensis* may sometimes display this characteristic, it is not at all a reliable feature. While several other boletes may share the blue-bruising feature with *B. huronensis*, *B. edulis* is not one of them.

If you've been fortunate enough to collect what you believe to be (and for all the world, looks like ) *B. edulis*, but you're still not certain, you can rule out the possibility of the find being *B. huronensis* simply by the application of a drop or two of ammonia, administered to a sample piece of the mushroom's flesh. If what you have is truly *B. edulis*, there will be no reaction at all, but *B. huronensis* will display an obvious green flash that turns orange, a distinctive reaction by comparison.

By the way, as long as I've mentioned *B. sensibilis*, I would like to report my findings regarding this mushroom, which I consider to be a choice edible. Not only have my wife and I eaten these for nearly three decades, we have fed them to many, many people over the years, and have never seen or subsequently had firsthand reports of any negative reaction to them in all this time. I have had conversations with Gary Lincoff regarding this, and although he lists *B. sensibilis* as "reportedly poisonous", this is the result of several reports he has had of unpleasant G.I. reactions to them over a very long period of time, to say the least. It bears noting that his input is based on feedback from many thousands of reports, so all things considered, I would have to put the rate of incidence of adverse reaction as being quite low. By comparison, I believe the rate of incidence of bad reactions to the ingestion of chicken mushrooms, *Laetiporus sulphureus*, to be considerably higher, and these are generally considered to be "choice".

The bottom line is that if you aren't 100% certain of your identification, don't even think of putting a mushroom on your dinner plate. When eating any wild mushroom for the first time, eat only a small amount, because different people may have different reactions to the same mushroom. Furthermore, there is always the possibility that other factors (such as the ingestion of alcohol, or the combination of wild mushrooms with certain foods or medications) could cause a reaction to any given mushroom as well, and quantity must always be a consideration. Case-in-point: my wife Kathy and I have been eating winecaps, *Stropharia rugosoannulata*, for decades, and continue to do so to this day. Some years back (after a major find of winecaps), we had gone hog-wild with dinner, and we probably had each eaten a full pan of the things. As a result of our overindulgence, Kathy became very nauseated (after she had gone to work, unfortunately), but it was obvious that she simply had hit a "tipping point", and now knows to eat them in relative moderation—the point being that yes, there is always the possibility of having "too much of a good thing", and this surely holds true for wild mushrooms.

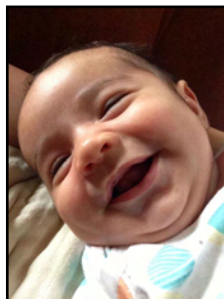
As you read this, bolete season in the Northeast will be upon us, so have fun finding fungi, and if you need help with your mushroom ID, don't call me—I'll be out in the woods!

(A tip of the hat to "Bolete Bill" Yule for his input regarding *B. huronensis*.)

Welcome to COMA - Welcome to the world!

River Anne Smith Debiec, born June 24th, 2013

Congratulations to Grandma, Dianna Smith





Fall Foraging in Connecticut - by Joe Brandt

(to the tune of "Pinball Wizard" from "Tommy")

Ever since I was a young boy,  
I've picked those big boletes.  
Picked chickens, blewits, oysters,  
every one of them's a treat—  
but there's still somethin' that's missing  
and I've got to tell y'all—  
my poor ol' heart is achin'—  
I NEED A HEN THIS FALL!

I looked here and there for weeks now,  
I've scoured high and low,  
checked Cobalt, Mystic, Day Pond,  
even Granby and Monroe,  
but I just don't seem to get it  
so I really got to know—  
now can anybody tell me:  
WHERE DO THE DAMN THINGS GROW??

I'm a mushroom hunter  
there has to be a catch—  
a mushroom hunter and  
I NEED A HEN TO SNATCH!!

Why is it I can't find them?  
I don't know—  
Maybe they're just not there!

We're far into the season  
with the pickins' gettin' slim;  
from the Massachusetts border  
to New Haven and Berlin,  
I tried Enfield, Warren, Wakefield,  
even Sharon and Cornwall;  
I'm about to have a meltdown—  
I NEED A HEN THIS FALL!

I thought I was  
the greatest thing around,  
but all those hens  
MUST STILL BE IN THE GROUND!

Can't cook me no Grifola,  
can't find one anywhere—  
looked up and down an' sideways,  
but the mushrooms just don't care!

And I'm gettin' pretty tired,  
so I got to tell y'all,  
I think I'm gonna lose it—  
I NEED A HEN THIS FALL!!

COMA needs YOU

As the 2013 mushroom season nears its end and we prepare for our year-end banquet and elections, we have several openings on the board for 2014. The openings are for secretary, program chairman, and assistant editor.

Our club has been offering more and more each year to the aspiring amateur mycologist. We have recently added a scholarship program and the very successful Fungus Fair. All of our activities including forays, lectures, and educational programs require planning and work to make them happen.

Please consider contacting Taro to talk over what you could contribute to this effort. We need YOU.



Fall Recipes - by Joe and Kathy BrandtBolete Boats

- Six small zucchini (four or five inches long)
- 2 cups cooked boletes (sliced, sauteed in olive oil, salted to taste)
- 3 green onions
- 1/2 cup toasted pine nuts
- 1/2 cup fresh mint leaves
- 3/4 cup seasoned Italian bread crumbs
- 1 beaten egg (or egg substitute)
- 3/4 - 1 cup of your favorite Italian tomato sauce
- Shredded cheese (optional)

Preheat oven to 375 degrees. A glass baking dish adequate to hold the zucchini should be on hand. A nine inch square pan should be fine, unless your zucchini are a bit larger, then you might need a small lasagna pan, nine by eleven. Cut zucchinis in half lengthwise, so you have twelve canoe-shaped segments. Hollow out the pieces leaving enough thickness so the "walls" still have some substance to them. Chop the boletes finely. You can use a food processor, but pulse carefully, being careful not to end up with a puree. You want small pieces, just under pea sized. Place the boletes into a mixing bowl. Coarsely chop the pine nuts and add to the boletes. Finely chop the mint and green onions, add to the mushrooms and mix well. Stir in bread crumbs till well blended, then add beaten egg and mix until even. Carefully fill the hollowed out zucchinis with the mushroom mix. Place the filled squash into the glass baking dish and distribute the tomato sauce onto each "boat". Cover with foil and bake for 45 minutes. If using cheese, uncover the zucchini boats, sprinkle the cheese on top, crank the oven up to broil, and return (uncovered) to the oven (top shelf) just until the cheese melts. If you have extra stuffing, use it to stuff something else, or make small burgers out of it and fry them on both sides— very tasty!

Potted Hen or Hen Pate

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 2/3 - 3/4 C. roasted, salted pecans | 1 tsp. dried rosemary         |
| 4 C. chopped hens (2 C. if cooked*) | 1/2 tsp. Salt                 |
| 1 sm. onion, chopped                | pinch sugar                   |
| 1 TBS butter or butter substitute   | soy sauce to taste— try 1 TBS |
| 2 TBS fresh parsley (chopped)       | olive oil (approx. 1/4 cup)   |

1. Saute onion in butter , add hens, parsley, salt, rosemary, soy sauce & sugar.
2. Cook until liquid is absorbed,. Adjust seasonings as needed. Cool
3. Chop nuts in food processor, pulsing until very well chopped, but not ground into a paste.
4. Add hens to the nuts, pulsing only until well chopped.
5. Add oil to make pate consistency,
6. Add salt to taste and serve with whole-grain bread or toast. May be warm or cold.

\*If you have hens that are already spiced and cooked, great--just start with step 3.

## Coma Board Members

President	Taro Ietaka	<a href="mailto:Taro@Ietaka.com">Taro@Ietaka.com</a>
Vice President	Stephanie Scavelli	stephanie.scavelli@gmail.com
Secretary Coma Weekly News	Djerba Goldfinger	comaweeklynews@gmail.com
Membership	Carol McLeod	McLeod6@optonline.net
Treasurer	Don Shernoff	dshernoff@yahoo.com
Programs	Open	
Publicity	Kathy Americo and Lisa Solomon	kathyamericogmail.com lmsolomon@verizon.net
Newsletter editor	Rena Wertzer	Renawertzer@hotmail.com
Walk Coordinator	Zaac Chaves	<a href="mailto:zaacis@gmail.com">zaacis@gmail.com</a>
Webmaster	Lisa Solomon	lmsolomon@verizon.net
Hospitality	Jennifer Keane	<a href="mailto:nykeane@aol.com">nykeane@aol.com</a>
Past President	Dianna Smith	Diannasmith@comcast.net
Past President	Morris Palmer	morrissarian@juno.com
Past President	David Rose	Tomashunders@gmail.com
Past President	Sandy Sheine	<a href="mailto:ssheine@aol.com">ssheine@aol.com</a>
Members at Large	Joe & Kathy Brandt	jlbco@hotmail.com
	Sue Rose	srose@marchofdimedimes.com

Important Dates & News

**COMA Banquet: Nov. 14th. 7pm** Come for our year end party and election of officers. Banquet sign-up form with directions is attached .

**Time for Membership Renewal:** Please stay current in your Membership to ensure you receive your newsletters and all the news of COMA events and projects . Membership application form is attached .

**Some Changes in the Board:**

Carol McLeod will be taking over membership from Djerba Goldfinger who has been doing a super job as secretary and membership chair in addition to COMA Weekly News. Thankfully, Djerba will continue with her informative CWN. Don't know how we ever got along without it.

We now have an opening for Secretary.

Rena Wertzer will be stepping down after ten years as *Spores Illustrated* editor . Mike Arkins will become editor, and we have an opening for formatting editor to work with Mike.

The position of Program Chairman also remains open.

**Contact Taro to discuss opportunities to join the COMA board.**

COMA extends heartfelt condolences to our good friend, Bill Bakaitis, on the loss of his wife, Leslie Land, in August. Leslie was a consummate gardener and food writer.

## **COMA'S ANNUAL BANQUET - 2013**

COMA REQUESTS THE PLEASURE OF YOUR COMPANY AT THE ANNUAL BANQUET AND ELECTION OF 2014 COMA OFFICERS AND BOARD TO BE HELD AT THE FRIENDS' PURCHASE MEETING HOUSE AT 7 P.M. ON THURSDAY, NOVEMBER 14<sup>TH</sup>.

PLEASE BRING A FAVORITE DISH (SUFFICIENT TO SERVE 6 TO 8 PEOPLE) FOR THE BUFFET TABLE. A \$10 PER PERSON DONATION TO COMA IS REQUIRED WITH YOUR RESERVATION. DISHES CONTAINING WILD MUSHROOMS MUST BE CLEARED FIRST WITH THE PRESIDENT OR THE VICE PRESIDENT, AND MUST BE LABELED TO SHOW INGREDIENTS. DISHES SHOULD ARRIVE READY FOR THE BUFFET TABLE, WITH SERVING UTENSILS. THEY MAY BE REHEATED AT THE MEETING HOUSE. COMA WILL PROVIDE BEVERAGES.

---

---

**TO ENABLE US TO CATER THE EVENT PROPERLY, PLEASE RESPOND BY  
OCTOBER 31<sup>ST</sup>**

**MAKE OUT YOUR CHECK TO COMA AND MAIL TO**

**DON SHERNOFF  
10 FRANKLIN AVENUE, APT. 4H  
WHITE PLAINS, NY 10601**

**(914-761-0332) DONSHERNOFF@YAHOO.COM**

---

---

**Directions to Friends' Purchase Meeting House:**

*From I-684 - Take Exit 2 to stoplight at Rte 120 (Purchase St.). Turn right and go 1 mile to sharp left turn. The Friends' Meeting House is on the left at the corner.*

*From I-287 - Take Exit 8 (westbound) or Exit 8E (eastbound) and follow signs for Anderson Hill Rd and SUNY Purchase. Take Anderson Hill Rd to Rte 120, turn left and go about 2 miles to intersection with Lake St. The Friends' Meeting House is on the right just before the intersection.*

---

---

NAME(S) \_\_\_\_\_

Total amount enclosed at \$10 each \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

I WILL BRING SUFFICIENT TO SERVE SIX TO EIGHT:

hors d'oeuvres \_\_\_\_\_ soup \_\_\_\_\_ meat entrée \_\_\_\_\_ fish entrée \_\_\_\_\_ vegetable entrée \_\_\_\_\_

green salad \_\_\_\_\_ fruit salad \_\_\_\_\_ side dish (specify) \_\_\_\_\_ dessert \_\_\_\_\_

I will help: set up \_\_\_\_\_ serve \_\_\_\_\_ clean up \_\_\_\_\_

**PLEASE VOLUNTEER to help us set up and/or clean up**

# COMA 2014 Membership Application

## Connecticut-Westchester Mycological Association

Please enter your name(s) and email address as you wish them to appear on your SPORES ILLUSTRATED Newsletter and other COMA correspondence for the upcoming year please print

Name(s) \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

Telephone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail Address (needed for receiving the COMA Weekly News and important announcements)

\_\_\_\_\_

The Annual Membership fee for individuals and family is only \$25.

Please mail this fully completed membership form and a check for \$25 payable to COMA to:  
Carol McLeod, 18 Capricorn Lane, Mt Kisco, NY 10549

We encourage you to also become a member of NAMA (North American Mycological Association). For information on joining NAMA at a reduced rate of \$32 for COMA members log onto [www.namyco.org](http://www.namyco.org).

**COMA's continued success as a non-profit educational organization depends on the assistance of its volunteers. Please check any of the following areas in which you would be willing to help the club:**

Lead Walks \_\_\_\_\_ Publicity \_\_\_\_\_ COMA Foray \_\_\_\_\_ Annual Dinner \_\_\_\_\_

Membership \_\_\_\_\_ Announcements \_\_\_\_\_ Newsletter \_\_\_\_\_ Education \_\_\_\_\_

**Article 2b of the COMA by-laws requires all members to sign a release form as produced below.**

I (We) \_\_\_\_\_

and \_\_\_\_\_

hereby release COMA and any officer or member thereof from any and all liability arising out of or relating to any injury, accident or illness of any nature occurring during or as a result of any field trip, foray, or excursion.