



Illustration:  
I. Y. Bilibin

Mycological Society of San Francisco

# MYCENA NEWS

NOV 2017  
VOL 69:03

Submissions for the December newsletter are due by November 20<sup>th</sup>

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### NOVEMBER GENERAL MEETING:

Tuesday, November 14<sup>th</sup>, 2017  
7-10pm  
Hall of Flowers / County Fair Building

### Robert Rogers: Neurodegeneration & Medicinal Mushrooms

*A number of common over-the-counter medications are wreaking havoc with brain health. The talk will examine this growing health epidemic and some possible ways to address the increasing decline in cognitive ability, using medicinal mushrooms.*

Robert Dale Rogers has been an herbalist for over forty years. He has a Bachelor of Science from the University of Alberta, where he is an assistant clinical professor in Family Medicine. He teaches plant medicine, including herbology, aromatherapy and flower essences at Earth Spirit Medicine at the Northern Star College of Mystical Studies in Edmonton, Alberta, Canada. Robert is past chair of the Alberta Natural Health Agricultural

Network and Community Health Council of Capital Health. He is a Fellow of the International College of Nutrition, past chair of the medicinal mushroom committee of the North American Mycological Association, and on the editorial boards of the International Journal of Medicinal Mushrooms, and Discovery Phyto-medicine. He is the author of over 40 books on medicinal plants and fungi of the boreal forest. •

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## President's Post

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Tyler Taunton

**Hello MSSF members.** I would like to start off by thanking our October speaker Professor Tom Bruns for his excellent presentation on Basidiomycota. Thank you for all your work in mycology and hope to have you back soon.

Here we are heading into November. Time to have your knives sharpened, field guides out, and basket ready, maybe do a little rain dance and get this mushroom season started. Mendo Camp is just around the corner. There are still a few spots open, so sign up now at [mssf.org](http://mssf.org). Fungi, food and forays all weekend in the Mendocino woodlands. Doesn't get much better than that. I hope to see you all there.

Right after Mendo Camp, Sunday December 4th, it's Fungus Fair time. MSSF will be hosting our 48th annual Fungus Fair this year. This event requires hundreds of volunteers. So grab some friends and come make some friends volunteering at the Fungus Fair. We are always looking for volunteers to help set up and take down the fair. Volunteering for the Fungus Fair doesn't require mushroom knowledge. In fact volunteering is a great way to gain knowledge about mushrooms. So come volunteer for the Fungus Fair and bring some friends.

Start doing your rain dance if you've got one. We will be having forays all over the Bay Area this season. We call these quick-start forays for a reason. When mushrooms start popping up, there's no time to waste. So check the [mssf.org](http://mssf.org) calendar frequently for foray dates as they start popping up. If you would like to lead a foray and would like to put it on the calendar please email [president@mssf.org](mailto:president@mssf.org)

I would like to ask MSSF members a question just to start the conversation: "If you could pick

a mushroom to represent California as The California Mushroom, what would that mushroom be?" California doesn't have a state mushroom and MSSF is trying to get an official California mushroom approved. Talk with a fellow fungal and see what you come up with.

I wish you all the best this season. Always be checking [mssf.org](http://mssf.org) for ways to get involved. Thanks to all that have continued to dedicate so much to keep this volunteer run organization going. MSSF is a very special group of people that I am so honored to be a part of. Stay fungal. •

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## Hospitality Committee

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Eric Multhap



**The Hospitality Committee** gives a major shout-out to Eric Seitz and Cindy McKee for their appetizers at the October general meeting. They made phylo puff pastries stuffed with three flavors of mushroom fillings—chanterelle, shiitake, and maitake, plus baguettes of shiitake bruschetta. Over and above, Eric brought a jug of his own peach and black tea kombucha, which was a real crowd-pleaser.

YOU TOO can be a guest chef at one of our Hospitality hours preceding a general meeting. Email George ([gwillis2@mac.com](mailto:gwillis2@mac.com)) or Eric ([mullew@comcast.net](mailto:mullew@comcast.net)), and let us know when you are available. MSSF provides an \$80 ingredient budget. •

————— *Culinary Corner* —————  
Carol Hellums & Paul Lufkin

**The MSSF Culinary Group**, an all-volunteer committee of MSSF (sharing the Society’s educational mission), held its monthly mushroom-themed dinner on October 6, 2017, in the Hall of Flowers (County Fair Building) in Golden Gate Park. The theme of the October dinner—which was enjoyed, riotously, by a packed house of Culinary Group members—was “The French Have a Word for It!”

And the word that night was: “déloureux.” Even though the rains this year haven’t yet brought their full bounty to Northern California, the Culinary Group’s French-inspired October menu included a considerable variety of cultivated and wild mushrooms:

*Coq Au Vin avec Champignons (chicken in wine with button mushrooms)*

*Green salad with a dressing of puréed Cepes (boletes) and red peppers*

*Green beans amandine avec Morilles (morels) et Trompetes du mort (black trumpets)*

*Parsley potatoes*

*Chanterelles with pears & port over cheesecake*

*And for the vegetarians, a main dish of “Parisian” Jeweled Rice with Pleurotes (oyster mushrooms)*



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**Every MSSF member is invited to explore Culinary Group membership. Established guidelines for participation are:**

- Culinary Group membership fee is \$10 for the season. Only paid-up MSSF members (who also have paid the Group fee) may participate in Group dinners.

- Every Culinary Group member is expected to assist in the preparation and cleanup of at least one dinner during the season. Meals should be seasonal as much as possible, and should always include mushrooms.

- Members who are not on the dinner team for the evening are encouraged to bring appetizers (using mushrooms). Appetizers may not include

Amanitas, Cortinarius, or other dubious species. Everyone brings their own dishes, table covering, and beverages. Attendance limit is 60 people per dinner.

- Reservations are required for all dinners except the September potluck, and can be made at [mssf.org](http://mssf.org) (“Event Registration”). Group members who lack internet access can make reservations by telephoning the volunteer Culinary Group co-chairs (currently Laura Parker, Lesley Stansfield, and Paul Lufkin).

- Any Culinary Group member may register and bring one guest to a monthly dinner, but any guest should become a Group member (and MSSF member) before attending a second dinner.

- The Culinary Group has cooking pans, utensils and serving dishes available for its volunteer chefs to use, and (through each Dinner Captain) reimburses the volunteer dinner team for ingredients purchased. (The Group does not reimburse for appetizer ingredients.)

- Every Culinary Group member is responsible

for extending the hospitality of the Group by greeting new members and encouraging them to participate.

- A new feature of Culinary Group gatherings that was launched at the October dinner is the specimen Identification Table (where more experienced members help newer participants identify their recent fungal finds), following the long-established practice at MSSF general meetings. Specimens brought for identification to the Culinary Group Identification Table, of course, are NOT included as part of the evening’s food service!



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### **Green Beans and Morels Amandine**

*This month’s recipe comes courtesy of MSSF Culinary Group  
(and October Dinner Team) member, Jon Harman*

- 2–3 cloves garlic, minced
- 1 cup fresh (or dried, reconstituted) morels and/or black trumpets
- 3 Tbsp. fresh parsley, minced
- 1–2 Tbsp. olive oil
- ½ cup vegetable or faux chicken broth
- 2½ cups fresh French-cut green beans
- ⅓ cup white wine
- Salt and freshly cracked black pepper, to taste
- ½ cup slivered almonds

Toast the almonds with a little Hoisin Garlic Sauce.

In a skillet, sauté the mushrooms in the olive oil over medium-low heat until well done. Add the garlic and parsley and sauté briefly. Add the broth, green beans, and wine, cover, and simmer for 5 minutes.

Remove cover, season with salt and pepper, and continue simmering until the beans are tender and the liquid is evaporated.

Remove from heat, then add a dash of fresh olive oil and the toasted almonds and toss with the beans to coat. Serve warm. (Serves 4) •

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## *Ethnomycology Culture Cusp*

Rivkah Khanin

Continuing translations of Russian children's stories, and presenting a submission from an anonymous submitter. We encourage anyone who has mycological culture gems from other places (it can be in the U.S. too!) to send their photos, stories, anecdotes, jokes, to [mycenanews@mssf.org](mailto:mycenanews@mssf.org)

### *Forest Strongmen*

The first drop of rain hit, and the competition began. There were three competitors: Aspen Bolete, Birch Bolete, and Moss Bolete.

The first to lift weights was Birch Bolete. He lifted a birch leaf and a snail.

The second in line to lift was Aspen Bolete.

He lifted three aspen leaves and a frog.

Moss Bolete was the third to lift.

He provoked himself, boasted himself. Moved aside the moss with his head, got under a fat knot and push-pushed, push-pushed, and couldn't lift. Only divided his hat in two: like a rabbit's lip it became.

The winner turned out to be Aspen Bolete.

The reward for him— the scarlet hat of a champion.



Mycolinks

<https://www.youtube.com/watch?v=3DpRB-LXkOA>

<https://www.youtube.com/watch?v=Fuc1oMg8gss>

[http://www.startrek.com/database\\_article/stamets](http://www.startrek.com/database_article/stamets)

Science!:

<https://www.youtube.com/watch?v=uTw6xPVNE4Q>

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*November Event Calendar*

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- Every Wednesday 7-11pm, Omni Commons  
**Counter Culture: Fermentation Lab**
- Saturday November 4 // 10am-4pm  
**Wild River Mushroom Festival**  
The Grange in Brookings Harbor  
Presentation by Dr. Dennis Desjardin
- Monday November 6 // 7pm // Hall of Flowers  
**Culinary Group Dinner**
- Tuesday November 7  
**MSSF Council Meeting**
- Friday November 10-12  
**Mendocino Woodlands Camp/Foray**
- Tuesday November 14  
**MSSF General Meeting**
- Thursday November 16  
**SOMA Meeting**
- Saturday November 18 // 10am  
**SOMA Foray**  
Woodside Campground Salt Point State Park

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*Fungus Fair*  
Madhu Kottalam

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*Holiday Dinner*  
Eric Multhap

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Join us Sunday, December 3<sup>rd</sup>, for the 48<sup>th</sup> Annual Fungus Fair—A celebration of fungi featuring wild mushroom displays, lectures, cooking demonstrations, activities, and vendors.

Speakers include Phil Ross (MycoWorks) on Sustainable Mushrooms, Craig Ennis (UC Merced Graduate Student) speaking about Biofilms, and Roberto Flores from Guatemala, expert in Mayan Mushroom Stones and Indigenous Guatemalan use of mushrooms.

Online ticket sales and volunteer sign-ups coming soon. For more info, visit

<http://mssf.org/fungus-fairs/> •

**Holiday Dinner**, Monday December 11, 2017.

The location is the Hall of Flowers at the County Fair Building, with Registration and seating beginning at 6:00pm, and the opening bell for the appetizers at 7:00pm.

As in the past, please bring your own place settings, beverages, and decorations. We will be serving the traditional holiday nog as well.

We have a new format for the Holiday Dinner to increase the accessibility of the event to a wider segment of our esteemed membership—

Rather than have a fully catered dinner with the rising ticket prices that have driven the cost of the event toward \$50 per person, we are switching to a partially catered format in which we have a professional chef make a meat entree and a savory mushroom sauce to accompany it, plus a vegetarian alternative that is equally compatible with the savory mushroom sauce.

Then, each attendee will be assigned a type of accompaniment to prepare and serve potluck, including appetizers, vegetables, grains/potatoes, and desserts. This format will enable us to offer ticket prices as follows: \$40 per person for regular members, and \$45 per guest; and \$20 for student members, members on fixed incomes or other financial constraints, and \$25 per guest.

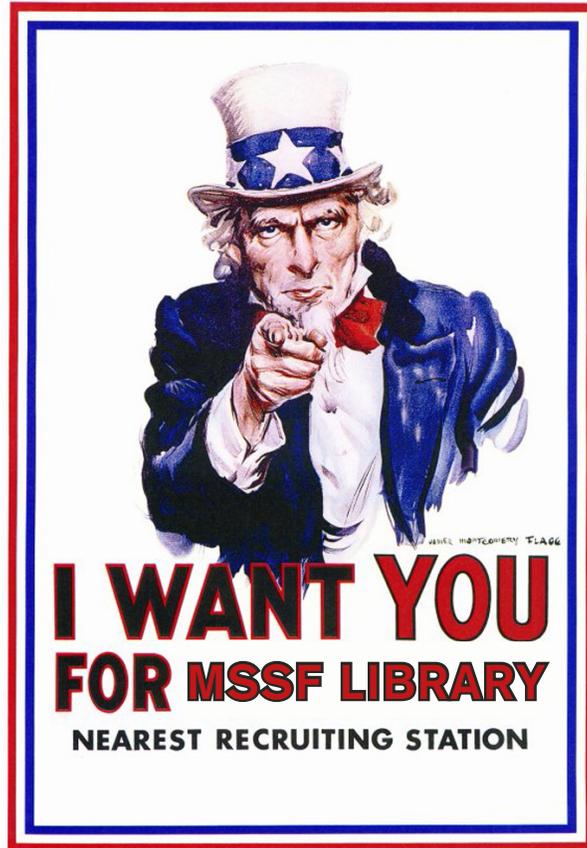
*Online registration will be available at the time that you read this announcement*

The price paid by the regular members is intended to subsidize the price for students, etc. This format was developed by the Council after discussion of the effect of the rising cost of tickets on attendance, and after discussion of alternatives. We are going to try this format for the 2017 dinner, and welcome feedback from one and all. •

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## Library Update

Brennan Wenck



**The MSSF library** has been boxed away and in storage ever since the renovations of the Randall Museum started in the summer of 2015. We are excited to announce that soon the library will once again be accessible. Brian Perry Phd., the Mycology Professor at Cal State East Bay is graciously taking the library under his wing. There is space in his department to house the books, and they will be accessible by both the society and Dr. Perry's students. Exactly how accessible is still to be determined. Currently we are waiting the finalization of a construction project in the area where we plan to store the books, and once that is complete we will be moving the library in.

We are looking for someone who would want to take charge of handling the library. This job would entail managing the library, and fulfilling requests from MSSF members who would like to borrow books from the library. In years past, books were only accessed on the night of General Meetings, for just a few hours. We are hoping in their new home they will be more accessed, and more used. If you live in the East Bay, and would like to take on the duties of MSSF Librarian, please send me an email and I will happily discuss the duties further in detail with you. My email is [brennanwenck@gmail.com](mailto:brennanwenck@gmail.com)

## Mushroom Identification and You—the Mushroom Cultivator

**Of times new** folks getting into the world of mushrooms encounter what they soon come to feel is a very real barrier to their understanding and enjoyment of this field. Mushroom Identification can be a real barrier to the average beginner who sincerely wishes to explore this path and who often is inspired to delve further by the seeming ease of the path and the many handholding people and tools available, especially to folks who choose membership in a society or social online group rather than traipsing out on their own independent path.

Often the beginning mushroom enthusiast soon encounters what I call the “Beekeepers Gadgetgear Syndrome.” Often budding beekeepers will think that all the mysterious information garnered by longterm beekeepers will magically osmose into their beginner noggins if they just go out and buy the full beekeepers outfit and 3 Langsdorf hiveboxes and two types of top bar hives and a Warrebox and a fancy smoker and a full array of hive tools offered at their local fofoosheeshee bee store and before you know it they have thrown a few thousand dollars at their new hobby including for their first and second and third replacement colonies and they wonder why they aren’t making a professional living (while looking good at it) off of the multitudes of gallons of honey they expected to produce while “their” beeslaves sighed and said “FU we’re outta here.”

Often the new mushroomer, and especially the new mushroom cultivator, discovers that there is quite the online gadgetgear fix to be had when

it comes to expenditures for books, and sterile air flow hoods, and mushroom knives, and filter patches and microscopes and all sorts of GG paraphernalia, and expert weekend seminars that beginners believe, and expert seminar touters proselytize, are so necessary to osmosing into their noggins the mysteries of the mushroom world. Not to mention, but mention anyway, all the DSLR clickbaitmakers now available for the “serious” digital mushroom taxonomist invading Mushroom Observer or making their own shroomporn site. There’s even morecamo fashions that prevent a beginner’s mercenary rivals from finding them in their patches, or maybe you want them to see you looking snazzyfashionista.

All anyone really needs are their—

*sniffersmeller*

*tonguetaster*

*fingerfeelers*

*eyeseers*

*earhearers, and*

*brainthinker*

—they already carry around with them for free. Plus maybe a few freebee gadgets they have modified from a rummage sale or handmade—once they have first invested some time in learning the basics they need to know.

One easy way to get a handle on mushroom identification is the most practical—be an herbal chef gardener about it and use utilitarian categories—those that arrange the classifications accord-

ing to the uses of mushrooms. The easiest handle to handle when learning mushrooms is the skillet handle. Learn what can and should go into the pan—and what shouldn't go into the pan. That means there are certain delectable edibles like chanterelles, candy caps, porcinis, morels, shaggies, and a handful of others that are wonderful enhancements to life and living. Each also has their dangerous, bitter, or puker lookalikes to add to your learning repertoire. And of those that don't belong in the pan there are also the most deadly in your area that you don't want to misidentify. Around here certainly death caps and deadly *Galerinas* should be on the must learn list. That is really a pretty easy handle to handle for a beginner because you set your own priorities for edibles that you want to learn and the attendant rules and guidelines for each of those edibles' need-to-learn lookalikes. And Mykoweb is a great place to go to look up your mushroom of interest and follow the links to pictures and comments about the lookalikes.

As a responsible forager and wildland steward and mushroom cultivator you also have the advantage of using a different categorization system from the unwieldy scientific taxonomic classification system, which you should gradually learn but with a load of skepticism carried along. As a beginner it can be frustrating to try to learn the supposed 17 or 34 or 89 different morphological (or appear-

ance by form) scientific categories when those categories are being changed due to new information on the evolutionary nature of how those morphological categories were scientifically arrived at originally. Plus the new scientific names are currently in a drastic state of flux with all the PCR genetic testing going on and rearranging of the supposed new phylogenetic evolutionary relationships. If you learn the new official scientific names as they are proposed and settled upon, you'll still need to know their old names or synonyms to learn about their uses from older literature. Those old names will retain a great deal of value for a long time while the new names gradually build up a stash of lore, but which will be heavy on newer technology. The old names will retain their value as they were applied during simpler times with handier technology not dependent upon an unreliable urban grid that is still way fallible in the wildlands.

So one of the most utilitarian categorizations for mushroom cultivation is the lifestyle categorization. Instead of an unwieldy 17 or more categories you only have a basic three categories that you need to remember. Each of the categories below the three main ones can be divided usually into two or three subcategories that are also easy to learn.

The three lifestyle categories are **saprobic**, **mycorrhizal or symbiotic**, and **parasitic**.

## Saprobic Mushrooms

—are those that live on dead stuff. They can be subdivided into two categories—*raw cellulose feeders* and *decayed cellulose or compost feeders*, ie these mushrooms derive their nutrition from the “substrate” of mulch, straw, cardboard or other raw cellulose or from the substrate of compost or manure.

Generally, the wild lifestyle habitats of these raw cellulose feeding mushrooms are found in the dead heartwood of living healthy trees. The mushroom gains entry to the dead heartwood by an injury through the living bark and sapwood, such as a breaking branch in the wind, and proceeds to hollow out the tree, not harming the living layer of external sapwood. These mushrooms can also live on the

human created habitats of chippy wood chips found in mulched gardens. As the primary cellulose feeding mushrooms break down the cellulose and turn it to compost, other compost feeding mushrooms can feed on that result. Manure is basically compost that comes from the raw green cellulose that ruminant animal teeth have ground up and the bacteria in their guts have broken down so when it is pooped out compost feeding mushrooms can devour that.

Oysters, Reishi, Turkey Tails, Lion's Mane, Maitake are all raw cellulose feeders, and the Shaggies (Shaggy Mane and Shaggy Parasol) and Buttons (or *Agaricus* mushrooms) are examples of compost feeders. Garden Giant is originally a thatch and detritus feeder that has become adapted to feeding on raw chippy woodchips found commonly in human-influenced parks and gardens.

### **Mycorrhizal or Symbiotic Mushrooms**

—are those that have a symbiotic give and take relationship with usually a tree root but other plants like shrubs and grasses might also be involved. It is necessary to grow the tree as a “substrate” in order to be able to grow the mushroom. A Christmas tree farm that also grows porcinis would be a commercial possibility. It is possible and even likely that some of these mushrooms need multiple trees or mixed forest and even multiple fungi present to fruit.

Some folks divvy up this category into *ectomycorrhizal mushrooms* and *endomycorrhizal mushrooms* but it requires a more specialized microscopic technology to characterize these relationships, whereas it is rather easier to make the observations to categorize based upon types of trees.

Thus the fruit of the root of the pine would be Santas, Porcinis, Slippery Jacks, Pine Spikes, Matsutakes, Man on Horseback and quite a few others. The fruit of the root of the oak would be Chanterelle, Candy Caps, Amethystinas, some Butter Boletes, Death Caps, and many others. Blewits are typically found growing in the oak leaf duff under oaks but are saprobic on the dead leaf duff and easily adapt to mulched gardens. Pine Spikes are considered to be parasitic on the Slippery Jacks that are mycorrhizal with the root of the pine. So to grow pine spikes you would need to grow the pine tree and the slippery jack as “substrate.”

### **Parasitic**

—is generally the easiest category of life style to learn as it has basically two well-known fungi that belong to this category: Huitlacoche or Corn Smut, and Caterpillar Fungus or Cordyceps. To grow these mushrooms you need a special living “substrate” of sweet corn for Huitlacoche and some type of insect for Cordyceps. It happens that the life cycle of these mushrooms also includes a saprobic stage that needs no living host. There is a whole booklet's worth of cultivation information for how to grow each of these mushrooms.

We'll continue with the herbal chef gardener style mushroom categorizations next month. In the meantime, do check [meetup.com](http://meetup.com) for Bay Area Applied Mycology and Counter Culture Labs Fermentation for class schedules in mushroom cultivation and fermentation. •

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Mushroom Sightings  
Matt Gonsalves and Nick Nuebel  
Humbolt County

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Dead Man's Foot//*Pisolithus arrhizus* MG



Chanterelle//*Cantharellus roseocanus* MG



Lobster//*Hypomyces lactifluorum* MG



White Chanterelle//*Cantharellus subalbidus* NN



Chicken of the Woods//*Laetiporus conifericola*  
Tyler Taunton, Bay Area

Beefsteak//*Fistulina hepatica* MG

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## *Mycena News Submissions*

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Please do send in your submissions for the December Mycena News pronto. The new monthly official deadline is now midnight the 20<sup>th</sup> of each month. (Any month that the 20<sup>th</sup> falls before or on the general meeting the deadline will be the Wednesday after the general meeting, ie Nov 22 2017, Feb 21 and Mar 21 2018)

This does not mean to wait until the 20<sup>th</sup> of each month to turn in your stuff; it means that is the deadline and you should shoot for getting it in starting by the first of the month.

If you have something that is dependent on the general meeting like photos of the mushroom ID table or the hospitality preparations, etc. you now can get that in before the deadline.

Please email your submissions to:

[mycenanews@mssf.org](mailto:mycenanews@mssf.org)

Please use this MN email address as, if you send it to newsletter individuals, it can get lost when we try to search down all the submissions if they aren't submitted to the official email address.

Best format is to "save as" a Microsoft Word Document, 97-2003, with a minimum of formatting in the doc. You may also use a "notepad" style document with only "plain text."

We ask that you please follow these conditions:

- Please DON'T use any ALL CAPS.
- Please DON'T use any indents, tabs, or bullets.
- Please DON'T use any bolding, underlining, or any other italics besides:
- Please DO include italics for scientific names or foreign words.
- Please DO use single spaces between words and ends of sentences.
- Please DO use ONLY left justification for all paragraphs, titles, signoffs, etc.
- Please DO use 11pt New Times Roman font if you have it, but NOT multiple fonts or unusual fonts or multiple sizes.

For bibliographies that often have special formatting included in your submitted doc, if you have lifted them from other docs, you may just leave all the original formatting, and we can see better what was intended and make modifications for the masterdoc, if needed.

Please follow these above conditions for your official submissions, however if you would like for us to see how you envision the formatting of your submission, you can also submit a second version formatted in that manner and we may be able to make use of that.

As we get submissions they are each incorporated into a MN masterdoc with certain in-house MN master formatting for the final design layout. The design layout software removes all previous formatting from the masterdoc, so any extra formatting you insert, beyond the above parameters, only complicates the prepping of the masterdoc, so please DON'T do that, and DO follow the above submission conditions. •



MYCENA NEWS  
NOV 2017 VOL 69:03

**Mycological Society of San Francisco**  
**The Randall Museum - 199 Museum**  
**Way, SF, CA 94114**

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Mycena News is the members' newsletter of the Mycological Society of San Francisco, published monthly September–May.

Please e-mail photos, comments, corrections, and correspondence to [mycenanews@mssf.org](mailto:mycenanews@mssf.org)

To subscribe, renew, or make address changes, please contact Stephanie Wright:  
[membership@mssf.org](mailto:membership@mssf.org)

Past issues of Mycena News can be read online at <http://mssf.org/mycena-news/issues.html>

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Ken Litchfield

### **MSSF VOLUNTEER OPPORTUNITIES**

Join the Council leadership, learn the inner workings of the MSSF and help make decisions that shape the future of the society. Do your part by contributing your time to this 100% volunteer organization!

To learn more about all council and committee positions, go to: [www.mssf.org](http://www.mssf.org) members-only area, file archives, council member position descriptions. Or email [president@mssf.org](mailto:president@mssf.org).

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