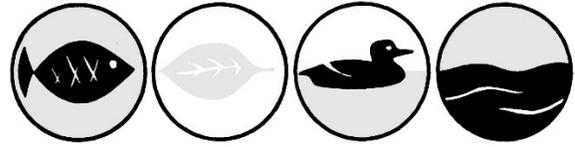


N.I.C.C.



September 2016 Newsletter

The Fungus Among Us

Looks like we have had enough rain these past couple weeks. I don't know about you, but I have a couple crops of mushrooms *in my lawn*. *Living here by the woods of NICC, I try and take the time to walk down the trails in search of the different varieties*. This is a good time to head out to the trails of NICC to look for them.

They appear like magic, and often in places where they have never been seen before. Their scents vary wildly: Some smell like anise, others like fruit, cucumbers, green corn, creosote, fish, radishes, rotting meat, garlic, or raw potatoes. They range from dull grays and browns to brilliant reds and oranges, sometimes fantastically polka-dotted; their texture may be frilly, shiny, slimy, bumpy, or smooth. You can find them on trees, in the grass, underground. They can cost hundreds of dollars an ounce and are served in the most sophisticated restaurants. People hunt them like treasure. And some of them can kill you. While much of North America remains in a deep-freeze, in some areas February marks the beginning of mushroom season.



Mushrooms are among the most mysterious of life forms. Some kinds are edible -- and delicious. Others cause hallucinations and other psychological and perceptual effects, and have been used in spiritual rituals. Many species are unstudied, their ingestibility unknown. And a number of species contain dangerous toxins, many of which are not yet fully understood.

Every year poison centers and emergency rooms treat people who have been poisoned or made ill by mushrooms. These range from people taking "magic mushrooms" for their hallucinogenic effects to gourmards who have tragically misidentified a species to toddlers who have swallowed mushrooms growing in the backyard. Unfortunately, no simple test can determine whether a mushroom is edible or poisonous. The only way to be certain is to positively identify the species you have found. Only experience can teach you to recognize characteristics that differentiate edible species from poisonous ones, and with some species you cannot be too careful. Some mushroom hunters will even examine a mushroom's spores microscopically to be sure their identification is correct. In short, before you eat any wild mushroom, check every possible feature and clue, consult field guides or scientific literature, and be 100 percent sure of proper identification (consulting experts if necessary). Only those who truly know what they're doing should even consider eating wild mushrooms. If any doubt remains about the edibility of a species, do not eat it.

Many mushrooms cause mild to severe poisoning, and only a few cause life-threatening illness. Some mushroom toxins affect the central nervous system, others the peripheral nervous system, and most cause mild to severe gastrointestinal upset. Some people react adversely to species that are harmless to most or to species that they have eaten before without ill effects. Below is a list of mushroom toxins, some of the species that contain them, and a description of the symptoms known to occur. (This is not a comprehensive list of all poisonous mushrooms.) If you suspect you have mushroom poisoning, contact a poison control center (call 1-800-222-1222 or visit the American Association of Poison Control Centers website) and seek medical attention immediately. Bring along samples, preferably uncooked, of the mushrooms you have eaten



TRAP SHOOTS

Mark your calendar for one of three trap shoots we are having this year. Bring your own gun and ammunition. No need to pre-register in advance. Children under 18 yrs. must be accompanied by a parent or guardian. \$10 each round (25 shots). **SEPTEMBER 18, OCTOBER 16, NOVEMBER 6 10 AM-2 PM**

ADOPT-A-HIGHWAY OCT 1 AT 10 a.m.

It's that time of year again when NICC volunteers grab their gloves and head for the highway. Have you noticed NICC's name on the two signs on Grass Lake Road between Rt. 83 and Rt. 59? NICC signed an agreement each year with the Lake County Division of Transportation Adopt-A-Highway program, to help clear debris on this section of highway. This year will be our 15th year to participate in this program. We would like it to have all volunteers meet at the corner of Rt. 83 & Grass Lake Rd next to Triangle Bait and Marine at 10 am.

CHIPPING NICC TRAILS SATURDAY OCTOBER 1 AT 9 a.m.

Last year several NICC members and some non-members helped chip a good portion of our trails. With cooler weather coming, it was the decision of the board to try and finish this project on Oct.1, after Adopt-A-Highway. If you can give us a hand even if it's for an hour, it will be greatly appreciated. We also would like to do some grounds cleanup during this time. So, mark your calendar for Saturday, Oct. 1 at 9 am. See you there.



Chris Bradley
Grace Bozek
Richard & Virginia Giannoni
Anthony & Karen Martino
Nicholas & Natalie Wennerstrom

MARK YOUR CALENDAR

Sept 12 General/Board Meeting 7 pm
Sept 17 Grounds will be closed for
Private function. Mason's
Sept. 18 Trap Shoot 10-2
Sept 24 Youth Event 9-3
Oct 1 Adopt-A-Highway 10 am
Chipping trails at NICC
Oct 10 General/Board Meeting 7 pm
Oct 16 Trap Shoot 10-2
Nov 6 Trap Shoot/Closing of house
Nov 14 General/Board Meeting at
Antioch Library 7 pm
Dec 12 General/Board Meeting at
Antioch Library

