

QUINOA ENCHILADA CASSEROLE

- 1 cup quinoa
- 1 (10 oz) can Old El Paso mild enchilada sauce
- 1 (4.5 oz) can Old El Paso chopped green chilies, drained
- 1/2 cup corn kernels, frozen, canned or roasted
- 1/2 cup canned black beans, drained and rinsed
- 2 tbsp chopped fresh cilantro leaves
- 1/2 tsp cumin

- 1/2 tsp chili powder
- Kosher salt/fresh ground black pepper to taste
- 3/4 cup shredded cheddar cheese, divided
- 3/4 cup shredded mozzarella cheese, divided
- 1 avocado, halved, seeded, peeled and diced
- 1 Roma tomato, diced

In large saucepan of 2 cups water, cook quinoa according to package instructions; set aside. Preheat oven to 375 degrees F. Lightly oil an 8x8 or 2 quart baking dish or coat with nonstick spray. In large bowl, combine, quinoa, enchilada sauce, green chilies, corn, black beans, cilantro, cumin and chili powder; season with salt and pepper to taste. Stir in 1/2 cup cheddar cheese and 1/2 cup mozzarella cheese. Spread quinoa mixture into the prepared baking dish. Top with remaining cheeses. Place into oven and bake until bubbly and cheeses have melted, about 15 minutes. Serve immediately, garnish with avocado and tomato, if desired. Yield: 6 servings

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May 10, 2015

Memorial Day, May 25, 2015



1) Membership Meeting The June 2015 General Membership Meeting will be held at Lanakila Elementary School Cafeteria on Wednesday, June 10, 2015; time 7:00-9:00 pm. Program - TBA

2) May 2015 Officer and Board of Trustees Meeting: (OBSERVE CLASSROOM CHANGE) The Board Meeting will be held on Tuesday, May 12, 2015 at 7:00 p.m. at Aiea Elementary School in Classroom # H1 (first room after climbing stairs closest to the cafeteria).

HOS OFFICIAL WEBSITE: www.honoluluorchidsociety.org (VISIT THE WEBSITE FOR PERIODIC UPDATES)

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HONOLULU ORCHID SOCIETY MONTHLY NEWSLETTER No. 2015-05

HOS GENERAL MEETING

Date: Wednesday , May 13, 2015
Time/Place: 7:00 - 9:00 p.m., Lanakila Elementary School Cafeteria
Program: "2015 Tokyo Dome Show"
Speaker: Calvin and Sherry Abe

Calvin and Sherry Abe, both retired school teachers and active members of the Honolulu Orchid Society, will share their experiences of the show at Wednesday's (May 13) general membership meeting of HOS. The meeting will be held in the Lanakila Elementary School Cafeteria beginning at 7:00 PM. Guests are more than welcome. Refreshments will be served and orchid plants will be given away as door prizes.

There is ample free parking in front of the cafeteria.

Reminder to all who bring refreshments in -- please inform our Refreshment Committee Rep your name and of what you bring to share when you drop off your item at the refreshment table. Much appreciated!

MAHALO NUI LOA. Mahalo **Mel Waki** for organizing and leading members on the field trip to Kawamoto Orchid Nursery in Palolo Valley and H&R Nurseries in Waimanalo on Saturday, April 11, 2015. There were approximately 20 people who went on the field trip, combined with members from the Aiea Orchid Club. All who found treasurers at each nursery were exceptionally pleased and look forward to the next exploration sometime down the road.....

No Aril 2015 Culture Awards due to cancellation of membership meeting.



ORCHID SHOWS. Orchid Society of Manoa's Annual Orchid Show and Plant Sale was held May 2 and May 3 in Manoa at the Noelani Elementary School. Honolulu Orchid Society was honored with the award of Best Society Display (\$100).

Appreciation is acknowledged to all who turned out to give support to the HOS.

We thank Bob & JoAnn Higuchi who accepted the challenge of chairing the HOS display at the Manoa Orchid Show with enthusiasm! As first time chairs, they experienced the excitement and thrill of creating a great display that was recognized as the Best Society Display. Recognition is also given to the following members who also helped in creating the beautiful display in a short time frame: Calvin & Sherry Abe, Ben Sills, Mel Waki, Ruth Chun, Ken & Aileen Ching, Jackie Lai, Charlotte Yamamoto, Brad Lau & Linda Inouye, Carol De Witt, Inez Brunson, Dorothy Nakama, Kathy Sakuda, Jennie Rosario, Ben Kodama, Jr., Reece Kilbey, Mei Lin Wong-Gary and Williette Wong for helping to set up and breakdown our display and Violet Yamaji who also helped with the breakdown. We also thank Ruth Chun, Pam Waki, Brad Lau, Calvin & Sherry Abe, Ken & Aileen Ching, Violet Yamaji, Kathy Sakuda, Bob & JoAnn Higuchi, Charlotte Yamamoto, Jackie Lai, Kodama Orchids, Bill & Hilda Takamatsu, Inez Brunson, Ben Sills, Williette Wong, and Vivian McCoy for sharing their blooming orchid plants, greeneries and props in the display.

Trophies were presented to the following in our display:

- Best in Show (Helen Tsuda Memorial Trophy) & Best Flowering Specimen Plant in Show
Phais. Lady Romona Harris 'Looking at You', Owner: Ken & Aileen Ching
- Best Lavender Cattleya in Show
Lc. Memoria Robert Strait 'Islander Delights', Owner: Pam Waki
- Best Lavender Dendrobium in Show
Den. Jan Orinstein 'Red & White', Owner: Pam Waki
- Best Vandaceous in Show
Ascf. Cherry Blossom 'Carmela', Owner: Calvin & Sherry Abe
- Best Phalaenopsis in Show
Phal. Chainport Whiteyuki 'Pam', Owner: Pam Waki
- Best Other Genera in Show
Robiquetia tiernyana, Owner: Ruth Chun

A Merit Award was also granted to the following at the Manoa Orchid Show:

Award of Merit

- Phal. Chainport Whiteyuki 'Pam', AM HOS 80.0 pts.; Owner: Pam Waki,
Honolulu Orchid Society Display

UPCOMING SHOWS. Reserve the dates. Once again members, we need your total support to provide your blooming orchid plants, greeneries to fill-in open spaces of the display, props, and physical labor and time to help set up and break down our display for the following shows.

AIEA ORCHID CLUB, INC. 34th Annual Orchid Show and Plant Sales will be held June 12-14, 2015 at the Aiea Elementary School Cafeteria, 99-370 Moanalua Road, Aiea, Hawaii (mauka of Aloha Stadium). The Aiea Orchid Club celebrates their 60th anniversary.

Plant Registration is Thursday, June 11, 2015 from 9 am to 5 pm. Ruth Chun will chair the 10' x 10' floor display set-up. Members please bring your blooming plants in and register them by 11 a.m. so as to have ample time in completing the set-up by 3:00 pm even though the finish time is 5:00 pm. WE ALSO NEED GREENS, PELE'S HAIR AND PROPS. Members please stick around and help set up the display too. The Show is on Friday, June 12 and Saturday, June 13 from 9 am to 5 pm with a fundraiser (keawe-broiled chicken) on Saturday only from 9 am to 2 pm and the show's last day is Sunday, June 14 from 9 am to 3 pm (plant sales closes at 2 pm). We also ask for your help with the breakdown of the display on Sunday at the close of the show.

EWA ORCHID SOCIETY Annual Orchid Show and Plant Sale will be held in July 17-19, 2015. More information will be provided in the near future.