

1 tbsp olive oil
10 oz boneless, skinless chicken breast
1 1/2 tbsp chili powder
1 1/2 tbsp ground cumin
salt and cayenne pepper to taste (optional)

2 cn (14.5 oz) no-salt added diced tomatoes 1 cn (15 oz) no-salt added black or red kidney beans 1 cn (4.5 oz) diced green chilies 1 cup whole kernel corn (frozen holds up better in recipe)

Cut chicken into bite size pieces. Saute chicken 3 minutes in olive oil. Stir in chili powder and cumin and cook for 3 minutes. Add rest of ingredients and heat through. Serves 4 people.

(NOTE: This recipe was obtained from the USA Today magazine included in The LA Times many years ago. It is a healthy recipe because it calls for low salt or no salt beans and tomatoes. Use regular beans and tomatoes if more flavor is desired. Recipe is good for y ou because it's high in antioxidants from the tomatoes, corn and beans. Beans are high in fiber and only 20% of its calories come from fat. Beans also help suppress blood sugar rises and may help combat diabetes and heart disease.)

HONOLULU ORCHID SOCIETY, INC. P O Box 558 Honolulu HI 96809-0558

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¹⁾ Membership Meeting. The August 2019 General Membership Meeting will be held at Lanakila Elementary School Cafeteria on Wednesday, August 14, 2019; time 7:00-9:00 pm. Program - TBA.

^{2) &}lt;u>July 2019 Officer and Board of Trustees Meeting</u>: The Board Meeting will be held on Tuesday, July 9, 2019; time 7:00 pm at Aiea Elementary School in Classroom #H1 (first room after climbing stairs closest to the cafeteria).

³⁾ HOS OFFICIAL WEBSITE: www.honoluluorchidsociety.org (VISIT WEBSITE FOR PERIODIC UPDATES). Subscribe to the HOS website by inputting their email address in the subscribe column. When you subscribe, you will get immediate notification of any new posts on the website. Members may contribute to the site by sending their info to https://doi.org/10.1007/journal.org/https://doi.org/https://doi.org/<a href="https://doi.or

HONOLULU ORCHID SOCIETY MONTHLY NEWSLETTER No. 2019-07 HOS GENERAL MEETING

Date:

Wednesday, July 10, 2019

Time/Place:

7:00 pm to 9:00 pm - Lanakila Elementary School Cafeteria

Program:

"Prize Winning Orchids - What's Our Secret?"

Speaker:

HOS Members

A-L-O-H-A M-E-M-B-E-R-S

Honolulu Orchid Society members who have earned recognition and awards for their prize winning orchid plants will be sharing their "secrets" at our meeting on July 10, 2019. The audience will be able to participate by guessing the secrets of the panel members to win a prize! Yes, this is a spin off of the popular TV game show - *I've Got a Secret* that CBS first aired on June 19, 1952. In perspective, HOS will be celebrating its 80th Orchid and Plant Show in October 2019 and this game show aired 67 years ago with hosts Gary Moore (1952-64), Steve Allen (1964-73) and Bill Cullen (1976). Let's perpetuate our society by actively supporting the upcoming 80th Orchid and Plant Show.

The HOS panelists include Calvin Abe, Mel Waki, Jan Takamiya, and surprise guest panelists. Together these three members and surprise secret guests have garnered numerous awards from orchid societies in Hawaii. The program will be co-hosted by Adam Almeida and Kathy Sakuda. The *I've Got a Secret* show won the Primetime Emmy for Best Audience Participation Series. Likewise, we believe our HOS members will get in the spirit of guessing the secrets of the panelists to win a prize.

Plan to join us on July 10, 2019 from 7 to 9 pm at the Lanakila School Cafeteria and discover amazing secrets of orchid growing, cultivating, and nurturing the also winning awards. (by Kathy Sakuda)

Guests are more than welcome to attend. There is ample free parking in front of the cafeteria. Refreshments will be served.

MAHALO NUI LOA. Mahalo **Walter Hiraishi** for your great hands on presentation of growing and caring for orchid plants and other types of plants through Simple Techniques. We wish we had more time to spend with you to gain more knowledge of your techniques. An amazing collection of plants that can be used are Tillandsia, Anthuriums, Orchids and suggested materials to mount the plants on are cinder rocks, driftwood, garden wood, natural rectangle wood, and hapuu. Your presentation shared with those present were greatly appreciated.

Mahalo to the following members, friends and Refreshment Committee who brought in a great assortment of goodies to share with those in attendance at our June meeting - Colleen Lee - Loaf Cakes; Sharon Lock - Madelines; Jackie Lai - Steamed Okinawa Sweet Potatoes; Kathy Sakuda - Beef Broccoli w/Hong Kong Style Noodles; Brad Lau & Linda Inouye - Asst Fruits; Mae Matsumoto - Aidells Chicken & Apple Sausage; Beaudine Ma - Simply Ruffles Potato Chips; Jan Takamiya - Chicken Katsu & BBQ Chicken; Ron Yamauchi - Gon Lo Mein; Inez Brunson - Mochi filled w/Fresh Ginger & Anise Seeds; Sherry & Calvin Abe - Brownies; Bob & JoAnn Higuchi - Custard Pie; Charlotte Yamamoto - Double Decker Gelatin Blocks; Dorothy Nakama - Chips with Peach Salsa; Ann Geschwandtner - Macaroni Salad; Pam & Mel Waki - Mochi; and Refreshment Committee - Mediterraian Salad, Honey Kiss Melon, Peach Punch and Water. Your donations are truly appreciated! And as a reminder to all who bring refreshments in --please inform our Refreshment/Hospitality Committee of what you bring to share when you drop off your item at the refreshment table. Much appreciated!

ALOHA and MAHALO from HOS Country Store. We thank the donors and the customers who made June's sale a success. Recognizing the donors: Kathy Sakuda for her Banana Butter Mochi and Apricot Mochi, Energy Bars and White Elephant items; Charlotte Yamamoto for her Andagi; Jackie Lai for Banana Bread & Baked Okinawan Sweet Potatoes; Mel Waki for Pot Hooks; Ruth Chun for plants and Jabong fruit; JoAnn Higuchi for produce and cookies; Ann Geschwandtner for cut tropical flowers. Hans Kashiwabara also donated free packets of assorted plant seeds for those who wanted to test out their "green thumbs". Many thanks to our members and friends for buying our treats and making June's sale a success. We'll be setting up shop again in July and look forward to seeing everyone again. Help us make July's sale a success by donating your goodies and visiting the store again. Mahalo!

The HOS MINI COUNTRY STORE will be operational prior to start of our 7 pm meetings and during refreshment time up until 8:50 pm. (LOOK FOR THE COUNTRY STORE SIGN AND CHECK IN WITH JOANN HIGUCHI, KATHY SAKUDA OR THEIR HELPERS) Donations of baked goods, jams/jellies, fruits/veggies, foods, and "white elephant" treasures are welcomed for sale. Bring your items in by 6:20 pm. and the fundraiser sale begins. We appreciates YOUR DONATIONS, but we also need you as "THE CUSTOMER".

June 2019 Culture Awards:

1st Place: Den. amabile; Owner: George & Judy Hidano 2nd Place: Milt. phymatochila; Owner: Ken & Aileen Ching

3rd Place: Trpla. hennisiana; Owner: Pam Waki

2020 HOS Officers and Board of Trustees Elections. Elections for the 2020 Officers and Board of Trustees will be held at this month's (July 2019) General Membership Meeting at Lanakila Elementary School Cafeteria, 717 North Kuakini Street, Honolulu, HI. HOS Membership should attend to cast their vote.

The Nominating Committee presents the following slate of HOS Officers and Board of Trustees for the Year 2020:

Officers

President: **Bradley Lau** Treasurer: Jackie Lai **1st Vice President:** Melvin Waki **Recording Secretary:** Hongwei Li (new) 2nd Vice President: Katherine Sakuda **Correspondence Secretary: Carol De Witt**

3rd Vice President: **Katherine Leonard Past President: Ruth Chun**

Board of Trustees

2020* 2021 2022 Adam Almeida Marisa Maemori Benjamin Kodama, Jr. JoAnn Higuchi **Charlotte Yamamoto** Ian Sandison Robert Higuchi Linda Inouye (new) Ingelia White Jan Takamiya Jed Smith (new) Williette Wong

The Election Committee will also take nominations from the floor for any of the positions. Members interested in becoming a part of the HOS Board may also self-nominate for a position. The Election Committee will again present the 2020 nominations of the Officers and Board of Trustees and then voting will commence.

^{*} Board of Trustees listed already voted in to serve for the respective year in the prior year elections.

Field Trip to Kawamoto Orchid Nursery & H&R Nursery on Saturday, July 13, 2019

A field trip to Kawamoto Orchid Nursery and H&R Nursery is scheduled for Saturday, July 13, 2019. Those interested in attending the field trip should meet at 8:00 AM in the parking lot fronting Longs Drug Store in the Kaimuki Shopping Center located at 3221 Waialae Avenue in Palolo. If you have any questions on the field trip, call or text Mel Waki at (808) 391-0144.

<u>AIEA ORCHID CLUB's 38th ANNUAL SHOW AND PLANT SALE</u> was held June 7, 2019 through June 9, 2019 at Aiea Elementary School. Honolulu Orchid Society was honored with an award of Second Place Best Society Display (\$100).

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

Thank you Dorothy Nakama and Charlotte Yamamoto for co-chairing the beautiful HOS display at the Aiea Orchid Club's annual show. We also thank Sherry & Calvin Abe, Mel Waki, June Yokomoto, Carol De Witt, Inez Brunson, Noelle Sutherland, Adam Almeida, Williette Wong, JoAnn & Bob Higuchi, Kathy Sakuda, Ruth Chun and Jackie Lai for helping to set up and breakdown our display and also Ian Sandison, Dorothy Nakama, Eddie Peltier, Brad Lau who also helped with the breakdown. We thank Don Minatoya, Charlotte Yamamoto, Adam Almeida, Kate Leonard & Ian Sandison, Pam Waki, Noelle Sutherland, Ruth Chun, Calvin & Sherry Abe, Ken & Aileen Ching, Inez Brunson, Dorothy Nakama, Williette Wong, June Yokomoto, Jan Takamiya for sharing their blooming orchid plants, greeneries and props in the display. A trophy was presented to the following in our display:

Best in Show (Eddie C.C. Wong Memorial Trophy)

Den. stratiotes var. alba "Kazuyuki Oka' FCC HOS; Owner: Pam Waki

Best Dendrobium (Florence Kodama Memorial Trophy)

Den. stratiotes var. alba "Kazuyuki Oka'; Owner: Pam Waki

Best White Dendrobium

Den. Hawaiian Spectacular 'Mauna Kea'; Owner: Pam Waki

Best Single-Flowered Paphiopedilum

Paph. Enchantingly Wood 'Judge Kate'; Owner: Kate Leonard & Ian Sandison

Best of Other Genera

Bulb. dearei 'Matt'; Owner: Pam Waki

Best Species (Dave Bealer Memorial Trophy)

Den. stratiotes var. alba "Kazuyuki Oka'; Owner: Pam Waki

HOS judges granted the following Merit Awards in the Show:

First Class Certificate (FCC)

Den. stratiotes var. alba "Kazuyuki Oka' FCC HOS (91.7 pts), Owner: Pam Waki, Honolulu Orchid Society

Award of Merit (AM)

Paph. Enchantingly Wood 'Jude Kate' AM HOS (83.8 pts), Owner: Kate Leonard & Ian Sandison, Honolulu Orchid Society Paph. Yellow Tiger AM HOS (82.4 pts), Owner: Larry Kamiya, Windward Orchid Society

Certificate of Cultural Merit (CCM)

Den. amabile CCM HOS (81.2 pts), Owner: George & Judy Hidano, Aiea Orchid Club

Den. stratiotes var. alba 'Kazuyuki Oka', CCM/HOS 90.3 pts., Owner: Pam Waki, Honolulu Orchid Society

Paph. Yellow Tiger CCM HOS (86.8 pts), Owner: Larry Kamiya, Windward Orchid Society

Gram. stapeliiflorum "Waki' CCM HOS (84.8 pts), Owner: Pam Waki, Aiea Orchid Club

Max. tenuifolia var. aurea 'Yamada' CCM HOS (86.4 pts), Owner: Ken & Aileen Ching, Hui Okika O Kunia

Congratulations to all!

NAME RECOGNITION. Members, if you assisted with the set up, break down, exhibiting of your blooming plants and greenies and/or props, but your name is not listed, please note that it is not intentional. We greatly appreciate your services and sharing of your plants, etc.. Every effort is made to observe who is present and helping out at the shows while I am also pitching in with our display too......but sometimes you are missed inadvertently. Should this happen, please see the Correspondence Secretary at the next General Membership meeting and the correction will be made in the following month's newsletter. This also applies when you have brought in something to share at our monthly general membership meets too. Mahalo for your patience and understanding.

<u>UPCOMING SHOWS</u> - Ensure you tag your trays, loose pots and plants with your name so you get them back. Once again members, we need your full support by providing 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.

EWA ORCHID SOCIETY, INC. Annual Orchid Show and Plant Sale will be held in July 19-21, 2019 at the Ewa Elementary School Cafeteria, 91-1280 Renton Road, Ewa, Hawaii. The Ewa Orchid Society celebrates their 69th anniversary. The show theme for 2019 is "Monarch Amongst the Orchids".

Plant Registration is Thursday, July 18, 2019 from 9:00 am to 4:00 pm. We will all work together to create the themed display which is a $10' \times 10'$ floor display set-up.

Members, <u>please bring your blooming plants in and register them by 11 a.m.</u> (varietal name and all merit awards must be given on the registration form too) to allow us ample time to complete the set-up by 3 pm even though the completion time is 5:00 pm. We will also need GREENS, PELE's HAIR and PROPS. We are in need of Monarch Butterfly PROPS -- items that have butterflies. If you have any, please share them in our display and remember to have your name on them so we can give them back to it's rightful owner. Please stick around and help set up the display. Lunch will be provided. We also ask for your help with the breakdown of the display on Sunday at the close of the show - 3:01 pm.

Show dates are Friday, July 19, 2019 (9:00 am to 4:00 pm), Saturday, July 20, 2019 (9:00 am to 4:00 pm) and Sunday, July 21, 2019 (9:00 am to 3:00 pm (plant sales closes at 2 pm)). Educational Sessions: Friday, July 19 @ 10:00 am - General Orchid Culture; Saturday, July 20 @10:00 am - Cattleya Orchid Culture; Sunday, July 21 @ 10:00 am - Dendrobium Orchid Culture (Schedule subject to change). Free Admission (donations welcome).

HONOLULU ORCHID SOCIETY ANNUAL SHOW AND PLANT SALE show dates are Friday through Sunday, October 11, 2019 through October 13, 2019. The show will be held at Washington Middle School Cafeteria, 1633 South King Street, Honolulu, HI. More info about the show will be forthcoming in the near future. This is the last show of calendar year 2019. So mark your calendar!