



December 2009 - Volume 5 - Number 22

Published by the South Florida Orchid Society

## PRESIDENT'S MESSAGE

Dear South Florida Members,

I hope all of you had as good a time as I did at the auction last month. There were wonderful gift items, plants and great fun. Didn't Diana look great wearing her 2 new beautiful rings! That blue Topaz was a stunner! I would like to thank everybody that contributed to the auction and thanks to Michael Guyer who did a terrific job. Thank you also to Dorothy Bennett, Carol DiBiase, Joan Viggiani, and Christa Collins for their help during the evening.

Have you all purchased your Holiday Party tickets? If you haven't, don't fret; you can get them by calling Ellen at the South Florida office (305-255-3656). The Holiday Party will be held on Sunday, December 13, at Signature Gardens at 6 PM. I hope you plan to attend because it is a lovely party. In addition to another wonderful menu planned by Marlene Clark, we have dancing, plants and friendship. Please try to attend and join the fun.

Hard to believe, with our lingering heat, that we have to think about protecting our plants from the cold! But winter is not that far away and those cold fronts really drop the temperatures. Remember, if you cover them with plastic, raise it in the morning; otherwise your growing area could become a very hot oven!

Since our Holiday Party will take the place of our regular meeting, I hope to share the evening with many of our members. For those members who are unable to attend, I wish you a very happy holiday season and a very happy and healthy New Year.

Good Growing,  
Judy

# HAPPY HOLIDAYS TO ALL OF OUR SFOS MEMBERS AND THEIR FAMILIES



## 2009 SFOS Holiday Party



December is approaching which means we should take time to be thankful for our health, good friends and family, and of course, our beautiful orchids. Which bring up our next and favorite subjects – Christmas, Chanukah, and everything that goes with December, like our Holiday Party. There will not be a regular meeting/judging this month. Dress code will be semiformal.

The party will be on Sunday, December 13<sup>th</sup> at Signature Gardens, 12725 S.W. 122 Ave. from 6:30 P.M. until 10:30 P.M. If you've never been there, this will be a real treat for you. Plenty of parking and large banquet rooms decorated beautifully for the holidays. The food is wonderful and there will be an open bar!

The meal will be a buffet and will include: Caesar Salad, Cold Pasta Salad Primavera, Whole Honey Glazed Ham, Roast Vermont Turkey with Old Fashioned Stuffing, Giblet Gravy and Cranberry Sauce, Tender Pork Slices, Sweet Potato Soufflé with Crushed Pineapple and Marshmallows, Steamed Long Grain White Rice, Black Beans with Chopped Onions, Assorted Cakes and Pies, Rolls, and Coffee. Happy Hour will begin at 6:30 P.M. and dinner will be ready at 7:00 P.M.



We will have a D.J. for the evening and they will play music for all generations. We will also have our gift exchange. There is a \$5.00 limit on the gifts and please put tags stating male or female. You don't have to participate; this optional, but fun! There will be a raffle during the evening. All members will, of course, receive a beautiful seedling upon presentation of their membership badge; if you have lost your badge, please notify the office (305-255-3656).

Remember the party is scheduled for Sunday, December 13<sup>th</sup> and admission is by reservation only. We must know by Saturday, December 12<sup>th</sup> if you plan to attend. The price for members and nonmembers is the same \$45.00. Tables of eight can be reserved. If you have any questions, please call the office (305-255-3656) or Marlene Clark (305-253-7627). We invite all of our members, especially our new members, to join us for a delightful evening.

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2009 SFOS Holiday Party

Please make \_\_\_\_\_ reservations for the SFOS Holiday Party.

Name: \_\_\_\_\_

\_\_\_\_\_ Members @ \$45.00

\_\_\_\_\_ Guests @ \$45.00

Total Amount Due: \_\_\_\_\_

Please call the SFOS office (305-255-3656) with your reservation by December 12th.

## MDC Professor Gets TOP Honor

BY LUISA YANEZ  
lyanez@MiamiHerald.com

### **Dr. Sandra L. Schultz Named 2009 Florida Professor of the Year**

Sandra L. Schultz, a 30-year Miami Dade College North Campus Professor has been named the 2009 Florida Professor of the Year by the Carnegie Foundation for the Advancement of Teaching.

Schultz was selected from among more than 300 top professors nominated by colleges and universities throughout the country. She was honored at a reception Wednesday night at the Folger Shakespeare Library Exhibition Hall in Washington, D.C.

Schultz is the third MDC professor to receive this top recognition, which is given jointly by the Council for Advancement and Support Education. The other winners were: In 2003, Alberto Meza, professor of fine arts at the Kendall Campus. In 2005 Ana M. Cruz, School of Business at the Wolfson Campus.

Dr. Schultz is the recipient of four Endowed Teaching Chairs, most recently the Anastasios and Maria Kyriakides Chair. "This is an incredible honor. It's a great way to end my career," Schultz, who plans to retire next year, said in a statement released by the college. "I have really enjoyed my years at MDC."

Schultz began her career at MDC in 1977 as a volleyball and softball coach, and then teaching several physical education and activity courses. She also helped develop the fitness and wellness for life course, which provides instruction on how to improve health and nutrition, as well as reduce the risk of cardiovascular disease. Recently, she began to teach the course online to students living all over the world.

In addition to teaching, Schultz is the author of several fitness textbooks. She is chair of the North Campus Wellness Day Committee, which annually draws in more than 700 participants. The Carnegie Foundation's Professors of the Year awards program was established in 1981 and is the only advanced-study center for teachers in the world.

The U.S. Professors of the Year awards program was established in 1981. TIAA-CREF, one of America's leading financial services organizations and higher education's premier retirement system, became the principal sponsor for the awards ceremony in 2000. Additional support for the program is received from a number of higher education associations.

The Carnegie Foundation for the Advancement of Teaching was founded in 1905 by Andrew Carnegie "to do all things necessary to encourage, uphold and dignify the profession of teaching." The foundation is the only advanced-study center for teachers in the world and the third-oldest foundation in the nation. Its nonprofit research activities are conducted by a small group of distinguished scholars.



The Council for Advancement and Support of Education is the largest international association of education institutions, serving nearly 3,400 universities, colleges, schools, and related organizations in 59 countries. CASE is the leading resource for professional development, information, and standards in the fields of educational fundraising, communications, marketing and alumni relations.

Lee Eliot has been in the hospital for a good part of the past 2 months. He has had 2 back surgeries and has been unable to walk. It is sad that his orchids and greenhouse have not been tended to as Lee would like. Lee would be very grateful if he could get some help from club member or their friends. The yard is very high with weeds also. If you would like to help Lee have one less thing to worry about, please contact Ethel Goldberg at 305-740-9646

## A LITTLE BIT OF THIS AND THAT

The first tropical orchid grown in Europe was *Bletia verecunda*, introduced from the Bahamas in 1731, flowering the following summer.

Orchids have been adopted as national flowers in several Latin American countries: *Lycaste virginalis* in Guatemala, *Cattleya skinneri* in Costa Rica, and *Peristeria elata* in Panama. *Cypripedium reginae* is the state flower of Minnesota.

### **Five Quick Ways to Measure** (When you don't have a ruler)

It is useful to know what your hand span is, from out stretched thumb to tip of little finger. Sometime when you do have a ruler, measure it and remember the number, usually anywhere from 8-10 inches. Also, measure your foot (which will be 12 inches long only by coincidence) and remember that number. Use your body as a yardstick. Your arm span, fingertip to fingertip, is close to your height in inches, a number you presumably know.

A standard size checkbook is 6 inches long.

A stick of chewing gum is 3 inches long.

A dollar bill is exactly 6 1/8 inches by 2 5/8 inches

## JUDGING

### **Bring Your Orchids in for Judging!**

You can win with your orchids by bringing them in at our next meeting January 20th. Dress your plants up and bring them in.

## RECIPES



### **Frothy Coca-Cola and Banana Cake**

This cake, with its delightful meringue topping, is at least as good as it sounds. To make it, you will need an electric mixer, a

sugar thermometer, and a cake pan approximately 10 inches in diameter. You will also need a small heavy-based saucepan because you are going to melt some sugar. Don't be scared by this — it's easy. Recipe courtesy of [The Branded Cookbook](#)

3 medium eggs                      1/2 cup(s) light brown sugar                      1/3 cup(s) Coca-Cola  
1 1/4 cup(s) self-rising flour      1 cup(s) ground almonds                      A few drops of vanilla extract  
3 large bananas well mashed      5 tablespoon(s) butter, melted, plus extra for greasing

### Meringue

4 medium egg whites                      Pinch of salt                      1 teaspoon(s) cream of tartar  
1/3 cup(s) Coca-Cola                      1 cup(s) light brown sugar      2 tablespoon(s) light brown sugar,  
combined with above sugar

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## Directions

1. Preheat the oven to 325 degrees F. Grease the cake pan or line it with parchment paper.
2. **To make the cake**, beat the eggs, sugar, and Coca-Cola in a mixer set to high speed for 5 minutes. You want the mixture to be completely frothed up.
3. Gently fold in the flour, almonds, and vanilla extract with a spatula. Then fold in the mashed banana, followed by the cooled melted butter. Transfer the mixture into the prepared cake pan.
4. Bake in the oven for 45 minutes. Remove from the pan and leave to cool on a wire rack.
5. **To make the meringue**, beat the egg whites, salt, and cream of tartar in the mixer, again at high speed, until whisked up into soft peaks. Leave the meringue in the mixer while you melt the sugar. To do this, add the Coca-Cola to the sugar in a small saucepan, then heat gently until the liquid reaches 240°F (or what is known as "soft ball stage"), stirring continuously. Do not perform any other kitchen activities while you are doing this — it needs your undivided attention.
6. Now turn the mixer back on, but this time on a slow setting. Slowly pour most of the melted sugar into the whisked egg whites.
7. Now put the lid on the mixture and turn it up to full speed. After you have whisked the meringue for a minute or two, it should have the consistency of spreadable polystyrene (if such a thing existed!). Spread the meringue evenly over the cooled cake, pulling it into artful peaks.
8. This cake is best eaten within a few hours of making it, but will keep for 24 hours in the fridge.

## SPECIES

### *Peristeria elata*

by Maurie Page

This plant has long been one of my favourites. It is a terrestrial and loves warm growing conditions. It is the national flower of Panama where it grows as a terrestrial in loamy soil and humus pockets among rocks. Cultural notes suggest that it prefers hot conditions with 30-50% light. It grows exceptionally well in North Queensland conditions with little attention to cultural niceties. The plant grows with an enormous egg shaped pseudobulb which on my mature



plants have been 12 to 15 cm across and 15 to 20 cm high. The long arching single leaf is about 15 cm wide at the middle tapering at each end. The leaf has many transverse corrugations that remind you of the immature growth on palm leaves.

The flower spike can be two metres in length. The spike emerges from the base of the bulb like a new growth. The flowers are brilliant white and have a hard waxy texture. They are cup shaped and can be 5cm across. If you look through the opening of the flower the column and lip combined is shaped like a dove looking back at you and has reddish spotting. Hence a common name the Dove orchid. These flowers last from three to seven days each and flower consecutively up the spike. My plant has twenty flowers opened or in bud. This should mean a flowering period of two months.

The thing I like most about this orchid is the perfume. In the middle of the day it has a most pleasant heady aroma. It is quite spicy and appealing.

These plants like moist growing conditions. If you can't provide the warmth it won't flower. I have found from bitter experience the difficulties in growing in Brisbane. I grow in good quality potting mix. Slugs are particularly fond of the new tips of the large roots. For years I had a mature plant that survived without thriving. I decided to repot and found every new root had a couple of fat juicy slugs suckling on the end. I now take steps to deter the slugs. The plants are susceptible to sunburn. I grow mine under fifty percent shade.

### ***Vanda cristata***



**Vanda cristata** Lindl. 1833

**Distribution:** Himalayas, Tibet and Assam

**Contributors:** Roman Maruska and Ian Walters

Vanda cristata is found at between 1200-2300 m in the Himalayas (Garhwal to Bhutan), Tibet and Assam (Khasia).

Vanda cristata, aka Trudelia cristata, is an intermediate strap-leaf species of northern India, Nepal and Bhutan which has short spikes of several medium-sized greenish flowers with proportionately large elongate red-striped lips. Grow this compact plant in a small basket.

### ***Phalaenopsis bellina***

This species is a small sized, hot growing, pendant growing epiphyte from Malaysia and Borneo in shady, humid, lowland and swampy riverine forests low down on trees often near or on branches overhanging stream banks at elevations of sealevel to 200 meters with an erect to ascending, short stem completely enveloped by persistent leaf-bearing sheaths and carrying pendulous, broad, rounded, light green leaves that blooms in the summer and fall on a suberect or arcuate, 2 3/4" [7 cm] long, racemose or paniculate, few flowered inflorescence with a flattened, fractiflex rachis and small ovate bracts and has only 2 to 3, highly fragrant flowers open at a time. The inflorescence on older plants can rebloom year after year so do not cut off green viable inflorescence.





AOS

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For \$60.00/year, you reap the following benefits:

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- 10% discount on purchases in the Orchid Emporium or on-line at [www.aos.org](http://www.aos.org)
- Discount on back issues of Orchids magazine and on American Orchid Society published books
- Reduced processing fees for American Orchid Society judged plant and flower awards
- Discounts on orchid class fees at the American Orchid Society Botanical Gardens
- Free admission to the American Orchid Society Botanical Gardens and 50% off admission for any guests. JOIN TODAY!

Also take a moment to experience the photo exhibition, *Vanishing Florida*--depicting our changing state. Noted orchid photographer, *Greg Alikas* is one of the sixteen artists whose works make up this exhibit and he will present a lecture in conjunction with the exhibit.

*Vanishing Florida* will be on display at the American Orchid Society **December 6th through January 3, 2010**. *Don't miss it!*

Check out the web site for a preview: <http://www.jkwebdesigns.com/vanishingflorida/>



- **December 19th & 20th**

*Finish that last minute shopping* with **incredible orchid arrangements** from **R. F. Orchids** or **amazing sculpted jewelry** from **renowned jewelry designer, Dawn Vertrees!**

**FREE orchid care classes** will be offered this weekend and supplies will be available for purchase.

If you would like to see and learn more about **American Orchid Society Orchid Judging**, come and observe on **Saturday, December 19th, 2 PM**.

*Starting in Jaanuary 2010, our **Orchid Express Bus Tours** will visit a variety of exciting south Florida Orchid Events ----and our ever popular, monthly **Wine & Jazz in the Garden** events will begin on **January 21st!***

Be sure to check the *AOS event web site* for complete information---or call **561-404-2000**

## **Lose Yourself In Our Enchanting Botanical Garden**

Explore and experience the diversity that our unique garden can offer. At this home of the American Orchid Society, you are invited to discover the beautiful, exotic, and complex tropical ecosystem of which orchids are a part. Become part of our garden and experience exotic orchids. Explore the lush tropics woven throughout 3 1/2 acres containing hundreds of species of plants from around the globe.

Enter our glass conservatory and see a stunning array of colors, shapes, sizes, and fragrances that make up a small fraction of the orchid world. Let your imagination run wild and capture a memory that will last forever. After touring our Botanical Garden, be sure to stop by and visit our orchid Gift Shop with an extensive selection of books and beautiful blooming orchids. We also invite you to enjoy the orchid art exhibits that are displayed in our atrium.

Our Orchid Doctors are on site to talk with you about orchid health:  
Wednesday, 10 am–11:30 am Saturday and Sunday, 1 pm–4 pm

Garden Tours: Saturday 10:30 am, 12:30 pm, or by appointment.  
Times are subject to change to change without notice

AOS Botanical Garden:  
Monday–Sunday, 10 am–4:30 pm  
Orchid Gift Shop: Monday–Sunday, 10 am–4:30 pm  
Closed Thanksgiving and Christmas

## **Wear this beautiful Orchid Pin with pride ... and thank you for supporting the American Orchid Society with your purchase!**

In June, the AOS introduced a new pin to benefit the Society. "The reason the pin was developed is the Affiliated Society Committee wanted to come up with a fund-raiser to help the AOS. We asked Dawn Vertrees for her help and, working together with her husband, Don, and a jewelry manufacturer in Rhode Island, this is what we came up with," says Carol Holdren, chair of the Affiliated Societies Committee and an AOS trustee.



This unique pin makes a wonderful gift and can be worn and enjoyed by any orchid enthusiast. Offer it to club members, give the pin as awards, present them in recognition of service to your club officers or give them as gifts to those you love.

The 1 1/2-inch- (3.7-cm-) wide pin is pewter with a faux rhodium finish and comes with a converter so it can be worn as an attractive necklace. The text reads, "American Orchid Society Est. 1921."

(Thank you to Dawn Vertrees, award-winning orchid jewelry artist, for her original design and assistance in manufacturing. [www.dawnvertrees.com](http://www.dawnvertrees.com))



**Cost: \$25** (price includes the pin as well as a converter to also wear this pin as an attractive necklace, as well as shipping and handling.)

**[Order online today!](#)**

### **Here are three helpful hints when purchasing orchids**

*The AOS thanks Ned Nash for this essay*



**The Plant** - Should be in proportion to the container, have roots in the media, be clean and unblemished, turgid and medium green, free of visible pests.



**The Flowers** - Should be lustrous and held well above the foliage on a strong, well-supported spike, be unblemished and free of fungal spotting, have some buds yet to open (never, ever accept a plant with flowers open to the tip of the spike, as it is impossible to judge flower life after all flowers have opened), and have a generally appealing aspect that fits with your decor.



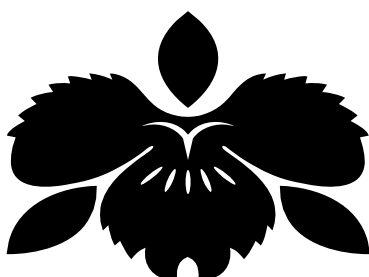
**The Vendor** - Is the overall aspect one of cleanliness and order? Do the production plants look good? Is the staff attentive and interested in your welfare? Can they answer the most elementary of your questions? Selecting an orchid plant isn't really that different from any other flowering plant purchase, including the satisfaction that comes with the proper decision.

**SFOS**

Don't forget the South Florida Orchid Society when you are looking for a gift for a friend or as a stocking stuffer. Our memberships make great gifts: \$30.00 for individual memberships, \$40.00 for a family (2 persons), for each additional family member there is an additional \$10.00 charge. Please contact Ellen at the office if you are interested.


**REMINDER:** Renewals have been sent out so don't forget to send your payment.

**SAVE THE DATE:** The 64<sup>th</sup> Miami International Orchid Show will be held on February 26 – 28, 2010 at the Doubletree Miami Mart Hotel & Convention Center. Pre-sale tickets for the Show will be mailed to our members to sell in advance of the Show. Please sell these tickets to your family and friends and remember they make great Holiday gifts! The pre-sale ticket price is \$10.00; a \$5.00 savings off the \$15.00 at the door price. Pre-sale tickets also have a \$5.00 off coupon to use on a sale of \$25.00 or more at participating vendors. Please mail the proceeds from your ticket sales back to the SFOS office (10801 SW 124 St, Miami, FL 33176) as soon as possible. If you need more pre-sale tickets please contact Ellen at the SFOS office (305-255-3656 or [sforchid@bellsouth.net](mailto:sforchid@bellsouth.net)).



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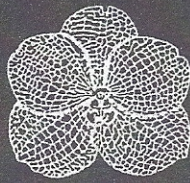
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