



# THE MONTHLY BULLETIN OF THE KU-RING-GAI ORCHID SOCIETY INC.

(Established in 1947)  
A.B.N. 92 531 295 125

15<sup>th</sup> September 2025 - Volume 66 No. 9  
Annual Membership : **\$15 single, \$18 family**

*Patrons - Pauline and Trevor Onslow*

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Committee : Dennys Angove	Committee :	Jane D'Olier

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**Next Meeting : Mon 15<sup>th</sup> September 2025**

**Venue :** *The West Lindfield Community Hall, corner of Bradfield Rd and Moore Avenue, West Lindfield.*

COVID and even common old influenza remain a problem. **Please, if you are feeling unwell - do not attend.**

**YOU MUST SIGN IN on the ATTENDANCE SHEETS at the front hall on arrival. – Insurance requires it. Please do it.**

**The hall is open from 6.30pm** to start set up. Please help. Benching can begin from 7 pm but PLEASE no benching until all the class cards and dividers are in place. Give the set up team time to get everything organized.

**The Culture Class** this month will be plant guru **David Floyd** telling us all about *growing Dendrochilum tenellum*.

**Guest Speaker** – A slight last minute change this month - we have decided to give you a special. Several of our experienced growers will wander the benching and talk about orchids that they find interesting, what they know about them, and a few tips on growing them. Our 'Roving Reporters' will be Garrie Bromley, Peter and Jane D'Olier (if Jane has finished her activities as our wonderful photographer) and lastly Jim Brydie.

This should be a most informative and entertaining session. Dennys will manage the 'stop talking button'.

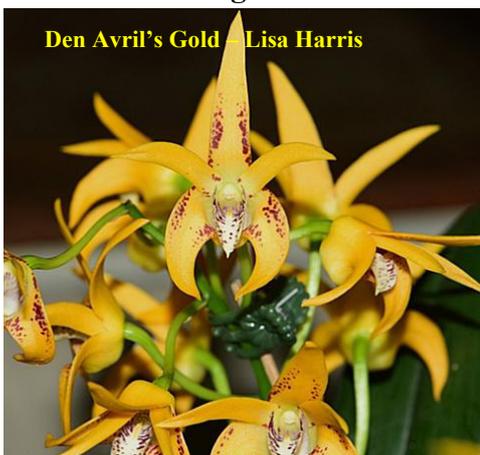
**The society sales table** will also be open as usual with pots, sticks and fertiliser etc. and hopefully also spare divisions of members plants. Please respect the **"Sales Table Open / Sales Table Closed" signs** and give our sales table managers time to set up and get themselves ready before you start grabbing stock and offering money.

**The Supper Break – Supper is not self-serve.** Volunteers are assigned to serve the food for hygienic reasons. And remember, we still need volunteers for September and October. Supplies are all organised in advance.

**Supper Food – We do ask all members to bring in a contribution of edibles for the supper table. Just a small plate.** If you are a cook, show off your skills with something special but if you are like me, shop bought stuff is perfectly acceptable. Please avoid nuts due to allergies. *And – Please bring your own mug or cup with you.*

**August volunteers are – Jeanne Lam, Liz, Ethan, and Celeste Pyne, assisted by Jessie Koh**

**From last meeting**



**Den Avril's Gold – Lisa Harris**



**Den Brinawa Charm – Helen Wong**



**Rutherford Starburst – T&P Onslow**

The big season of our wonderful Australian native orchids is beginning. The flowering season is expanding with the clever work of our hybrid breeders, but Spring is the traditional time and I suspect that our September meeting will see a wonderful surge in benching of Australian native species and hybrids. Will yours be among them? I am sure we will see an amazing display. Come on Spring – we have waited long enough.

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**Society News** (if anyone has a news item, please phone Jim on 9476 3383, or email at [jimbrydie@aussiebroadband.com.au](mailto:jimbrydie@aussiebroadband.com.au))

**Jim's Report** – At the committee meeting following our last meeting, the committee went through the formality of confirming the appointment of Peter D'Olier as President of the society. But, as our Annual General Meeting is due in October, the current appointment is for barely two months even though I understand he will stand for election again at that meeting. A complicated process but we get through it all --- A hearty welcome to you both, Peter and Jane.

However, on a sadder note, I am very sorry to report that after our July meeting, Julie Iyengar resigned from our committee for personal reasons. In her short term with us Julie proved herself to be a highly skilled, organised, and capable person. She picked up the challenge of reorganising our supper table regime and with much personal effort had it humming in no time. Thank you, Julie. Your contributions on committee were appreciated and perhaps some time in the future you may find a way to help us again, and that we see you at meetings enjoying yourself.

St Ives – well can we say? I was at the display set up all morning with Lina and her team and it was cold, wet, and miserable all morning. I feared the weather was going to be awful all weekend, but luck prevailed and we had lovely weather for the days the show was open to the public. The show was a great success. (KOS display picture from Jenny)

Lina and Dennys had done a lot of preparation with all sorts of props and materials for the display and labelling, and once they got started, the team worked tirelessly to get a great display up and finished. Thank you, all the members who gave us plants, and their time. We had lots of lovely orchids, which were a big help. I am afraid I ran out of steam early afternoon and had to leave, but the bones were well up by then and I could see Lina had it going where she wanted. Great work

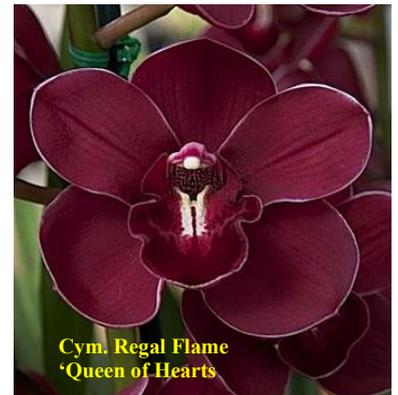


Lina, and congratulations to all your team.

Our display placed 3<sup>rd</sup> this year but just 0.18 points below 2<sup>nd</sup>. An excellent result, and in addition, in our display, Geoff LeMarne's Cymbidium Regal Flame 'Queen of Hearts' was judged Grand Champion of the show, and Champion Cymbidium standard hybrid. Many other members' show plants also received prizes – like Jon Hestelow, Loretta and Paul Au, Dora Law, Adrian, and the Onslows. Well done to all and thank you all for your support.

The picture on the left above shows Geoff

receiving his prize and ribbons. A beautiful orchid Geoff.



And didn't the show visitors just love it all. On the opening day the queue to buy



tickets to get in was awesome (left) and ticket sales were right up with our best ever. All the visitors praised the displays, sales ran hot, and several vendors sold out completely by close on Sunday. An excellent show.

What do you say? Do it again next year?

We had an excellent roll up at our meeting the following Monday despite the tiredness of the show workers. We had several visitors on the night and although

the benching at the meeting was a little down, it was very impressive under the circumstances. Well done members.

Some of our old hands who had seen older versions of my talk on Lycastes chose to get an early night after supper but there was a good flow of questions during and after the talk, so I hope I helped the 'stayers' with an insight or two.

**Announcement:** Please note, as Peter informed members at our last meeting, we have had to slightly increase our membership fees in order to help meet increases in our base operating cost. From our renewal period in October, fees will increase by just \$2, Single membership will become \$17 & Family \$20.

Now, finally, I want to give you **formal notice that our October 20<sup>th</sup> meeting will also be our Annual General meeting**, at which we must elect a new committee to run the society. Many of our current committee will be standing for re-election but if any member would like to put themselves forward for election, our Secretary will be sending you

nomination forms and advising the simple procedures required. Give it some serious thought. A regular flow of members in and out of the committee provides us with a sound experience base to grow our society into the future.

### Other Society News

**New members** – no new members signed this month, but we have quite a number join us this year and we are still getting visitors. Make sure you say hello to attendees at meetings, especially those you don't recognise. It is very hard when you first start, and you don't know what to ask or who to ask. I plead to older members to help everyone feel welcome. If you see a new face, just a smile and a hello makes people at least feel welcome.

And please all wear your name badges at meetings. Having names in front of you on the badges is a big help.

### Coming events (from OSNSW website)

11-13 Sept – North Shore OS, Shopping hours, St Ives Shopping Centre, St Ives

11-13 Sept – Eastwood and District OC, shopping hrs Thurs/Fri, 9-3 Sat, Eastwood Shopping Centre, Rowe St

1-5 Oct – Aust Orchid Council International Conference & Show, Wiigulga Sports Complex, Woolgoolga NSW (see <https://www.aoc2025.org.au/> )

11 Oct – Species OS, 9.30-3pm, annual show and public orchid auction

17-19 Oct – Orchids Central orchid fair, Sat 9.30, Sun 9.30-2pm, Club Condell Park, 18 Eldridge St

18-19 Oct – Collectors Plant Fair, Maitland Showground <https://www.collectorsplantfair.com.au/>

13-14 Dec – OSNSW Summer Show, Ermington Main Hall- featuring *Laelia purpurata* and multifloral *Paphs*

### Best of the Evening Hybrid – *Rhynvandopsis* (syn *Opsistylis*) **Dixie Delight** - grown by **Dora Law**



This is quite a curious one. It is a cross between a *Rhynchostylis* and a *Vandopsis*, then crossed back to a *Rhynchostylis*. In this case, all parent species are called *gigantea*. It is *Rhynchostylis gigantea* x *Vandopsis gigantea* (= *Memoria Mary Natrass*) crossed back to *Rhy. gigantea* (= *Dixie delight*).

But what the heck is a *Vandopsis*? In all my time growing orchids I don't recall ever seeing one. Maybe I just wasn't looking?

According to the Internet Orchid Species Photo Encyclopedia there are presently 5 *Vandopsis* species although I believe that in the past there were more which have been gradually redefined as other genera. However, despite both Orchidwiz and IOSPE declaring a genus of 5 species, both only list 3 species names in their lists (*lissochilioides*, *gigantea*, and *undulata*). So I don't know what the other two species are. In addition, Wikipedia tells us that '*undulata*' (one of the three) has now been moved to a different genus (*Cymbilabia*) because its genetic profile is out of whack with other *Vandopsis*. So it seems to me this is a genus in flux.

The present *Vandopsis* are found spread from about NE India right across SE Asia, and north south from southern China to around Malaysia and perhaps PNG. The species can be terrestrial, epiphytic, or lithophytic and are characterized by their monopodial habit, thick and fleshy leaves, and a many flowered inflorescences with relatively large flowers.

Pictures of *Vandopsis gigantea* show it to be a large, heavy stemmed and heavy, fleshy, leaved plant, something after the fashion of its cousin *Rhynchostylis gigantea* (far right). Plant descriptions say it is a pendent grower, but obviously orchid growers tend to grow it upright. It is said to often grow in clumps, so presumably side growths occur low down.

Its main stem can be 3 cm thick but not usually more than 30 cm long. Its

leaves are 35-60cm long and 6 cm wide with a ridged and leathery surface. The flower stem is about 30 cm long, carrying 15 or more 7 cm flowers. The colour is generally yellowish with red to brown spots or blotches.

*Rhynchostylis gigantea* is much more frequently seen. It is similar to its *Vandopsis* cousin in that it has thick leathery leaves, but plants are a little smaller overall, and with smaller flowers, but lots more of them. *Rhy gigantea* also comes in a variety of colours. The most common is mostly white with pink to red spots, but there are darker, nearly claret red-coloured forms that are highly favoured. However, many other rarer colours can also be found including blue, white, peach, and orange.

For the average grower nearly all the vandaceous orchids present a challenge to grow because they come from the



warm, lower elevations and their growth pattern depends on a large portion of its roots dangling in the air around the plant. They are built to take advantage of regular rain where they can soak up large volumes in a free hanging root mass, regularly and when they want it. They don't have pseudobulbs to help ration water between when rain is available and when not available. They want it regularly. So, they can take what they want when they want and shed the rest. They grow best in basket type pots that dry more quickly between waterings.

But, for all that, many growers understand their needs and successfully adapt their culture methods to meet the plant's needs. And, when grown well they produce a truly beautiful display.

Congratulations Dora, you are growing better and better every year and bringing in some gorgeous flowers, I love to see your orchids when you bring them in.

-----  
**Best of the Evening Novice – ~~Wilsonara~~ Oncostele Tan Treasures 'Lavender Picotee' - grown by Robin Stewart**



What a lovely orchid. It reminds me of the lovelies we used to just call "Odonts" back in the old days when Odontoglossum was a recognised and separate genus to Oncidium.

Unfortunately for us, that all changed over the last 20 years when we began to study DNA to determine evolutionary paths and to decide which genus was sufficiently different to be separated from another.

All of a sudden Odontoglossum was gone and its species were moved to Oncidium or Rhynchostele or some other, and all hybrid genus names which included Odontoglossum (Odontioda, Odontonia, Wilsonara, Vuylstekeara, etc) disappeared as well. And that is why Tan Treasures is now an Oncostele and not a Wilsonara. Wilsonara being a hybrid genus comprising an Odontoglossum, an Oncidium, and a Cochlioda.

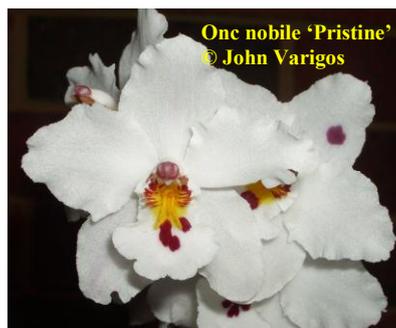


The "Odonts" and their big round flowered, colourful hybrids had a separate benching class in Oncidiinae and many growers specialised in their culture. One the best specialists our club was Allan Cushway who I know was highly disappointed when the Oncidiinae was rearranged and his favoured class disappeared. I was also disappointed to see the loss of such beautiful orchids from the bench. They were still being grown but the focus had changed. The "Odonts" were a little trickier to grow and for one reason or another were not judged equal to bigger and easier to grow hybrids, so the specialists seemed to move their interest. What a shame.

These days we still see Odont like orchids benched, such as Tan Treasures but these are mostly breeding developments combining the old shorter growing Odonts with the hardier, taller spiked Oncidiums with higher flower counts. A sensible direction to take I suppose, and very popular for the ones like Tan Treasures which still feature delightfully complex patterned flowers and good colours.

Most of the old Odonts were derived from species like the old Odont nobile - sometimes known under its older name O. pescatorei. Both are now Oncidium nobile. But also, from Odont crispum (now Oncidium alexandrae).

Onc nobile is found in Colombia in open forests at altitudes of about 2000 to 2300m. At this altitude the moist air rolling in from the coast condenses most afternoons into clouds and mists. While



not actually rain as we know it, this mist nonetheless drenches all plant life, leading to the description 'cloud forests'. The climate in these areas is amazingly temperate with day temperatures around 20° and nighttime temperatures around 10°C. (in other words, perpetual Spring).

Onc nobile has up to 12 gorgeous 70mm flowers on a 600mm raceme. The best flowers are usually well filled in like the one above)

and all are well rounded in outline. It comes in a variety of colours and patterns but is perhaps most commonly white or white with a rose flush, some have purple spots.

Odont/Oncidium alexandrae is a little less filled in and more starry, but more highly patterned. It also comes from

Colombia, at just a little higher elevation, but once again its climate is relatively moist all year. Although rainfall has a couple of up spikes during the year, their climate has no distinct wet dry cycle.

Temperature is equally stable all year with night min. temperature always from 11-12°C and daytime max 19-21°C all year. Now doesn't that sound like a nice place to live? You could throw away the electric blanket with readings like that. As I said earlier – Perpetual Spring.

But getting back to Tan Treasures, how far is that from an old *Odontoglossum*? Well Tan Treasures is at LEAST a 10<sup>th</sup> generation hybrid involving at least 10 species. By far the most dominating species on the list is *Onc alexandrae* (sample pics at right) representing 34% of the gene pool. But in addition to alexandrae the pool includes smaller contributions from 3 other often used parents in the old *Odontoglossums*. On the other side of the coin, the introduction of genes from more standard 'tough stuff', upright flowering *Oncidium*s, would be represented by 12.5% *Onc sphacelatum* and 6.3% *Onc leucochilum*, and few others.



*Onc sphacelatum* in the big tough guy. Grows in Central America in a very wet dry cycle area that enables it to grow in near full sun in some areas. Its flowers are only 2.5 to 3.5 cm natural spread but it has hundreds of them. The spikes can be 1.5 metres tall and shaped like a Christmas tree with many, many branches, wider at the bottom than at the top.

Hence, I guess, Tan Treasures has medium tall upright spikes, and more or less *Odontoglossum* style flowers. Pretty neat. And, with the influence of sphacelatum and at least leucochilum, which are commonly grown in shade houses in Sydney, Tan Treasures should be much more amenable to culture than the old *Odontoglossums*.

Congratulations Robin. A lovely orchid and well grown as usual.

#### Four Zygos benched last month



Z. Kiwi Choice x Freestyle Meadows  
G&A Cushway



Zygopetalum Titanic  
Helen Wong



Zygoneria Adelaide Meadow  
J. Koh



Zygoneria Adelaide Meadows  
Brenda Walker

Zygopetalums are an easy to grow orchid in Sydney. The most commonly grown species is *Zygo. mackayi* which comes from southern Brazil at elevations like 1300-1700 m where it is found in lightly shaded forests and grassy, shrubby, sloped areas you might almost call alpine meadow territory. The next most populous species we see is *Z. intermedia* but many these days seem to regard it as just a form of mackayi.

There are up to 50 species of *Zygopetalum* but all use the same colour palette having combinations of green, white, purple and almost black. Nearly all are highly, but very pleasantly perfumed. The hybrids we see these days are beautifully coloured and generally easy to grow.

The two pictures at the right are *Zygoneria*, a hybrid genus combining *Zygopetalum* and a rarely seen green and white species *Neogardneria murrayana*, making the *Zygonerias* usually a attractive greener combination.

The only other commercially successful hybrid genus with *Zygopetalum* is the combination with a curious genus *Agonisia*. The combination with *Zygopetalum* becomes *Zygonisia*, and there is a startlingly blue flowered hybrid called *Zygonisia Cynosure* for which we still see the cultivar 'Blue Birds' selling at society shows and orchid fairs.

'Blue Birds' is a stunningly beautiful orchid but be warned, some growers manage it well, but others don't. I have killed each of my three tries at growing it.

*Zygopetalum* and its *Zygoneria* cousins generally do well in Sydney. These are quasi terrestrial plants, so I suggest something like peat moss with 10-20% perlite thrown in as an aerator. They like to be moist all year round but not drowning. They don't have much of a rest period so keep up the water and fertiliser all year, just don't overdo it in winter. *Zygos* will take sun in their alpine meadows of 1500 m plus but in Sydney the sun is too hot.

Keep them under 50% shade but in winter they don't mind a bit more light. If you live where frost occurs, give them protection in winter or they can be damaged. So – like many orchids – not too hot and not too cold either. They are Goldilocks plants, they like it just right, but then again, who doesn't?

## Best of Evening Species - *Dendrochilum tenellum* - grown by David Floyd



At the meeting last month David mentioned that his plant of this species is a division off David Bank's specimen that I think David gave the cultivar name "Jannine", which is a very attractive and popular cultivar.

And in case you hadn't noticed previously, there is a great deal of variation between different forms and cultivars of *tenellum*. Flowers can be almost white, to cream or even yellow, or green, and flower density varies distinctly.

There are just under 300 species in genus *Dendrochilum*, all of which have recently been declared to now be *Coelogyne* but there would not be many in collections with those label changes just yet so I will continue using the name *Dendrochilum* for the moment.

*Dendrochilum tenellum* comes only from the Philippines and is found on at least half a dozen of the islands in the archipelago. It usually occurs in mountainous areas at elevations from 1000-1500 M. It experiences a low rainfall period during late Autumn and Winter so you could assume it has at least a mild rest period during which watering should be reduced.

I have always regarded *tenellum* as the strangest species of the lot with its terete leaves and grass like appearance and as I have written about it before I have copied here an article I wrote in 2020. **David Banks with *tenellum* 'Jannine'**

--- It's hard to forget the first time you ever saw one of these weird grass like orchids with flowers so tiny you can't believe they are actually orchids. The first one I saw was this one of David Bank's and if it hadn't been David holding it and telling us it was an orchid I wouldn't have believed it. How would you like to hold out in front of you an orchid with maybe 1000 pseudobulbs and perhaps 20,000 flowers.

How could this thing possibly be an orchid? Just to make sure, what is it that makes a plant an orchid? Well, there are some more technical things but first, orchid flowers are unique, 3 petals 3 sepals, and all the sexual parts are combined into a structure called a column. Also, the pollen is aggregated into waxy masses (pollinia) on the tip of the column, and the stigma is a sticky hollow lower on the column. So, what do *tenellum* flowers look like when you use a magnifying glass? Are they orchids?

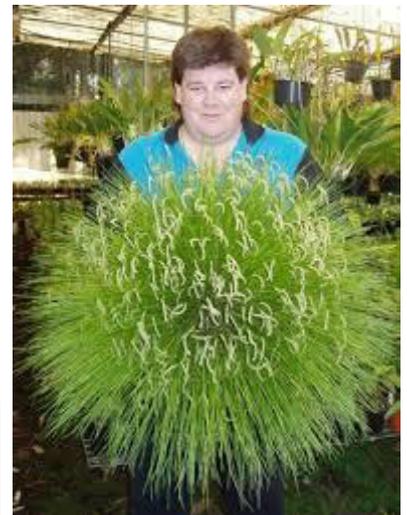
magnified *tenellum* flrs →

Well, how about that. Highly magnified, but a perfect orchid flower, even if you may have to take my word for some of the finer details such as the pollinia and stigma.

But what about pseudobulbs? Do *Dendrochilum* have pseudobulbs? Again, yes. But they are rather hard to see or define in *tenellum* (and some of the others within its closely related section of *Dendrochilum* Section *Accorridium*). With *tenellum*, the leaf has no leaf stem and connects directly to the top of the pseudobulb. As both the leaf and the pseudobulb are terete, the joint is a pretty smooth transition from one to the other. I can't find a picture that illustrates the pseudobulb/leaf join but I did find this image (on the far right) of 100-year-old pressed specimens by the famous botanist Oakes Ames, that shows how relatively small the pseudobulbs are (they are given as 1.2 to 8 cm long x 1 mm to 3 mm wide). And lastly, if the pseudobulb is so short, isn't it odd that the inflorescence appears to arise from near the top of leaf and not the pseudobulb?

On appearances, the place where the flower spike comes from seems to be impossible because leaves **do not** have growth nodes from which flowers can arise. However, the answer is that the inflorescence does actually arise from the top of the pseudobulb but the lower portion of the flower stem (or peduncle) is enclosed perfectly within the terete leaf and it is only the upper part of the inflorescence that grows out through the leaf near the top end. Now how is that for a neat trick. Are you as impressed as I was when I found out?

Now, as to some cultural advice on how to grow this marvel, you won't get any better advice than to come along to our next meeting and hear what our expert Dave Floyd has to tell you.



Some other lovelies from August



**Cym Bumble Bee**  
Lisa Harris



**Cym Kalahari Dream**  
Adrian Zderic



**Cym Sunshine Falls 'Butterball'**  
Lina Huang



**Catt trianae 'Mooreana'**  
P & J D'Olier



**Catt brevicaulis**  
P & J D'Olier



**RLC Rosella's Cal Delight**  
G&A Cushway



**Paph venustum**  
Anthony Mobbs



**Onc Panache Gold**  
Ian Tanner



**Restrepia cuprea**  
Jean Fulcher



**Pterostylis curta**  
Lisa Harris



**Oncostele Wildcat**  
Helen Wong



**Phal unknown**  
Anthony Mobbs



**Phal unknown**  
Adrian Zderic

**One Liners**

- Why do the French like snails? (because they don't like fast food)
- A friend told me she didn't understand cloning. I told her that makes two of us.
- What do you call a magician who has lost his magic? (Ian)

## Papilionanda Johanna Ljunggren (Adrian Zderic)

Yet another Curiosity but a very pretty one. A Papilionanda is a cross between a Papilionanthe and a Vanda, and although we hardly ever see them there are hundreds of them about.

There are about 11 species of Papilionanthe which is a branch away from Vanda. All the Papilionanthe species are terete leaved (meaning pencil shaped) and there are also differences in the sexual parts of the flower separating them from Vanda. Only a few have been used to make hybrids, many times with Vanda, but many of those hybrids have also become parents so there are a lot of Papilionanda and I suspect you will see many more in the future.

One Papilionanthe has been used in breeding much more than others, and that is Papiolionathe teres which is grown in many gardens around Sydney in areas at least a little protected from the worst of Winter temperatures. AND THAT is the reason Pap. Teres likely gets used as a parent in hybrids with Vanda.



Papilolanthe teres (below) is a tall growing, scrambling orchid that branches freely, and has rather attractive flowers.



The rather large growing, scrambling habit and the plant size (2 -3 metres), are somewhat of a drawback

As indicated by the terete leaves, Papilionanthes need bright light to grow and flower. They tolerate brighter conditions and somewhat less water than the more traditional strap leaf Vanda types (ie the broader, flatter leaved types).

Ple. teres occurs from NE India right across the lower Himalayas to Laos. It grows in the lower zone up to only about 800 m but although its natural habitat is not cold grower territory, it seems to be a particularly tough species and will take fairly cool winters in Sydney. It has grown in my shadehouse and outside my glasshouse, tolerating temperatures down to a few degrees C. Probably because in nature it experiences a very distinct low rainfall period from May through September (expressed in Southern hemisphere season months). In this period it doesn't want to go completely dry but watering should be limited to a light water once or twice a month.

It's inbuilt seasonality also seems to be imparted to it's hybrids, which is handy, but please note NO Papilionanthe can be described as a cold grower.

However, as most orchid growers prefer their orchids to be mobile and able to be shown off and shared, you can easily see that the growth habit of Ple teres has serious drawbacks. It might take quite a few generations to work that one off.

Which brings us back to Adrian's nice blue specimen – Papilionanda Johanna Ljunggren. This is 3<sup>rd</sup> generation hybrid starting with Singapore's National Orchid Vanda or (Papilionanda) Josephine Van Brero – a naturally occurring hybrid between Papilionanthe teres and Vanda insignis. 'Josephine' was then crossed with Vanda tessellata, and that cross (Mini Palmer) was crossed with Vanda coerulea to make Johanna Ljunggren. It is the last cross that gives Adrian's 'Johanna' its blue colour although quite a few cultivars of Mini Palmer have a blue lip and a bluish tinge to the other flower parts with that colour coming from the parent Vanda tessellata. You should note that not all Johanna Ljunggren cultivars look like Adrian's. In fact his is the first I have seen that doesn't display the typical tessellated blue patterning that comes from Vanda coerulea, like the one at the right. That doesn't mean Adrian's orchid isn't what it says though, just that it is perhaps unique.



From what I have seen, its other parents have provided the plant shape in that it has flattened leaves, erect Vanda like growth something like coerulea. I will ask Adrian whether it's teres background has made it tougher and easier growing, and try to let you know next month.

-----  
Humour ? I asked my girlfriend the other day what women really want. I was surprised by her answer "a tent of lovers?" ----- or perhaps it was attentive lovers? I wasn't really listening.

## The back page

A poem below by Wayne Visser.

### The Stoic

I am a stoic  
But that does not mean  
That I deny life's pleasures  
Rather, I embrace the fullness of life  
Always delighted by its highs  
And ever expecting its lows  
Knowing that the path to equanimity  
Lies somewhere in between  
I am a stoic  
But that does not mean  
That I dull down life's colours

Rather, I accept the vagaries of life  
Always influencing what I can  
And letting go of the rest  
Knowing that the secret to happiness  
Is telling the difference

I am a stoic  
But that does not mean  
That I spurn life's potential  
Rather, I study the patterns of life  
Always finding beauty everywhere  
And befriending the chaos  
Knowing that the purpose of existence  
Is to have existed at all

Wayne Visser © 2022

### Principles for life ?

1. There is more to life than growing orchids – just enjoy it for itself
2. You know the difference between right and wrong – do right
3. Play fair, be nice, and be considerate.
4. Winning isn't a measure of worth
5. Do the work. Short cuts and someone else's 'magic solutions' don't move you forward
6. Notice the world as you make your way through. See the detail and try to understand

### The Mayonnaise Jar and 2 Cups of Coffee

A professor stood before his philosophy class with some items in front of him. When the class began, he wordlessly picked up a large, empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly and the pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes." The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand particles. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things -- your family, your children, your health, your friends and your favourite passions - and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else - the small stuff. "But, if you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are really important to you."

"Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first – the things that really matter. Set your priorities."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It shows that no matter how full your life may seem, there's always room for a cup of coffee with a friend."

