

# Summer News 2010

**OSNS Summer Pot Luck PICNIC/BBQ August 15<sup>th</sup> ,Sunday at 2:00 p.m.**  
**At the Sobeys Community Room, Tantallon store.**



Reginae at Smiley's by Linda MacDonald

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The O.S.N.S. was founded in 1981 and incorporated under the Nova Scotia Societies Act.  
Website: <http://www.chebucto.ns.ca/Recreation/Orchidsns/>

August 15<sup>th</sup> is our Pot Luck Summer Picnic/ BBQ with guest speaker John Doherty from Zepher Orchids

His website is below if you wish to visit and see what you may like to pre-order from him.

<http://www.zephyrusorchids.com/>

You will need to pre-order soon so he can get the paperwork ready and the plants packed.

**Survey Notice:** There was a survey at the end of the last newsletter so that we, as a society, can better decide what our membership needs and wants at the monthly meetings. Please take the time to fill this out and either email it or snail mail it to Gail, or bring it to the summer picnic. It would be greatly appreciated and most useful.



### Full Buck Moon—July 25

Sunday is the full Moon. Some Native American tribes referred to July's full Moon as the [Full Buck Moon](#), indicating the time when the bucks began growing new antlers.

This full Moon was also known as the Full Thunder Moon, because thunderstorms are so frequent during this month.

*A pale full Moon indicates rain, while a red one brings wind.*

[Enjoy more Moon lore.](#)

(found at [www.almanac.com](http://www.almanac.com))

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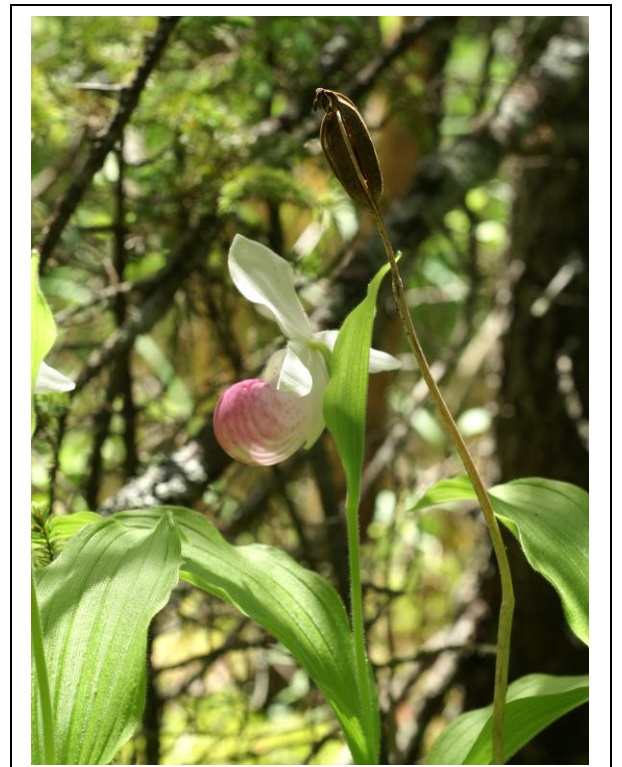
### The Summer BBQ/Picnic of the OSNS

This summer we will be graced with a wonderful guest speaker from Zephyrus Orchids. A wonderful write up in the "Information corner", by Ann Miller, will fill everyone in on the company and the man responsible for it's creation, John Doherty, as well as some details on some of the plants for sale.

Directions to get to the talk can be found in the "**Things to Take Note of**" section. **Don't forget to contact Pam Ferro if you are wanting her to order lobster** for you at the Pot Luck BBQ. (her number is up above) These come cooked and will be ready for you when you arrive. Cost will be reflected in current market price at the time of purchase and you can settle with Pam at the BBQ.

### Member's Corner: Native Orchids of Nova Scotia 2010

Some photos from Smiley's this year of the Regiane.







## Farmer's Almanac Wit and Wisdom

(Articles below found at [www.almanac.com](http://www.almanac.com))

### Recipes for Homemade Toiletries: Soaps, Shampoos, and More

Have you ever wondered what exactly your toiletries are made of? With homemade soap, shampoo, toothpaste, and moisturizers you won't have to wonder any more. Here are **tips for natural hair and body care**:

#### Homemade Deodorant

One of the best deodorants is plain old baking soda. You can pat it right onto your skin or mix it with a little cornstarch for extra staying power and moisture control. Try 1/2 cornstarch and 1/2 baking soda. Some readers say that mixing in anti-bacterial tea tree oil makes it even more effective.

#### Homemade Shampoo

Old-fashioned castile soap can also be dissolved in warm water to be used as shampoo.

After shampooing, rinse your hair with lemon juice to make it shine.

If regular shampooing is impossible for some reason, try mixing 1 tablespoon salt and 1/2 cup cornmeal in a shaker bottle. Sprinkle lightly onto hair, then brush thoroughly to get rid of dirt and oil. A combination of baby powder and cornstarch can also be used the same way.

If you like your store-bought shampoo but would like to add to it a little, the essential oils that old-timers relied on for hair care really do work.

- To **nourish and moisturize**, pour some shampoo or conditioner into your palm and add a few drops of cedar wood, chamomile, clary sage, lavender, rosemary, thyme, or ylang-ylang.
- To **add thickness and body**, use cedar wood or clary sage.
- To **reduce oiliness**, try bergamot, cedar wood, lavender, lemon, pine, rosemary, or ylang-ylang.
- To **add luster**, try sweet basil, Roman chamomile, or lavender.
- To **detangle** hair, use chamomile, grapefruit, marigold, passionflower, or sweet clover, and to relieve dandruff, try cedar wood, clary sage, lemon, pine, rosemary, or tea tree.

#### Homemade Moisturizer

For healthy skin, add rosemary oil to the bathwater.

Another age-old tradition to prevent wrinkles around the eyes is to apply a drop of castor oil around each eye before going to bed. Castor oil acts as a humectant, meaning that it attracts and retains moisture in the skin. This promotes healthier skin cell rejuvenation. Some plastic surgeons apply castor oil around an incision after surgery for this exact reason.

#### Eye Make-up Remover (Safe and Gentle)

- 1 tablespoon canola oil,
- 1 tablespoon castor oil, and
- 1 tablespoon light olive oil
- For use on your entire body, put some castor oil in a little spray bottle. To maximize absorption, spray it on your skin after showering and gently rub it in while your skin is still warm and your pores are open.

#### Natural Skin Cleanser

Tales of the queen of Egypt, Cleopatra, tell of her beauty and her radiant skin. Her secret? Apparently she used to take frequent baths in fresh milk. Researchers now have found that the lactic acid in milk is the cause of the stunning skin. Alpha hydroxy acids help loosen dead skin and give healthy skin a deep cleansing.

- As the tub fills, pour in two cups to one quart of fresh milk or butter milk. Fresh milk can be substituted with one cup of powdered milk. A few drops of lavender essential oil may increase the relaxing effects.
- Soak in the tub for at least 20 minutes and gently massage your skin with a wash cloth or a loofah to rub off all the dead skin.
- After taking your bath, drain the tub and take a quick shower to rinse off all the milk on your body.

If you don't have time to soak in the bathtub, below is a recipe for oatmeal soap.

## Oatmeal Soap Recipe

- Gather these ingredients: 1/2 cup oatmeal, 1/2 cup small soap pieces, 1 and 1/2 tablespoons cooking oil, 1 tablespoon water
- Put the soap slivers in a plastic bag and pound them into small chunks.
- Put chunks in a blender, add the oatmeal and pulse until grainy.
- Pour into a bowl and add the oil and water.
- Mix with your hands, removing any remaining bigger chunks of soap.
- Shape the mixture into a ball and let sit until hard, about two hours.
- Be sure to wash the blender thoroughly to remove the soap residue.

## Homemade Toothpaste

*Washing your hands with toothpaste and water will eliminate fish odor.*

Even today, baking soda remains in the lead for tooth-whitening products. Unlike other modern toothpastes, baking soda is gritty enough to remove plaque, but not abrasive enough to remove tooth enamel. A combination of baking soda and hydrogen peroxide lifts particles caught between teeth and kills bacteria.

Do not add anything to the baking soda to make it more abrasive. You may want to add an artificial sweetener for taste (which is essentially all some of those "natural" toothpastes do).

Note: Dentists ask that you have fluoridated water; if so, baking soda toothpastes are just fine.

### Homemade Toothpaste

- Mix ¼ teaspoon hydrogen peroxide and ½ teaspoon baking soda, scoop the paste up with your toothbrush and proceed as you normally would.

### Homemade Minty Toothpaste

- To make toothpaste with a more traditional toothpaste consistency and a mint-y taste, mix together 6 teaspoons of baking soda, 1/3 teaspoon salt, 4 teaspoons glycerin, and 15 drops of peppermint or wintergreen extract.
- Depending on how much you use at a time, this recipe is good for 15-20 applications and should be stored in any appropriately sized container with a snug lid.

### Homemade Cinnamon Mouthwash

- Boil 5 cinnamon sticks with 1 cup water in a covered pan.
- You can make up to a 3-day supply by increasing the amount of cinnamon sticks and water, but keeping the ratio the same.
- Remove the pan from the heat after about 5 minutes of boiling and remove the lid.
- Discard the cinnamon sticks and let the liquid cool.
- Store your mouthwash in a clean bottle and use as desired.

## Information Corner:

### **Zephyrus Orchids**

by Ann Miller (dr.mom@ns.sympatico.ca)

#### **About Zephyrus Orchids**

**Zephyrus Orchids** was founded in the late 90's by orchid aficionado **John Doherty**. John attended the University of Guelph, earning a degree in Plant Biotechnology. An American Orchid Society judge as well as a writer and speaker, John travels extensively to shows and lectures, always looking for the latest, greatest orchids to bring back home. John is joined in the business by his "better half" Nicole, who also attends shows, and is charge of the phone and email orders. They have 2 young daughters, Jordyn and Madelyn. The name "Zephyrus" comes from Greek Mythology; there were 4 gods of the winds, and "Zephyrus" was a lover of Flora, and hence the god of the warm winds of spring, which made the plants grow.

In the spring of 1999, The Guinness Book of World Records awarded John the title of: 'World's Largest Orchid Flower', for his specimen of *Paphiopedilum sanderianum* 'Rapunzel' AM/AOS with a stunning display of 5 flowers, each an unprecedented 88.5 cm long and displaying a total of nearly 29 feet of petals at a single flowering, grown and shown by John in the summer of 1995. It has flowered once more since then - **and it was larger!** This specimen was grown for many years before producing its record setting spike. Ideal conditions appear to be bright and warm, as for most strap (mottled) leafed Paphs. High humidity also seems to be important especially during anthesis to ensure proper petal development (petals may grow up to 12 cm per day). *Paph. sanderianum* does not appear to respond well to repotting, contrary to what is typical for the genus. More information about this plant can be found in John's article in the Orchids magazine (September 1999, p. 908). (taken directly from <http://www.zephyrusorchids.com>). Most, but not all, of the plants John is offering for sale and bringing with him are *Papheopediliums*.

#### About Paphs

For you novices like me (and without high-speed Internet access) I have done a bit of research on some of the species and hybrids John is offering for sale on this trip, and thought I would share this information with you (after checking with John). The idea is to help you decide what may do well in your own orchid conservatory, be it in house, or under greenhouse conditions, and give you some idea of the appearance and size of the plant and the flowers. Hopefully this will help you to decide what to pre-order, and you will have not so many questions for John when he meets with us. I have taken as much information, and photos, as I could from John's catalogue: (<http://www.zephyrusorchids.com/PAPH.htm>), but also supplemented what follows with information from my own books, some library research, and numerous websites (all cited by number, and listed at the end of the text). Photos from other websites are also referenced.

The name *Paphiopedilum* covers a broad group of orchids, a Family (in botanical terms) that botanists have sub-divided into 4 genera, one of which is the genus *Paphiopedilum*, nick-named "Paphs."

Paphs are from Asia, there are about 80 species that grow from the northern cool Indian Himalayas to the southern small, hot rock-covered archipelagoes in the South China Sea; including India, across to southern China, Southeast Asia, Malaysia, Indonesian, New Guinea, and the Solomon Islands (1). Consequently, the optimum growing conditions of species within the genus can vary considerably. Some are terrestrials, although the roots do not penetrate the soil but spread laterally through the well-aerated humus on the surface, some are lithophytes showing a preference for limestone cliffs, and others are epiphytes, living in the forks in trees (1).

It was once believed Paphs could broadly be separated into 2 groups (2, 3), those with solid green leaves which require cool night temperatures (think of *Cymbidium* -type conditions). They grow on cool, damp

forest floors, with moist, moving air and subdued light. Those with mottled leaves, from tropical lowlands (4) were thought to prefer warm night temperatures and do well paired with *Phalaenopsis* (3) or under the same light conditions as Cattleyas (4). This idea has now been discarded (4, 5). What is important is a sharp differential in day and night temperatures, as low as the 12-15° C range at night, which is necessary for bud initiation (4).

Paphs can be moved throughout the year from greenhouse to windowsill to deck, if the growing conditions are right. In artificial environments they like continuous moisture, though not overly wet – they do not like to dry out between waterings (like Cattleyas). They like porous and fluffy compost, and may need repotting more often than other genera, as often as once a year. They tolerate repotting well, and it can be done at any time. Those in a greenhouse may need shading, or to be placed on a low shelf, to reduce exposure to heat. They are sensitive to an abrupt increase in light and though happy in strong light conditions they do not like the often accompanying high temperatures and lower humidity (4), hence they like the high humidity and air circulation of the greenhouse. They seem to grow well in large groupings of plants, probably due to resultant elevated levels of humidity (3).

They prefer a light feeding schedule, which should be varied from more nitrogen during active growth in the warmest months, to one with a higher phosphorous content in the fall to enhance flower growth (3). They are susceptible to fertilizer burn (4) and the only major disease that affects them is the serious bacterial infection known as 'brown rot'.

The list of plants for sale that John is bringing on his trip east can be found elsewhere in the newsletter. **Note: as of July 23<sup>rd</sup>, the following are sold out and will not be available: *Peristeria*, *Goodyera* and Nicole Doherty 4" and 6" pots.**

### Some of the PLANTS FOR SALE - (I've been able to find more information on some species and hybrids than others...)

*Coryanthes macrantha* var. *aureum* (not a Paph.)



*John's comment: C. macrantha* flowers are HUGE, and also have a subtle, tasty fragrance. We keep them wet and bright, similar to a *Nepenthes* and they grow like weeds! His fingers on *C. speciosa* (right) to give you an idea of size. (left, 6; below, Zephyrus Orchids).



*Coryanthes macrantha* is native to the Amazon Basin including Brazil, Peru, Venezuela and the Guianas. Sometimes called the 'bucket orchid' because the complex lip structure contains a reservoir of nectar to attract pollinators. It is related to *Stanhopea*. In its natural habitat it is found growing in association with ants that provide protection and produce formic acid around the root structure. The flowers are always produced in clusters of two, approximately 12.5 cm in size. Colors are greenish yellow overlaid with

mahogany spots. The lip is heavily coloured in reddish mahogany. The aurea form is a yellow to green variety that flowered out of some normal colored varieties. This plant produces flower spikes from the base of the pseudobulbs, arching out and hanging down over the pot. If grown in a basket, they may produce spikes that will grow down through the basket. The flowers last approximately one week, and have a smooth sweet fragrance. This plant prefers medium light, and will do well in east windows of the home or under lights. When light levels are high try to increase humidity and keep moist at the roots to prevent burning of foliage. It is a warm growing plant requiring night temperatures no colder than 15°C to do best. Day temps can range from the 23 to 30 °C. grow best in *Phalaenopsis* to *Cattleya* conditions. A humidity level of 50% or higher is ideal. Good humidity is essential as this plant has thin leaves. It is a good idea to mist the plants and wash the leaves occasionally as this will help prevent any problems with spider mites. It is best to use rainwater or distilled water. Municipal water with a pH of 7.5 or lower can also be used. Water as the mix approaches dryness but do not allow the mix to become completely dry between watering. In nature this plant does experience a dry period in which the leaves become discolored and may drop. This is normal so during the late fall and winter months, keep the plant somewhat drier at the roots. Resume normal watering when new growth appears. This plant should only be grown in New Zealand sphagnum moss. It is best to repot every 18-24 months when new growths emerge but not while flowering. Plastic pots or teak baskets are best (7).

Note: BPG = broad petal group, often more difficult to cultivate, NPG = easier to cultivate

*P. bellatulum* (BPG) *P. bellatulum* is known only from the northern border of Thailand and Myanmar. The narrow dark green mottled leaves are 15 cm long. It has large white bowl-shaped flowers up to 6 cm across with deep maroon spots. It has a round dorsal sepal, round petals, entirely overlapping to form a background for the small, slightly spotted, egg-shaped labellum. The very short flower stem allows the flower to rest directly on the leaves. In the wild flowering begins with the spring rainy season and most plant growth is during the summer, when they are shaded by deciduous plants. Their rest period is in winter when they receive brighter light but are in cooler temperatures and have good natural air circulation (8). It grows in the wild on limestone outcrops or limestone-rich scree. For an in depth summary of the discovery, collection history, and natural habitat conditions of the species see Peter Taylor's article (number). Grow in fir bark with some limestone or shell chips added, and keep a little dryer than most Paphs. (1, 2, 9) Taylor (8) also reports that it can be difficult to grow and has a number of specific recommendations. Grow in fir bark with some limestone or shell chips added, and keep a little dryer than most Paphs. It can be grown in intermediate-warm to warm temperatures, with bright light part of the day and shade the rest (1, 2, 9) (spring to fall)



*John's comment:* The vinicolour form of *delenatii*, has leaves that are black on the undersides and leaf margins. Pouches are an intense cherry-purple. Just as easy, if not easier, than the typical *P. coloratum* to grow.

*P. bellatulum* (left, 10; *P. P. delenatii* var. *dunkel* (vinicolour)

*P. delenatii* var. *dunkel* (vinicolour) (BPG) *P. delenatii* is a terrestrial plant found in Vietnam at elevations of 800 to 1300 meters. It was collected to near extinction just prior to WW I, and only 1 of the collected plants taken to France survived, from which all cultured plants have descended. It was rediscovered in the wild in the 1990's (9). See 12 for a more complete history. It is unique in that the flowers are similar to those of a *Phragmipedium*. It can have up to 7 pairs of dark green mottled leaves, up to 11 cm long and 3-4 cm broad. The flowers are 7.5-8 cm across with white, pink or pale pink petals and sepals; the sepals often darker on the outer surface. Its labellum is very dark rose, cherry, or maroon colour and on a on a red stem about 20 cm tall (9, 12). In their natural habitat, plants are found growing

in granite pebbles and mossy tree trunks, usually near water in a shady area, subject to fog from fall to winter and heavy rain in the summer. Despite the low rainfall the average humidity is high so that plants receive plenty of moisture from morning dew and condensation. In winter temperatures range from 13-22° C while during summer the thermometer varies between 17-28° C. *P. delenatii* requires a well-drained potting medium. Plants are intolerant of soggy mix, resulting in quick root loss. Shading of 70% and good air circulation is important at all times. During the warmer months plants should not be allowed to dry out for long periods. Regular watering should be given and the potting medium allowed to become nearly dry before the next watering. In winter the watering frequency can be reduced further, with water applied in the morning to prevent the plant becoming too dry. Some growers report that a distinct rest with long hours of sunshine are needed for *P. delenatii* to flower (late winter, spring) (9, 12).

*P. gratrixianum* is found in Laos and Vietnam at elevations of 900-1100 m (13), and is closely aligned with *P. insigne*, *P. villosum* and *P. exul* (14). It was discovered in the early 1900's and officially described in 1905. There are 4-8 leaves, up to 30 cm long, with green upper surfaces and purple on the underside, approaching spotted at the base. There is one flower on a green, spike up to 35 cm tall, and the flower can be 7-12 cm in size (14). Many modern hybrids have bold spotting of the sepals (13). *P. gratrixianum* is one of the pillars of complex breeding, and has been used in all kinds of hybridization. The distinctive shape of its petals has been bred out in complexes in favor of the round look, but the influence of its spots and patterning can still be seen today (15). It grows in the wild in closed evergreen forests on steep slopes of igneous and metamorphic rocks, which would create an acidic, silicate-rich soil. Its annual mean temperature range in the wild is 9-22° C, and it flowers from October-December. It does not have a dry season or period due to the heavy clouds and mists it is exposed to at those elevations during what is usually the dry season closer to sea level. In the home or green house it prefers part medium light, part shade during the day. It should be watered moderately from November to April, and kept moister from May to October (14). Don't let it dry out. The plant is easy to grow in culture and likes a standard Paph. mix (13).



*P. gratrixianum*  
(13, from 17)



*P. spicerianum*  
(18, from 17)



*P. rothschildianum* 'Green Valley'  
x 'Dou Fang' (19)

*P. gratrixianum* is one of the pillars of complex breeding, and has been used in all kinds of hybridization. The distinctive shape of its petals has been bred out in complexes in favor of the round look, but the influence of its spots and patterning can still be seen today. Why not own the actual species?

[http://www.paphinessorchids.com/pricelist/090615/price\\_list\\_090615.html](http://www.paphinessorchids.com/pricelist/090615/price_list_090615.html)

*P. victoria-reginae* (NPG)

*P. victoria-reginae* (or *P. victoria-regina*, = *P. chamberlainianum*) is from Sumatra. Some plants can grow quite large, with leaf spans of over 1 meter in optimum conditions (Banks)

*P. spicerianum* (NPG) is from Assam the northeast state of India almost entirely surrounded by Bangladesh (and famous for its tea), and the northern region of Myanmar, where it grows at elevations of 300-1300 m. It is a slightly larger plant, with plain 4-5, 15-30 cm long, dark green, glossy, broad (3-6 cm) leaves, purple spotted at the base, and sometimes with a white or light green border. The flowers are 5-7 cm across, occur singly or in pairs on a stem anywhere from 8-22 cm long, though usually around 20 cm or more tall (9, 17). The dorsal sepal is unusual in that it is broad with a turret shape created by folding and bending at the top. It is almost entirely white except for a dark crimson-purple stripe down the centre. The petals are narrow, ruffled on the edges, yellow-green spotted with purple, and have a median stripe of purple. The large lip grades from brown to crimson (9). In the wild it grows clinging onto limestone outcrops with sufficient humus. Its mean temperature range is 13-24° C (it is one of the 'cool' species) it likes moderate shade, and it does have a dryer season. In the wild it flowers in May and June (17). In the home or greenhouse it should be grown in loose fir bark with some limestone or shell chips added, similar to *P. bellatulum*. Water sparingly from November to February, more so in March, keep moist from April to October (17), and it should bloom in the fall to winter (9).

*P. spicerianum* is a satisfying species to grow: it's easy to grow, fast, compact, and cute!

([http://www.paphinessorchids.com/pricelist/090615/pricelist\\_090615.html](http://www.paphinessorchids.com/pricelist/090615/pricelist_090615.html))

*P. rothschildianum* 'Green Valley' x 'Dou Fang' (NPG)

*P. rothschildianum* has been found only on Mt. Kinabalu in Mt. Kinabalu National Park, Sabah, Borneo, growing at elevations of 500-900 m (1, 20). It is near extinction in the wild. The plant has 4-8 plain green leaves, up to 60 cm long, and 4-5 cm wide. It has 2-6 dark striped flowers on a single spike up to 45 cm long, and each flower can be 14-35 cm across the extended petals (1, 20). In the wild it grows on steep serpentine (metamorphic rock, derived from a mafic igneous rock) ravines above rivers. Its natural temperature range is from 12-25°C ('another 'cool' species) and it blooms in April and May. In the home or green house it likes high humidity, light shade, a medium of ultra-basic (dark volcanic or igneous) rock, with humus; water sparsely in February, moderately in January, March, April, July and August, and keep it moist in May and June, and from September to December (20). Warm growing. (summer) (Northern).

I'm told by several roth nuts that this cross is a keeper. Bold flowers, dark pouch. These plants are BS single-growth and could start putting up a second growth any time. That second growth is a good sign that a spike will follow. These plants are exceptionally well grown; "chunky" is how I would describe them. Wide, thick, dark green leaves... I'm betting that some FCCs will come out of this grex, especially if they are grown to multiple growth plants to pump more energy into a flower spike.

([http://www.paphinessorchids.com/pricelist/090615/pricelist\\_090615.html](http://www.paphinessorchids.com/pricelist/090615/pricelist_090615.html))

John has 3 different crosses illustrated in his catalogue.



Dark flower (1) *P. wenshanense*

Not a common species, but wonderful to have. I acquired a number of plants that seems to have produced alba forms of this species (or naturally-occurring hybrid, depending on where you stand on such matters). Lovely creamy yellow color, with great form.

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**Submissions for the Newsletter:** If there is anything any member would like published in the newsletter, the dates for submission are the 25<sup>th</sup> of each month. They can be emailed to [Linda MacDonald](mailto:Linda MacDonald). All suggestions and comments are most welcome. Please feel free to contact me at any time.