



Newsletter of the

Hawai'i Bromeliad Society

VOL. 38 NO. 7

HONOLULU, HAWAI'I

JULY 2015

GUEST SPEAKER FOR JULY: ELSIE HORIKAWA

We are very pleased to announce that our program for July will feature guest speaker Elsie Horikawa. Well known to many members, Ms. Horikawa was for many years a mainstay of the Hawai'i Bromeliad Society, as well as active in a wide range of horticultural groups and activities around town. Besides HBS, she has been a director of both the Hawaii Anthurium Society and the Cactus and Succulent Society of Hawaii. In fact, much of her growing now focuses on anthuriums, succulents, and other plants. She is, for example, a well known and knowledgeable aficionado of the many types and uses of bamboo.

Elsie Horikawa is truly a treasure trove of information and expertise for plant enthusiasts, and she will be letting us in on some of her "secrets" for growing healthy plants in Hawai'i—tips and techniques not found in books, but learned from years of horticultural experience. She will also be bringing some of the tools and supplies that she finds most useful.



Among the plants Elsie Horikawa is known for is a *Calathea platystachya*, a member of the *Marantaceae* or Arrow Root family. One she grew in 1996 is now part of the Smithsonian National Museum of Natural History Flora of the Hawaiian Islands data base.

FAR LEFT: *Calathea platystachya*, Standl and L. O. Williams (photo: by Reinaldo Aguilar, July 21, 2012, Vascular Plants of the Osa Peninsula, Costa Rica; [plantaspin.unsulaosa.org/sets/72157637534694094](https://plantspin.unsulaosa.org/sets/72157637534694094)).

LEFT: *Anthurium watermalienense*—also called the black anthurium because of the color of its inflorescence (photo: Dick Culbert, Gibson's, British Columbia, Canada; Wikimedia Commons)

2015 OFFICERS OF THE HAWAI'I BROMELIAD SOCIETY

PRESIDENT

Terese Leber

TREASURER

Dolores Roldan

HOSPITALITY

Susan Andrade

NEWSLETTER/RECORDING SECRETARY

Stanley Schab

VICE PRESIDENT/PROGRAM CHAIR

John Ishihara

MEMBERSHIP

Val Wong

LIBRARY

Karen Gollero & Tessie Labra

CORRESPONDING SECRETARY

Karen Rohter

www.hawaiiibromeliadsociety.org

JULY MEETING

This Saturday, July 25,
we meet at **Lyon Arboretum**
at **12:30.**

Our hospitality hosts are
Terese and Stan.

REPORT OF THE MEETING OF JUNE 27, 2015

Halawa Xeriscape Garden

ATTENDING: Susan Andrade, Naty Hopewell, Terese Leber (presiding), Karen Rohter, Gail Rabideau, Dolores Roldan, Jaime Roldan, Stan Schab, Tom Stuart, Lynette Wageman.

CONVENED: 12:15 ADJOURNED: 1:30—to tour the Garden.

Terese welcomed everyone to a special “field trip” edition of the Hawai‘i Bromeliad Society, and thanked Diane Moses, Community Relations Specialist with the Board of Water Supply, for graciously inviting us to the Halawa Xeriscape Garden and for addressing the members session.

TREASURER’S REPORT: Dolores and Jaime are back from their trip to Costa Rica, the Panama Canal, and Florida—all bromeliad hot spots—and Dolores presented a brief Treasurer’s Report. Terese discussed this year’s HBS donations to Lyon Arboretum. In addition to \$300 as a thank-you to the Arboretum for hosting our meetings and library, she mentioned a variety of items from the Arboretum’s “wish life.” We decided that an additional \$300 be donated to the Arboretum to purchase a worm drive skil saw. Terese will write Jill Laughlin, volunteer and education coordinator for the Arboretum, about the donations, and will get the checks to her.

HOSPITALITY: Thank you Gail, Lynette, and Susan for the pupus and drinks. July hosts are Terese and Stan.

PROGRAMS: Lynette reported on plans for the September trip to visit Hawai‘i Island nurseries, noting that both David Shiigi and David Fell have expressed a willingness to host the group. She circulated a form for members to fill out, indicating whether they will be participating in the trip, traveling with the group or providing their own ground transportation, and wish to visit Hawai‘i Volcanoes National Park as well as the nurseries. Stan will distribute the questionnaire to members who were not able to attend the meeting, so that trip organizers Lynette and Marie Ferdun will have a better idea of the number of participants.

OLD BUSINESS—HBS SCHOLARSHIP: Discussion about the idea of an HBS scholarship or contribution for a University of Hawai‘i student, possibly in connection with Lyon Arboretum’s work-study program, was tabled, pending a meeting with a greater number of members, including those who originally suggested the idea.

OLD BUSINESS—LYON ARBORETUM BROMELIAD GARDEN: Tom said he would check with Jill Laughlin to find out when would be the best day for HBS members to work in the Bromeliad Garden, and what restrictions might be in place and what procedures members will need to follow in maintaining the Garden.

SHOW AND TELL & AUCTION: We didn’t really have a formal auction this meeting, but thank you, Tom, for bringing in a number of plants, including some *Portea petropolitana*, for donation to the Halawa Xeriscape Garden. Then we all moved from the shaded lanai by the Garden’s main buildings to tour the Xeriscape facilities.

UPSIDEDOWN PINEAPPLE TAKES THE CAKE

If you’re not going to plant your pineapple, try this tip from the April/May 2015 newsletter of the Bromeliad Society of Greater Chicago. Remove the leaves from the pineapple, and then store it upside down. This is supposed to help the sweet juice that has accumulated on the bottom during processing and shipping flow back to the other end, so the pineapple is sweet all the way through!



INDIGENOUS NUTRITION COOKING CLASS

Lyon Arboretum • Saturday, July 25 • 9:30–11:30 am

Class fee: \$25.00 • Instructor: Amiria Raumati

Indigenous Nutrition is listening to one’s body and knowing how to fuel it to gain optimum energy, without compromising one’s health. We live in a world where time seems to dominate as we push the boundaries to keep up with the demands of modern day living. We wind up neglecting not only ourselves, but our families too! If our families are to be healthy, our diet needs to guide that health. Amiria is a Maori healing student and practitioner, and this workshop will focus on a dish she grew up cooking with her mamma: Corn Fritter stack and a fresh watercress and avocado salad, with fresh citrus of lime.

Join us for a morning of exploration with a fresh, summer meal all the way from New Zealand.

A HOT DAY IN HALAWA

At the far end of an industrial road in Hālawā Valley is the Halawa Xeriscape Garden, established—as we learned at our June meeting—by a group of local business entrepreneurs and the City and County of Honolulu’s Board of Water Supply. Now maintained primarily by a Friends group and volunteers, the Garden features a variety of demonstration gardens and projects all designed to educate the public on ways to save water in lawns, gardens, and landscaped areas. Opened in 1989, the Garden also offers workshops, educational tours, volunteer opportunities, and of course its annual Unthirsty Plant Sale, which will be held on Saturday, August 1, from 9 am to 3 pm, and will feature not only plant vendors, but also workshops on topics such as aquaponics, xeriscape 101, and butterfly garden design, as well as the Cactus and Succulent Society of Hawaii Show.

Our members were treated to an informative and entertaining talk by Diane Moses, Board of Water Supply Community Relations Specialist, on the history and purpose of the Garden, its current situation, and future dreams. Among the tips Diane offered, never use your “thumb” to spray water from a garden hose—not only does it waste way too much water, it kicks up and transfers all kinds of plant diseases.

Members then toured the different mini-gardens on site, including the Hawaiian Garden, the Heritage Garden, the Butterfly Garden, and the “Garden of Eaten,” seeing not only the variety of plants that can flourish in low water areas—several spots, ranging from heavily shaded to bright sun, featured bromeliads—but also irrigation and mulching techniques and landscaping tricks with recycled materials, such as using old tires to create growing areas while anchoring a hillside.



GARDENING'S A STRETCH

Tending our bromeliads can actually provide a good workout, with all the bending, twisting, pulling, reaching, and lifting involved in trimming, weeding, and looking after our gardens. But sometimes we get so focused on our plants that we forget about ourselves, and wind up overdoing and even injuring ourselves. The American Chiropractic Association reminds gardeners to take simple steps to keep our bodies up for the challenges of yard work. The Association recommends developing an awareness of good body form and posture while gardening. Kneel, don't bend; lift with your knees and butt, not your back; change your stance and movements often to keep the muscles and body balanced—all are basic tips for healthy gardening.

The Association also reminds us that warming up and cooling down are as important in gardening as they are in other physical activities, and recommends several simple stretches to help avoid injuries, pain, and stiffness. Before stretching, breathe slowly and rhythmically, don't bounce or jerk, and only stretch as far as you feel comfortable. Stretching should not be painful. The Association recommends four basic stretches for gardening good health.

While sitting, prop your heel on a stool or step, keeping the knees straight. Lean forward until you feel a stretch in the back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg.

Stand up, balance yourself, and grab the front of your ankle from behind. Pull your heel toward your buttocks and hold the position for 15 seconds. Do this again and repeat with the other leg.

While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat this stretch three times.

Do the "Hug your best friend" stretch. Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat two or three times.

UPDATE ON HBS HELP WITH THE ARBORETUM BROMELIAD GARDEN

At our May 30, 2015 meeting, HBS members voted to help maintain the Lyon Arboretum Garden on a regular basis. Since then, Tom Stuart and Terese Leber have been consulting with Arboretum Volunteer and Education Coordinator Jill Laughlin on renewing the HBS work commitment to the Garden. Recently Tom talked with Jill about us working in the garden. Several major points arose from that discussion.

Lyon is concerned for the safety of the volunteers, as well as the staff and public. They had an incident where a volunteer injured himself while working alone, and want to avoid something like that happening again.

Lyon now has staff working on the weekend, so we can coordinate with them and work on Saturdays. (In the Garden preparation prior to the World Bromeliad Conference, most of the work was done on Fridays.) Thus, we could schedule regular work sessions on the mornings of the Saturdays that we meet at Lyon.

Jill will need a volunteer form from everyone. Some members, like Randy Wong, have volunteered recently, so he has one on file, but all volunteers who work in the Garden will need one. (Volunteer forms will be available at the July meeting.)

HBS will need a leader for each session to coordinate with the Lyon staff. The leader will be responsible for keeping track of the volunteers and ensuring that everyone leaves the garden safely.

Our expertise is with bromeliads so we will only work in the bromeliad garden. While we might pick up debris on the way to the garden, we should not work in any other area unless specifically authorized in advance.

Based on this discussion, there are a few points members need to consider, which we can discuss at our July meeting.

Are there other times besides Saturday mornings of meeting days that volunteers would like to work in the Garden?

A good list of possible gardeners, with contact numbers, will be indispensable, as well as a few people who can serve as coordinators. The coordinator does not need to be the same person for every work session, but every time we work, we will need one person to coordinate with the volunteers and the Arboretum.

If you have any other thoughts or concerns about our working in the Garden, please bring them up at the July meeting, or let Tom or Terese know.

Following our discussions, we will send a Memorandum of Understanding to Jill, to make sure that both Lyon and HBS will know what is expected. And then, we can get to work!