

The Calypso

Volume 44 Issue 6 Nov 2021

The Newsletter of the Greater Lansing Orchid Society

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CALYPSO DEADLINE:

Dec. 30 for the Jan. issue

The purposes for which the Society is organized are to create an awareness of orchid culture; to foster the preservation of native species of orchids; to support research and development of orchid culture; and to hold meetings, lectures, and exhibitions.

NOVEMBER 13 MEETING: In-Person at 2:00 pm

2 42 Community Center at 2630 Bennett Rd, Okemos



We are requiring masks at our indoor meetings. If you don't have one, please pick up a free one from Doris' supply as you come into the meeting room.

Doors open at 1:30 p.m. for:

- Plant shopping
- Experienced Society members will be available to answer questions and help problem solve orchid growing issues
- Please have refreshments in place prior to start of meeting.

Meeting will start promptly at 2:00 pm

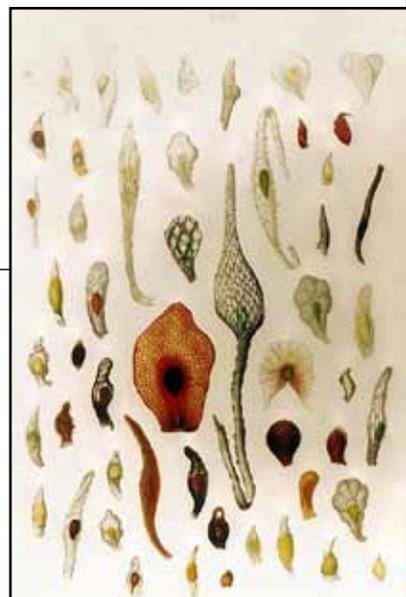
John Jaworski, President of the Greater Cincinnati Orchid Society, will present - Growing Orchids from Seed.

John will be selling plants at the meeting, and will accept cash or checks as payment (no credit cards).

Want to learn more about orchid seeds? Here is an excellent article from Kew:

<https://www.kew.org/read-and-watch/orchid-seeds-natures-tiny-treasures>

“Orchids have the smallest seeds in the world and they produce millions of them, but why? Kew's seed morphologist Wolfgang Stuppy explains the clever survival plan that lies behind this seemingly wasteful strategy.”



PRESIDENT'S MESSAGE -- Pete Ostlund

Another summer season comes to an end. The first three weeks of October were like an extension of summer. Some of my orchids enjoyed an extended stay outside. I was trying to give some dendrobiums their needed cold spell, especially those that didn't boom this year. Then it got cold and wet, so it was time to bring everything inside. And once again I realized I've managed to pack my growing area. That's when you get creative in how you pack them in, and hope the orchids that go dormant in the winter (habenarias and catasetums) speed up that process a bit in order to make room. I'm sure it will all work out. There are still some cymbidiums that need to come in!

We have our first in-person speaker in many months scheduled for November 13 (John Jaworski speaking on growing orchids from seed). He plans to bring some of his orchids to sell. Our new accommodations are very nice. Please remember that the meeting starts at 2:00. If you can't make the meeting, we plan to broadcast it via Zoom.

Unfortunately the local orchid shows for the remainder of the year have been canceled. The next scheduled show is the Grand Valley Orchid Society show at the end of January, then our show at the end of February (February 26/27, 2022). We are hopeful that conditions allow these shows to go forward. We'll need your help at the end of February in order to make our show successful, so please mark your calendars and keep the Thursday and Friday before the show open as well so you can lend a hand if possible.

I hope to see you at the November 13 GLOS meeting.

**2022 SHOW POSTCARDS WILL BE AVAILABLE FOR DISTRIBUTION AT THE NOVEMBER MEETING****GLOS MEMBERSHIP** - submitted by Doris Asher, Membership Committee

Our GLOS numbers stand now as follows: as of October 9th – 78 households comprising 88 individuals. At this time last year, we had 98 members in 86 households. Our fiscal year has ended (on June 30, 2021). We need to receive renewals from seven members. Sadly, per our Bylaws, these former members will not receive any more Society newsletters or other mailings. Members in arrears are welcome to renew at any time and will be reinstated immediately!

We have 44 people who are Life Members (50.6% of the membership). These numbers are included in the current membership numbers detailed above. Life Memberships are still available – Life membership dues are \$80 for individuals, \$120 for two living in the same household.

Total Households (including Life Members): 78 (households)

Households getting Calypso electronically: 66 (84.6%)

Households needing paper copies: 11 (15.4%)

Calypso costs us:

Copying: \$.60 each x 6 issues = **\$3.60/year**

Copying plus postage: + \$.58 stamp = \$1.18 each x 6 issues = **\$7.08/household/year**

Eleven households get paper copies: \$77.88 annually. This annual amount has already been completely covered by donations that some "paper members" contribute (requested on dues form). Thank you very much to these donors.

→ Thanks to Ioana Sonea, Pete Ostlund, and Becky Thayer for the snacks at our September meeting. Tammy, Michele Bridges and Georgian offered to bring refreshments to our November meeting.

GLOS CALENDAR OF EVENTS

→ November 13, 2021 at 2:00 PM – John Jaworski - Growing Orchids from Seed, will be bringing orchids for sale. In-person meeting at the 2 42 Community Center at 2630 Bennett Rd, Okemos. Note the time.

→ February 26 -27 -- GLOS Annual Orchid Show and Sale.

→ March 12 at 2:00 – Eric Sauer of River Valley Orchids – Orchids 101 talk



SEPTEMBER 11, 2021 MEMBERSHIP MEETING MINUTES - submitted by Becky Thayer, Secretary

Pete Ostlund called the meeting to order at 7:06. This was the first indoor in-person meeting since the Covid 19 shutdown and the first hybrid Zoom meeting. There were 20 people attending in-person and 12 attending via Zoom.

Our speaker presenting on Zoom was Dr. John Freudenstein on Coralroots and their kin, biology and diversity. The presentation was sponsored by AAOS and GLOS. Dr. Freudenstein presented a lively and informative talk on this unique group that includes several orchids native to our area. There was an interesting question and answer time at the end.

Announcements:

- The all-state meeting will be October 9 at 2:00 via Zoom. Watch your email for the Zoom link.
- The November GLOS meeting will be in-person at 2:00 pm. John Jaworski will present Growing Orchids from Seed. He will be bringing orchids to [sell. Both](#) the Michiana Orchid Show (end of October) and the Saginaw Valley Orchid show (Thanksgiving weekend) have been canceled. The Grand Valley Orchid Show (end of January) is still on at this time.
- GLOS show (end of February) is going forward. Ioana is the show chair this year, and will be contacting the various committee chairs in the near future. We need many volunteers so please keep Thursday February 24 thru Sunday February 27 open if you can help out. There will be much more information coming in the next few months.
- Refreshments for tonight were provided by: Ioana, Pete and Becky.
- November meeting refreshments will be provided by: Tammy, Michele Bridges and Georgian.

Plant Table:

Bill Cadman presented the many beautiful plants on the plant table.

Auction and finance report:

Thank you Ioana for helping out on what may have been the largest silent auction we have ever had. The silent auction brought in \$181. The raffle brought in \$78. Dot turned in a \$40 refund from the DeWitt Township Parks Department for the security deposit for the picnic pavilion.

Expenses were \$100 for the 242 Community Center room, the speaker fee was \$125 that was shared with AAOS, and our cost was \$63.

Income \$299

Outgo \$163

The next meeting is in-person on November 13 at 2:00 pm, at the 242 Community Center.

The meeting ended approximately 9:15 pm.

Here is a very good article that will supplement the information from our meeting with Dr. Freudenstein. It is from the US Forest Service and is called "Coralroot Orchids". The article has several pages/links and is filled with many excellent photos as well as great information:

<https://www.fs.fed.us/wildflowers/beauty/corallorhiza/index.shtml>

→ OUR NOVEMBER MEETING IS IN-PERSON, BUT IT WILL ALSO BE AVAILABLE VIA OUR NORMAL ZOOM LINK FOR THOSE WHO CANNOT ATTEND IN-PERSON:

Greater Lansing Orchid Society is inviting you to a scheduled Zoom meeting.

Topic: GLOS Annual Business Meeting

Time: 02:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us04web.zoom.us/j/701683513?pwd=REQzYnpxaTZjb3p6dDNZNWxCOS8xUT09>

Meeting ID: 701 683 513

Password: 20-Orchids

One tap mobile

+19292056099,,701683513# US (New York)

Meeting ID: 701 683 513

GLOS sends our deepest sympathy to member Owen Neils whose mother, Irmgard Neils, died on October 17, 2021. Condolences can be conveyed at the East Lansing Gorsline Runciman Funeral Home.



BOARD MEETING MINUTES OCTOBER 7, 2021 - Submitted by Becky Thayer, Secretary

This meeting was held by Zoom and there were nine people in attendance: Pete Ostlund, Becky Thayer, Doris Asher, Bill Cadman, Dot Barnett, Jerrie Nichols, Dawn Kittle, Ioana Sonea and Abby Skinner.

Pete called the meeting to order at 7:03 pm

Treasurer's Report: Doris gave the Treasurer's report:

From July 1, 2021 – September 21, 2021

Actual income - \$2,263

Actual expenses - \$1,083

Under Budget - \$1,170

A more detailed report can be found elsewhere in the Calypso (p.10)

Membership Report: Doris gave the membership report:

Total Households (including Life Members): 77

Life Members: 44 (50.6%)

Households getting Calypso electronically: 65 (84.4%)

A more detailed report can be found elsewhere in the Calypso (p.2)

Old Business:

Every one agreed that the August and September speakers were very good.

There were some connectivity issues with the September hybrid meeting; Ioana checked the internet signal strength in the meeting room and found it weak, she added a signal booster and the strength was improved. Pete joined a test meeting and everything seemed to work good. We will try this setup at the at the November meeting. Another concern is that the Internet is open, does not require a password. Some cell phones may automatically connect (depending on the phone's settings) thus pulling the signal down. Ioana suggested that we ask people to turn off Wi-Fi or put their phones on airplane mode.

There was only one item on the to do list that will be held over; Bill was unsuccessful in securing a speaker for the February meeting on flower arranging. He will continue contacting flower arrangers.

New Business:

Future meetings:

October 9, 2021 at 2:00 PM – All state meeting via Zoom with Olaf Gruss speaking on slippers

November 13, 2021, at 2:00 PM – in-person, Zoom hybrid, John Jaworski on growing orchids from seed, he will be bringing orchids for sale. His speaker fee is \$100; if he travels here he estimates \$100 for expenses.

January 15, 2022, at 2:00PM – orchid flower arranging, Bill Cadman to obtain an in-person speaker (note this will be in conflict with GLJC).

March 12, 2022 at 2:00 PM – Eric Sauer of River Orchids – orchids 101 talk

April 9, 2022 at 7:00 PM – Scheduled for Zoom, Pete has yet to look for a speaker but he may pursue Andy of Andy's Orchids (or if he wants to come to Michigan he could come in May).

Future Shows: There are no shows in Michigan in 2021.

GVOS will be the first show of 2022 on January 29 - 30; Pete and Dot will set up our display.

GLOS show:

Advertisement: Ioana will contact the usual list of free advertisers. There was much discussion about the T.V. ads and social media ads. It was decided that Ioana would contact Pete Porciello about the services King Media performs, do they handle social media and when they need to know if we want the T.V. ads this year. There will be more discussion about this issue as it is still unresolved. Pete suggested that an advertising subcommittee is needed.

Post card: We reviewed the post card, the front was approved. There were some suggestions about the verbiage on the back of the card. Abby suggested we use a QR code for locating the website, Bill Cadman offered to assist Dot with this. Pete was asked to help with the verbiage. And the cost for printing was approved.

Funding for Orchids in use: There was budgeted \$100 to buy flowers for arranging if needed.

Refreshments: There was discussion about what MSU will allow us to do. We know they will not allow a potluck dinner. Doris said that other societies are having this same issue and maybe we should talk to them and learn how they handled this. It was decided that Ioana would set up a meeting with MSU, herself and the food committee, Pete, Teresa and Doris to discuss and learn the rules. They also have to decide the cost and how to address it. Doris volunteered to help Ioana with the menus and quantities of food we have had in the past, this is a big change from the way we have done this before.

continued on p.5

BOARD MEETING MINUTES, continued

Committee assignments: Ioana reported that most people from the past committees have agreed to help out again. Mary Henman cannot chair the information table again. Abby has volunteered to organize the information table and helpers. Ioana will contact Mary (and copy Abby) and ask her about the supplies and what suggestions she may have. Also Ioana will ask Mary about the backdrop supplies and if she is willing to help again this year.

GLOS website 1-year renewal: We approved the reimbursement to Dot for the cost of the renewal.

Meeting room: Pete suggested a floor layout and everyone agreed with his suggestions. The parking lot lights did not seem to be working, and there were some comments about the temperature of the room. Pete will contact Jenn, our liaison with 242 Community Center, with the new layout and issues.

Pete suggested changes to the show and tell plant table:

- Having people present their own orchids if they will, to better communicate how they grow them and answer questions. This will also allow members to get to know each other better.
- Get rid of the paper slips, they will not be needed if the grower talks about the plant, also possibly taping the plant tags to the outside of the pot so that they don't get pulled out and lost.
- Get rid of the signs "Greenhouse" "Under Lights" "Windowsill" as the grower can speak on this.

We discussed these changes and agreed to try them at the next meeting. Abby offered to make a sign in sheet for the plant table so we know who brought plants. Abby will send the file to Ioana to print.

Mask policy: though the 242 Center does not require masks, consensus was that most people felt better wearing masks in the meeting room (with the exception of the speaker when presenting the program). At this time we will require masks at the meeting, this will be reviewed as things develop.

To Do List:

1. Bill Cadman will continue to contact floral arrangers about February meeting.
2. Bill Cadman & Dot will investigate using a QR code on the postcard.
3. Pete will rewrite the back of the postcard.
4. Ioana will follow up with Pete Porciello by text about whether King Media handles social media also.
5. Doris will help Ioana with what refreshments have been provided in the past for the show.
6. Ioana will arrange a meeting with MSU about the refreshment rules and options. Ioana, Pete and Teresa to attend.
7. Ioana will contact MSU about covid rules and who is expected to enforce them
8. Pete will follow up with Jenn about room setup, Parking lot lights and mask policy.
9. Ioana will contact Mary Henman about the backdrop supplies, set up and storage.
10. Ioana will contact Mary Henman about the information table supplies and any suggestions she has. Ioana will copy Abby with the information.
11. Abby will make a sign up sheet for the plant table and send the file to Ioana for printing.
12. Ioana will contact the free advertisers for show ads

Next Board Meetings:

December 2, 2021 and February 3, 2022 at 7:00 PM via Zoom

Meeting was adjourned at 8:41PM

USED ORCHID BOOKS/PERIODICALS WANTED

Do you have some orchid books or orchid periodicals that you no longer want? For several years now at our Orchid Show, we have sold numerous used books donated by various Society members. Visitors to the Show snap them up very quickly and, because the books are donated, the Society makes 100% profit. We use the orchid magazines as free giveaways to our visitors to encourage their joining our Society.

Because this service is so popular, we would like to offer inexpensive, used orchid books again at this February's Show. Since GLOS is an IRS not-for-profit 501(c) 3 organization, you may deduct the value of the books and magazines you give us. The Treasurer will be happy to provide you a receipt for your gift.

Please consider giving such items at this November meeting to Doris Asher, who will hand them on to the volunteers at our Show's Information Table.

Doris Asher
asherdoris44@gmail.com
 517-332-0004



A BRIEF SUMMARY OF THE ALL-STATE ANNUAL MEETING

- submitted by Ioana Sonea, Vice-President

During the All-State Annual meeting, held via Zoom on Oct 09, 2021,

Olaf Gruss presented a fascinating talk on new slipper species and hybrids, accompanied by amazing detailed photographs of these beautiful and sometimes strange plants. He discussed the habitat in which they were found and provided suggestions for successful culture.

Approximately 28 attendees from several Michigan Orchid societies were present.



Paph. rungsurianum



Paph. canhii



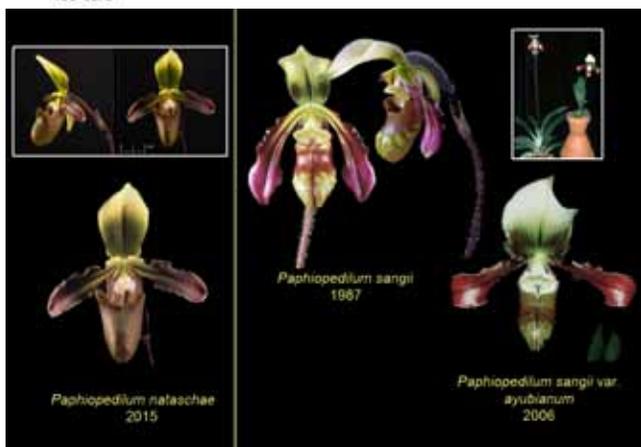
Paph. concolor v trungkienii.



Phragmipedium 2nd ed, incl Mexipedium & Selenipedium. 500 pages and more than 2000 images. 150 euro



Paphiopedilum vol. 1. 540 pages and more than 2000 images. 120 Euro



FROM RAY BARKELOW OF FIRST RAY'S ORCHIDS NEWSLETTER

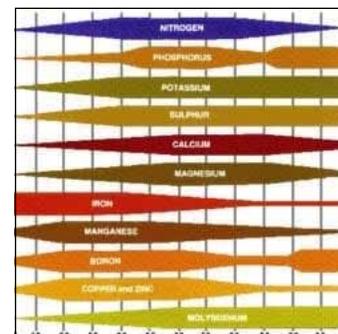
Ry

CULTURAL NOTE: pH & Nutrient Availability

This will be a repeat for some of you, but I've seen misinformation spread too widely on this subject in online forums, Facebook, etc., so I figured it can't hurt to reiterate a bit of the science.

We're probably all familiar with the following graph:

It "clearly" shows a relationship between nutrient availability and pH, but what it doesn't show is the fact that this is an experiment done with soil (and only a single type of soil, at that).



Courtesy of the microscopic particles of organic matter and clays, soils contain millions of sites that hold a charge. Those charged sites can "grab" and tightly hold onto charged nutrient ions, making them unavailable for the plant to take up. The charges on those millions of sites change readily with the soil pH, and that, in turn, determines if-, and how strongly the nutrient cations are held. As a whole, that property is known as "Cation Exchange Capacity" or CEC.

What folks fail to realize is that orchid media have such low CEC's that it may be practically considered to be nonexistent, and that means that pH plays little to no role in nutrient availability unless the pH is too far outside of the target range of 5.5-6.5 (4.5-7.5 is still fine).

A second point is that the pH of the solution applied to your plants has very little impact on the rhizosphere pH, and that is what's important.

Whenever a plant absorbs a nutrient ion, it expels one of equal charge, maintaining charge neutrality, but changing the chemistry surrounding its roots. Microbes living in the plant and media play similar roles, and between the two, play a significant role in controlling the pH. (Before you ask, - yes - that holds true in semi-hydroponics, too.)

I used to be very picky about pH adjustment of my nutrient solutions, but after doing some extensive testing, I found that it made almost no difference when using a pure water source, so I simply don't bother any longer. If your water has a high alkalinity value (that is, resistance to pH change, not a high pH), it may shift the rhizosphere pH over time, but you'll find orchids do much better with a low-alkalinity water source.

Until next time, Good Growing!

ORCHIDS IN USE – FLORAL DESIGN WITH ORCHIDS

Would you like to try something different with your orchids? How about making a floral arrangement and entering it in our February Orchid Show and Sale?

All floral arrangements are judged according to the National Garden Clubs, Inc. rules and there is a GLOS Trophy for the best design. We are going to have a presentation in January which will explain how to create floral designs and how to enter them into the flower show.

Participating in the flower show design part is fun and a great way to have additional exposure for your orchids and your talent.

To pre-register for designs and for more information please contact Jolanta Piecuch 517-655-9869, jolantapiecuch@yahoo.com or Jenny Bond 517-676 - 2676, jbond@msu.edu

TOP AWARDS

Trophy for Best Orchids in Use - Marilyn J. Lee Award
(Amateur Classes 106-114)

Trophy for Best Orchids in Use (Professional Class 107)



There will be space available for exhibitors to finish their designs at the show site on Friday afternoon from 3:00 p.m. - 6:00 p.m.

Floral arrangements will be judged according to the rules and requirements of National Garden Clubs, Inc.

Call Jenny Bond (517-676-2676, jbond@msu.edu) or Jolanta Piecuch (517-655-9869, jolantapiecuch@yahoo.com) if you need orchids for your designs or have questions.

Pre-registering for all design classes with Jenny Bond (517-676 - 2676, jbond@msu.edu) or Jolanta Piecuch (517-655-9869, jolantapiecuch@yahoo.com) is encouraged.

Orchids on Parade
Floral Designs with Orchids



February 26 - February 27, 2022

Entries may be placed on February 25 between 1:30 p.m. - 7:00 p.m.
Judging arrangements begins at 8:30 a.m. February 26
Show open noon - 5:00 p.m. February 26
11:00 a.m. - 4:00 p.m. February 27

Plant and Soil Science Conservatory
Michigan State University
1000 Bogue Street, East Lansing

"Orchids on Parade" is a part of the Greater Lansing Orchid Society Show and Sale

Design Classes

Class 107 Taming the Bees in a Basket
Professional class for creative design, garlands, or a design from classes 108-113 below.

Class 108 Making a Quilttop
Cossages, brooch bouquets, hat pieces, jewelry, and other personal affirmations.

Class 109 Don't Forget Me!
A design in a small top or small container, in any style. No more than 8" height, width, or depth.

Class 110 Wood you Join the Parade?
A creative design incorporating wood. Not to exceed 14" in height, width, or depth.

Class 111 Look-A-Like!
A creative free-rose design. Uncooked fruit or vegetables permitted and encouraged. Design not to exceed 18" in height.

Class 112 Catch Up With Me!
A stretch design in two units, one smaller than the other, with prominent "stretch component" connecting both units. Design not to exceed 18" in height, width, or depth.

Note: Designers must register for the following classes. Only the first four entries for each class will be accepted.

Class 113 Drink, Drink, Drink!
A reflective design contains materials that reflect back images to the viewer. No mirrors allowed. Design staged in a black niche 38" high and 22" wide (provided by committee.) Design will be placed on a table skated in black. If using an underlayment it can not exceed niche's central area of 22" width.

Class 114 Lined the Parade!
A designer's choice of a creative or traditional design. Design staged in a black niche 38" high and 22" wide (provided by committee.) Design will be placed on a table skated in black. If using an underlayment it must fit niche's central area of 22" width.

Design Rules

1. It is helpful if entry tags are completed in advance.
2. An Exhibitor may enter as many Classes as desired, but only one exhibit per Class. All design work must be the work of the Exhibitor. Plant material need not be grown by the Exhibitor.
3. No artificial flowers, fruit, or foliage are permitted. Live leaves and ribbon buds are permitted only in Class 108.
4. Fresh orchids must be used in every design. If you know the botanical name of the orchid(s) you are using, put the name on the entry card.
5. Leaf spray, dye, paint etc. may be used ONLY on direct plant material.
6. All plant material used in the designs should have been cut from a plant. None should be potted in soil.
7. An underlay is permitted with all designs. Designs are staged on black skated tables 22" above the floor.
8. American Orchid Society's (AOS) "Certificate of Merit/Outstanding Arrangement" may be awarded to an outstanding exhibit in any flower arrangement class. Cossages are also considered arrangements for the purposes of this award. If an exhibitor does not wish to accept the AOS award "Not for AOS judging" MUST be noted on the entry tag. This does not disqualify the item from consideration for a ribbon or its class or the trophy.
9. Judges' written comments on the entry tags will remain with the entry until Show closing.
10. No entry may be removed from the Show before 4:00 p.m. Sunday, February 27, 2022.
11. Contact Jenny Bond to register for Classes 113 or 114. jbond@msu.edu, 517-676 - 2676.

SUNSET VALLEY ORCHIDS --FALL 2021 CATASETINAE PLANT CULTURE NEWSLETTER

As we can all tell the weather is changing and your Catasetinae should now be in their final stages of growth. This was an excellent year for Catasetinae; many growers from around the country reported a fantastic flowering season. The first signs of dormancy will soon be evident, with some areas of the country already see the start of the dormancy. Soon it will be time to stop fertilizing and begin to decrease irrigation frequency, in effect lengthening the dry period in-between watering, mimicking the end of the rainy season.

In nature the rainy season is nearing its end, the rains are less frequent, nights are cooler and day length is shortening. These are the environmental factors that start the dormancy process. With less rain fall fewer nutrients are moved to the root system (thus stop fertilizing) and the roots stay dryer longer (thus reduce irrigation frequency). This increasing dryness is an indicator to the plant to harden off their pseudobulbs in preparation for the 2-4 month winter dry period. Hardened off bulbs are better at storing water through dormancy. Humidity should be maintained at 40-60% however brief periods outside this range is not a problem. Maintain light levels and keep night temperatures at or above 55 degrees.

No re-potting at this time, the roots are well-developed and will resent being disturbed. If you were negligent (how could that be?) it is better to wait until next spring at this point. As soon the new growth begins in the spring, that's the time to re pot, as you can now see the best way to position your plant in its new pot. With Catasetinae the roots follow the new growth usually several weeks behind. In nature, the roots grow out and then the rains start. So, as I have said many times, "wait to water until the new growth has new roots 3-4" long." This gives the best results as large healthy root systems make for strong healthy bulbs and better yet, excellent flowering.

One of the great attributes of the Catasetinae is their deciduous nature, if you experienced leaf damage, don't worry, as those leaves are going to drop off and next spring/summer you will have a new set. How many orchids are that forgiving when the leaves are damaged?

When walking around the greenhouses these days it looks like almost everything is blooming! This is my favorite time of year as there are Catasetums in flower, the Cynoches are blooming, and the first of the Mormodes are in spike! But there is still more to look forward to as the blooming season for Clowesia rosea hybrids begin flowering in December and January. These late season plants bloom on deciduous bulbs, with inflorescences cascading over the side of the pot with many fragrant flowers.

Here at SVO we had a remarkable growing season, the size of the 3" plants are the largest I have ever seen! Many plants are spiking now. This is a great time to order as the 3" pots will all be ready for 4" pots next spring.

MEET GLOS MEMBER MICHAEL HENDERSON, D.O.

*Going The Extra (100) Miles
Ultra runner, Michael Henderson shares his running journey to 100-mile races.
August 3, 2020*

My running career began 40 years ago, by training for and running a 10K...I was hooked with the sport of running after that race.

Running was chosen as my sport of choice, at first because I could do it on my own. After running more and more, I realized that having a team of runners to train with is oftentimes the most enjoyable. After many years of running numerous races in the 5k and 10k, I made the mileage leap to the half marathon. Which, in turn, led me even further to the full marathon. It was obvious that running became an integral part of my lifestyle.

I trained with Team Playmakers for my first full marathon, Bayshore in 2004. That race resulted in a positive experience. I was then eager to run another marathon. I was unable to find a marathon that coordinated with my work schedule, so I ended up running a 50K. I was told by my best running friend, who is now my wife, that a 50K is only another 5 miles beyond the marathon...(smile). However! That 50K was the beginning of ultra racing for me.

A few years after my first 50K, my wife took her own advice and ended up training for her first 50-miler. I was able to join her second time around which led me to run my first 50-miler in 2017. At the finish line, I felt great, although a bit tired, at just over 13 hours. At the finish line, I may or may not have mentioned that I could go another 50 miles....four months later, I was on the starting line for my first 100-miler.

The 100-miler takes a lot of mental and physical dedication. It obviously takes time to build a foundation for the endurance of constant forward movement to complete the race in regulation time (which is usually a 30 hour cut-off). Training is a constant subconscious, balancing act of regulating nutrition, rest and, of course running. On race day, these three factors are the “tell-tale” signs.

So, now it is race day and you are at the starting line. The horn sounds, and there are 100 miles of unknown territory ahead. Emotions of doubt are passing through your head. You start to think, “what is going to keep me going for the next day and a half?”

There are always thoughts such as, “I should have done those extra 5 miles on that long run day!” Or “was my nutrition balanced enough during training?” Or “Did I get enough rest during my taper?”

With all these things going on in your mind, it is so important to have crew and pacers. These people can keep you grounded and certainly keep you going when you are at your lowest. During the bad segments of the race, the crew/pacers keep you sane and motivated. Few ultra-runners are completely happy without crew/pacers.

There are many lessons to learn while training and running an ultra-marathon. Each race is different and has its own uniqueness. The runners’ body and physical ability might be sanctioned for the distance, but the effort to be exerted at each event requires something different. I think one of the most important things that an ultra-runner learns is patience. With proper preparations and prior planning, the finish line can be crossed!



Michael A. Henderson, D.O. is a 1986 graduate of Michigan State University College of Osteopathic Medicine. He has practiced diagnostic radiology for more than 30 years. Michael has successfully finished three 50Ks, one 50 miler and four 100 mile ultras. He would someday love to run an ultra in Iceland and run under the Northern Lights.

GLOS MEMBERS SHOW THEIR GENEROSITY – 2022 SHOW TROPHY SPONSORS

Once again, Society members are coming through, underwriting the trophies for our Show this February! The trophies will be prepared by Larry Galdes and Mei Ling Clemens. I continue to look for someone to underwrite the four trophies indicated in the table below as “open”. Who can help me?

Sponsors can save themselves expensive postage by paying me in person at our November or January meetings. A check or cash is equally welcome – the cost is \$25.00. Checks payable to GLOS may also be mailed to me at 277 N. Hagadorn Road, East Lansing, MI 48823.

Thank you, donors, very much.

This year’s sponsors are:

TROPHY	SPONSOR
Exhibits, Open	Pete Ostlund
Exhibits, Society	Open
Exhibits, Amateur	Anonymous GLOS Members
Julie Bishop Memorial (Cattleya Alliance)	Andrea Bishop
Paphiopedilum Species	Open
Paphiopedilum Hybrids	Open
Phragmipedium, Cypripedium	Dot Potter Barnett
Phalaenopsis	Andrea Bishop
Vanda	Diane Zoeller
Brassia and Miltonia	Mary Henman
Oncidium Alliance	Open
Cymbidium Alliance	Dawn Kittle (in memory of Sherwin Kittle; in memory of Betty Jane Harvey)
Dendrobium Alliance	Michael Henderson
Pleurothallid Alliance	Lynn O’Shaughnessy
Alex Challis Memorial Miscellaneous Genera	Littlefrog Farm
Specimen Plant	Jerrie Nichols
Art (Excluding Photography)	Harry & Dottie Winter
Photography	Carol Ann Stuht
Marilyn Lee Memorial Orchids in Use (Amateur)	Jenny Bond
Orchids in Use (Professional)	Jolanta Piccuch
Don and Kris Garling Memorial Best of Show	New World Orchids
AOS Show Trophy – Outstanding Exhibit	Greater Lansing Orchid Society

You are receiving the Calypso either as a PDF file, a hard copy, or both, depending on what we have from you in our records. If you would like to change this, please tell either Dot or Doris Asher. *If you are not receiving emails from us, please let Dot or Doris know -- we will need to know if we have your correct email address!*

If you have not received the PDF file by at least one week before the General Meeting, please let Dot know.

NOTES FOR TREASURER'S REPORT GLOS OCTOBER 7th - submitted by Doris Asher, Treasurer

Current period July 1 – September 21

- a. Net income of \$1,179
- b. Income -- \$2,262
 - i. Picnic Sales -- \$1,672
 - ii. September meeting -- \$321
 1. Silent auction -- \$181 – gift of 20 orchids from Bobbi Kilty
 2. Raffle -- \$78
 3. Share speaker fee from AAOS -- \$62
 - iii. Dues -- \$172
 - iv. Bank interest from 9 savings CD's -- \$61
 - v. Donations for paper Calypso's -- \$35
- c. Expenses -- \$1,083
 - i. Meetings -- \$425
 1. August (Alan Koch) -- \$200
 2. September (John Freudenstein -- \$125 & facility rental -- \$100)
 - ii. Donations -- \$350 (Great Lakes Judging Center, Michigan Nature Assoc, Nature Conservancy)
 - iii. 2022 Show -- \$255
 1. AOS Judging Fee -- \$130
 2. Deposit for Show site rental -- \$125
 - iv. Administrative Expenses -- \$54 (postage -- \$34; Michigan Nonprofit Report -- \$20)
- d. Total Assets = \$20,123, of which \$13,056 is in 9 CD's with varying maturity dates; checking account has \$7,061

Budget Reconciliation Year-to-Date July 1, 2021 – September 21, 2021

- a. Actual income = \$2,263 (compared with budgeted amount of \$6,477)
- b. Actual expenses = \$1,083 (compared with budgeted amount of \$9,151)
- c. Under budget = \$1,179

GLOS 2022 SHOW UPDATE - VOLUNTEERS NEEDED

To our members: volunteers are still needed to help with the following:

- Hospitality
- Information Table/Membership
- Kids' Corner

If you have an interest in any of these important aspects of the show, please contact Ioana Sonea:

ioanamsonea@gmail.com

517 614 9120 - please leave a message

GIVE A TAX-DEDUCTIBLE GIFT - Doris Asher, Treasurer

The Greater Lansing Orchid Society is a 501(c)(3) non-profit organization. According to state and federal tax laws, this means that, if you itemize your deductions on your tax returns, you can deduct any contribution you make to the Society. As required by law, please note that you will not receive any gift or services in exchange for your contribution. I will happily prepare a receipt for you. You may bring your monetary gift to me at our November meeting or mail your check made out to GLOS to me at 277 N Hagadorn Road, East Lansing, MI 48823.

Thanks to everyone for contributing!



Littlefrog Farm
 Rob Halgren, PhD
 PO Box 26
 Holt, MI 48842
<http://littlefrogfarm.com>
rob@littlefrogfarm.com

Jump into Orchids!



Phalaropa
 Chris Steele
chris@phalaropa.com

NEW DIY materials - Make your own Poly Mounts
 20 % discount at Phalaropa.com with 'GLOS' coupon

Orchid Notecard Packs



- \$15 USD per pack of 8 includes 1 of each and free shipping
- Folded note card is blank inside plus envelope
- Visit gljc.org for payment & shipping info

**GREAT LAKES JUDGING CENTER
 ORCHID NOTECARDS AS CHRISTMAS GIFTS**

No supply line issues here! The Great Lakes Judging Center has sets of its beautiful notecards in stock! Each set of eight notecards includes four award photos submitted by the four photographers from the Center: Lynn O'Shaughnessy, Katie Payeur, Ed Cott, and Mei Ling Clemens. Some of the photographers altered the photographs to add an artistic flair – the set of eight notecards costs \$15, which includes shipping.

You can contact Doris Asher for more information or to place an order.
asherdoris44@gmail.com
 517-332-0004

REMINDER: WEAR YOUR BADGE – GET EXTRA RAFFLE TICKET

A message from the GLOS Membership Committee (Doris Asher, Chair; Dot Potter Barnett, Member)

Some time ago, your Society's Membership Committee changed the way we handle the GLOS name tags -- members are responsible for holding onto their own name badges.

As an incentive to wear the name tag, which is very nice for visitors and for those of us with failing memories (!), anyone who wears the badge AND purchases even one raffle ticket at \$1.00 per ticket will get a complimentary raffle ticket.

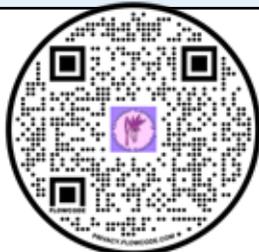
Wear your badge to November's meeting. Let's help everyone greet everyone by name by wearing a name tag.

Wear your Society name tag. Get an extra raffle ticket!

If you cannot locate your badge, please let Doris or Dot know. Dot will make you a new one.

GLOS Web Site:
<https://greaterlansingorchidsociety.com>

Facebook
<https://www.facebook.com/Greater-Lansing-Orchid-Society-202834892618/>



The End Page

Webinars-Coming Attractions!



When	November 09, 2021 8:30pm EST Tuesday	November 17, 2021 8:30pm EST Wednesday	WEBINARS ON DEMAND Watch Recorded Webinars Any Time
Topic	Orchid Collection Tour The Huntington Botanical Gardens	Greenhouse Chat (Orchid Q&A) <i>Send in your Questions!</i>	Species and Hybrids, Pests and Diseases, Culture, Judging, Greenhouse Chats
Presenter	Brandon Tam Orchid Collection Specialist, AOS Judge	Ron McHatton Chief Education and Science Officer	www.aos.org/orchids/webinars



AOS CORNER

<https://www.aos.org/orchids/webinars.aspx>