



Kunia Orchid Society Newsletter

September 2020

Visit us at: <http://www.kuniaorchidsociety.org/> or www.facebook.com/KuniaOrchidSociety

Edited by Marilyn Inouye

Peter Neifert & Olomana Orchids

Peter Neifert is a second-generation owner of Olomana Orchids. His father Ken started the family business 40 years ago. It is still in the same location on the Windward side of Oahu. The nursery is open to the public, within Covid restrictions and guidelines.

Peter is a retired firefighter but has had a hand in the business since its inception in 1980. He is very knowledgeable in the history and culture of orchids, and is charmingly honest, open, and friendly with orchid sales and advice.

Peter will be the inaugural presenter for the Kunia Orchid Society's historic first zoom meeting. He will be covering basic orchid culture, such as orchid growing tips, purchase tips, and will even be doing a repotting demonstration.

See Zoom Meeting link at the top of this email.

For security, **please do not share this link.**

Upcoming General Membership Meeting Via Zoom Video Conference

7:00 pm September 1, 2020



Olomana Orchids

48-464 Kamehameha Hwy., Kaneohe, HI 96744
8:00am to 3:30pm Monday to Saturday

Mindfulness for This Uncertain Time by Brad Lau

Definition: "A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique".

Are you a multi-tasker? Do you pride yourself for getting many things done during your busy day? But in the rush to get things done do you feel yourself getting lost and not be in the moment?

To be mindful is to pause and focus your attention in the present while accepting it without judgement. Why is this important? Science shows that it is a key element in stress reduction which improves overall wellbeing and happiness.

Mindfulness has roots in Buddhism and is recognized to improve both physical and psychological aspects leading to positive changes in health, attitudes, and behaviors.

It can be used to help relieve stress, lower blood pressure, enhance sleep and physical health. When used with meditation, it can help calm and improve mental health and relaxation.

So how does it work? By taking the time to focus on just being mindful, you can turn your attention to natural breathing or a word to repeat silently while trying to let go of all thoughts. This allows you to refocus on the present moment and is a form of meditation. As you feel more relaxed you can also be aware of sounds or sensations. With each new thought remain calm without judgement while focusing on breathing and staying centered. You can also play soothing instrumental music or nature sounds quietly in the background.

Try being in a mindful state for as long as you can comfortably do so. In the beginning, it might be as short as 5 to 10 minutes; but with practice, it will be easier to be present and in the moment for 20-30+ minutes.

It is important during these very stressful times to seek activities and concepts that help us counter negative news, our own concerns, and forced isolation. Mindfulness is a daily activity that can be a routine part of your healthy life and a great addition to spending time caring for your orchids and plants.

A Message from Our President

Aloha Kunia Orchid Society Members & Friends,

Since our Kunia Country Store had its first Curbside Pick-up sale last month, another historical event is scheduled for September 1. It will be the first Kunia Orchid Society General Meeting via ZOOM conferencing. We can thank our Education Committee of Jan Takamiya, Brad Lau, Leland Nakai, Adam Almeida, and other committee members for making this event possible. We had two practice sessions on August 18, in preparation for our first Zoom meeting. If you did not join us at that time, please do so on September 1. Following the guidelines of Governor Ige and Mayor Caldwell, this is the best way to keep us together and maintaining our goal of orchid education. It will be great to see all of you without your masks from the safety of your own home. Let us continue to learn and grow more beautiful orchids.

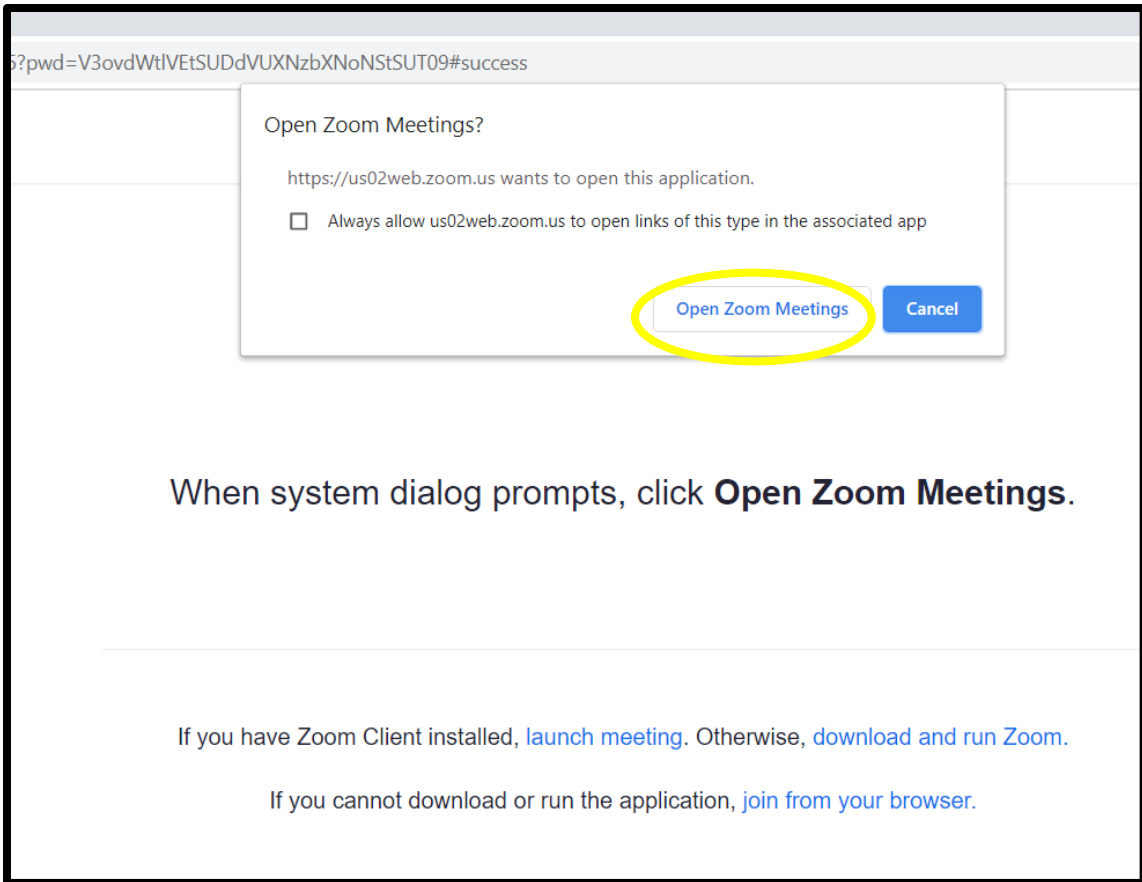
The hope for one possible orchid show on Oahu for 2020 came to an end when we received a letter, dated August 11, 2020, informing us that the Honolulu Orchid Society will not be able to hold its annual show this year. The HOS Show, normally held in October, will mark one year since the last orchid show was held on Oahu. We will miss seeing our other Oahu orchid society friends and Big Island friends that we see at this time every year.

Whenever I have a few minutes, I am attempting to repot some of my orchid plants that I have neglected for a long time. They have been surviving in deteriorating media and lacking proper growing conditions and nutrients. They were in a miserable condition. We can draw some analogy to our own well-being. Now is a good time to evaluate our own personal self and make any necessary adjustments for a better me. Try to eat better, get enough rest, exercise a bit more, and call someone on the phone to cheer them up. If you know of any of our members that a helping hand may be in order, please alert our Officers and Board of Directors. I hope this message finds you well.

Ken Ching
Mobile (808) 228-2800

The following screen shots illustrate steps to take in logging into the Zoom Meeting on September 1, 2020:

- 1. Click on the email link provided at the beginning of this email.**



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Open Zoom Meetings?

https://us02web.zoom.us wants to open this application.

Always allow us02web.zoom.us to open links of this type in the associated app

Open Zoom Meetings Cancel

When system dialog prompts, click **Open Zoom Meetings**.

If you have Zoom Client installed, [launch meeting](#). Otherwise, [download and run Zoom](#).

If you cannot download or run the application, [join from your browser](#).

2. Depending on browser used; if applicable, click “Open Zoom Meeting”

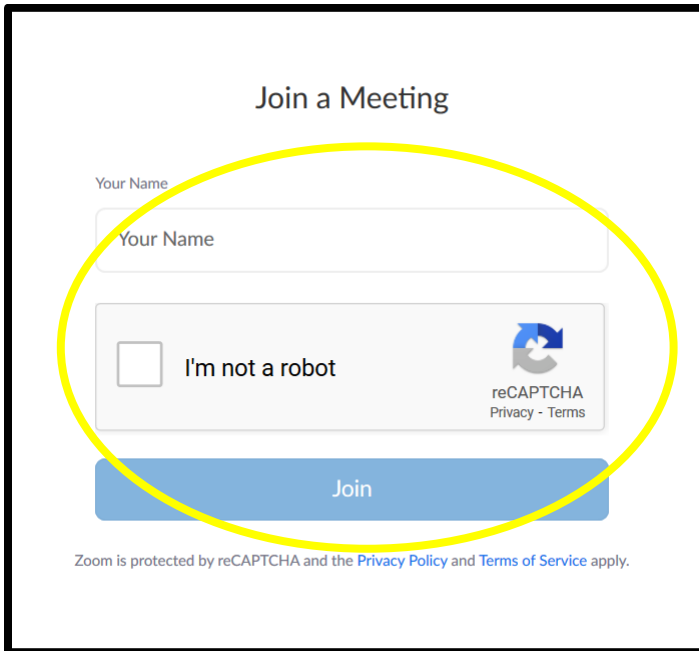
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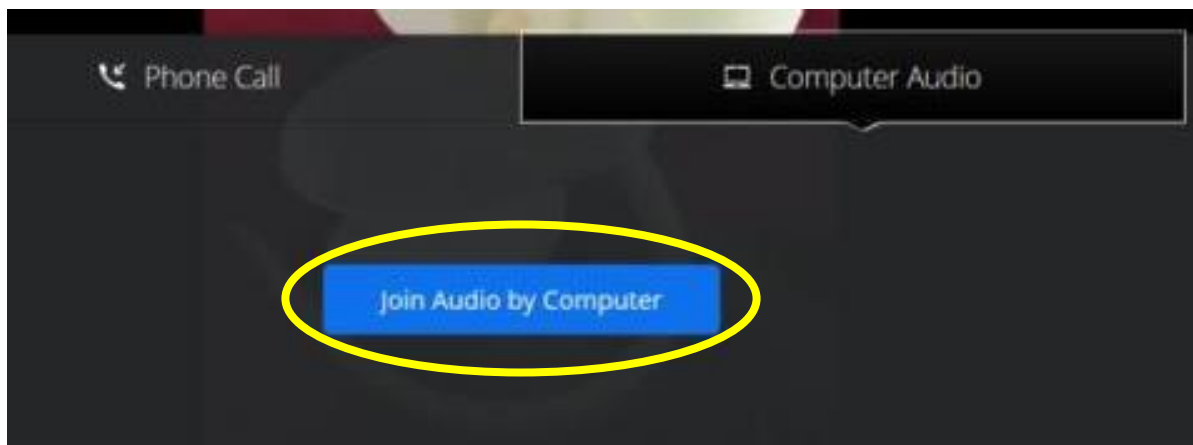
If you cannot download or run the application, [join from your browser](#).

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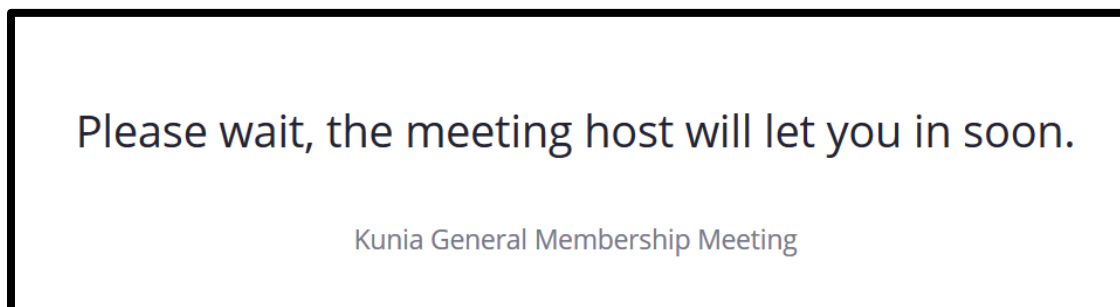
3. Select “join from your browser”



4. Type in your first and last name
5. Perform the security action for I'm not a robot
6. Join by clicking the blue tab



7. Select audio device (computer or phone)



8. Wait until you are admitted to the meeting.