



ORTHOLOPHA

The Newsletter of the Aloe, Cactus and Succulent Society of Zimbabwe

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Hi Everyone,

A New Year and an action-packed programme of activities lies ahead. One of the advantages of foreign travel is that you see what other people do and you can cherry-pick the things that may improve your own life. A healthy body is useless if your mind is not up to speed. In Kenya every daily newspaper has a full page of puzzles, crosswords, codewords, word target, Sudoku, you name it they all have them. As we know Kenyans are fleet of foot and their minds are equally sharp. Kenya has a \$40 bn economy, ours is US\$4bn. We are dying of diabetes and high blood pressure and they are running away with Gold Medals.

In Ghana we met a taxi-driver called Michael who triggered this Newsletter's health page. Michael knew everything there was to know about lemons. We immediately adopted his recommendations on fresh lemon juice. Freshly squeezed and taken first thing in the morning you will banish fatigue and set your body and mind up for a full day of energy-packed activity. His information came from the Internet, as did mine. It is general, but you can dig as deep as you want and adapt and adopt what suits. Remember we are trying to keep you in peak condition so that you all die healthy or you die trying. For Heaven's sake do not succumb, untried. See you Sunday!

Cheers, Mafungi.

Your Committee

Chairman - Doreen Richards
0772 255784

Vice-chairman – Rob Jarvis
0783 383214

Committee members:

Malcolm Thackray - 0772 516644
Ros Houghton - 0772 115364
Caryl Stutchbury - 0772 611756
Hans Wolbert – 0772 653110
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Gaudencia Kujeke - 0775 376600
Anne-Katrin Maseko - 0772 440131
Mike Caulfield - 0772 241286
Annah Pasipanodya - 0772 572044

Monthly Meeting : Sunday 31 January 2016

This month's meeting is at the home of Lyn Beahan in Chisipite.

Address: 4 St. Aubin's Walk, Chisipite.

The time: 10.00am for 10:30am

Directions: Aubin's Walk is between Chisipite Shops and Chisipite School, off Hindhead Rd. So travelling out of town on Enterprise Road, at the Chisipite roundabout head for the shops, follow the road left around the shops and Aubins Walk is first on the right. If you in the Northern suburbs get onto Harare Drive head east, after crossing Enterprise Road, take the second right onto North Road and then first right onto Hindhead Ave, then Aubin's Walk is third on the left.

If you need further directions contact Lyn on 0772 262947.

Please remember to bring a plate of eats to share. Don't forget to bring chairs and hats, as well as a labelled plant or other contribution for the raffle.

Flowering Aloe: JANUARY

What is this aloe, on the right?

Send your knowledgeable and considered opinions to bo.hoom52@yahoo.com. The respected judge's decision is final and the winner will get a box of choice Belgian chocolates, provided they are shared.

By the way the green background seen in this photograph is a lawn. Given the season, many of you have probably not seen one of these for twelve months or more! The pale green item seen snaking across the lawn is a hosepipe which probably will not be used much in the next twelve months, there will be no water.

November entry was *Aloe africana*.

Lucky winner in November was:

Caryl Stutchbury!

She can claim her prize at the next ACSSZ Outing in February 2016.



The Aloe above is the January entry. A clue: It is a grass aloe from the Eastern Districts

You can win a box of chocolates!!!!

Send your entries to Mafungi at: bo.hoom52@yahoo.com



We re-opened the Guess the Aloe competition, mainly because I am perplexed about the identification of this aloe found on the dramatic approach to the summit of Gurunguwe Mountain in the Eastern Districts of Zimbabwe.

I liberated it last year as it was being pounded on the footpath leading to the top and was overjoyed to see that it has now flowered (two racemes) and seems very happy in the pot allocated.

Annual Subscriptions: It's a brand New Year. Members are encouraged to make payment for 2016 as soon as they can. If you haven't received Ingens 53, it's likely you haven't paid your 2015 membership, and it would be wonderful if you could continue your membership. If your are paid-up and haven't received Ingens 53, its gone missing in the post, let us know and we will get another copy to you.

Subs are \$20 per person/couple per year. Make payment to a committee members, or the CABS account:

CABS Platinum: Aloe, Cactus and Succulent Society

Acc #: 901 649 1871 Reference: kindly include your names as a the deposit reference.

Alternatively send \$21-00 through EcoCash to **0783 911314**

Wow, Wow Wow!!!! Aloe Fundi Promotion

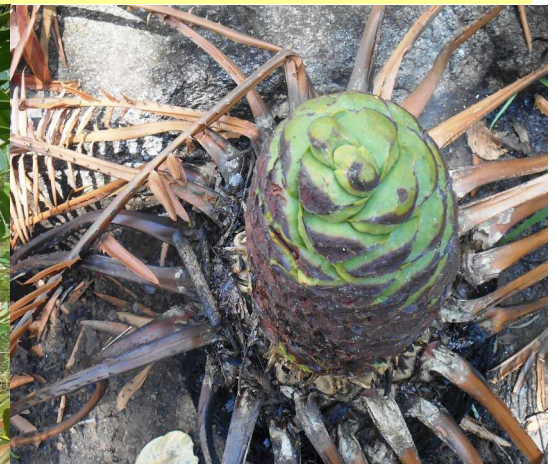
Your Society is delighted to announce that it will be offering a huge cash prize, of United States Dollars One Hundred (that's right US\$100 smackeroos) to the first member who draws seed of *Aloe polyphylla* from the Seed Bank and successfully grows them through to flowering in Zimbabwe. The Winner, who will be smiling all the way to their own bank or pillow, will be required to give full details of their success, including date of planting, planting medium and methods and any other relevant data or problems encountered.

The Winner will be known as The Aloe Fundi of Zimbabwe and will hold this title until the next task is set and won. A throne, red carpets and the largest slice of any chocolate cake on offer at monthly meetings, will be this Fundi's realm. See below on how to draw seed.

ACSSZ Seed Bank

This is administered by Bill Kinsey and he is pleased to announce that we have new, fresh stocks of aloes and many other succulents available. To access these you need:-

1. To be a paid-up Member of ACSSZ
2. Order up to maximum of 10 species at a time.
3. There is a small charge of US\$1 for packing materials, payable on collection.
4. E-mail your order to aloe143@gmail.com and collect when notified.
5. With your seed order you will get a germination report form to fill in so we know how the stocks of seed issued perform. Please fill it in and return it to Bill Kinsey.



Fire has ravaged some plants and it will be interesting to see if they survive.

Pictured above is *Encephalartos manikensis*, an indigenous cycad that occurs mainly in the Eastern Districts of Zimbabwe. It is one of the few cycads that are not endangered in the sub-region and this plant was coning naturally in habitat on the slopes of Gurunguwe Mountain just northeast of Penhalonga. Some of the local people have taken it upon themselves to protect the plants and even grow their own plantations. Later in the year we will be undertaking an expedition to the area to report back on these activities. Intrepid explorers are required. *A luta continua!*



Lemons and their great friend garlic are an essential part of our lives. Never travel to foreign climes without a lemon in your pocket. Squeezed into water they make the most delicious drink. Bad microbes reel!

Your body is often prone to attack when your systems are acidic. Excess refined sugar in your diet can trigger some undesirable attacks on you like scurvy, diabetes, gout, arthritis, cancers and the like. Obesity and poor circulation are the enemies of a healthy body.

They are anti-everything, except you! Squeeze one today and change your life forever.

The Health Page: Lemons

If there is one takeaway you should all get from these health pages it is that lemons, their juice and essential oils should be an integral part of your daily diet and routine. I am sorry, but although they have nothing to do with the plants that our Society claims jurisdiction over, and in fact citrus fruit trees are water guzzlers of note. But we need them. And if you want a shiny skin, healthy dandruff-free hair, a neck and face free of greasy acne and ugly blackheads, a diet that encourages the good cholesterol and discourages the bad, a liver that gives you life that alcohol and smoking may want to snatch away, and blood that is in the best condition to fight disease. If you want to banish fatigue, anxiety, bad breath and give your body a fighting chance to quell fevers and blast colds, deploy suitably armed anti-oxidant troops to smash incipient cancer cells before they take hold in your organs, then lemons are amongst the best allies in the battles your body faces daily. Put insomnia to sleep, treat gout, rheumatism and arthritis with the contempt they deserve, massage away your spider veins and tame the varicose ones. Lemons do all this and more.

How do they do it? Lemon juice is full of Vitamin C, anti-oxidants and bioflavonoids. For some reason although the taste is tart and slightly acidic the juice seems to set an alkaline reaction in your digestive system, triggering the right enzymes for breaking down the food you crave. It is anti-inflammatory, anti-bacterial, anti-fungal and anti-viral. Dabbed on insect bites and stings it soothes and heals. On wounds and burns it has the same effect. Thrown at biting dogs, spitting cats and angry spouses, they ensure your safe passage when all else might otherwise fail. Lemons are very calming.

So:-

1. Drink lemon juice freshly squeezed and mixed with warm water 20 minutes before eating any and every meal. You cannot overdose on lemons. Oranges are not lemons, and do not have the same effect.
2. Rub the half lemons, after squeezing, vigorously on your head and hair. Do not leave the halves on your head. This looks silly.
3. Sun-dry the peels and toss them into campfires and braais to emit calming aromas and repel insects.
4. If you don't have a tree at home, buy local, rough lemons and empower the local communities.

So that's all folks, lemons improve the flavour of avocados, all fish and crustaceans, pork products, but especially bacon and sausages. Mixed with salad dressings, using an olive oil base, the juice is irreplaceable.

In gin, finely sliced, it is absolutely essential!

Cheers, Mafungi