



ORTHOLOPHA

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

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Hi Everyone,

Hope all is well and that we will see you all at the ACSSZ's AGM this coming Sunday. I had hoped to give you a little story about the Umfurudzi Safari Area just beyond Shamva which is literally only an hour and a half from Harare. However the heavy rains meant that we were very limited in the countryside we could visit and the profuse vegetation also few sightings of the sorts of plants we like. I did not see a single aloe!!!! Buffalo wandered through our camp in the dead of the night. Other than that our sightings of game were limited to the smaller types, like scorpions, grasshoppers, centipedes, butterflies, lizards and terrapins. We stayed at Umfurudzi Park which is a beautifully put together combination of campsites, tented camps and chalets. Highly recommended for a weekend or longer excursion. They have a restaurant and bar, pool and you can watch key sports encounters in the pub!!!

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
Debra Wolbert - 0772 515436
Gaudencia Kujeke - 0775 376600
Anne-Katrin Maseko - 0772 440131
Mike Caulfield - 0772 241286
Annah Pasipanodya - 0772 572044
Michele Oftebro - 0772 378 679

Annual General Meeting : Sunday 26th March 2017

This month's Meeting is at the home of Cecily Saywood: **641 Price Drive, Borrowdale Brooke**. Cecily and Gaudencia will be talking on tissue culture.

Agenda

1. You will have received an email copy of the minutes of the Forty Second Annual General Meeting held on 20th March 2016 at Jill Olivey's home, in Vainona, Harare.
2. National Chairman's report on the Society's activities during 2016.
3. Financial statements for the year ended 31st December 2016
4. Action regarding the funds invested with the Tetrad Group – closed for the last 2 ½ years.
5. Election of the Committee.
6. Any other business.

PLEASE remember to bring a DELICIOUS PLATE OF EATS TO SHARE.

Don't forget to bring your chairs and hats (& umbrella!), as well as a labelled plant or other CONTRIBUTION FOR THE RAFFLE.

The time: 10.00am for 10:30am

Directions: At the Borrowdale Brooke gate A1, go around the circle and straight up to the mountain. Turn LEFT and drive past the hanging tree and the turn off to the club. Take the next RIGHT turn and then the next RIGHT again up the hill. 641 is second on the right, next to the undeveloped plot on the corner. Please PARK OUTSIDE. For more information, contact Cecily on +263 775 388 051

Unknown Aloe: March

What is this, 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.

February entry was *Aloe cryptopoda*

The lucky winner in February was Hans Wolbert!!!!

You can claim your prize at the Annual General Meeting on Sunday 26th March 2017

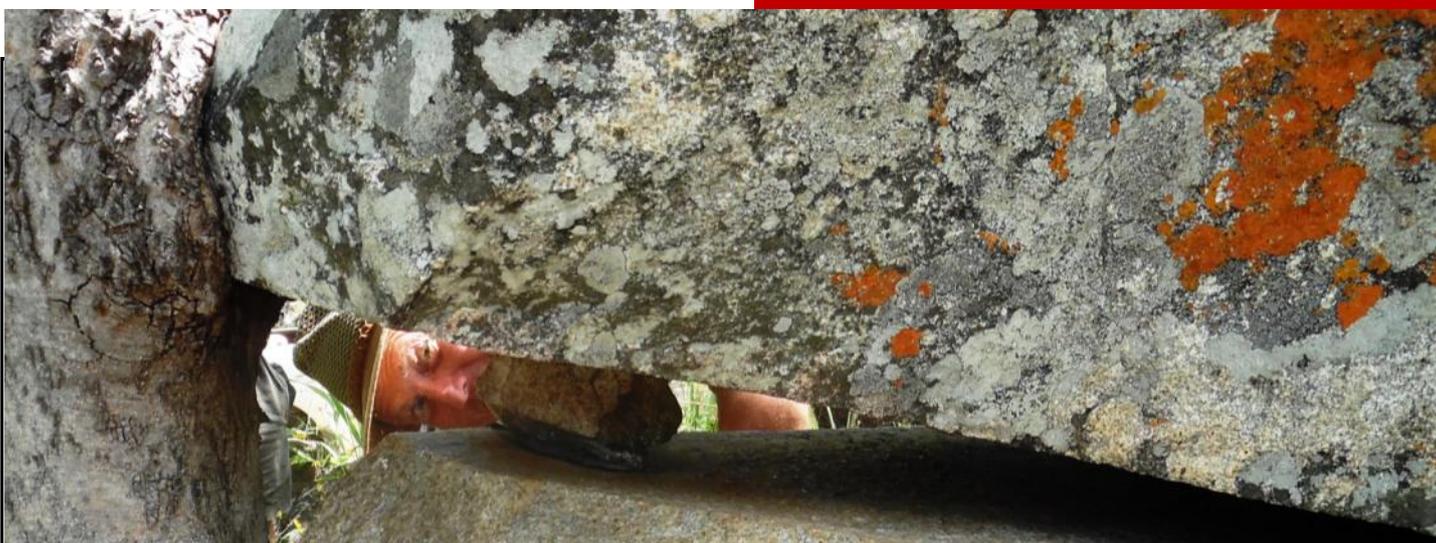
You can win a box of chocolates!!!

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



The plant above is the March entry. Clue it was seen in Miombo woodland in Tanzania's southern Highlands

What is it?



Not really a plant question but can any member explain how the top boulder became embedded in the tree and raised above the base boulder and how the small rock managed to get in the crack? Umfuruzi, Safari Area, near Shamva, Zimbabwe.

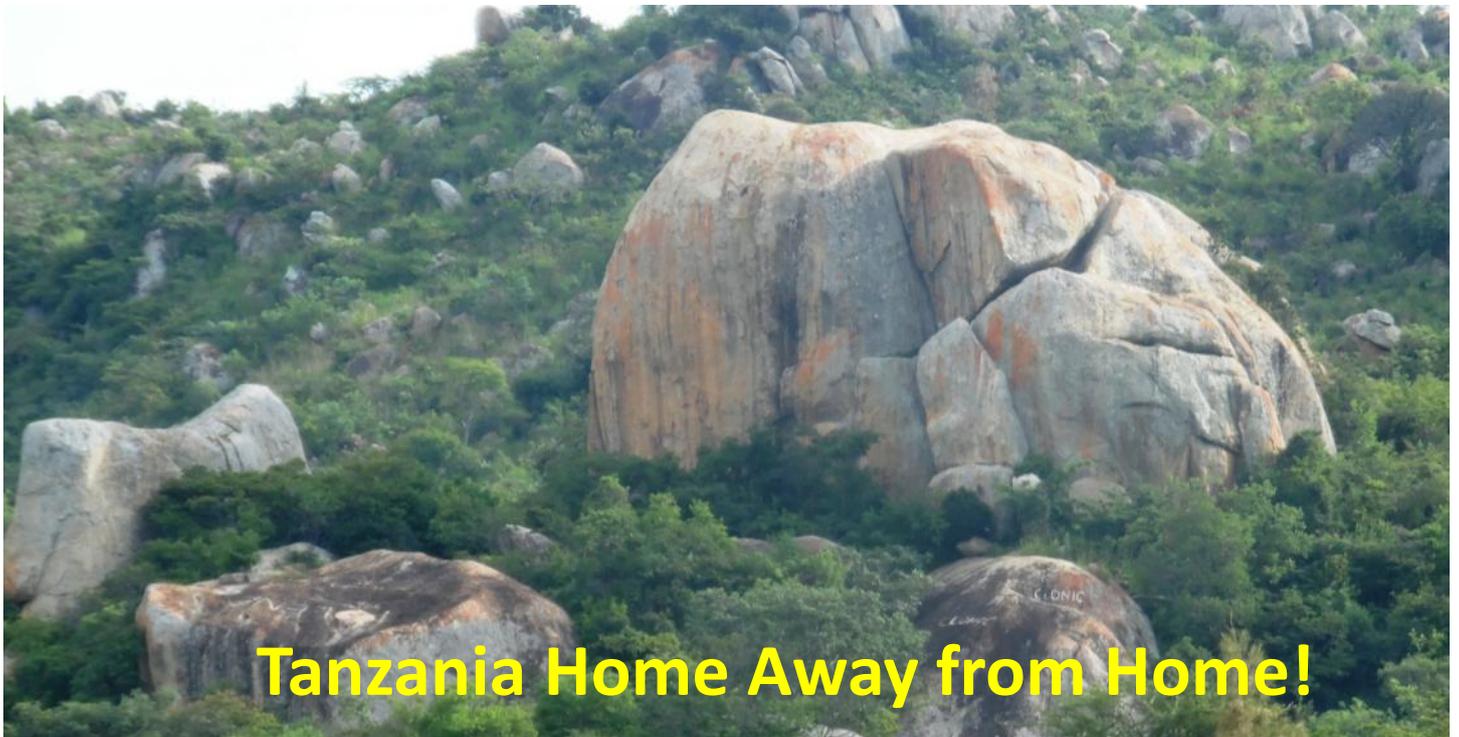
Annual Membership: Members are encouraged to make payment for 2017 as soon as they can, thanks to all those that have already paid.

Membership is \$20 per person/couple per year. Children \$5 per year. Foreign membership \$40 per year. Make payment to a committee member, the CABS account, or through Ecocash:

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 : kindly include a reference



Tanzania Home Away from Home!

Tanzania is not a commonly visited country by Zimbabweans, but the recent introduction of relatively cheap flights and the ease of purchasing second-hand Japanese pre-owned vehicles means that more and more of us might visit the country going forward.

It is a strange contrast of huge mountain ranges, rocky kopjes and undulating hills in the southern Highlands that stretch from Mbeya down through Iringa to Songea in the south. Much of the country is very flat and the Serengeti is the best known example of such countryside.

On the road from Morogoro to Iringa the route clings tenaciously to the valley followed out of the Ruaha National Park by the river of the same name. At some points along this river there are vast stands of baobabs stretching as far as the eye can see. Rocky hillsides are speckled with the bright colours of baobab trunks, Sterculias and Commiphoras. Euphorbias stand sentinel to their own resilience. There is much to see and explore along any of the great, clean, unpotholed highways of the country, !



Palms we call our own. Well known for producing life-assuring products such as coconuts and their oil, copra, palm oil, palm nuts and palm wine, they are even known for physical attributes like long leaf stems and sturdy long-lasting fronds for making roof trusses and thatching.

In Tanzania recently we found this beautifully polished dining room suite in a small lodge we stayed at in the town of Iringa. Carefully worked out of long palm trunks the wood takes an excellent polish and patina and the heavy grain suits the rustic ambience of a hilltop lodge. The chair seats were constructed with a network of heavy duty fishing line, almost bringing the smell of the sea into the room!!!



The Health Corner:

Sleep brings much-needed relief to our weary bodies in this fast-paced world we live in. If you sleep too little, i.e. less than 6 hours a night or too much, i.e. more than 8 hours a day, you run the risk of an early demise!!! Exactly why this is so, is not completely understood, but one of the most important things that happens to us during sleep is that our blood system gets purified and inflammation and its chemical by-products, are dealt with whilst we are at rest. Both Rosella and Baobab powder juice are good for this purpose, to speed up the cleansing of our blood. Rosella is an extract from the calyces of *Hibiscus sabdariffa*, seen right in a photograph taken from the Web originally by Invertzoo. In Tanzania where I recently spent 8 consecutive days travelling hundreds of kilometres through this wonderful country, the only day I felt truly rested as we drove off was the one where I had a glass of Rosella and a second of baobab fruit juice at breakfast. Who knows whether one of both these drinks actually made me feel better? Locals are convinced that Rosella cleans the blood. And Baobab juice is full of anti-oxidants and potassium!!!!



See You at the AGM this coming Sunday!!!! Cheers Mafungi