



# ORTHOLOPHA

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

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Issue 18-06 June 2018

Hi Everyone,

Cheers,  
Mafungi.

### Your Committee

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### Committee members:

Doreen Richards - 0772 255784  
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### Ewanrigg : Sunday 24th June 2018

This Sunday your Society is encouraging members to visit Ewanrigg Botanical garden out on the Shamva Road. The garden is well on its way to getting back to its former glory and this time of year is the best to see brightly-coloured flowering aloes and other plants.

We will meet out there from 10.00am onwards and there will be no official meeting and no tea provided by the Society. So bring your own thermos flasks, chairs and nourishment. Ewanrigg does have a restaurant at which you can buy teas and meals and you will be welcome to support them. There is a charge to get into the Park and a vehicle fee and these are US\$3 per person and \$3 for a vehicle. They need the money for upkeep of the gardens so let's support them and encourage them in the crucial work that this wonderful botanical garden does in Zimbabwe.

To get there you can go two ways, one after the tollgate on the edge of town on the Enterprise road, you turn left onto the Shamva road and go for about 20kms and then turn right onto the signposted dirt road. After crossing the small stream you will see the gate to Ewanrigg on the right. Once you have done the entry fees etc I suggest you turn to the right and we meet around the picnic tables at the foot of the hill.

Second route is to go straight down the Mutoko Road after the tollgate and after about 24 kms you will see a dirt road off to the left, follow this for about 5 kms and soon after you cross the Umwindsi river you will see Ewanrigg gate on the left.



## Visit to Masvingo, Birchenough and Mutare Friday 29 June to Tuesday 3rd July.

For the people coming on this tour

Friday 29th June, visit Great Zimbabwe and Mt Igara to see *Aloe tauri* on the Saturday, then wend our way on the Sunday seeing various aloe populations and baobabs, have a hot swim at Hot Springs and then join Mutare gardening fanatics at a braai late Sunday afternoon. On the Monday we will look at La Rochelles' stunning gardens and a couple of others in Mutare before returning on the Tuesday morning to Harare.



### Flowering Plant: June

#### What is this, on the right?

Send your knowledgeable and considered opinions to [bo.hoom52@yahoo.com](mailto: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.

The lucky winners in April were Gaudencia Kujeke and Barbara Maasdorp (*Aloe inyangensis*) and in May it was *Aloe globuligemma* and won by Dave Hasluck.

You can claim your prize at the next Meeting on Sunday 24th June 2018 at Ewanrigg.



#### You can win a box of chocolates!!!

Send your entries to Mafungi at  
[bo.hoom52@yahoo.com](mailto:bo.hoom52@yahoo.com)

The plant above is the June entry.  
What is it?

Photograph taken by Regina Feindt  
beyond Domboshawa.

### Annual Membership: 2018 memberships were due in Jan.18, thanks to members 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 #: 1002616336** Reference: kindly include your **Surname** as the deposit reference.

Alternatively send \$21-00 through EcoCash to 0783 911314 : If the payment is not from your own EcoCash Account, please follow the payment with an SMS with member's name.





### Mavericks No 7

In the last issue of Ingens you may have read the article on Mavericks of the plant kingdom. The plant that triggered my thought processes behind the writing of this article was in fact the one seen above *Bowiea volubilis*, commonly known as the climbing onion. The plants don't have leaves as such, but they do have cladophylls which behave like leaves. They are green, photosynthesise and can even die off if conditions are not good. *Bowiea* did not make it into Ingens but it is a very widespread plant occurring from the Cape to Kenya, and it appears that it consists of only one species. Recently there have been some new species/sub-species identified but to all intents and purposes I am sure that the layman will find little to distinguish them practically.

*Bowiea* is a monotypic genus and ever since Mr James Bowie collected some specimens in the 1820's in South Africa and despatched them to Kew they have been a curiosity in the plant world. Personally I first saw them on the top of Cecil Kop in Mutare growing in some very dense, near rainforest habitat and then for the next 50 years, on many granite kopjes across the country from Odzi to the Matobo hills. In fact at a certain time of the year, because of the stored moisture and food reserves in their bulb, they will sprout long before anything else around and be the only green plant visible in the habitat.

It is probably the best plant ever designed to give to a young person whom you want to encourage to become a plant-person. Virtually indestructible, they can be totally neglected, unwatered, untended for months or probably even years at a stretch and then suddenly you see them, sprouting forth. Well looked-after the bulbs have a beautiful glossy-green sheen and the aerial parts of the plant are untouched by predators. This is amazing when you think of it because the plant looks very attractive and when nothing else is green and juicy one would think that something would have adapted to eat *Bowiea*. New plants come from little bulblets that grow under the outer sheath of the bulb.

As a youth, when I first saw these plants, I collected some and started growing them with the intention of selling them as alternatives to Christmas trees by allowing them to sprout and clamber over a fir-shaped stick structure. The project has been an unmitigated failure and like Mr James Bowie, it looks like I am going to die in abject penury in Southern Africa, just like he did.

## **The Health Corner:**

Well there you are, I was so busy giving astute advice through this column that I neglected my own health and had started to feel the effects in my own day-to-day life. Drained of energy, aching limbs and joints and general lethargy crept into my daily routine. So I had a relook at what we were doing at home and checked some of my favourite websites for the advice that we all have now at our fingertips.

When in my mid-forties, like most of us I guess, I ballooned a little, with plenty of space being apportioned in my mid-riff area for beer, boerewors and biltong. The organs contained within, were adept at converting the food and booze concerned into beautifully layered adipose tissue that stretched the skin and increased the clothing sizes from medium to large to extra-large!

Then one day in a foreign airport, somewhere to the dreaded North of us, I bought a book that proclaimed quite loudly, *Fit for Life*, by Harvey and Nancy Diamond. The message resonated with me because as a trained scientist originally, order and sequential processes and predictable results, appeal to those of us who have searched endlessly for Proof of Concept as it is known in the scientific world. All I know is that the ideas in that book were life-changing for me and in a couple of months the lean-and-mean me was back in business.

However it is difficult to remain true to type and advice from a professional nutritionist convinced me to start eating some dairy products at breakfast for the extra calcium. Beer has been substituted for wine and spirits, because another health fanatic told me that O-positive blood-group people should eat nothing derived from grains. This helped to get rid of a persistent nagging Achilles tendon issue. Gout is a long-distant memory. If you have other blood-groups, you may need some alternative advice.

The most enduring thing from the Diamonds' book that I have recently reverted to almost completely is to eat fruit in the morning only. No cereals, no greasy eggs and pork or other animal fatladen products. So out with the dairy products too! Energy levels are back.

We tend to eat a light meal in the evenings and maybe only once a week indulge in a massive roast laden with potatoes, peas, squash and the like and swimming in tasty gravies.

However a common thread through all the literature that one can find is just how beneficial lemon juice is to the whole system. I covered it once before in an article and our original advice came from a taxi-driver in Ghana, a not-so-dreaded country to the Northwest of us, and what he told me 9 years ago is more or less borne out by everything you read today on the subject. Drink freshly squeezed lemon juice in the morning before you start anything else.

Mrs Diamond has apparently since died, so husband Harvey's recipes perhaps don't work so well for the fairer sex. However I recently have attended numerous funerals and memorials of people who have passed on prematurely, given the age we live in. I meet at these same functions people who are adapting to new knees, hips, heart valves or to life without boobs, prostate glands, ears and noses and the like. Exactly what does make one person more susceptible to these assaults on our bodies and another apparently almost immune? For sure many of the fallen, were still on the beer, boerewors and biltong diet. You probably also need to bullet-proof yourself from the new age of super-bugs that have started appearing worldwide. Lemon juice, honey, cinnamon powder cocktails help tremendously in this regard. Common sense also plays a part, don't strain yourself when your body is down with a flu or a heavy cold. Above all maintain a sense of humour, laughing your head off once a day is less terminal than it sounds.

There you go folks another month has sped by and this time of year is the opportunity to see our wonderful aloes in full flower around the country. Great if you are making our trip to Masvingo and Mutare next week, if not do your own travels. Cheers, Mafungi