



ORTHOLOPHA

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

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Issue 20-8 August 2020



Hi Everyone!

The Magazine is here! Today Tuesday 15 September 2020, we start distribution, with a table at Bell's Café at Willowmead Junction which will be open from 10.00am until 2 pm. All members who have paid up their subscription for 2020, can collect a complimentary copy!!! Extra copies will be available at US\$10 per copy. Rush, Rush, Rush!!!!!! We expect a stampede.

Your Committee

Chairman –
Hans Wolbert -0772 653110

Committee members:

Rob Jarvis - 0783 383214
Doreen Richards - 0772 255784
Caryl Stutchbury - 0772 611756
Debra Wolbert - 0772 515436
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Hi Everyone,

Finally our 60th edition of Ingens commemorating 50 years of the Society is to hand. It is a 140-page full colour magazine with absolutely wonderful photographs, stories, memories, history, plants, tips and expert advice and ideas to make your gardens, lives and collections richer than ever.

Caryl Stutchbury, seen above, has been an absolute gem of an editor, getting the copy in, finding articles from amazing sources and then compiling it all into the near-masterpiece you will soon have in your own hands.

Helped by Malcolm Thackray whose experience has been invaluable, and the enthusiasm and but woeful inexperience in matters printed, of Mike Caulfield and Rob Jarvis, and of course all the wonderful people who came forward to make sure that we had copy, pictures and hopefully, correct information, double-checked many times for accuracy, now give you this coffee-table magazine.

A word of advice, get some transparent A4 covers to keep your copy protected from the grubby paws of nieces and nephews and even your own angelic, cherubic blighters. This magazine is a Collectors Item and the signs are there that it too, may be worth trillions of Zimbabwe dollars going forward.

At distribution points we shall have a master copy of the members' list with up-to-date payments and tick you off, very pleasantly, as you grab your magazine and coffee! As we distribute we are still allowing late payments of subscriptions of errant members but because of the changes to the Ecocash situation which have dramatically increased costs and inconvenience, we shall have to request ZWLS300 for 2020 for late-payers.

Enjoy your week, your lives are now almost certainly complete once you have this magazine at home. Take it to bed with you. Cheers Mafungi

Interesting Plant: August

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.

Last month's winner was



You can win a box of chocolates!!!

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

Photograph taken by Mafungi

Clue: There is an article about these sorts of plants in Ingens 60

Ingens 60 Distribution Points

These will be as follows:-

15 September Tuesday Today! Bells Café at Willowmead Junction 10 am to 2pm

16 September Wednesday Tomorrow Mukuvisi Woodlands 10am to 2pm

21 September Monday next week Arundel Village Neon Café 10 am to 2pm

22 September Tuesday next week Hopefully outside Food lovers Market at Honeydew

Thereafter you can either personally collect your own copies by arrangement with Rob Jarvis
On 0783383214 WhatsApp is best.

Remember to be Covid Compliant and if at a café collection point support the Café!

Read your magazine then and there!

Red Alert: Pay your subscriptions before 30 september and it will only cost you ZWL\$300 per couple. Thereafter we shall move to a US\$ subscription of US\$10 per person. US\$12 for a couple, US\$2 for a junior and US\$5 for a senior.

The magazine now to hand, Ingens 60, will only go to fully paid up members.

Annual Membership: Are due in January each year. Renewal is long overdue. Remember for your \$200 per year, you get a monthly Newsletter, free issues of Ingens as they are published and you get invited to at least 11 choice venues each year. Big-time Bargain Bonanza!

Membership is ZWL\$300 per person/couple per year. Children ZWL\$20 per year. Foreign membership US\$40 per year. Make payment to a committee member, or

CABS Platinum: Aloe, Cactus and Succulent Society Acc #: 1002616336

Reference: kindly include your Surname as the deposit reference or through

EcoCash: 0772 255 784 (Doreen Richards) Note this is her own number.



For some of us normal activities have more or less resumed. I was lucky enough to lead an expedition to a mountain called Musorowodini which is a huge granite monolith on the road to Mutoroshanga that branches off and goes over the Great Dyke at Caesar's Pass. We were quite surprised to find a population of *Aloe cameronii* on this mountain which had several specimens with very tall trunks resembling tree aloes. Unfortunately we were too late to see the flowering but judging by the ripening pods it had been quite prolific.

Of interest on this mountain were the small hanging valleys which carry a load of suitable growth medium for small dense shady forests to develop. Lying in the shade of these was a welcome relief and our party split into 2 at lunchtime, with the sager, more experienced hikers taking their repast in the deep shade of milkwoods and water-bessie trees and the younger more foolish types lounging in the hot, blazing African sun on the granite. As we staggered off the mountain, incoherence of this latter group became their distinguishing characteristic and at the bottom of the mountain they plunged into a clear mountain stream to bring order back into their sun-scorched bodies and minds.

Of particular interest however often on these granite mountains of Zimbabwe are the remnant tough-nut rocks that remain behind after millions of years of erosion, and the effects of seasonal fire and ice. In Ingens 60 you will find Brian Terry's recipe on how to make your own rocks, balancing or otherwise, and the very pretty combination of Mother and Child seen right could be a good starting point for any of you keen to make your own home-grown kopjies.



Healthy Habits NO 11

By Lizzie Small

Well Hi everyone it seems summer is here and after a bit of a lapse in communications I'm back on board. Having reviewed what I have written before I have to finish this section with an article about main meals, then we will move on to other subjects related to nutrition, food, tastes and good health.

As I said in the last dispatch the main meal can be at any time in the day, normally at lunchtime or in the evening. Often this depends on the working schedules of the family and in the home. If mum is out at work all day, the midday meal will inevitably be a lighter one. This arrangement also works well for families where children are at school for most of the day especially when they play sport in the afternoons. The evening meal gives a good time for the family to all be together and talk as a family. These days one may be working from home but still not able to cook a main meal at lunchtime as the day is much the same as



when you went to the office just not physically. However if you are in the category who are at home ie farmers then the midday meal becomes very much the main meal. Another category of people who may like a midday meal is the retired folk. I, for one, do not like to go to bed with a full stomach as it can be a little uncomfortable, so I tend to eat earlier rather than later. Some do a bit of exercise before bed and again a full tum is not comfortable. Nutritionally speaking our intake of nutrients is usually calculated per day so timing becomes less of an issue but there are other criteria for some people.

However regardless of the timing it's the foods eaten that are of importance ie 'the balance'. Firstly the protein content. This, as we know, is usually the main part of the meal ie meats, fish, eggs, cheese and pulses. Meat is not essential at every meal as the same nutritional value can be found in any of the above foods especially if a fair variety is chosen eg in vegetarian cooking a mixture of pulses, grains and vegetables can provide as nutritious a meal as the meats. (*There will be an article on vegetarianism later*). However there should be a source of protein added to which there is usually a starch, mainly for energy, eg rice, sadza, pasta or potato. These are regarded as our staple foods and the basis of a good diet. The vegetables are added for their completely different set of micronutrients from the protein or starch and the old adage one yellow, one orange and one green still holds true. The different colours of the vegetables contribute different nutrients and in general the brighter the colour the more nutritious the vegetable. A rule of thumb the 'meat' part should be $\frac{1}{4}$ of the plate the starch should be another $\frac{1}{4}$ and the vegetables half. That will give a good balance overall.

Of course we all have likes and dislikes when it comes to food but we should remember that in the case of children often the problem is not knowing what it is or the texture eg mushrooms are slippery but the sauce may be a pleasing taste. Always try a little bit of an unfamiliar food and who knows you may love it. Remember variety give the best nutrition.

The manner in which one eats is also important. Always try to have a relaxed atmosphere and take your time, chew food well and eat slowly, your digestion will be more efficient and stomach problems may be avoided. Bearing in mind the 'full stomach' issue, portion sizes comes to the fore. A more moderate portion followed by a bit of a wait and then a second helping if desired will help to mitigate the feeling of fullness.

For many families the meal is not complete without a dessert and here again the choice is wide and varied, from simple fresh fruit to more complicated dishes. Again the portion size is important as desserts tend to be more calorie dense than the main course. Really it's a matter of personal choice and as long as the food is nutritious, anything goes!!



I know I harp on about the trees and rocks of Zimbabwe, probably a bit too much, but there is no doubt that the combination of the granite, especially jumbled and balanced precariously, surrounded by the Mountain brachystegias just make the most perfect views. In the picture above a giant had fallen, from the effect of fire and its blackened root base was upended and made a stark relief against the wonderful blue skies of spring in Zimbabwe. Darth Vader stalks our land!

It really is worth the effort, if you can find the trees and get them to grow, to consider planting the Brachystegias, whether the Musasa, Mfuti or the Mountain version seen above. Remember they need the micro-fauna and -flora of their woodland soils to thrive and if there are none already near your garden, then definitely get a load of leaf litter and soil from a healthy natural woodland and spread it around your saplings. If you cannot get Musasa, the poor cousin Munondo will do, but its spring colours are not quite up to the standards set by the Brachystegias. My opinion.

So Everyone,

Apologies for the late submission of this issue of Ortholopha but we were hanging on hoping to bring you good news about the magazine and it took a while to clear the consignment from Beitbridge as the authorities decided to do their big clampdown on the very day that our consignment reached the border. One day we shall give you the back-story on this magazine which is quite a saga on its own. And again a big thank-you to Caryl, Malcolm, Mike, Rob and all the authors and photographers who made this possible. Treasure it! Foreign members and out of Harare town members will get their copies as we post/find ways to deliver. Mutare will get this weekend, that's a promise.

Cheers Mafungi