



ORTHOLOPHA

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

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Hi Everyone,

A special treat for you all in January, two outings!!!! The first, a bring and braai on Sunday 21st January at the wonderful home and garden of Bill and Lynn Kinsey. They unfortunately will be soon leaving us for pastures new. So come to 7A Belfast Close, which is just off Belfast Road. Turn into Lomagundi Road proceed to the second set of lights and turn right into Belfast Road and then turn right just as you see the St Johns playing fields on your left. Proceed up the hill and park in the Close. Note this is not the monthly meeting so all you need bring is goodwill, some money if you want to buy some of the Kinsey's precious plants, gardening books and tools and you will also have the chance to get some rare seeds from their collection, for Free!!!! Bring your own braai packs and drinks. The time will be 12 noon. Address again, 7A Belfast Close, Emerald Hill. If perchance you become a lost soul on the way there, their phone numbers are 0242 302812 or 0772782493.

The Kinseys have been staunch members of the Society for many years, serving on the committee and running the seed bank and they put a tremendous amount of effort into staging the successful Xerophytica 2014, so lets give them a great send-off!

Cheers Mafungi

Your Committee

Chairman - Rob Jarvis
0783 383214

Vice-chairman – Hans Wolbert
0772 653110

Committee members:

Doreen Richards - 0772 255784
Malcolm Thackray - 0772 516644
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Anne-Katrin Maseko - 0772 440131
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Lillian Pswarayi - 0772 516 441

Monthly Meeting : Sunday 28th January 2018

This month's Meeting is at Twin Rivers Primary School at 23 Lincoln Rd., in Belgravia / Avondale, (just past Reps). The school has developed an extensive succulent garden. There will be a talk given by Gaudencia Kujeke and Tafadzwa Masekesa on Tissue Culture.

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

The time: 10.00am for 10:30am

Directions: Travel to Belgravia Shops, turning off 2nd Street (Sam Nujoma St), turn onto Thurston Lane, pass Reps Theater continue across the intersection to the T junction with Lincoln Road you will see the school in front of you.

If you need directions call one of the committee members.

Flowering Plant: January

What is this, on the right? A bit tricky as it looks like a flowering rock, which it is and it isn't.

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.

The lucky winner in November was Doreen Richards who collected her prize at Lake Chivero

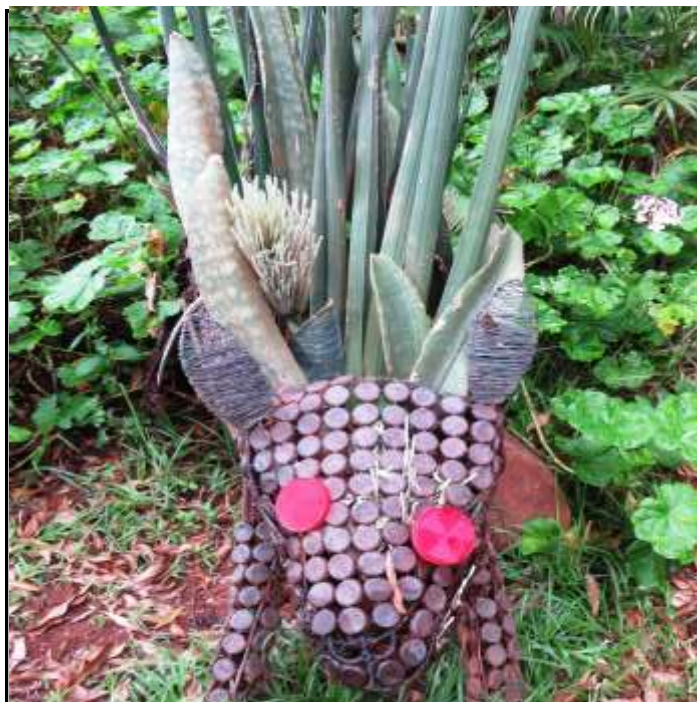
You can win a box of chocolates!!!

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



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

Photograph taken by Mafungi, aptly at
the National Botanic Gardens



Seize your opportunities!!!!!!

Some of you may have noticed that at some recent Rare Plant Sales we were trying to flog this somewhat hybrid contraption of old bottle-tops, rusty wire, red reflectors for eyes and multiple Sanseveria ears, with a bristly ridged-back.

Well I can happily report to you that since we have installed this multi-purpose anti-intruder and theft prevention device, strategically in our driveway, we have not had a single incident of a life- nor property-threatening nature at Rockyvale.

So, with proven technology, we are giving you all one last chance to buy this Beauty at the next Plant Sale. You will notice that to try and dissuade us, Bonzo has burst into flower, but we are adamant, such beauty should be shared. Cash only please.

Annual Membership: 2018 memberships are now due, thanks to a few members that have already paid. If you didn't renew your membership in 2017 you will soon be removed from the mailing list.

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** : kindly include a reference



At the end of November we met at the lovely home of Renee Dance very close to Reps Theatre in Belgravia. Although her garden is not (yet) full of succulent plants, she is moving in a waterwise direction, with indigenous trees replacing exotics and neat groupings of complimentary plants decorating the pathways and expansive lawns of her magnificent home. One stunning feature is this resplendent tree wisteria, *Bolusanthus speciosus*, which apparently fell over at site-clearing and the family had the good sense to leave it where it lay. It recovered and made this perfectly balanced feature at the end of the lawn.



The meeting had Geoff Bradshaw as Guest speaker and his talk on Effective Micro-organisms proved extremely interesting. As you all well know our bodies are only partially human and millions of microbes make up, not only our gut and associated organs, but even the very substance that makes us human. In fact only 1% of all the DNA in our bodies is actually derived from human cells. 99% is found in the multiple microbes that lurk in every nook and cranny of our meat, blood, bones and even brains!!!!

The good news is that these micro-organisms are linked in a complex chain of existence and when they are in balance we have a healthy mind and body. However once disrupted a leaky gut can lead very quickly to a leaky mind. Of course repeated doses of broad-spectrum anti-biotics are the last things that all these friendly microbes need to encounter when they are going about their business in our bodies.

The really good news is that the invasion of our brains took place around the time that man started to brew and consume fermented foods and drinks. Finally there is proof that beer, wine and cheeses are actually very good for you, and enabled man to swing down from the trees, walk bi-pedally and engage his brain effectively. Women followed suit.

Above we see modern-day man, Geoff Bradshaw exchanging ideas with Renee Dance on the patio of her chateaux-style house. In time to come we may well exchange pro-biotics and even start our monthly meetings off with a slug of heady broth of stewing bacteria, fungi and viruses!!!! Just to make sure the leaky brains are plugged. If you want a head start, you can purchase containers of these effective micor-organisms from Willowgreen Nursery at Willowmead Junction.

At the Christmas Lunch, held out at Bushman's Point on Lake Chivero, we found this depiction by San artists of a tree (right). A little tricky to identify but no doubt from interaction with the modern day descendents of these people we know that all manner of plants, their roots, sap, bark decoctions and fruits and flowers all contributed to warding off fevers, flues and all manner of evil spirits. To this day the san survive where others can't



by Robin Frandsen

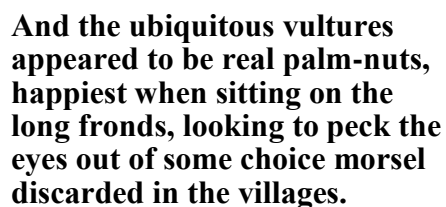

If in or near Cape Town be sure to go and buy your copy!



The Health Corner:

Well this whole issue is peppered with Healthy topics, tests and puzzles that should get your minds and bodies on fire with energy and zeal for the forthcoming year. I recently spent just over a week in The Republic of Guinea, Capital Conakry, in West Africa. I can assure you that despite all the problems that we face here in sunny Zimbabwe, you can rest assured that this is still quite a pleasant place. The commonest bird in Guinea is a rather ropey-looking vulture, which frequents the streets, roof-tops and trees in every village. Unfortunately I did not have much time to go plant-gathering, but did not see a single aloe in a 1200 kilometre road-trip. Borassus palms were there aplenty and in some areas the ground around these trees was carpeted like a lawn by emerging palm seedlings. They were very healthy populations!!!

I must add however that Guineans are quite a healthy-looking People. Just like we found in August when we visited Madagascar. Slight of build, bright and sparky and guess what the base of their diet centres around rice and fish! No sign of the pasty starches so commonly consumed in southern Africa. Even their bread was tough and chewy.



On the right we see a very healthy fruiting Borassus palm, laden with head-splitting nuts!



Once again this issue comes to an end so don't forget to come to the Kinseys this coming Sunday, bring and braai and then the regular meeting on Sunday 28th January at Twin Rivers school in Belgravia. Meanwhile, ensure your brains are well-lubricated with pro-biotic ales and wines. Cheers, Mafungi