



ORTHOLOPHA

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

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Hi Everyone,

The Monthly Meeting is being held this Sunday 15th June at the wonderful home and garden of Brian and Barbara Terry in Greystone Park. The Terry's have been staunch members of our Society since its inception and have collected many different types of plants over the years. Brian will be giving a talk on how to make rocks.

The idea with this meeting will be to have a picnic lunch afterwards so come prepared! Chairs, blanket or portable table and something to eat and drink is essential.

If any other members would like the Society to visit their garden at this time of year, let our Chairman, Hans Wolbert know and we will try and arrange a visit whilst the aloes are so spectacular. We look forward to seeing you on Sunday! This week!

Cheers, Mafungi.

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
Gaudencia Kujeke	- 0775 376600
Anne-Katrin Maseko	- 0772 440131
Mike Caulfield	- 0772 241286
Annah Pasipanodya	- 0772 572044

Monthly Meeting Sunday June 15th

The time: 11 am start. Directions: Turn off Harare Drive at the intersection with Rolf/Gaydon Roads, go down Gaydon and all the way around, up the hill and past the Council offices on left and Church on right. After the crest go down the hill almost to the bottom and turn right off Gaydon into Halford Road and their house is no 2, on the right. We will put a banner on Gaydon where you turn off and outside the Terry's house.

There will be no raffle, but members are encouraged to bring choice plants for a share and swap option. Every time you exchange a plant with another member you pay \$2 to the Society for the coffers!

This meeting is being held slightly later so that members can bring a picnic lunch to enjoy in the garden of Brian and Babrbara Terry. Tea will be available and bring some eats to go with the tea. Remember your chairs, hats etc.

Interesting Plant: April

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.

The lucky winner in May has yet to be determined because we have not had a single entry yet.



You can win a box of chocolates!!!

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

The plant above is the June entry.

What is it?

Photograph taken by Barbara Maasdorp

So far we have not had too many promising guesstimates of what last month's flowering aloe is. In fact we have not even had one single guess, let alone a factually-based plant ID! As a reminder we put the picture again (below left) to see if it can stir up some otherwise inert grey matter in one of our members.



On another level, members may be interested over time to see how the landscape develops around our new house at Rockyvale, which is the rather unfinished looking structure on the left of the picture above right.



All the aloes and similar succulent plants we have around we are decanting from pots and putting into the ground alongside a walkway which leads from our existing abode down to the new one. Watering, post-establishment, will only come from the Heavens above. On the right we will place a comfortable bench where we can sit in our dotage and listen to the bamboo creaking in prolonged, we hope, syncopation with our bones.

Annual Membership: Are due in January each year. Those of you who haven't paid yet, the alarm bells are ringing and errant members will be struck off soon! In this day and age it is very easy to become digitally dead, Don't risk it! Remember for your \$20 per year, you get a monthly Newsletter, free issues of Ingens as they are printed and you get invited to at least 11 choice venues each year. Big-time Bargain Bonanza!

Membership is \$20 per person/couple per year. Children \$5 per year. Foreign membership US\$40 per year. Make payment to a committee member, **CABS Platinum: Aloe, Cactus and Succulent Society**

Acc #: 1002616336 Reference: kindly include your Surname as the deposit reference or through EcoCash: 0774 257 791 (Doreen Richards) Note this is a new number.



Rare Plant Sales are the place to meet everyone you ever met, or even hoped to meet. The file photo above was taken a couple of years ago at the venue where our sales are conducted every six months. Many thanks to the Management and staff of the National Botanic Gardens on 5th Street Extension who avail this area for our purposes. There is ample parking, portable conveniences are hired and the Society provides a fleet of wheelbarrows and handlers to cart the choice plants from the stalls out to vehicles.

Fortunately sellers need plants in very good condition to take part these days and although prices are pegged to the US\$, competition has brought prices right down. This is of course good for you, the customer, but it does mean that the sellers have to work hard to get good results. The rainy season however was not kind and in our own case total rainfall was about 60% of normal and even with the relatively minor contribution from the effect of Cyclone Idai, it was along hard season and we know that with the best will in the world, there will not be much contribution from the skies until mid-November at the earliest.

So all your gardening should be zeroing in upon seeing what areas the watering can be reduced, where you can replace the lush plants and trees with more resilient types, and try as best you can to let the lawns go brown and await the life-refreshing start of summer again. It's hard, but in Africa you take on the climate at your own peril! There are enough challenges thrown at us by man-made politics, interventions, economics, service delivery or lack thereof, and the like without thinking we can take Mother Nature herself. So in this regards we are quite proud in the ACSSZ that we have been leaders in getting individual gardeners, public institutions and even the corporate world to take notice and replace the lush lawns of the past with waterwise, interesting and extremely colourful gardens of the future.

Part of our ambit is also to preserve biodiversity in all its forms through gardening and collections. Snapped at our sale right were these two doyens of the Cycad World who have made a huge mark in preserving these rare plants. Ian Waters on the left and Ian Turner right, deep in conversation.





Ewanrigg looking very good!

Members are reminded that Ewanrigg is a National Treasure and it is only 40 minutes or so outside the city limits. June and July are the months to visit when a large proportion of the great swathes of aloes are flowering in bountiful profusion. Do yourself a favour and take a camp chair and sit quietly in the warm winter sun as close as you can to one of the large beds of flowering aloes and see just how many different kinds of sunbirds, butterflies and other fauna come to partake to the nectar literally dripping from the flowers. Under the custodianship of Curator Annah Pasipanodya the garden has gone from strength to strength in the past few years and it is now self-funding for local recurrent expenditure. They have resuscitated the ponds and streams that meander past the Aloe Restaurant and opened up many pleasant walks through the Miombo woodland with well-chosen resting spots in the shade along the way. Areas have been set aside for picnicking, with tables, braais stands and basic ablutions. Dogs and children are welcome and have the freedom to wander the length and breadth of the park.

All confiscated plants that National Parks intercepts from vendors are brought to Ewanrigg and they are preserved for eternity in the special areas set aside for aloes, cycads and others. Ewanrigg has fantastic collection of plants from outside Zimbabwe and you can see Pachypodiums, Cacti, Agaves and many others. However sadly for us, Annah is now moving into town to the Head office of National Parks and we look forward to meeting and interacting with her replacement.





Whilst talking about redesigning landscapes, Members might be interested in a relatively simple and inexpensive upgrade we did at our house in Hillside, Harare. Some 15 years ago I planted a baobab forest above the pool and interspersed the ground with *Adeniums* and *Fockea* creepers. The pool was there and surrounded by a pretty mediocre lawn. However this pool is much used by visitors who come for day excursions and their constant splashing in and out of the pool resulted in a muddy quagmire. So we opted to replace lawn with river sand. Put in some wooden benches made from eucalyptus offcuts from the property and the result is amazing. Of course the brightly red-coloured drinks cooler seen in the centre top never holds what it advertises, as these products are extinct here.

Gardens, although often the combination of many parts to make a whole perspective, often have small parts which in isolation just make for the perfect setting. The photo bottom right I took at Ewanrigg and although one may argue that *Kniphofia* is the last plant that we should be claiming in ACSSZ as one of our own, growing as it does in vleis and very wet areas, nevertheless it is indigenous, adapted and its bright flowers certainly make it an attractive proposition if you have somewhere suitable to grow it! It is a wet aloe, in effect.

One gardening feature that I really like is the concept of windows or doors in the landscape that lead the eye on to new vistas. Below is a hole through a large bamboo patch at Ewanrigg which is undoubtedly an opportunity to EXPLORE written in capital letters. I know many people don't like bamboo because of the huge impact they can have on small spaces in traditional gardens, but judiciously placed and in large gardens, I am sure that there is a place for bamboo and especially so in rural areas where



there is almost continual demand for building materials, stakes for the tomato plants, kindling for the fire etc. The great thing about bamboo is that it becomes an almost essential refuge for birds and animals of every description.

Those of you with a kumusha in Zimbabwe, make sure you have a patch of bamboo for the relatives to enjoy.

And leave a window through it so that you can be reminded of the words of Winnie the Pooh who once famously remarked to Piglet:

"The moment I met you I knew an adventure was about to begin."

Let that be the rallying cry of members of the ACSSZ!

Healthy Habits for Today's World.

Hi everyone, Mafungi has (*cleverly Ed*) decided to hand over his health column to me for a while. This month we will be discussing healthy habits in general and in following editions I will be delving deeper into ways to meet the general guidelines using your current resources, in other words become more self-sufficient.

We live in a world that is changing rapidly with the relentless march of new technology, limitations on our personal time, finances being strained and, in Zimbabwe, all those extra annoying events (or rather non-events) in our daily lives. This adds up to quite a high level of constant stress without the addition of anything extra. To be able to cope with daily issues as well as endeavoring to perform at our highest level to retain jobs and do our best despite the obvious strains of living here is quite a tall order. However there are a few 'common sense' healthy habits that we can adopt to help us along the way. In this article I will outline them, a lot of which we all know, BUT do we do them? Unfortunately we are also very adept at making excuses and taking short cuts, many of which are quite valid but who is affected most.....ourselves.

Top of my list is to eat a healthy diet, which is not necessarily expensive but will help our bodies and in particular our brains to function at optimum levels. In order to achieve this we need to eat regularly, fresh food of good quality in what is referred to as a balanced diet. This entails eating three times a day, meals which are complete in essential nutrients and satisfying. Next month that is my subject in more detail.

Another important fact to maintain good health is to drink plenty of water, at least 1,5 litres a day.

A good night's sleep is also essential to give our bodies and brains time for rest and repair. 6-8 hours is usually enough for most folk.

Lastly in this article is exercise. No matter what age we are we all need to keep fit to be healthy. The benefits of regular exercise are huge and again I shall be writing on that later but it is known to be the best stress reliever of all. Try it.

Well that's all folks for this month, really an introduction to a subject very close to my heart. Next month what is this elusive balanced diet? Join me and find out.

Liz Small

Editor's note: Thank you Liz for taking up the challenge of contributing to our Health Column! Members may not know that Liz recently had a terrible fall into an empty swimming pool and although she was strapped into straight-jackets and the like with a suspected broken back, despite being perfectly normal mentally, she has recovered almost unbelievably from this shock and shed 10-15 years from her allotted amount. As they say in Australia, which is completely irrelevant otherwise in this context: "Good on Yer Lizzie!"

So there you go folks, it is now the aloe season and we are departing from our normal month-end visit to take you to gardens as they flower spectacularly at their best in this long dry season ahead. We look forward to seeing you at the Terry's house this Sunday and at other venues as the season progresses.
Best regards
Mafungi

