



ORTHOLOPHA

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

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Hi Everyone,

I don't know about you but we had an amazing break since we last met at the Christmas dinner. Family and Friends poured into Zimbabwe from all over the world for the marriage of one of our Daughters took place in early January. We sometimes forget just how wonderful a country Zimbabwe is, but when seen through eyes that have never experienced Africa before or if they have it was usually the tourist traps of Kruger in the south or Masai Mara and Serengeti in east Africa, to be honest everyone was stunned. We maximised exposure time too, dragging in-laws and anyone else around up to see the sunrise and sunsets in Domomboshava, Matobo, Victoria Falls and Hwange. And the western edge, rarely visited by us from Bambazonke, is generally more relaxed, definitely friendlier and fuel queues are more tolerable. We even treated a Singaporean girl met by our Daughter when she worked in Hong Kong, to the joys of a sundowner in a car park in Gweru! A joyous moment nevertheless. Sunrises and sunsets were spectacular and this global world of ours allows us to meet friends that our diasporan youngsters have made from China to



California and everywhere in between. See you on Sunday.
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
Lorraine Regadas	- 0772 416024

Monthly Meeting

This is being held at the Cycad Trust plot at 50 Helensvale Road, turn into Helensvale off Gaydon Road, after the long big loop up the steep hill, and no 50 is some distance down this road. There is a Bushy Landscaping sign outside. Our host will be Ian Waters and he will give an update on the development of the trust. This is one of the most comprehensive collections of cycads in southern Africa, so don't miss the opportunity to see it. Look out for Society banners. Sunday January 26 2020, 10.00am for 10.30 start. Bring chair, snacks, hat.

Interesting Plant: November

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 winner of last month's competition will be announced at the monthly meeting this Sunday.



You can win a box of chocolates!!!

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

Photograph taken by Mafungi

Clue: This is very easy to give you a gentle start to 2020, where vision is everything



Plant lovers like ourselves we pride our attributes as being mainly driven by the need to protect indigenous plants and target those plants that thrive when water and other resources are limiting. But sometimes, just sometimes a minimalist approach, using lush green lawns, the right frame and an interesting background are all you need. Don't clutter up your space with specimens, rather have views that induce relaxation and sleepiness.

Victoria Falls Hotel just seems to hit the nail on the head from this viewpoint.

Annual Membership: Are due in January each year. Now is the time to renew. Remember for your \$100 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\$100 per person/couple per year. Children ZWL\$20 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.

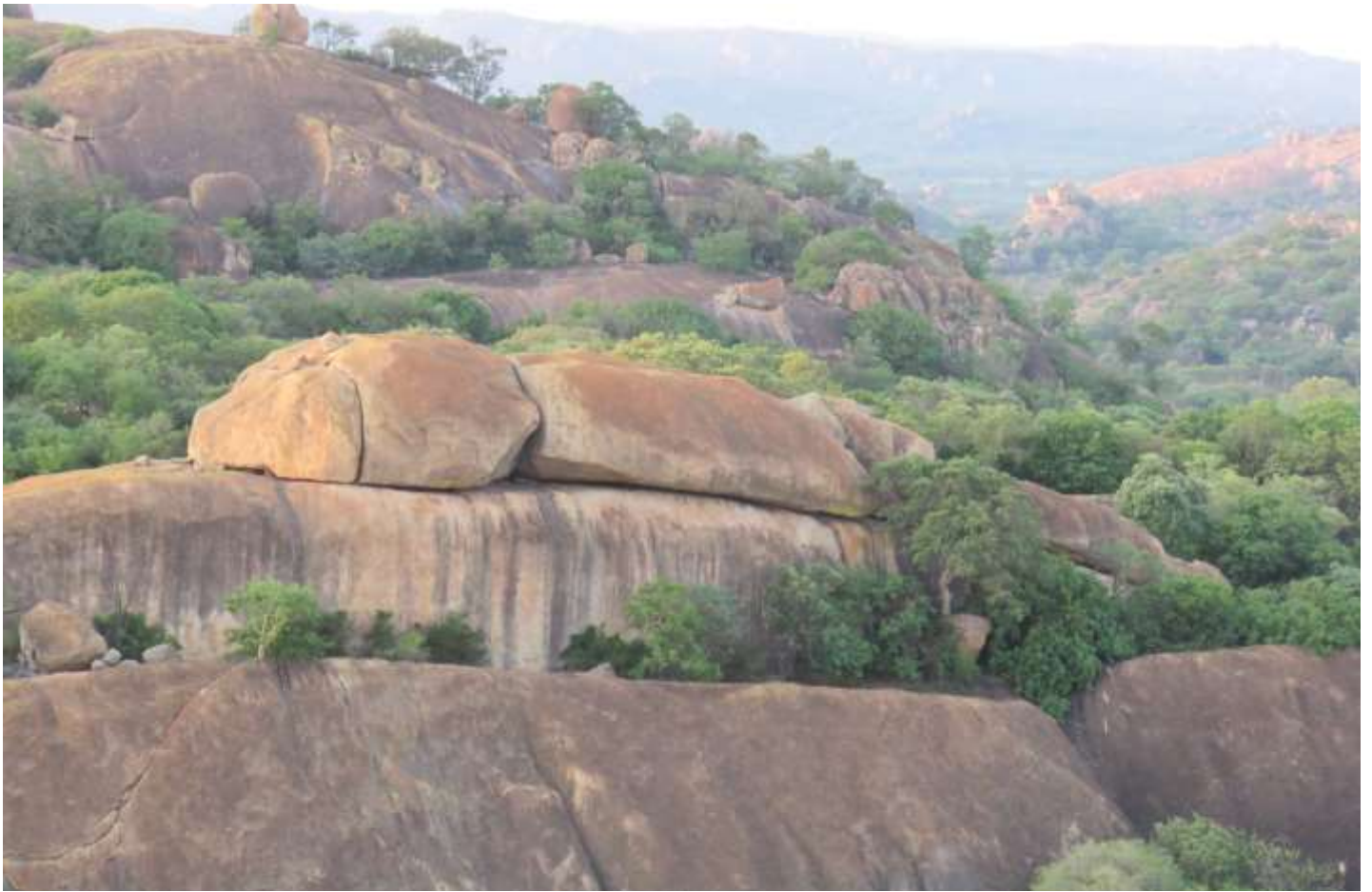


Robins Camp at Hwange National Park has been taken over by a private operator and in a very short space of time what was a rambling conglomeration of former farm buildings and added to by rather bland public sector chalets and the like, has been converted to a beautiful destination. There is a pool, a pub, a great restaurant with very affordable meals and the whole complex has been beautifully landscaped and decorated to be very easy on the eye. Of course there is controversy about what are essentially public amenities in our National Parks being farmed out to private operators, but to be honest I think there is no other way. Public institutions seem to struggle with providing and maintaining services and facilities to the high standard that modern tourists expect.

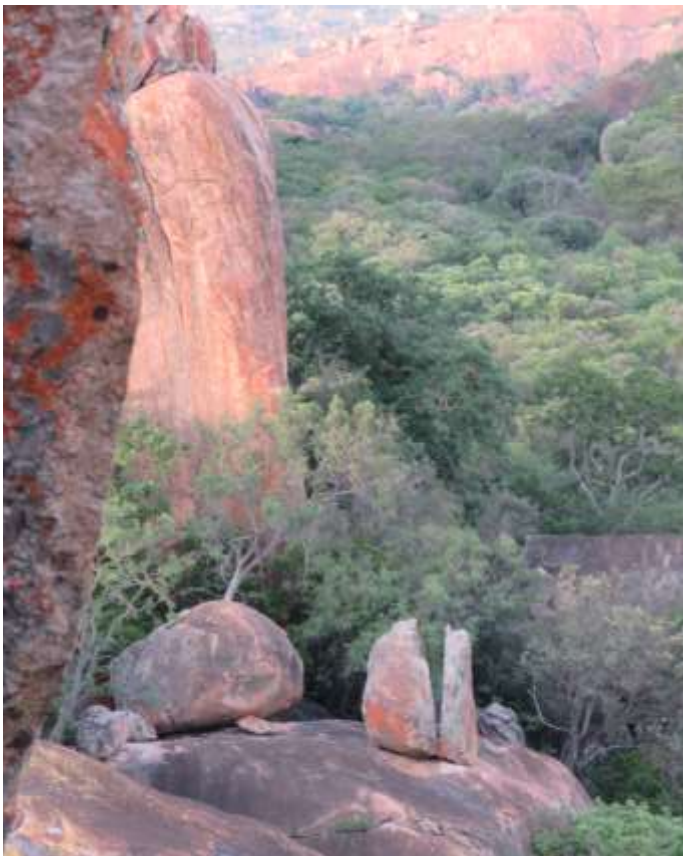
On our way to a delightful lunch at Robins we spent a night at Main Camp, using the restaurant and bar for our dinner and then the next night we stayed at Kapula, a tented camp near Masuma Pan in the middle of the Park. There was just no comparison and when we finished off with lunch and a stroll around the grounds of Robins we were convinced that properly done, this is the way to go. Unfortunately the lease for Sinamatella has been given to a dubious coal mining company and in addition to the environmental havoc they are wreaking right on the edge of the park, they have decided to close the facilities at Sinamatella, using them for staff housing and only offer camping to tourists. This really is not what we expect from assets held in trust by National Parks on behalf of all citizens and visitors to Zimbabwe.

But at Robins it is all exquisitely laid out, landscaped, tastefully decorated and just cries out for the tired soul to relax. Of course it will be more expensive, but being at the far end of the Park for most Zimbabweans, I think it is worth the extra spend to know you are going to find a world class facility after a very long journey.





Part of our holiday period was spent in the Matobo Mountains where we had a family Wedding to attend. These mountains are far away if you are resident in Harare and points East, but the long journey there is really worth it if you can make it in these trying times. One thing about Matabeleland is that almost everyone is exceptionally friendly and helpful. And of course if you are a plant-lover then the rocky granite boulder-strewn mountains of Matobo have no equal in this part of the world.



Healthy Habits No 7.

By :Lizzie Small



Christmas nutrition for the healthy eater.
Hi everyone. Christmas is done and dusted. With our ongoing difficulties here in Zimbabwe things were a bit leaner than usual but that is not a bad thing, as traditionally we do tend to overdo it at Christmas. That applies to the special foods we all love and of course, not forgetting the drinks. Let/s also prepare for the New Year. Like the two lionesses left, we must align our bodies' needs with what is available.
So these tips are to help you going forward and apply to any holiday time.

Christmas sensible eating – the food.
It's only one day – I know 'left overs' are being consumed in the next few days but the big splurge is actually one day.
Many of the 'treats' traditionally produced are loaded with sugar and saturated fats – a little should go a long way. Remember when making those very sweet mince pies, cake etc you can always reduce the sugar in the recipe

and it will still work.

Take your time – the Christmas meal is usually larger than an average family meal and may have several courses - not the norm for most of us. So eat slowly, leave gaps between courses. You will feel more comfortable at the end.

Are your eyes bigger than your stomach? Take a moderate portion and then when you are finished that helping, wait 5-10 minutes before you take seconds. You may find that you are not as hungry as you initially thought. Remember indigestion is not pleasant on a day when everyone is celebrating.

Regarding the breaks we mentioned ie take a little walk or go round the garden or time to go talk to one of the other guests.

Some people skip a meal before Christmas but this is not a very good plan as they then feel twice as deserving and very hungry.

If you are lucky enough to be invited to some Christmas parties where the food is 'finger snacks' do not stand too close to the table, especially if you are alone, as nibbling does fill the time and again these snacks are often very rich. Go forth and socialize to occupy the time.

And now to our old nemesis alcohol.....

Start off with a soft drink and if very sweet dilute it with water or soda water.

Try to drink slowly - our livers can cope with one drink every hour - stretch it out .

Alternate the alcoholic drinks with a non-alcoholic one eg soda water with ice and lemon is very refreshing.

Dilute drinks eg wine with soda and lots of ice will stop the dehydration that accompanies alcohol and is the main contributing factor to that 'morning after' feeling.

For the younger members try not to get involved in 'rounds' or drinking games – they can spell disaster.

Stop drinking when the meal is over and rather have a coffee at the end instead of a sweet liqueur.

The healthy, 12 guidelines for this time of the year

On the first day of Christmas 'nutrition' said to me

ONE hour for each drink

TWO yummy sweet treats

THREE alcoholic drinks

FOUR fruits for snacking

FIVE veggies daily

SIX glasses of water

SEVEN walks a week – throughout the festive season too

EIGHT feet from the buffet table

NINE bursts of singing – makes us relax

TEN minutes before second helpings

ELEVEN new healthy recipes

TWELVE counted blessings – we are all blessed.

Have a happy healthy holiday everyone!



We also visited a little known resort just beyond the Airport in Harare called wild is Life. It is costly but again the setting and facilities are exceptionally well done and the sanctuary, set up for animal rescue, is absolutely amazing. You meander around admiring herds of baby elephants, giraffe, plains game, lions, pangolin, hyena and birdlife. Your senses are tested to the core by tasty cakes and pizza slices, rich coffee and teas and at the end you have a choice of sundowners from an enviable bar. Expensive but well worth it in the end especially as the purpose of the resort is to rehabilitate wildlife that is rescued, usually from man-made situations.

Help!

On 17th December 2019 a payment was made into the Society's account at CABS under the name of K.G. Cooke. This name does not appear on our membership list and if it was paid on behalf of someone else, can we be informed for whom. If it is indeed for K.G. Cooke, please can he/she provide full details, i.e. name address, phone numbers, e-mail address. This can all be sent to aloesocietyzim@gmail.com

Many thanks Mike Caulfield

So Everyone,

See you on Sunday at the Cycad trust. If you don't know how to use your cellphone to google an address this is the time to do so. Make sure you have Google Maps on your phone. Click on the icon and then input the address and when the map shows where it is click get directions and let your phone and Google take you there. Very easy and this weekend is the time to practise it. Enjoy your week and we look forward to an action-packed 2020

Cheers Mafungi