



ORTHOLOPHA

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

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Welcome Everyone to the June Newsletter! Hopefully this Sunday we will resume garden visits with Doreen and Mike inviting members to visit their very dry garden at the top of a hillside in Greystone Park. Go to Harare Drive and turn right into Southam Road if coming west from Gaydon Road roundabout. Follow Southam road up and around the hill and park outside the gate. Only Wendy the Tea Lady, The Terry's should come up the driveway. Everyone else should park down on the road and walk up the steep hill! Attendance etiquette and protocols:- Wear a mask, bring hand sanitiser and wash before and on leaving. Keep minimum social distance of 1.5m to anyone else who did not come with you, in your car. Bring your own chair. Please adhere to these rigidly because by all accounts the worst is yet to come with the dreaded Covid-19 pandemic. If you have a special needs passenger, call Mike or Doreen to arrange parking. Meeting will be at 10.30 am sharp and Mike will talk about labelling and water conservation measures.

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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Anne-Katrin Maseko - 0772 440131
Mike Caulfield - 0772 241286
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Isabel Bandason - 0774 186757



Hi Everyone,

Welcome to the June Newsletter and I am sure you are all equally shocked to hear of the disappearance of Gus and Ellen Spartas from their Rolf Valley residence we believe, on Sunday 21st June. Be assured that there are many Friends, Relatives, concerned neighbours and citizens generally who are doing everything that they can think of, to try and find them and resolve the mystery of their disappearance (together with their vehicle a 2000 Toyota Hilux twin cab.)



The Zimbabwe Republic Police have assigned an experienced investigative and forensic team to handle the case and they obviously need all the co-operation and help that they can get in this exercise. Of particular importance would be any information about their activities during that week-end of Friday 19 to Sunday 21 June. They tended to have quite disciplined habits, going for either walks or road runs every morning on specific days and routes and any confirmation of these may well be of help. Let us know if you have specific, confirmed information to either Rob 0783383214 or Sheila 0772262150.

Many thanks and obviously it is vital that we get to the bottom of this mystery as quickly as possible. However our advice to all of you is to make sure that your own Families and Friends, no matter how far away they are geographically, are aware of your own activities and habits and where key items are stored, kept, hidden etc. And who to call in an emergency.

Best regards, Mafungi

Interesting Plant: June

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.



Photograph taken by Mafungi

Clue: The plant we want identified is the tree immediately behind the Adenium. What is it?

You can win a box of chocolates!!!

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



In these topsy-turvy times, mental and physical health are probably even more important to everyone than usual.

So consider taking up yoga.

Get a puppy.

And then get up on your fingers and toes and bring balance into your lives!

The puppy can of course be substituted with a manageable, trained kitten or cat.

Imaginary yoga will also do to some extent.

Just do something different!

Red Alert: Treasurer Mike Caulfield reminds all members that subscriptions are now long overdue for 2020 and that unfortunately to keep up with inflation, the Committee decided to increase subscriptions to ZWL200. Corporate members pay ZWL 400 and foreign members US\$40.

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\$200 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: 0774 257 791 (Doreen Richards) Note this is a new number.



We were very fortunate about ten days ago to be invited by some friends to stay with them at a resort in Binga. Binga as you all know is quite a long way from Harare and we took the route through Kadoma, right at Kwe Kwe, through Gokwe and down to join the Hostes Nicolle highway that cuts across below the southern shores of Lake Kariba to Binga and it later eventually joins the Bulawayo/Victoria Falls road. Garmin and cellphone Google Maps indicated a ten hour journey, but the road is so deteriorated in places that the whole journey took us 13 hours.

Not surprisingly we opted to return via Bulawayo despite being 300kms longer and it also took 13 hours!

However Binga is a neglected paradise to most Zimbabweans and whilst most of you were shivering in the wave of cold fronts that swept up from the

Antarctic, we had four days in boxer shorts, T-shirts and sleeping under crisp sheets only. The kids with us did not hesitate even one second, before jumping into the pool on the magnificent deck that overlooks the Masumu River mouth. However the highlight for us was being taken by the Manager Shaun to a nearby hidden valley where there were countless *Adeniums* growing in amongst the mopane trees and scrub and in and on crevices in the Kalahari sandstones that make up the basement rocks of this area, from Gokwe northwards and westwards. What intrigued me most however was the quite varied range of flowers these plants exhibited with some almost emulating those of *A. obesum* which comes from East Africa exhibiting rich red tones compared to the more normal white and pink of our own *A. multiflorum*, or Sabi Star.

A chance conversation with a friend revealed that in the early 1960's, as Kariba was filling the local District Commissioner and various friends actually went down to the riverine areas and dug out *Adeniums* that were likely to be flooded and moved them to higher ground. Perhaps that explains this gem in the wilderness.



Hello everyone – please excuse my absence for the past couple of editions but what with lockdown and my email going on a long blink I was very quiet!! However I am now back in town and raring to go.

Last time we investigated lunchboxes so this time I am going to write about light meals which one may have if you are at home for lunch. Then touch on 'The main attraction' ie your main meal of the day whether it is lunch or supper.

Light meals do not have to be something like a ham sandwich and tea, although nutritionally there is not too much wrong with it. Sandwiches can be made from practically anything in your fridge or cupboard and interesting combinations can have a great flavour, be very satisfying and good for you. Try different combinations of fillings and use brown or wholewheat bread. If you are near a shop which sells speciality breads, try them out; French baguette, focaccia, Portuguese rolls which are a bit different from ordinary ones and even the flat –breads, pitta or rotis. These are all available in a couple of our supermarket chains and bread shops.

Fillings can be any of the salad vegetables, don't get stuck on lettuce and tomato only, put in some finely chopped spring onion, thinly sliced sweet red, yellow or orange peppers, any left over roasted vegetables, grated carrot and the list goes on. Meat is not essential but any of the cold cuts, cold fish, egg mayonnaise, hummus or peanut butter will also provide protein. One of the main things with sandwiches which are to be eaten fresh is to make a good sized filling and keep it moist. For those of you who have been overseas and sampled the 'British Rail sandwich' which is often a very thin slice of ham between two slices of white bread and as dry as a bone – not appetizing at all.

Another of the popular options for lunches is a salad. We are notorious here in Zimbabwe for the most uninteresting salads ever. Often it entails just lettuce, sliced tomato, an onion ring and maybe a slice of cucumber. Not only can salads be delicious and a very good meal, but they can look attractive and appetizing too. Nuts, seeds, croutons, bits of crispy bacon, cheese and any vegetable in your fridge as long as the harder ones are blanched to soften then a little bit. I often have raised eyebrows when I present my salads with sliced raw mushrooms, broccoli, cauliflower or courgettes but when tasted, they all pass muster!! Make the salad the main meal ie have some carbohydrate in it like boiled Irish or sweet potato, pasta or rice, also very filling. Fresh fruit is also tasty in a salad. Most cheeses go well with fruit but a lot of people like savoury and sweet together – think of ham and melon or pineapple.

Interesting dressings make a whole lot of difference, see below for ideas.

This being winter our minds wander off in the direction of soups. They don't have to be a Royco packet or a tin of but homemade soups are delicious and easy to make. Again one can make soup out of any vegetable with a base of onion and garlic and then add a good stock to cook it in. Of course the best stock is made with a beef bone, ham bone or chicken bones – don't throw them away use them, if the dog usually gets them then cook them first and then give to the pet afterwards. In Zimbabwe there are a lot of dried beans, peas, lentils etc in the shops and if in doubt go to an Indian shop they use all these dried goods. They are a complete food with a high protein content, the good carbs, vitamins, minerals and fibre – all in all a nutritious mix. Add fresh herbs for a little extra flavor too.

Below are some interesting soup and salad ideas, give them a try. **Bye for now, Liz Small**

Basic soup recipe.

1 large onion, chopped roughly 1 large clove garlic, chopped roughly
600 grms of whatever vegetable you fancy, roughly chopped
(broccoli, cauliflower, courgette, pumpkin, butternut, carrot and potato – all make excellent soup individually or as a mixed bag)
2 grms dried beans or lentils (the beans take a lot longer to cook unless tinned already) OR pieces of meat as desired
1 litre strong meat or vegetable stock.

Lightly fry the onion, garlic and vegetables.

Boil all the ingredients together in the stock until it is the desired softness.

If you would like it smooth liquidise or blend and if you like it creamy add some cream or yoghurt and mix well.

Mixtures that taste great:

Leek and potato	Broccoli and potato
Carrot and orange	Tomato and courgette
Butternut with ginger and coriander	Sweet potato and garlic

Thousand Island dressing.

½ cup mayonnaise
1 TBS tomato paste
1 tsp Worcestershire sauce
1 tsp mustard
Seasoning

Mix all the ingredients together till smooth.

Blue cheese dressing

80grms blue cheese mashed with a fork to a paste
1/2cup mayonnaise
1 cup sour cream seasoning
1 TBS chopped chives
1 tsp vinegar

Mix all together till smooth.

Salad dressings:

French or vinaigrette dressing.

½ cup oil
2 TBS vinegar
1 clove finely chopped garlic
Seasoning
Fresh herbs if desired

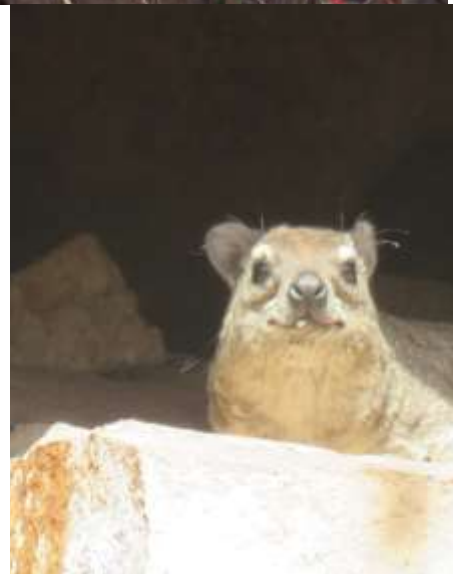
Whisk all the ingredients together until it makes an emulsion.



The place where we stayed in Binga is called Masumu River Lodge. I had never heard about it but it apparently was, pre Covid-19, a favourite stopover for adventurous 4x4 travellers from South Africa who would visit Hwange and Victoria Falls and then wend their way across to Mana Pools.

The actual lodge itself is used by the luxury houseboats, now temporarily parked, as an overnight stopover where passengers can stretch their legs on the mainland. It is truly breathtakingly beautifully laid out and built around sandstone features with landscaped waterwise plants. Aloes, agaves, succulents and lush green lawns are spread amongst the indigenous trees that have been preserved as much as possible. Most Zimbabweans would probably never have heard about the place and unfortunately because of the state of our national road systems, outside the big tolls, and the paucity of fuel supplies along the way, are very unlikely to ever go there for now.

So put Binga on your bucket list and hope that some ever-hopeful entrepreneur gets the hot springs cleaned out and usable again and head off to Binga when you get a chance. Pack light, you only need T-shirts and shorts! And cold beer.



So Everyone,

Let's hope you can make the meeting on Sunday. Remember to bring and wear a mask, bring your own cup and eats and we look forward to basking in nthe wintyer sun. The views are magnificent and the deciduous trees like baobabs and sterculias stand out starkly against the suburban skyline. And welcome back to civilisation Liz Small who is writing with enthusiasm and fervour in trying to keep you all hale and hearty! Read her advice and try her recipes, you may not grow very tall, but you will glow with good old-fashioned health and happiness!

Cheers Mafungi