



SACXS FACTS



A Monthly Publication

Dedicated to the admiration, study, and proliferation of cacti and succulents

**Our Meetings are held on the third Wednesday of each month except
April, June and December,
At the San Antonio Garden Center at Funston and New Braunfels Avenue,
Doors are open at 6:30 P.M., reception at 7:00, Meeting/program at 7:30.**

July 21, 2004

Presidents Message

Hi Everyone! Hot enough for you? What crazy weather for succulent growers! First we have a cool spring, then we get deluged, then we go into the hottest months of summer. At one point I heard a weatherman say the ground in San Antonio had been totally soaked for longer than any other reporting time ever. That is some record to break. I got 13 inches of rain in June, but spread out over two plus weeks. Some succulents enjoyed the water logging, but some cactus have developed root rot. I hope your plants are well. You know where to get replacements, right? (answer: right here at the club meetings)

Our annual cookout/potluck was well attended (50 members) and we had some delicious food. BIG thanks to **ANN AND JIMMY BLACK** for their gracious hospitality. They have such a beautiful house and gardens. It was so nice to see the *Coryphantha sulcata* greeting us at the gate with so many flowers. It was a gorgeous day and the pool was loads of fun. Thanks so much for inviting us!

Keep in mind the **Texas Association of Cactus and Succulent Societies meeting Sept 18 and 19 in Kerrville**. Our club is a member of this umbrella organization and these yearly seminars are educational and loads of fun. We get together for several interesting lectures often given by nationally recognized experts. We have some wonderful show plants on exhibit AND a fun-raising auction. There are vendors selling great plants too. On Sunday there usually is an optional tour of members gardens or nurseries. Plan on spending that Saturday, Sunday, or both in Kerrville just a short drive away. More details to come...

See you all at the next meeting!

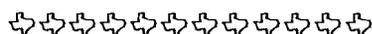
Ann

Sacxs Picnic Photos



Program: Dr. Bob Barth from Austin made another trip to South Africa recently and will share some of his adventures with us in a slide presentation titled :

"Succulenta 2003 and the Little Karoo".



July Refreshments

*Pat Harvey 690-9623
 Luci Golla 661-2051
 Richard Hammond 653-7655
 Luci Golla 61-2051
 Paul & Lisa Kibler 658-7561

July Auction Plants

* Cal Eichler 828-0833
 Rosalinda Erickson 654-7363
 Sherry Fotopoulos 656-8239
 Stephanie Johnson 826-7548
 Richard Hammond 653-7655

Any Questions? Call Norma Tindall 695-8090 * denotes chairman – who will call committee members to coordinate. The committee for refreshments brings the punch & snacks. SACXS furnishes everything else. Besides bringing refreshments, chairman & committee should see that the kitchen is left in the clean condition it was found in & garbage placed in containers outside the back door. Proceeds from the raffle & auction plants help pay the rent.

Coming Events:

July 31> Gigantic Plant Sale. Prices wholesale and below. Starting at .50 cents and up. Must sell due to my accident and lack of use of left arm and hand. Many potential show plants and some of my large show plants. If you are looking for bargains on quality plants come to 4114 Bloomdale. Nice free plant with \$20. Purchase or more. **Lucile Lively 655-0971.**

July 31-Aug 1> 10AM – 6PM Super Summer Sale – Oracle Gorge Nursery- Many new plants , some free plants, landscape plants, price reductions, specimen plants, quantity discounts. Four greenhouses and re-renovated desert garden open to the public. Bob Barth, 602 Terrace Mountain Dr, Austin, Tx – (512)327-1173 – b.barth@mail.utexas.edu.

August 13-15> Mid-Iowa C&SS Show & Sale. Merle Hay Mall, Des Moines, Iowa. Info:
 Rebecca Hoepfner, Dorstenia@aol.com or 515-292-1289

August 14-15 > Houston C&SS Show/Sale. Houston Arboretum & Nature Center,
 4501 Woodway, Houston, Tx, info: Keith Schwabs at 281-332-3203

September 4-6 > Austin C & S Society Show & Sale, Zilker Park, Austin

October 4 – 31 > Paul's Desert 3rd annual clearance sale nursery > 210-658-7561

Note: Cactus sale announcements are free. Full page ads \$25. Half page \$15.



ANNOUNCEMENTS:

We are pleased to announce that we have a new Yahoo group for SACXS. You can visit the home page for our Yahoo group at: <http://groups.yahoo.com/group/sacxs/>

Interested SACXS members should notify me by email so that I can send them a Yahoo invitation to join the group: annblack@gvtc.com or sacxs@yahoo.com



Cal Eichler was named volunteer of the year by the City parks and Recreation Service for nineteen years of service to the San Antonio Botanical Gardens!

Cal Eicher spoke to the Kerrville Cactus club on June 15 on Adenias; the same program will be presented to the Waco Cactus Club on July 12.



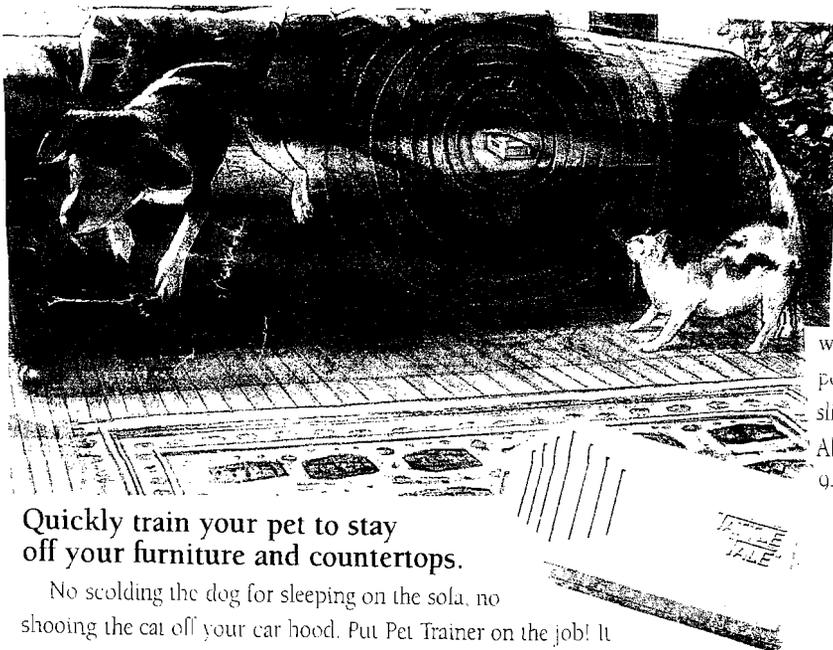
The downtown library (a.k.a. The Big Red Enchilada) will be having an exhibit of Captain Cook memorabilia throughout the month of August. Robert Beebe, a fellow Librarian, will be putting on the exhibit and would like to display plants that may have been seen on Cook's expedition. Everyone who displays a plant will get full credit with a sign to be placed by each plant. We would like the scientific name, common name, your name/place of business and what part of the world it comes from. All plants will be returned and if you leave care instructions with me I will take special care of them, or you are welcome to periodically stop by to take care of them. The San Antonio Orchid Society will also be doing a display and we cant' let them out do us!

Places Cook traveled to: Hawaii, New Zealand, Australia, South America (Brazil specifically), South Africa, Tasmania, Tahiti, West Coast of Canada and Alaska, Russia.

If interested please contact Jackie Caverly at (h) 590-3793, (w) 207-2520 or bring your plants to July's meeting.

**Thanks, Jackie Caverly, Central Children's Unit Manager, San Antonio Public Library
600 Soledad, San Antonio, Tx 78205.**

"A little nonsense now and then, is relished by the wisest men." Gene Wilder in "Willy Wonka and the Chocolate Factory" 1971.



Member, Pat Harvey uses this to Keep her cat away from her indoor Cacti and succulent plants.

It works!

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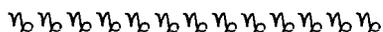
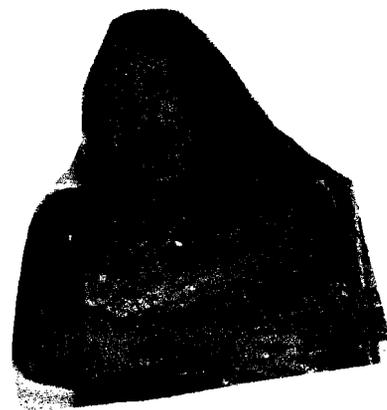
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MEET A MEMBER

Joanne Anderson SACXS treasurer, was born in Great Lakes, Ill And grew up in El Paso, Texas. She attended Ysleta high school, U.T. El Paso and San Mateo College. Currently she has a book-keeper and a computer graphics business.

Joanne says she has been growing cacti and succulents for years, mainly because they take lots of abuse.

Other than cactus Joanne likes to read, attend auctions, work on computers and collect bottles and glass.



BODY AND SOUL SUPPLEMENTS

Cactus could fight cholesterol, diabetes

(from The Cowtown Connection – source; Star Telegram)

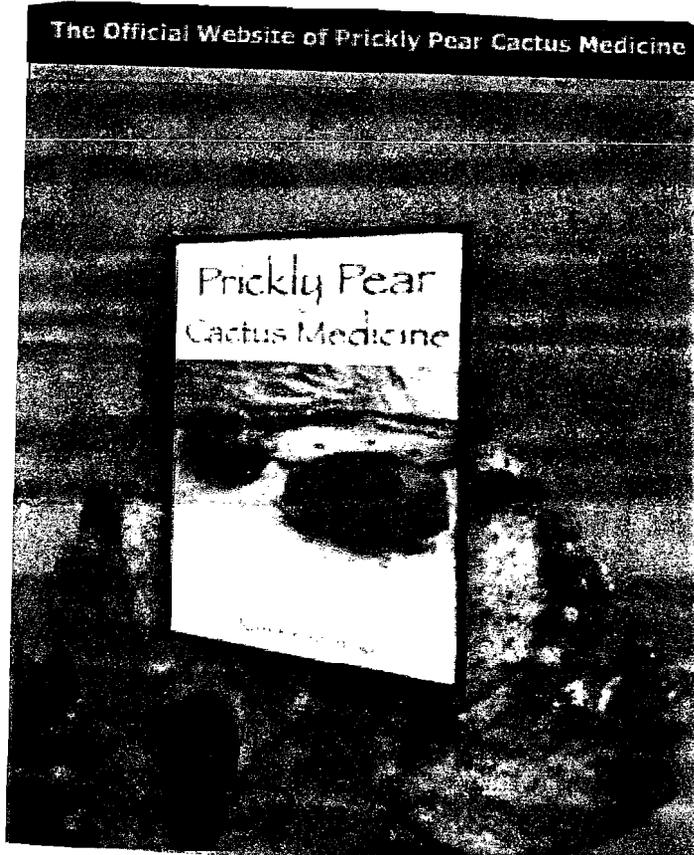
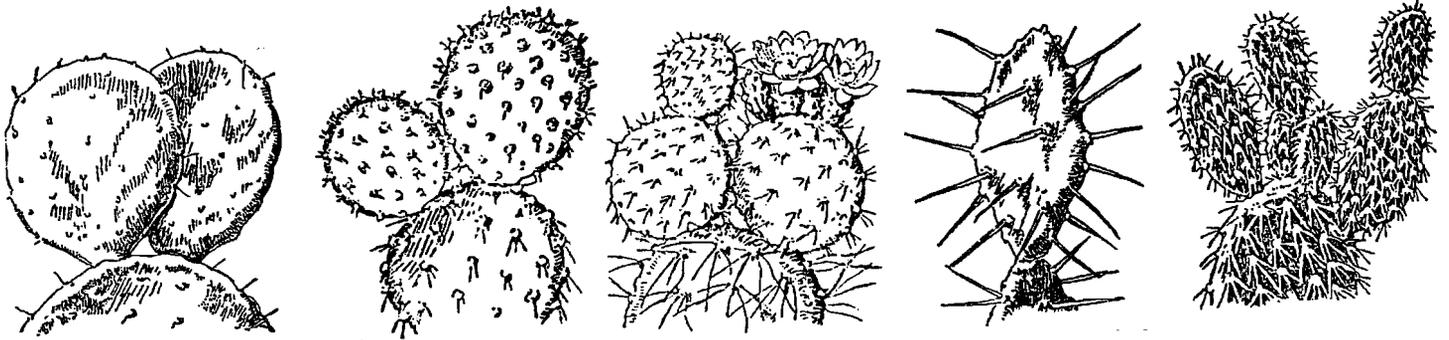
Hundreds of species of prickly pear cactus also called nopal or opuntia are found in North America. Some American Indians used the familiar cactus' edible fruits and fleshy leaves, or pads, to treat diabetes and male urinary ailments. A few species ("Opuntia streptacantha" and "Opuntia ficus-indica," in particular) are sold as dietary supplements. Prickly pear is a source of vitamin C and pectin, a kind of fiber that helps lower cholesterol, but its medicinal powers are only beginning to be rigorously studied.

Users: Supplement makers and some traditional medicine practitioners recommend prickly pear for lowering cholesterol, fighting heat disease, managing diabetes and ulcers, and improving digestion and liver health.

Doses: About 100 to 500 milligrams three times a day, with meals. Prickly pear can be taken in pill form, liquid extract, juice or cooked pads.

Precautions: Because little is known about prickly pear, pregnant and breast feeding women and people with chronic conditions such as diabetes or heart disease should ask a doctor before using it as a nutritional supplement or medication. Prickly pear may cause a skin rash in some users.

Research: Most of the existing evidence on prickly pear's medicinal properties is anecdotal, though early animal studies suggest the plant may be useful for treating diabetes. A group of Austrian researchers has shown that at least one species, "Opuntia robusta," can lower cholesterol and improve insulin function in non-diabetic adults, but additional human research is needed to demonstrate its usefulness in managing diabetes and other conditions



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Welcome to the Official Prickly Pear Cactus Medicine website founded by Ran Knishinsky. This website is an extension of the book newly released in June 2004 by Healing Arts Press.

I wrote this book to let the world know the health benefits of eating or drinking the Prickly Pear Cactus. Yea, you heard right! Cactus.

It's also to provide a forum for cactus eaters around the globe to learn more about the Prickly Pear through pics, stories, and tap into the latest cactus information. Browse, purchase a copy of the book, buy some cactus, and enjoy!

Prickly Pear Cactus Medicine has received 3 high profile endorsements from individuals in the natural product industry and is now rolling into bookstores. As you might be aware, it is the first complete book of its kind on the health benefits of the prickly pear cactus. You can imagine my excitement when Inner Traditions, the publisher, agreed to dedicate their resources to publish this manuscript.

If you are interested, please refer to my website at www.cactusmedicine.com where you can learn more. You might also want to call to Nick McDougal at Inner Traditions the publisher of the work if you would like to purchase the book at **wholesale prices for your club members**. He is easy to work and I have cc'd him on this email.

Publisher: Inner Traditions International
Contact Person: Nick McDougal
Phone: 1 (802) 767-3174 x 103

Birthdays

6th - Lucy Roberts,

17th - Tom Foster



Anniversaries

3rd - Claude & Eula Townsend's

9th - Mike & LaWanda Keeling

17th - Bob & Mamie Lew

19th - Ray & Doris Santee



A Short (brachy) List of Botanical Suffixes and Prefixes

- Acantha- spined
- Brachy, Brevi- short
- Carpus- fruit
- Caule - stem
- Costate- ribbed
- Crassa - thick
- Fili- thread like
- Fruiticose- shrub-like
- Glaborous- smooth
- Macro- large
- Micro- small
- Pauci- few
- Phyllum- leaf or plant
- Phyte- plant
- Platy- flat
- Poella, pulchra, puchella- beautiful
- Pubescent, Villose, Pilose, Tormentose- hair like
- Truncate- cut off
- Tenius- thin or hair like



Opuntia microdasys

More terms next month. Do any on this list sound familiar? How about the Crassula family? Or how about *Opuntia polyacantha*? Knowing these terms may make remembering those pesky scientific names easier.

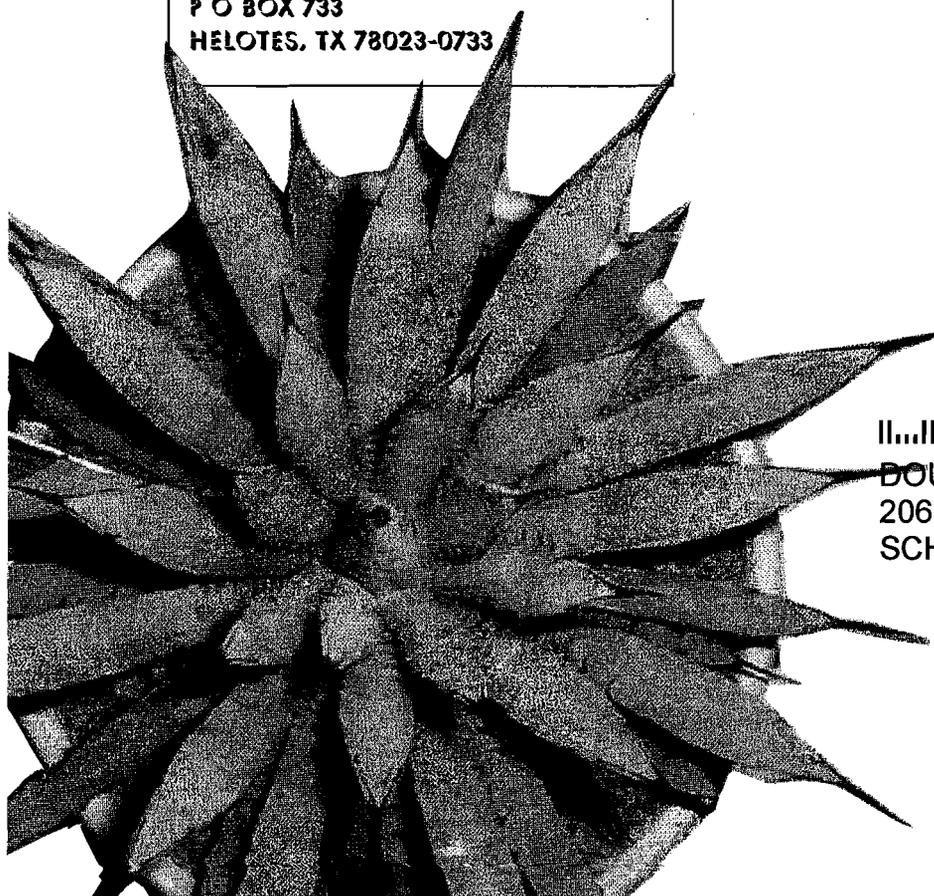
Ann Dickey

A Monthly Publication Dedicated to the Admiration, Study and Proliferation of Cacti & Succulents
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“Even if you are on the right track, you’ll get run over if you just sit there.” From Wsords To Live By

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