



## Presidents Message

Thanks to the support of our wonderful Past/Present Geranium Society Board Members, we have an exciting list of informative and fun meetings, events and dinners planned for the coming year, starting with our Valentine's Day Potluck, where we will be entertained by the Bell Ringers!

At this meeting we will vote on a theme for the May Show and Sale. "All A-Buzz about Geraniums" has been proposed. We could showcase pollinators such as bees, butterflies, other insects and birds in our blooming Geranium displays.

Thanks to the recent rains my Geraniums are lush and green, and the new cuttings are hopefully sprouting roots to provide plants for the Show and Sale. Now - if I can just remember to put 1/2 strength fertilizer on them every two weeks after watering and potting them up, they will be blooming in time for the Show/Sale!

I'm trying to keep my other plants cleared of dead and yellowed leaves, and am pinching off the flower buds trying to come out too early (our weather has them confused!). My ivies insist on blooming now - no matter what I do. They will also get sprayed a couple times for Rust and fungal diseases.

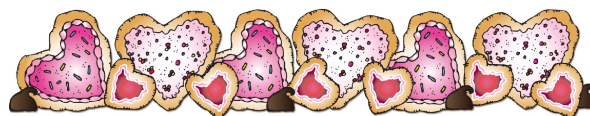
Don't forget to sign up for the Geranium Conference, which is Saturday, Feb 18th at the L A County Arboretum. You can sign up online at [topbun9@gmail.com](mailto:topbun9@gmail.com). Reservations have to be received by Feb 14th. Car Pools are forming - I'll have a list with me at the meeting.

Happy Valentine's Day!  
Marilyn Ketteringham  
President

## Geranium ecuadoriense

*Geranium ecuadoriense* is a perennial that reaches just 3-5cm tall. Leaves are rosettes, 10 by 5.5cm, ovate-cordate, shortly and rather silky-down, greyish-white with petioles 2.5cm long. Flowers are white or pale rose, winter in the wild. In other respects the plant resembles *G. sericeum*. It grows in Ecuador, Chimborazo, on mobile scree near the edge of the eternal snows at 4000m.

## February Meeting Tuesday, February 14, 2017 Potluck Dinner Meeting 6:30PM



We need members to arrive early to help set up tables and to decorate - doors are open at 5:30!

Please bring enough food to serve 8-12 people

Don't forget to -  
Bring Cuttings from your Garden -  
Bring a plant for "Show and Tell"

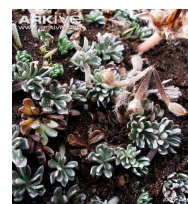


### SDGS Officers and General Contact

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G. ecuadoriense flowers



G. ecuadoriense  
seeds/foliage



Clump of G. ecuadoriense

## 9 Geranium Oil Uses

1. **Wrinkle Reducer** – Because geranium oil is an astringent, it induces contractions in several parts of the body. It has the power to minimize the look of wrinkles because it tightens facial skin and slows down the effects of aging. Add two drops of geranium oil to your face lotion and apply it twice daily. After a week or two, you will see the look of your wrinkles begin to fade away.

2. **Infection Fighter** – The antibacterial properties found in geranium oil help to protect your body from infection. Geranium oil can stop bacteria from growing on the skin, like on a wound. To do this, rub two drops of geranium oil onto the affected area and cover it with gauze; you can repeat this remedy twice a day until the wound or cut is healed. When you use geranium oil to fight external infection, your immune system can focus on your internal functions and keep you healthier. Athlete's foot, for example, is a bacterial infection that can be cured with geranium oil. To do this, add five drops of geranium oil to a foot bath with warm water and sea salt; do this twice daily for the best results.

3. **Healing Helper** – Geranium oil helps to speed up the healing process of cuts, wounds and incisions. It also helps in fading the look of scars and other spots on the skin quickly. Because geranium oil has powerful cicatrisant properties, it increases blood circulation right below the surface of the skin — this helps with the healing of spots caused by acne, cuts or wounds, surgical incisions or skin irritations.

4. **Natural Deodorant** – Geranium oil is a circulatory oil, which means that it exits the body through perspiration. Now your sweat will smell like flowers! Because geranium oil has antibacterial properties, it aids in eliminating bodily odors and can be used as a natural deodorant. The rose-like smell of geranium oil is a perfect way to keep you smelling fresh every day. Add five drops of geranium oil to a spray bottle and mix it with five tablespoons of water; this is a natural and beneficial perfume that you can use every day.

5. **Skin Enhancer** – Geranium oil helps in the treatment of acne, dermatitis and skin diseases. Try mixing a teaspoon of coconut oil with five drops of geranium oil, then rub the mixture onto the infected area twice a day until you see results. You can also add two drops of geranium oil to your daily face or body wash.

6. **Respiratory Infection Killer** – Geranium oil can prevent nose and throat infections, as it contains several chemicals that have antibiotic-like effects. When applied to the nose or throat, topically, the oil has a soothing effect and will reduce soreness. To take advantage of this benefit, use a diffuser, inhale geranium oil twice a day, or rub the oil on your throat and under your nostrils.

7. **Nerve Painkiller** – Geranium oil has the power to fight nerve pain when it's applied to the skin. Developing research suggests that applying rose geranium oil to the skin can significantly reduce pain that follows shingles, a condition caused by the herpes virus. Research suggests that the strength of the product used matters, as geranium oil in a concentration of 100 percent appears to be about twice as effective as a 50 percent concentration, so keep that in mind when you are shopping for geranium essential oil. To fight nerve pain with geranium oil, create a massage oil with three drops of geranium oil mixed with a tablespoon of coconut oil. Massage this beneficial mixture into your skin, focusing on the areas where you feel pain or tension.

8. **Mental Functioning Improver** – Geranium oil has the power to improve mental functioning and uplift your spirits. It's known to help people who suffer from depression, anxiety and anger. The sweet and floral smell of geranium oil calms and relaxes the body and mind.

9. **Insect Repellent and Bug Bite Healer** – Geranium oil is used as a natural bug repellent. To make your own bug repellent, mix geranium oil with water and spray it on your body – this is much safer than sprays that are filled with chemicals. You can also add baking soda to this mixture to boost the effects. It also heals insect bites and stops itching; use it as a massage oil on itchy or irritated spots for relief.

For the full list of 15 Geranium oil uses - a DIY recipe - and potential side effects of using Geranium oil, see:  
<https://draxe.com/10-geranium-oils-benefits-healthy-skin-much/>