

# Geraniamania

Planting Since 1972



A Publication of the San Diego Geranium Society  
The San Diego Geranium Society usually meets the  
Second Tuesday of the month, 7 p.m., in Room 101  
of the Casa Del Prado in Balboa Park.  
Meetings are on hold until further notice.

## President's Message - July 2020

It looks like our traditional and customary way of doing things has got to change. And we have two big causes for these changes: the COVID 19 Pandemic, and the July Weather. I went out into our garden last week, and except for a few strong and hardy plants all of the blooms were toast.

But there is hope! Monica's propagation area, surrounded by brown shade cloth (see photos below), has dozens of plants started in 6 packs and now transferred to 4" pots. The ones repotted in May are doing very well, and those done around June 15<sup>th</sup> are doing OK. Shade, moderate watering, and lots of TLC seem to be the recipe.

At our SDGS Board Meeting (Zoom) on July 5, Brenda Archer, our Treasurer, suggested that we have a moratorium on dues. So - dues for 2020-2021 will not be collected, and hopefully at a meeting in March or April of next year, we will collect the dues for 2021-2022.

If you want to see a really good garden, and get some Ivy or Zonal Geraniums, Sharon Pearce (past President and Newsletter Editor) has volunteered her garden for our next Garden Tour on Saturday, July 11<sup>th</sup> from 1:00 - 4:00. Please RSVP to Sharon Pearce (619-851-5336) to let us know what time you'll be coming. We will be giving 2 plants to every person who comes - while supplies last!

If you've missed our meetings, then we have some good news: you are invited to an online Zoom meeting. You can just call in, you do not need a computer. Call me (858) 518-7581 if you need help or are having any problems.

Meeting: SD Geranium Society July Zoom Meeting

Time: Jul 14, 2020 07:00 PM

Join Zoom Meeting:

[Click here to join meeting](#)

Meeting ID: 884 9627 8062

Password: 843446

Dial in number:

+1 669 900 6833 US (San Jose)

Meeting ID and Password are the same

But wait! There's more! If, as we expect, we may not be able to have our regular General Meeting at Balboa Park in September, then we have plans to have it at:

The Water Conservation Garden

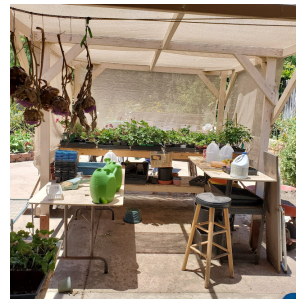
[thegarden.org](http://thegarden.org)

12122 Cuyamaca College Dr West

El Cajon, CA 92019

We're still working out a date for that meeting - we'll let you know as soon as we have it firmed up with The Garden!

BTW: They will be having a Butterfly Release on Wednesday, July 8<sup>th</sup>, Sunday, July 12<sup>th</sup>, and Thursday July 16<sup>th</sup>. Bring your masks and enjoy the Mariposa, Papillon and Schmetterling. They are beautiful in any language!



These are photos of the shaded patio cover we built - it provides nice shade for us while we're potting up!

Patrick Powell - President

## Mail Order Geraniums

Our wonderful spring events where we buy new plants were all cancelled this year. However, we can still get new plants by mail order! Robin Parer's website ([www.geraniaceae.com](http://www.geraniaceae.com)) is a wonderful place to browse and choose plants that can be delivered right to your door.

I recently received an order from Robin and I am so proud of my plants, some of which are new to me and some are replacements. *Brenda*



Happy Birthday to US! July is our Birthday month, and we usually celebrate with an ice cream social...so be sure to have a scoop(or two) in our honor!

## The Benefits of Sunshine!



Alan Titchmarsh (From the UK) admonishes us all to embrace colour in the garden — and nothing brings it as easily as pelargoniums.

### Geranium Conference is Rescheduled to 2021

It seems that the virus is getting worse instead of better. We are a few weeks out from the scheduled date of our conference. Most of us would not go to a family gathering in the current state of public health, much less a gathering of unrelated people from all over the state.

Therefore, the board of the San Diego Geranium Society has decided to cancel this year's conference and start over next year. We will try to keep the venue the same and the date sometime in March. More info on that later in the year.

We will refund the money of those who have already registered and paid. For those who have paid by check, we will send those items out this week. For the few who paid cash, we will make arrangements to return that money to you. For PayPal payments, you will receive a check this week from the club for the amount that you paid. See why it is important that you include your contact info in your registration?

By the way, if your contact info has changed, or if you have different instructions regarding your refund, please email Brenda Archer at [leocat25@cox.net](mailto:leocat25@cox.net). We look forward to seeing everyone at the conference in 2021!

### Services for Chuck Barber

If you knew Chuck (a long-time member of the San Diego Geranium Society), please feel free to attend his Memorial Service:

Friday, July 24<sup>th</sup> @ 11:00am  
Care Center Cremation & Burial.

Mission Gorge & Princess View area.

<https://www.carefuneralhomesandiego.com/>

During the first two weeks of the isolation orders I read - a lot - something I've always loved to do. What I discovered, however, after those first two weeks, is that I was falling into a pit of depression, and I needed to snap out of it - quick! I put the books aside and went OUTside into my garden. I figured that it was just me, the birds and the bees, so I was safe!

It only took about 15 minutes for me to start to feel better - more relaxed - less anxious and depressed - and by the end of that first day I felt like a new person! SO - I began spending more and more time outside with my plants, and I could feel my mood lift every time I walked out the patio door! I still did some reading - and was surprised to find an article about the benefits of Vitamin D that explained why being outside was a mood elevator!

It turns out that sun exposure eases mild depression! Sunlight deprivation can cause a condition called seasonal affective disorder (SAD). SAD is a form of depression common in the winter months. It is also common in people who work long hours in office buildings and hardly get out for some sun. Moderate sun exposure, however, increases levels of natural antidepressants in the brain that can actually help relieve this and other forms of mild depression. That's because on sunny days the brain produces more serotonin, a mood-lifting chemical, than on darker days. WOW!

Vitamin D also helps lower blood pressure, improves sleep quality, lessens Alzheimer's symptoms, improves brain function and bone health. Sunlight also promotes healing of skin disorders, such as acne, psoriasis, eczema, jaundice and other fungal skin infections.

It doesn't take a lot of time in the sun to get these benefits - experts recommend no more than 15 to 20 minutes of direct sunlight daily for a healthy adult. (After that, apply sunscreen with a minimum Sun Protection Factor (SPF) of 30.) The best time to be out in the sun is midday, especially during summer. At noon, the sun is at its highest point, and its UVB rays are most intense. That means you need less time in the sun to make sufficient vitamin D.

SO - try to spend those 15-20 minutes as exposed as possible - then cover up to protect your skin! I'm glad I found something to help me overcome the COVID Blues - and I have happier plants, too!

Sharon

