

The Nevada County Beekeepers Association

Local Buzz



October 2009

President's Message

Well it's bee bedtime folks. By October you should have checked mite levels and treated if required. Make sure food levels are enough to keep them through the winter. and make sure everything looks OK, i.e. enough bees, queen, and make sure hive bodies and covers are good to go. Now start planning what you want next year with regard to bees—are you going to make splits? Purchase packages? Or buy new equipment that you can get ready this winter?

Hope to see you at next meeting, don't forget it's time to vote for the new officers and board members. Remember bring a raffle prize and get a ticket at no cost!

Your President, Rob Slay

October 5th Meeting

Our next meeting will be Monday October 5th at 7 PM at the Grass Valley Veteran's Hall. Our program will be 'Fall Treatment and Management', presented by our own Randy Oliver. Be sure to join us before the meeting 5:30 PM in taking Randy out for dinner at Lin Q Buffet, Raley's shopping center in Grass Valley.

Bee Bits

By Randy Oliver

We've been blessed with a great summer for the bees--late nectar flows, and late pollen. If you

haven't already extracted your honey, do it NOW, while it's still warm!

The brood being raised now will become the bees that form the winter cluster. Make sure that their mite levels are low, and that there is plenty of fresh, young brood being raised. If not, treat for varroa, and feed pollen supplement--you can usually get some from me. A few quarts a week of 1:1 sugar syrup will really help to get broodrearing going!

In general, I follow the axiom, "Take your winter losses in the fall." That means, don't waste time trying to nurse weak colonies through the winter. Rather, combine them now with moderate-strength colonies. Strong colonies winter much better than weak ones, and can be split in spring to make up your losses.

Randy Oliver

Sacramento Beekeeping Supplies

- Complete line of all beekeeping supplies
- American dealer for Sheriff suits
- Gifts—bee themed children's wear, tableware, garden décor, etc
- Books—children's beekeeping, homemade cosmetics, candles
- Beeswax candles, molds, waxes (soy and paraffin too) dyes, scents, and wicks
- Honeycomb sheets for rolling candles—35 colors

2110 X Street, Sacramento, CA 95818
(916) 451-2337 fax (916) 451-7008

Webpage at www.sacramentobeekeeping.com

email: info@sacramentobeekeeping.com

Open Tuesday through Saturday 10:00 – 5:30

MAIL ORDERS RECEIVE QUICK SERVICE

For Sale: Country Rubes Combo Screened Bottom Boards

Special NCBA Club Price!
Call Janet for details. 530-913-2724 or email at rubes@countryrubes.com.

Nevada County Beekeepers Association Forum

If you are an up-to-date member and have access to the internet, you will be getting an invitation to join the Nevada Country Beekeepers Association Forum at NCBEES@yahoo.com. Once you get the invite, follow the links and join. Here you can sign up to get communications as they come in, or everything once daily. We can ask questions, answer questions, post club news and get up to the minute information as it's passed on to us. This is going to be a work in progress. If anyone would like to volunteer to be a moderator, please contact Janet at 530-913-2724 rubes@countryrubes.com sincerely, Janet Brisson

To Vent or Not to Vent: That is the Question

By Janet Brisson

I read a motivating article by Dave Cushman in England on insulating your hive tops rather than venting to allow air circulation. You can read the whole article here:
<http://website.lineone.net/~dave.cushman/ventilation.html> .

Cushman has determined that bees in the wild do not allow ventilation to flow through their hive. They pick cozy hollow trees for their homes. Cushman notes that bees kept in hives with

uninsulated tops have a huge problem with moisture, as the heated air hits the cold wood and condenses, mostly in the middle and water drips onto the cluster. But by putting 2" of expanded polystyrene foam above the bees in a sealed roof, that same moist air will rise to the roof, which will be close to the same temperature of the hive, so little or no condensation on the ceiling and the exchange of wet and dry air will take place at the entrance. Cushman points out that this will work well with open screened bottoms as there will be a great exchange of wet and dry air.

Cushman goes on to explain that deliberate ventilation at the top of the hive will vent moist air but destroys the natural circulation of air in the hive, replacing it with a chimney effect. He points out that bees will propolise these openings proving that the bees do not like this event of air streaming over.

I found this interesting as I do vent our hives, using open screens and a top vent throughout the year, but now I'm considering using insulated tops this winter and see how it works

Antioxidants Produced by Honeybees May Boost Endurance

by the Personal Liberty News Desk

A substance honeybees called propolis that use to seal their hives may soon become part of a natural remedy kit for athletes as new research suggest it may protect them from overheating.

An active ingredient in propolis, or bee glue, is called caffeic acid phenethyl ester (CAPE). The compound is known for its antioxidant, anti-inflammatory and antiviral properties, and Taiwanese researchers who conducted the study say it has long been used in alternative medicine. The scientists analyzed blood samples from 30 cyclists who participated in endurance training for two to four years prior to the study. One of the frequent side effects of exercise in the heat is

hyperthermia, which may speed the onset of fatigue and dehydration.

Lead researcher Yu-Jen Chen of Chinese Culture University in Taiwan wrote in a paper published in the Journal of Food Science that CAPE appears to protect mononuclear cells from hyperthermia-induced death.

"This implies that CAPE might not only promote athletic performance but also prevent injury secondary to endurance-exercise-induced hyperthermia," the scientist concluded. Antioxidants have a range of health benefits and may reduce the risk of serious diseases such as cancer. They are available in the form of supplements in a variety of health stores

Honey and Cinnamon

(Thom Staser submitted the following article regarding the benefits of Cinnamon and Honey)

Bet the drug companies won't like this one getting around.

Facts on Honey and Cinnamon: It is found that a mixture of honey and cinnamon cures most diseases. Scientists of today also accept honey as a very effective medicine for all kinds of diseases. Honey can be used without any side effects for many kind of diseases.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada in its issue dated 17 January, 1995 has given the following list of diseases it claims can be cured by honey and cinnamon, in various combinations and doses, as researched by western scientists:

- Heart Disease
- Bladder Infection
- Cholesterol
- Hyperactivity
- Colds
- Upset Stomach

- Gas
- Immune System
- Indigestion
- Flu
- Longevity
- Pimples
- Skin Infections
- Weight loss
- Stomach Cancer
- Fatigue
- Bad Breath
- Arthritis
- Hearing Loss

In addition, the list of honey's beneficial functions by itself is a long one. Various sources make the following claims: Honey increases calcium absorption; can increase hemoglobin count and treat or prevent anemia caused by nutritional factors; can help arthritic joints, when combined with apple cider vinegar; fights colds and respiratory infections of all kinds; can help to boost gastrointestinal ulcer healing; works as a natural and gentle laxative; aids constipation, allergies and obesity; provides an array of vitamins and minerals; and supplies instant energy without the insulin surge caused by white sugar.

Many have found raw honey helpful for its positive effects against allergies and hay fever, and one or two teaspoons last thing at night can help with insomnia. As an antiseptic, honey is also a drawing agent for poisons from bites or stings or infected wounds, and has outperformed antibiotics in treatments for stomach ulcerations, gangrene, surgical wound infections, surgical incisions and the protection of skin grafts, corneas, blood vessels and bones during storage and shipment.

September Minutes

No minutes were submitted for the September meeting.

The Nevada County Beekeepers Association is dedicated to apiculture education and promotion of the art and science of beekeeping among beekeepers, agriculturists, and the general public. This is a "not for profit" organization. Meetings are held the first Monday of each month at 7 PM at the Grass Valley Veteran's Memorial Building at 255 South Auburn Street in Grass Valley. All visitors are welcome. The newsletter is published monthly as a service to the membership. Articles, recipes, commentary, and news items are welcomed and encouraged. Submission by email is encouraged. Please submit to Leslie Gault at lesliegault@yahoo.com. The deadline for the November 2009 edition is October 21st. A limited amount of advertising space (business card size 3" by 2") is accepted and need not be bee-related. Rates are \$1 per issue or \$7 per year for NCBA members and \$16 per year for non-members. All revenue from advertising goes to the Association treasury and helps offset the cost of producing and distributing this newsletter. To receive the *Local Buzz* via email: please email your request to lesliegault@yahoo.com

Nevada County Beekeepers Association **2009 Officers**
President: Rob Slay.....263-5618
robslay@peoplepc.com
Vice President: Karla Hanson..... 265-3756
Secretary: Jack Meeks..... 432-4429
jackm@nccn.net
Treasurer: Janet Brisson..530-913-2724
rubes@countryrubes.com
Board Members
Larry Meritt
Leslie Gault 346-7092
Randy Oliver..... 277-4450
Deborah Morawski 675-2924
Committee Chairs
Swarm Hotline: Karla Hanson..... 265-3756
Lynn Williams675-2924
Librarian: Tynowyn Slattery... 265-6318
Newsletter Mailing: Steve Reynolds.....268-2133
Newsletter: Leslie Gault..... 346-7092
lesliegault@yahoo.com
Honey Extractor: Karla Hanson.... 265-3756

Nevada County Beekeepers Association



c/o Steve Reynolds
PO Box 548
Chicago Park, CA 95712
First Class Mail
October 2009

October 5th Meeting

The October 5th program will be about fall treatments and management by Randy Oliver, 7 PM meeting at the Grass Valley Vets Hall. Join us for a no-host dinner at Lin Q Buffet at 5:30 PM, in the Raley's Shopping Center in Grass Valley