Wake County Beekeepers Association July 2008

Next Meeting: July 8th 2008

Editors Note:

Our June speaker got me thinking about the intertwined relationship of bees and food crops. I know scientists are working on it, but what about the relationship of what is used on crops and bees that are trucked there for pollination. What about the Round Up, Amdro, Sevin you or your neighbors use? What about the antibiotics and drugs people and pets take, pee out (or flush in the toilet) that gets into the groundwater system that bees then use to cool the hive? If you are looking for something to do this summer, here are some good ideas:
Learn about sustainable farming: The USDA supports 3 programs for Sustainable Agriculture, AFSIC, SARE, and ATTRA.
AFSIC: Alternative Farming System Information Center.
SARE: Sustainable Agriculture Research and Education: www.sare.org
ATTRA: National Sustainable Agriculture Information Service
http://attra.ncat.org/

Issues why we need to think about sustainable farming:
http://www.sustainabletable.org/issues/

A good summer read as to how our food supply got this way: "The Omnivores Dilemma" by Michael Pollan.

Then we can start thinking about sustainable beekeeping! I do know some of you are already thinking about this sort of thing. Club member Ricky Barbour has really been enjoying his top bar hive of bees. He even noticed for some reason, he has not seen any mites on them. While he has had to treat some of his other bodies/supers of bees the top bar bees take care of themselves.

Jill Currin, Secretary WCBA

For the July meeting the Presentation will be: "Preparing for the State Fair Honey Competition" by Will Hicks & Danny Jaynes

Location: Wake County Commons Building, Carya Drive. The meeting officially starts at 7:30, but everyone is welcome to arrive around 7:00 to enjoy refreshments and visit with others. Tim Huffman, Danny & Mary Jaynes and Thomas Jaynes are signed up to bring refreshments for the July Meeting.

* The website www.Wakecountybeekeepersassociation.org is up and running. If you have any suggestions or changes contact Danny.

June Meeting Summary

Thank you to Jim Howard, Theresa Cantrell, and Mary Catherine Nichols for bringing refreshments for the June Meeting.
As a reminder: Wake County Club dues are $10. If you have not paid yet, see Vivian. You do not have to be a member to attend meetings. The club is non-profit, but dues and fundraisers go to promoting beekeeping in our county- a good thing. For a small membership fee, you get a cute nametag, use of club equipment and newsletters etc. Also, regular members who reach a certain age become "lifetime" and no longer have to pay dues. Members who have not renewed for 2008 will be removed from the database next month.
June Meeting: We had a large attendance to the June Meeting. Our room was filled with bee enthusiasts, many new club members and guests too. What to do in the hive- Steal honey! The website has the equipment list if you need to use one of the extractors. Of course, you have to be an active member to use equipment and materials.
If you have suggestions to improve the chapter, write or give an email to Danny. Djaynes101@nc.rr.com. Suggestions will be brought before the club, discussed and possibly acted upon.
There was a meeting to discussion the Swarm Guidelines: If you get a swarm on your own accord, you can set your own rules. If you are on the Club swarm list you will have to abide by the agreed upon rules. They are tentative club rules on retrieving swarms. These may be altered before being finalized in October. From what I understand, the club guidelines are for a general swarm (NOT including removing from structure) There is no fee for removal. You can however, accept gratuities.

We realize there are costs of gas to get to places, and time invested, but with club swarms- your reward/ fee is free bees. With your new bees, you can re-queen, and sell a nuc (going rates currently ~$70-$100) or have another hive in your apiary. The removal from structure guidelines will have to be agreed upon by those who take care of that. This may be more difficult based on the level of complexity and many other variables. As you all have heard numerous times when you are on the swarm list, it is imperative that you have equipment and be ready to go when called.

Sign up sheet for the NC State Fair Honey Competition circulated. Now is the time to be thinking and preparing for show. Honey you bottle now will take time for the air bubbles to get out and look "fair ready" by Oct.

If anyone is interested in selling Honey and other Products of the Hive July 12 let Danny know. The state summer conference is July 10- 11th in Pinehurst. Charles Heatherly tells us there are a lot of great speakers and workshops. Our long-time club member Betty Jean Foust is hosting the annual Cooking with Honey Contest.

Kristin Traynor author of numerous articles in American Bee Journal will be presenting Sweet solutions for Good health. If you cannot make it to hear her at Pinehurst, we are lucky enough to have her coming to Raleigh Sunday @12:00 at Edenton Street Methodist Church. There is a brunch with dishes and desserts made with honey. (See page 4 of this newsletter for more details.)

The annual Club Picnic is scheduled for August 12th, our regular meeting night for the month of August. It will be held at the Raleigh Police Club on Knightdale Road. A motion was made and passed to change the August meeting time to 6:30. We will also use this time to prepare for Bugfest, our big event in September.

Mark welcomed Guest Speaker Steve Gibson. He is a Cleveland County Area Agriculture & Field Crops Extension Agent. Both Steve and his wife are relatively new to beekeeping; They are also officers in their local club. They participate in a farmer-to-farmer club in Bolivia. Steve has great pictures and video of his apiary, a swarm leaving a hive, bees working flowers. He shared pictures of Mark's dad and uncle in the bee yard, also Don Hopkins working hives. Steve has adopted some of Don's methods, such as hanging his smoker in his back pocket, and wearing less gear. He split a somewhat aggressive hive, and let them raise a new queen. The new hive is just as aggressive, so he may not have a lot of fun working them without veil and suit, a la Don Hopkins style. As an agent, Steve reminds us tests are difficult to perform in an apiary due to numerous uncontrollable variables. These factors include genetics of the colony, condition and complication of the queen. Beekeeping is less of a science and more of an art. To test your hives for Hygienic Behavior: You can poke a hole in brood in a couple of hives; you can see how long it takes to clean them out. Compare the rate to that of other hives. There was some discussion as to Pierco and Duraglit frames. Apparently the Duraglit is worse the 2nd year. The Pierco is better, still not satisfactory, but requires less labor. Ricky drilled communication tunnels in his frames and it worked well. Pierco frames do have at least one drawback: Small Hive Beetles can live in the slots on the sides. Pests also like to accumulate in the inner cover. Steve showed pictures of some hives that were getting ready to swarm; he did the collision method on 3. This method involves splitting a hive by separating them by a double screen so that the bees are physically separated, but the queen's pheromones' smell is in both. The uncapped queen

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Back copies of newsletters and the bylaws are available on this yahoo group.

Club Extractors:
The club owns extractors that are available for members to borrow. Electric extractors: Ricky Barbour (in Zebulon 269-0108), Whit Joyner (in New Hill 387-0164) Hand extractor: Raleigh Myers (in Raleigh 787-0058)

is in the top hive body, the old queen in the lower, face their entrances opposite and add a super to each. The nurse bees will have plenty to do raising the new queen, and have less of an urge to swarm. If you combine them in March, you can separate them mid-April. Only 1 of the 3 hives Steve used the collision method on was successful. Two failed due to lack of food, and bad weather. The problem is that you cannot inspect the bottom of the split to see how the queen is doing, which can be risky. Also, it is very physically demanding, heavy lifting a 2-person job. If the method fails, you have the option of recombining the splits, the smells already mingle and they will combine well. Crops who need bees: Cucumbers and strawberries are very dependent on honeybees as pollinators. Lack of sufficient pollinators will cause misshapen crops. You need 2 hives per acre. Usually bees are not spread out in the field. A club member mentioned the USDA website had recommendations of hives per acre of various crops. (I could not find a link, maybe whoever mentioned it could get it to me for next month's newsletter.) Steve mentions this year the bees are not working the Tulip Poplar trees as much as usual. He said usually you could stand at the base of a tree and hear them working, but not so much this year. Whatever they are working, the honey is lighter in color. Other good pollen & nectar plants for bees are wild cherry and persimmon. Winter wheat, oats, barley and henbit are important to bees. Red maples bloom Dec.-Jan or Feb. and may bloom longer. They are a good winter source. Russian Olives bloom in the spring. White clover they can work well into August. Sea Myrtle is good for bees in the fall. Goldenrod blooms in Autumn. You want to have things blooming every season for the bees. Steve showed us a picture of a bee getting nectar from a nectree: an extra floral nectar source.

Steve had pictures of Beekeepers in Bolivia working Africanized Bees. He brags that he was able to work one without gloves. He tells us they are not here in America, but if they do come, although not desirable, it will be manageable. In Steve's regular job (not the fun beekeeping one), he does understand the need to use chemicals in pest management with crops. He tells there are methods to reduce pesticide use. For example, with a 100% no till system, it encourages beneficial microorganisms to develop more resistance. No till is where crops are planted on last years residue. There is less chance for erosion and run off creating better soil to grow, as well as less disruption to beneficial insects already there. Steve mentions that neonicitinoid seed treatments on cotton and crops do not affect bees as much as the pre-emergent spraying. Treating with synthetic methods WILL contaminate wax. Checkmite and Apistan were used more in the past. Now people are opting for softer chemical such as Thymol. If you use synthetics in the hive there is 100% chance there can be residues in honey and other products of the hive. Trifluralin, an herbicide used on soybeans in soil before planting, can be detected in soybean oil. Honey cannot be washed or processed to reduce pesticide residues. Biopesticides now registered are effective. Ideally, it is best not to treat, but if you have to treat, use safer or softer treatments or the least possible to obtain the desirable result.

Do bees pick up pesticides on crops?

It has been well documented that they bring in some pesticides if in the area. Can't expect organic honey to be 100% pesticide free. Moreover, if the "organic honey" comes from China, Brazil, or other countries with different standards (no EPA or FDA) and little to no USDA inspection, do you think it will be pesticide-free? Most of us know anyway, that local raw honey is best for us. Local produce is generally better than organic non-local and definitely better than non-organic shipped here.

Our speaker mentioned how congres has tried to keep the food insudtry safe for human consumption: The Food and Drug and Cosmetic Act of 1938 gave the FDA authority to oversee the safety of foods, drugs and cosmetics. In the late 1950s there was a scare where a cancer causing herbicides were found in cranberries. A NY congressman, James Delaney helped get the Delaney Clause amendment in 1958 which said: "the Secretary of the FDA shall not approve for use in food any chemical additive found to induce cancer in man, or, after tests, found to induce cancer in animals." This clause does allow known carcinogens at detectable levels, but it seeks to make food safer for the public.

The Food Quality Protection Act (FQPA) was enacted in 1996 to help "fix" agriculture. With this, Congress challenged the Environmental Protection Agency to implement an overhaul of pesticide use and improved food safety. In particular, they wanted to reduce use of pesticides that are known carcinogens in human food. Zero carcinogens in processed food is a difficult goal (or impossible) to attain. Some of the major requirements of the FQPA include stricter safety standards, especially for infants and children, and a complete reassessment of all existing pesticide tolerances.
Also, in 1996 pesticides were removed from the Delaney clause in the Food Quality Protection Act. The Environmental Protection Agency evaluates and regulates pesticide use. This has many points for the improving safety and creating a higher standard. This considers risk to infants and children, hormone disrupting pesticides, cumulative and aggregate pesticide risks, as well as reduced risk pesticides. The FQPA came up with the Risk Cup Method. The risk cup is a theoretical cup of pesticide risk. When the cup overflows, with the cumulative use of pesticides to reduce pests and disease carrying insects, they will be eliminated or reduced. The Risk Cup supposedly decreased toxins 90%, making our food 10X safer for public health.
The USDA has "allowable" levels of pesticides in our food. The Total Diet Study or Market Basket Assessment measures amount of exposure of toxins in foods. What fits in the typical "Market Basket" and the toxins therein are measured. Honey is a small portion of the market basket, so it gets a break in terms of what is allowed. If you look at the USDA website it is scary what is allowable in food. Examples include Acrylamide (plastic) in fried foods, lead in candy and from coloring on packaging (both foreign and domestic), Perclorate in fruits, vegetables and bottled water and Benzene in soda.

Upcoming Event:
NCSBA Summer 2008 Conference

July 10-12, 2008 @ Sandhills Community College, Southern Pines, NC. Once again we are lucky enough to have a beekeeping conference within easy driving distance of Wake County. If you have never been to a conference, this is going to be a fantastic one. For the experienced beekeepers, we will have well-known speakers with up-to-date research. If you are new to beekeeping Chuck Norton will be having a Beginner's Workshop on Friday afternoon. The price to attend the conference is so reasonable -- be sure to attend even if you can only come for one day. All information about the conference can be found at **http://www.ncbeekeepers.org/meetings.htm**.

Proof Local Honey is good for Allergy sufferers:

Club member and former secretary Michelle Barry tells me of a customers' success with her raw honey for his allergies and annual hay fever symptoms. He goes through a little over a quart a month. Every morning he puts a spoonful of raw honey with his breakfast cereal. This year is the first year he has ever been able to sit out on his screened in back porch without having a sneezing attack. This speaks volumes to me. As a chiropractor who does acupuncture I have seen more people this year for symptoms and complaints of allergies than years past.

****ATTENTION BEEKEEPERS** If you have opportunity, participate in the FERAL BEE PROJECT****
Dr. Tapry would like to bring our attention to an effort across the state to map, track and monitor feral bees. They have developed the "Feral Bee Project" website to serve this purpose: http://www.savethehives.com/fbp/
The site is still being developed, but they wish to collect information on non-managed honey bee colonies. If you know of any honey bees living outside of beehives, please fill out the simple online to help make this an accurate and successful project.

Kirsten Traynor accomplished photographer, author and beekeeper will be presenting

"**Sweet Solutions for Good Health**"

at Edenton Street United Methodist Church @ 228 W. Edenton Street, in Downtown Raleigh.
@12:00 a lunch cooked with honey will be served. The cost is $5.00 which can be paid at the door.
To make reservations: call 919-832-7535, M– F between 8:30 am - 4:30 pm.
Deadline to register is July 9th

Kirsten recently returned from 18 months abroad in Europe. During her stay, she was based at the largest bee research institute in Europe. She traveled extensively throughout Europe to speak with scientist, researchers, medical doctors and beekeepers, gathering information for her upcoming book on the health benefits of honey.

What to do in the Bee Yard this Month.

Some may still be stealing honey. Replace wet supers on hives for the bees to clean up. Remove dry supers for storage; stack the supers outdoors under cover, with spacers so that air and light reach the frames. Attend the NC State Beekeepers Association Summer Meeting. Keep an eye on the hives and make sure they are Queen right.

Diabetes and Honey

Honey is one of nature's delicious and healing foods. Most diabetics avoid all sweets, but honey safe for most diabetics. If you are diabetic you should always discuss dietary changes with your doctor. Honey and refined sugars are very different chemically and how they are metabolized in the body. With diabetics hyperglycemia and hypoglycemia can be dangerous. If a diabetic is experiencing hypoglycemia with too much insulin circulating eating honey will not supply glucose rapidly enough to balance the system. Due to the fructose and glucose and enzymes in honey it is an invert sugar. Diabetics can consume fructose, such as in honey because it does not raise blood sugar or insulin levels. It is metabolized without using insulin.

Honey also contains many healing nutrients. These include vitamins B1, B6, B12, C, E and Biotin. These are in a natural form, ready for the body to use, good for people including diabetics. Honey also contains trace minerals that are usually deficient in diabetics. Trace minerals in honey include chromium, magnesium, manganese, vanadium, potassium and zinc. Chromium is a critical nutrient in Type 2 diabetes. It helps regulate the amount of glucose in the blood stream by carrying glucose across cell membrane. This is beneficial for diabetes, pre-diabetic glucose intolerance and women with diabetes associated with pregnancy. Honey also contains manganese and magnesium, minerals present in diabetics at lower levels. Vanadium reduces blood sugar decreasing insulin needs. Potassium in honey helps improve utilization of insulin and may help diminish hypertension. Zinc is present in all cells in the body and more than 300 enzymes. Zinc is involved in virtually all aspects of Insulin metabolism, synthesis, secretion and utilization. Deficiency in zinc is believed to play a role in the development of diabetes as well as decreased immune function and acne.

In 1933, apiculture journals sent out questionnaires to beekeepers to get information on effects of bee stings and possible values as a remedy for arthritis and rheumatism. Many people also informed the apicultural journals of the success of honey for diabetic conditions. Mr. Edmeston, a New York beekeeper wrote that he not only cured many cases of rheumatism with bee stings. He also included a list of people who were diabetes, whom after adding honey to their diet they recovered. A medical doctor and beekeeper Dr. Ameiss advocated tupelo honey for diabetics. He believed is good because it has minimal amounts of glucose and large amounts of fructose. Others believe it also has to do with the sources of nectar, such as healing plants and herbs. Professor Szent-Györgyi, most commonly known for the discoverer of Vitamin C, credits citric malic and succinic acids in honey as being helpful in preventing acidosis of diabetics. It is believed these acids inhibit the formation of dangerous acetone bodies in diabetics.

Germany and France Ban Pesticides Linked To Bee Deaths; Geneticist Urges U.S. Ban

(from www.GreenRightNow.com)

Germany has banned clothianidin, a pesticide linked to Colony Collapse Disorder (CCD). Heaps of bees were found dead near cornfields sprayed with this. "In the United States, drastic action is needed," says Canadian geneticist Joe Cummins, explaining that U.S. farmers and beekeepers shouldn't have to wait for more evidence or for an air-tight explanation for the complex syndrome, which threatens one in every third bite of food in the United States. Now most apiarists and scientists realize that pesticides are a factor in CCD, he says.

In France, studies of other pesticides have shown they are negatively affecting bee behavior contributing to the collapse of entire colonies. France has outlawed the use of the pesticide imidacloprid, similar to clothianidin in the neonicotinoid class. Imidacloprid has been linked to disoriented honeybee behavior, and may help explain why many CCD cases result in abandoned hives. The EPAs fact sheet on clothianidin shows that it has known of the dangers to bees since it was conditionally approved in 2003.