



BEELINE

Jan. 2013

Volume 23

Issue 1

Newsletter of the Southern Adirondack Beekeepers Association (SABA)

www.adirondackbees.org

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Vacant !

(your name here?)

Washington—

Tom Wells

Notable Volunteers

Librarian: Jennifer Ford

Seminar Fundraiser Expert:

Gregory Stoddard

President's Column

-David Wood

A backyard beekeeper was working his hives one cloudy day, and things were not going too well. Frustrated and bee stung, he let loose a string of colorful invectives.

As he did, his wife came into the yard. "Dearest," she said, "You don't hear me talking like that."

"That's true, you don't swear," he replied, "but then again you don't keep bees."

Happy New Year to you all, and in 12 months may you look back and say yes, (despite use of some colorful invectives) it was a good year! One way to help make the new year happy is to volunteer to be a mentor. Our club membership has been growing (110 in attendance at November's meeting!) and there is an increasing need for mentors. SABA is all about encouraging beekeeping, and mentoring a newbie is a wonderful gift you can give. New members are

encouraged to request a mentor, and they are directed to go to SABA's website www.adirondackbees.org to the link "Mentor Request Form." Dan Kerwood has volunteered to facilitate the mentor/ mentee matching. Thanks Dan!

At the March 18 SABA meeting we will be examining hives that have not survived the winter. Much can be learned by careful dissection of a deadout. In the unfortunate event that one of your hives died over the winter we would like to do a post mortem of your hive. Please contact me if you can donate a deadout for March's meeting. Please don't take it apart. You provide the hive, we do the "show and tell".

One more reminder – Don't let your membership lapse! Membership dues for 2013 are due.

See you on January 28!



SABA Supports Young Beekeepers

- Marsha Williams

At the November meeting, the 2011 Young Beekeeper Award winners shared their first year of beekeeping with a filled auditorium. The 2011 Wolf-Lounsbury Award winner, Martha Berben, 12, and the 2011 Bob Stevens Award winner, Bryan Pruskowski, 17, shared photos and personal stories of their first year of beekeeping. Their enthusiasm and delight was encouraging, especially for the new award winners in the audience. A special thank you to goes their mentors, Jen Ford and Keith Freeman, and Anne Frey, who supported them from construction through harvest.

Continued on page 4

Calendar - Use This to Mark Yours!

January 28 SABA General Membership meeting

50 W. High St., Ballston Spa (Cornell Co-op. Extension)

7:00-7:30 pm ... Ask a Beek (informal Q+A)

7:30 -9pm... Business meeting and Guest Speaker:
Jack Rath on 'Chemicals in the Hive'

Feb. 25 SABA Board mtg at Cornell Coop. Ext. 7 pm

March 16, Saturday, 9:30 am-5 pm

It's the SABA Seminar !!

Details, page 3.

Notes from Mike Blendell, 1st V.P.

Well here it is almost a new year. As I write this we are getting our first northeaster of the winter. If your hives were like mine this year, you had a heavy mite count, hive beetles, and I even had one empty hive that had wax moths. So all and all a bad year for me. My best hive quickly became my worst hive. As a person who is not a big fan of chemical use in my hives, it may be time to change my attitude about the use of chemicals.

I have asked Dr. Jack Rath to be our January 28 speaker. Jack is a veterinarian of 30 years and a beekeeper since the late sixties who bought his first hive from Montgomery Ward. He is now a co-owner of Betterbee.

He will cover rational use of antibiotics, pesticides and chemicals in treatment of honeybees, as well as how to:

Manage colonies to prevent infection,

Accurately diagnose disease in honeybee colonies,

Use products when necessary to treat/prevent disease,

Avoid contamination of honey with product residue,

Use products in a manner that does not promote the development of resistant strains of pests, and he will

Talk about new products on the horizon

There will be a meet and greet at the Factory Eatery and Spirits in Ballston Spa located at 20 Prospect Street from 6 pm to 7 pm before the meeting.

If you have any ideas for topics or speakers, let me know since I'm always looking for good ideas.

Q + A , Crystallized Honey

-Anne Frey,
Don VanderWerker

Anne,

This year both my extractions - early and late Sept. - have already crystallized. None with last years honey. Any thoughts on why it crystallized so fast? Thanks and Happy Holidays.

- Don, November 28

Hi Don,

Mine also has crystallized. There can be a few reasons.

Honey that was made from a lot of goldenrod and aster nectar will crystallize quickly. Maybe last year you also had earlier honey (June and July wildflowers/ clovers/wild berries/tree nectar) in the supers with the late summer (goldenrod/aster). The June/July sources would have diluted the

strength of the August/Sept. goldenrod/asters.

In Duanesburg, goldenrods begin around July 20 and end around September. 27. Asters begin around August 9 and end around October 9.

Maybe the extractor, buckets, jars and/or strainers were completely dust-free last year, but not this year. Tiny bits of anything will speed crystallization. Not capping the jars immediately will also speed it, due to airborne dust.

Maybe you stored the honey this year in a place that had temperature fluctuations. This will speed crystallization.

But don't worry that it's semi-solid, or solid. If it's still in a bucket it is sort of difficult to deal with. You can set the bucket by the wood stove, or buy a pail heater. Then it will be liquid enough to bottle.

If it's already packaged in glass, I say, "That's OK!" Raw honey tastes the best. I've been trying to teach my customers for some time that it's not necessary to heat the bottle, since a spoon or butter knife will get the semi-solid honey out, and usually the honey is used in tea or coffee, which will melt it in a few seconds as you stir. Why bother with the effort of warming a whole bottle and risk damaging the flavor by going too far with the heat?

Seminar March 16 in Albany at NY State Museum

If you've been getting itchy for something to do that has to do with bees, you should come to the SABA Seminar. This annual all-day event is filled with educational lectures, beekeeper camaraderie, chances to win and buy beekeeping gear and supplies, and it's just darn fun.

For the second year we will be in the Huxley Theater inside of the NY State Museum on Madison Ave. in Albany. Adam Finkelstein of VP Queens will speak on queen rearing and care, Karen Rennich of the Bee Informed Partnership will tell us what works and doesn't for colony survival, based on

thousands of nationwide surveys. Jon Zawislak of Univ. Arkansas will enlighten and entertain us on the topics of Genetics and speaking to non-beekeepers about bees. We'll be eating out Friday 3/15, at the The Treviso, with speakers.

Betterbee, Brushy Mountain Bee Farm (PA branch) and Dadant (Waverly NY branch) will have tables near the lecture room. Orders made in a timely fashion will be delivered to the Museum parking lot, saving you shipping costs.

To register see page 7 of this Beeline, or GO TO www.adirondackbees.org .

Contact Anne Frey with questions: 518-895-8744 or annef@capital.net



Learn about this at the seminar

Seminar Volunteers Sought, Discount Entry Available

—Anne Frey

As usual with any successful club endeavor, volunteers make it happen! Many tasks are available for the seminar,, each with the potential of a discount entry fee. The larger tasks will get a volunteer in for free! See what you think of doing some of these jobs: Many people are

needed to stop at a Stewart's or Dunkin Donuts and get coffee to bring, early. Two volunteers are need to buy and bring snacks and cold drinks. We'll need a few people to bring coolers, half full of ice. Can someone sell SABA T-Shirts ? We need 3 or 4 people to sell tickets for the teacup auction,

during check-in time and during breaks. Several people will be needed from 9-9:30 am to bring in boxes. Can anyone help set up tables Friday before dinner? Can you make a video recording of the seminar?

Get a volunteer job early or you may miss out!

Donations Needed for Teacup Auction at Seminar

-Gregory Stoddard

Thanks to the generosity of our friends, members and businesses, our past seminar fundraisers have been a great success. The money they raise goes to our Youth Awards and

speaker fees. The quality of the items donated has been outstanding. This year, we need the items to be brought to the January 28th SABA meeting.

This is our last membership meeting before the seminar. Please be sure that we have your name and address so that we may acknowledge your gift of support.

Emergency Feeding

- Lloyd Spear

(YOUTH AWARDS, from page 1)

Beginning now, beekeepers who are relatively inexperienced at keeping bees over the winter should check each hive at least once a month. If hives are found that are light on honey, it is possible to use emergency feeding techniques to bridge them over until early maple and willow bloom.

From November through January most hives in this climate will consume very little honey - perhaps 15 pounds for the three months. Beginning in February the bees will start serious brood production and then honey consumption skyrockets. If beekeepers find light hives at any time from January-April they should feed, particularly when the clusters occupy more than three frames.

It is sometimes difficult to use either frame feeders or top feeders because the bees will not break the cluster to collect the feed. Full honey frames are always excellent to use, but often are not available. (If they are available they should be put immediately adjacent to the cluster, rather than on the outside of the box or in the center of the cluster.) Candy boards are also good, but they can be messy to make. A simple and very effective method of emergency feeding is to use dry granulated sugar.

When a light hive is encountered, put a single thickness of newspaper over the top bars and pour all a 4-pound bag of sugar on top (whatever happened to five pound bags?). Be certain to allow for top ventilation. Even out the sugar, cover with another sheet of newspaper or a plastic feed bag, and put the outer cover back on. (Leave the inner cover off.) Use of a wood rim will save some of the sugar from spilling. Weight the outer cover well.

In a few days the sugar will become as hard as a rock, and the newspaper over the top bars will disappear. The bees will consume the sugar in place of honey. If it is 80% or more gone on your next trip, add another. Whatever is left in late April can be scraped onto the ground.

For a cost of \$4.00-\$12.00, plus a tiny amount of your labor you can save a hive and forego having to pay \$100 for more bees. Try it.



Note necessary vent hole in the wood rim.

Receiving many applications, the Youth Award Committee faced difficult decisions to select the 2012 winners. Colby Slezak, 14, of Fort Johnson, is the 2012 Wolf-Lounsbury Young Beekeeper Award recipient; and Eli Jordan, 12, of Greenwich, is the 2012 Bob Stevens Young Beekeeper Award recipient. Marsha Williams, Youth Award Committee Chair, presented Colby's award. The wife of Bob Stevens, Margaret Stevens, presented Eli's award, and shared the story of the creation of SABA.



Eli Jordan and Colby Slezak, November 19, 2012

Colby was encouraged by Marty Clark, a friend of his father, who was an avid beekeeper and radio engineer. Together, they made a crystal radio for an RPI Science Fair and through that partnership Colby became interested in honey bees. He also enjoys snowmobiling and hiking. Dan Kerwood has agreed to mentor Colby.

Eli saw a honey bee hive extraction from an old barn and was mesmerized by the sound of the bees, at which moment he wanted to become a beekeeper. When he is not with his dog, Buddy, Eli cares for the family chickens and turkeys. He also enjoys playing his trumpet and mandolin. Tom Wells and Neal Kober will mentor Eli.

Each winner receives all the equipment and resources to begin beekeeping, along with a SABA mentor to guide them along the way. These awards are made possible through the generosity of SABA and Betterbee, Inc.

Beekeeping with a Honey Bee Allergy

-Jennifer Ford

Let me start out by saying that I didn't start beekeeping with a bee allergy. I had been stung by bees before, with no reaction at all. A few years after my husband and I started beekeeping, we were working on a cut out. While we were finishing up, I received three stings in a short period of time. On the way home, I noticed that my lips, tongue, and throat felt slightly swollen, but I was breathing fine. It was pretty scary, but I chalked it up to multiple stings, and decided to just be more careful. A few days later we went back to collect any remaining bees. I was stung one more time, and had the same reaction.

I was really worried, and decided to visit an allergist. The allergist said she sees many beekeepers about honey bee allergies every year, and scheduled me for allergy tests. The testing took about half a day, and consisted of skin tests of different types of stinging insect venom. Based on the testing, it turned out that I had developed an allergy to honey bee venom.

At this point I was really scared that I would have to give up beekeeping. However, meeting with the allergist alleviated some of this worry. The bad news was that with every subsequent sting, there was a good chance that my reaction would worsen. The good news was that if I didn't want to give up beekeeping, there were three things I could do to make it safer for me.

One was to use more protective gear to avoid stings. For me this meant using coverall pants as well as a jacket, and using gloves when in the past I usually hadn't. I was also told that I should carry an Epi-pen with me in case of a more serious reaction. The third method of dealing with the allergy involved more of a commitment. I started going to the allergist for venom shots to desensitize me to honey bee venom (known as immunotherapy). I began going in once a week for three shots of a very minute dose of honey bee venom. I was monitored in the office for 30 minutes after each shot for any adverse reaction. While this was a large time commitment, it gradually tapered off. I worked my way down to one shot a week, then one every other week, then once every three weeks, and so on.

I eventually worked my way down to one shot every 6 weeks, and the treatment seems to be working. I was stung a few times during the treatments, with no reaction at all. Great news! The treatment is not very painful – no worse than a bee sting! I always felt very safe as I was being monitored, and never had an adverse reaction to the shots. According to the literature I was given, the shots are 97% effective, and most people can discontinue the shots after 3-5 years. It does involve a time commitment, but it was worth it to me to be able to continue beekeeping.

The treatments may not be for everyone, but for me it means I can still keep bees, so it was well worth it! If you have had a bad experience with bee stings, I highly recommend seeing a doctor to find out what might work for you.



Jen, picking up nucs to expand her bee yard, June 2012

A Reminder from Jennifer

Jen Ford is also SABA's Fearless Librarian and she says, "Remember that the SABA library will be open at 7:00 at our January 28th meeting for anyone wishing to return or check out a book. Start out the New Year by checking out a new book on bees! "

Promotions Officer Needed

The promotions officer position for SABA is an opportunity to get to know the rest of the membership. The job entails informing the members of upcoming meetings through newspaper, cooperative extension, and online announcements, attending bi-monthly board meetings and providing input to the club operation. The promotions officer also coordinates the SABA booth for the Saratoga County Fair each summer. The booth is educational outreach to promote beekeeping in the community. It is also a fund raiser for the club and opportunity for members to sell their honey. It's the promotions officer who recruits members to work the booth and procure honey and candy to sell. My last four years as the promotions officer have been enjoyable and offered me the opportunity to make a contribution to the club. I would be happy to help the new promotions officer take over this important position.

Cheers, Morgana

Why is it Called a Super?

-Anne Frey

With all the terms and jargon that go with beekeeping, knowing the underlying meaning of words may help you remember their uses. Beware of the lazy verbal trap of calling every box a "super."

Read on:

According to the dictionary,

a definition of super is:

a prefix from Latin, with the basic meaning "above, beyond." Words formed with super- have the following general senses: "to place or be placed above or over" (superimpose, supersede), "a thing placed over or added to another" (superscript; superstructure; supertax), "situated over" (superficial; superlunary) and, more figuratively, "an individual, thing, or property that exceeds customary norms or levels" (superalloy; superconductivity; superman; superstar).

Thus we can see that the reasons early beekeepers gave the name super to those boxes in a Langstroth hive that hold excess honey were not only the location of the boxes on the top of the hive, but also the fact that the honey stored there is honey that exceeds the level needed for the cluster of bees to get through winter. Their honey is stored at the sides and upper areas in the brood chamber.

Interestingly, normal dictionaries don't have the definition of super as a noun as beekeepers use it, but by now you should realize we aren't normal.

A deep is the standard box from which everything else is measured. A shallow is half the height of a deep, and a medium is three-quarters the height of a deep. Shallows are used as supers, while mediums can be used as supers and/or brood boxes.

A brood box is one of the lower boxes of a colony, in which brood is being raised. The brood nest, or cluster, is inside the brood boxes. Sometimes the whole area containing the brood nest is called the brood chamber. Beekeepers usually use two deep brood boxes for a brood chamber, but some use three mediums for a brood chamber, and this has virtually the same total volume.

Those who raise comb honey use just one deep brood box during a strong nectar flow, to get the bees working better in the comb honey supers.

***Hive Body
is the proper term to use
when speaking of boxes
in a general sense.***

Some beekeepers overwinter a colony in a brood chamber made of two deeps and a shallow, or two deeps and a medium. This is a way to really make sure the overwintering bees have enough honey to eat.

Many books use the term hive body to refer to any box of any kind. This is the proper term to use when speaking of boxes in a general sense, and it will not cause confusion.

The Latest Weapon in the War on Cancer: Honey Bees

from www.Mercola.com

Thank you to Curt Alheim for sending in this article. -Ed.

Propolis, the "caulk" honeybees use to patch holes in their hives, has been used as a natural remedy since ancient times, treating ills ranging from sore throats and burns to allergies.

New research has revealed another exciting use for this seemingly miraculous substance, this time in the fight against cancer.

Propolis has a number of well-known therapeutic properties, including potent antioxidant and anti-microbial action, and healing, analgesic, anesthetic, and anti-inflammatory properties. In the hive, bees use it as a disinfectant against bacteria and viruses, helping to seal cracks and "embalm" invaders that are too large to carry out.

It's been used for thousands of years in folk medicine, but despite its plethora of active components, research on this compound, and therefore its modern medical uses, is limited.

(continued on page 7)

Seminar Registration

Please mail form and payment (check/money order) to:

Anne Frey, 4808 Skyline Dr., Delanson, NY 12053

Name(s) of those attending _____

Full Address, City, State, Zip

Home phone _____ cell phone _____

email _____

Are you a current, paid up SABA member? Y / N

Will you join the speakers for dinner Fri. 3/15? (\$35) Y / N

**Seminar (\$39/member or
\$44/non member, including lunch)** _____

Membership (optional, \$15) _____

Total _____ **check #** _____

*SEMINAR DETAILS ON
PAGE 3. Do you want to
volunteer for the
seminar?*

(PROPOLIS from page 6) Researchers from the University of Chicago Medical Center, intrigued by propolis' anti-cancer potential, decided to look at one of its bioactive components, caffeic acid phenethyl ester (CAPE), and its impact on human prostate cancer cells.

In cells grown in a lab, even small doses of CAPE slowed the growth of tumor cells. And when low oral doses were given to mice with prostate tumors, tumor growth slowed by 50 percent! What's more, feeding CAPE to mice daily caused the tumors to stop growing, although they returned when the CAPE was removed from their diets.

This suggests the propolis compound works by impacting signaling networks that control cancerous cell growth, rather than by killing the cells directly. However, there are at least four studies on propolis' apoptotic properties, indicating that technically it is capable of directly killing cancer cells, including prostate cancer, melanoma and more, as well.

This is not the first time propolis has shown promise in treating cancer. In 2009, propolis was found to suppress the growth of neurofibromatosis-associated tumors (tumors on nerve tissue) by blocking PAK1 signaling.

Researchers noted: "Since more than 70% of human cancers such as breast and prostate cancers require the kinase PAK1 for their growth, it is quite possible that GPE [green propolis extract] could be potentially useful for the treatment of these cancers, as is Bio 30 [a CAPE-based propolis extract]."

The researchers declared: "If you feed CAPE to mice daily, their tumours will stop growing. After several weeks, if you stop the treatment, the tumours will begin to grow again at their original pace. So it doesn't kill the cancer, but it will stop prostate cancer proliferation."

However, the experts cautioned that clinical trials would be necessary before CAPE could be proven effective and safe for this purpose in humans.

Treasurer Mike Coppola
123 Edie Rd.
Saratoga Springs, NY 12866

Wanted/For Sale

Wanted: Donations of Bee/beekeeping items in good condition for the Seminar Teacup Auction. Contact Gregory Stoddard 761-6900

Wanted: used beekeeping suit and veil size 44 for a guy 6 foot 2 inches tall . Call Anne 895-8744

For sale : 3lb. Packages w/Italian Queen, April 4-6, \$98. 5-frame nucs w/Ital. queen, May 15, \$140. Nucs w/ Carniolan Queen avail May 30. Marks \$3 extra. Lloyd Spear, M-F 8:30-4:00. beegood@gmail.com or 518-370-4989

For sale: Case of 1 lb. flat panel belly plastic Bear Honey Bottles, with high flow spouts, berry color. 895-8744

For sale : 5 pound blocks of bee candy for winter feeding, available now. New Jersey-bred Carniolan queens and 4-frame nucs available throughout the summer. Contact Karoly at 732-873-2989 or ktoth73424@aol.com.

For sale : SABA T-Shirts \$14 each. Proceeds from sales go to SABA's Wolf-Lounsbury Young Beekeeper Award fund. Choice of blue or chocolate brown. At meetings & seminar!

Reminders

AMAZON When you decide to shop online using Amazon.com, please go to SABA's website first and then click on the Amazon link. Your purchase on Amazon will earn SABA a little money!

Beeline Deadline for the March issue is February 20. Please submit your articles, photos, announcements, etc. to the Editor via email annef@capital.net. Photos should be reduced in size before sending.

SABA Memberships run out this month. Please check your address sticker to see if you need to renew your membership.

HoneybeeLives.org presents their Winter Weekends
Organic Beekeeping Workshops at the Sustainable Living Resource Center, Rosendale.

Jan 26 - 27, or Feb 16 - 17, or March 9 - 10

* Intro to Organic Beekeeping (Saturdays 10 - 6)

* Caring For Your Bees (Sundays 10am - 6pm)

Pre-registration and pre-payment is required.
HoneybeeLives@Yahoo.com. Or 845-255-6113