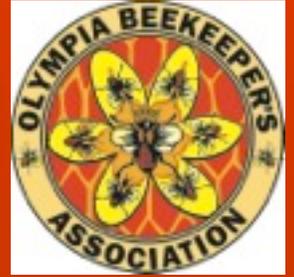


August 2013

OLYMPIA BEEKEEPERS ASSOCIATION



NEWS AND INTEREST FROM SUMMER BREAK

The President forwarded this link on some interesting information about bee friendly plants - maybe not so much.

<http://www.panna.org/blog/bee-friendly-plants-think-again>

Important Announcement:

As determined at the recent OBA Board and Chair meeting, membership dues will now be paid from September to September. For existing members, dues will be prorated to a cost of \$20.00 for the year. For new members, dues are \$25.00 for the year. Please be prepared to renew your membership at the upcoming meeting on Monday, September 9, 2013.

President's Message

Hi everyone,

It's hard to believe we're at the end of August and talking about getting our hives ready for winter. I do hope to see you all at the upcoming regular OBA meeting at Chinook Middle School on September 9th. We're working on getting a larger classroom for the beekeeping class at 6:00, prior to the start of the regular meeting. Look for a sign or a person directing you to a class space that evening.

It's been a busy couple of months with bees in the news from the Oregon die offs, to neonicotinoid-containing "bee-friendly" plants to a large piece done by Bryan Walsh called "A World Without Bees" in the August 16th edition of Time Magazine. I extend my personal thanks on behalf of the club to Roger McMaster, co-ordinator, and the folks that helped man the Thurston County Fair booth. They and others have been true advocates for honeybees and other pollinators. John O'Brien and Greg Smith also represented the club at their "Love our Locals" community festival. I had the opportunity to participate on a panel at the "Seeds for Justice" conference in Seattle this past month and was happily surprised at the feedback and interest in all issues "bee". Renzy Davenport, our Vice President and myself will be heading to Aberdeen to do an Introduction to Beekeeping presentation at the prison on behalf of the Sustainability in Prisons program. Seems like more requests are coming in for outreach opportunities. If any of you are interested in doing more in the outreach department, please let me know. We're also going to be securing some new outreach materials for demonstration and handout purposes in the near future.

Every club member should have received the updated protocol and information from Drs. Tim Lawrence/Steve Sheppard via OBA for hive testing. The final list has been prepared from your feedback and interest and at this writing I'm awaiting word on when Tim will be out in the field testing so that we can inform participants. Thank you for your interest and participation. Results are to be made available in March.

Your Board of Directors and Chairpeople recently met to to plan for the upcoming year, taking all the feedback and suggestions we've received from our member survey and individual members to heart. We're working to streamline the business end of our meetings and allow more time for sharing and information. We're discussing some new ideas for programs, projects and advocacy, suggestions always welcome. Also planned is a screening of the film "More than Honey". Stay tuned!

If you haven't had the opportunity to attend the Washington State Beekeepers Association Conference, being held October 3-5th in Federal Way I encourage you to attend, even if you can only make one day. Whether you are a new beekeeper or an accomplished master, there is plenty to be gained in knowledge and information at the conference.

Happy honey harvesting and see you on the 9th!

Laurie Pyne
President, Olympia Beekeepers Association

Meeting Minutes
Olympia Beekeepers Association Meeting
June 10, 2013

New members

3 new members introduced themselves.

Treasurer's report

Checking \$ 1209.22

Savings \$ 5628.70

The treasurer's report and minutes from the May 13, 2013 meeting were approved.

New Business

The next OBA meeting will take place on Monday, September 9, 2013 as Chinook Middle School will be closed for summer break. Nametags for all members will be available at the next meeting.

The annual summer picnic will take place at Burfoot Park in the Meadow Shelter, 6927 Boston Harbor Rd NE, Olympia, on Saturday, July 13, from 9am – 2.30pm. The club will provide hamburgers and beverages, please bring a dish to pass as well as your own cutlery and plates.

The club's booth at the Mother Earth News Fair was very successful and received an excellent response from fairgoers. Thank you to all those who volunteered. Representatives from Mann Lake at the fair donated several books to the club library.

There will be a hive inspections summer workshop held on June 23 in Olympia. A sign up sheet is available for those who would like to participate. You must be member in good standing to attend. Bring your protective beekeeping wear.

The club is selling its 4-frame manual extractor, which was received by donation. Bids will start at \$125.00 via silent auction. The extractor needs a honey gate and valve. Proceeds from the sale will go towards the purchase a new extractor for club members to sign out.

Update from Mark Emrich

The 2013 WSBA annual conference will take place on October 3 – 6, 2013 in Federal Way, WA. More details to be announced.

After a 60-day review period, the [Washington State Department of Agriculture](#) (WSDA) has decided not to pursue rulemaking to limit the use of neonicotinoid insecticides on ornamental plants on the basis that there is no evidence that the use of the neonicotinoid insecticides on ornamental plants is causing a significant adverse effect on honey bee colony health in Washington State. Mark and John O'Brien will meet with Thurston County Commissioner Sandra Romero on June 19 to discuss next steps.

Mark received a call from Tom Theobald, a well known beekeeper from Boulder, CO who has appeared in the films *Vanishing of the Bees* and *Queen of the Sun*, and has been interviewed by Dan Rather regarding neonicotinoids. Tom asked Mark to participate in an interview on his satellite radio show, which should air in the coming weeks.

Mark received an email from Dr. Steven Sheppard, Department of Entomology at Washington State University (WSU), proposing a study to test hives in Thurston County for levels of neonicotinoids. Dr. Timothy Lawrence of WSU will participate in the study as well.

Further Announcements

Laurie Pyne:

Laurie met with Dr. Sheppard to discuss WSU testing of OBA member hives, as there is very limited research on the ornamental use of neonicotinoids and the effects of sub-lethal doses of these chemicals on honeybees. WSU researchers would like to take approximately 300 small samples of comb, pollen and bee bread from both urban and rural hives to test for neonicotinoids. Participating hives do not need to be registered with the state to participate in the study. This research proposal was written by WSU with the WSDA, and will be funded by the state (hive registration and state fees). If you are interested in participating in the study, please indicate so on the meeting sign-in sheet as the club needs to determine how many beekeepers will participate.

Roger McMaster:

The Thurston County Fair will take place on July 31 – August 4 and volunteers are needed.

Report from Chairs

Bob Smith Education Chair:

WSBA Journeyman and Apprentice certificates were distributed. 47 people were in attendance in tonight's apprentice class.

Rich Kalman, Program Chair:

Presented a motion that the OBA would contribute to funding of research for the levels of neonicotinoids in Thurston County hives by donating \$10 per OBA member towards WSU's study.

The motion was discussed. Laurie suggests that WSU may already have sufficient funding, but if they do not have enough funds to obtain the hive samples they need, then the club could donate. It was suggested that the motion be tabled. Carried.

Program: Natural Lawn Care

Patricia Pyle of the City of Olympia introduced Rick Longnecker and Doug Kinnaman, who presented on a variety of practices for alternatives to chemical fertilizers, pesticides and herbicides for lawn care. Some of these practices include leaving clippings on the lawn as natural fertilizer, watering deeply and less frequently, and allowing the lawn to go 'dormant' during hot dry spells.

Help Needed If Available

We are assisting the Pierce County Beekeepers in manning the Bee booth at the Fair again this year. The Fair runs from 6-22 Sept. We are in a new location called the Floral Grange/Agricultural Exhibit which is behind the Showplex building. We need some volunteers to fill the spots listed below. Please email me direct (renzbeefishing@hotmail.com) as soon as possible if you are able to assist. I have tickets to get you in during your shift and will email you a map if you need it and parking (free) information. Please do not let your lack of experience/knowledge deter you from helping. It's much easier than you think and a lot of fun...plus it counts towards your Journeyman's requirements. This is a great way to promote our hobby!

Slots available for the following shifts:

Sept 7 from 2:00pm-6:30pm

Sept 8 from 2:00pm-6:00pm

Sept 11 from 10:00am-2:00pm and 2:00pm-6:00pm

Sept 19 from 2:00 pm-6:00pm

Sept 20 from 10:00am-2:00pm

Thanks in advance!!

Renzy Davenport

Olympia Beekeepers Association, Vice President

Pierce County Beekeepers Association Member

Lewis County Beekeepers Association Member

West Sound Beekeepers Association Member

Lacamas Valley Beekeepers Support Group Member

Washington State Beekeepers Association Member

253-982-4849 Work

253-720-0627 Cell

253-843-1426 Home

Who, what, why: How do you track a honey bee?

By Denise Winterman
BBC News Magazine

The latest research investigating why honey bees are dying involves tracking the small insects, but how do you track a bee?

Bee numbers have been falling dramatically and scientists are trying to understand why. In the [past 25 years honey bee numbers in England have more than halved](#) and they are still decreasing. It is a similar story elsewhere in the UK and in other countries.

Bees of all types - there are hundreds of them - play a huge role in the life of the countryside and a third of what we eat is reliant on bee pollination. Studying the behaviour of these complex insects is crucial to finding out what is happening but it is also a big challenge.

Continue reading the main story

The answer

- 1 A tiny antenna is glued to the thorax of the insect
- 2 A radar transmitter emits a signal

- 3 A diode in the centre of the antenna converts it into a unique signal that researchers can track

A honey bee can visit several thousand flowers in one day and navigate over several kilometres, so how do you track one?

Scientists are using harmonic radar technology. A radar transmitter emits a signal which is received by a tiny antenna glued on a honey bee's thorax (back). A small diode in the centre of the antenna converts it into a different wavelength that can be detected and followed.

The converted signal is unique. There is no other source in the environment, so scientists know it's the tagged honey bee. A portable radar tracking station is used to transmit the signal and gather the information sent back.

The system was developed by scientists at the Natural Resources Institute and is operated by scientists at Rothamsted Research, a government-funded agricultural research centre in Hertfordshire. It's currently being used in several major research projects.

Continue reading the main story



- 1 A single bee can visit **1,000+** flowers a day
- 2 A bee's wings beat **200** times a second
- 3 Every year, bees produce **6,000** tonnes of honey in the UK

Honey bees **fly up to 4 miles (6.5km)** to collect nectar and pollen and can **cover 50,000 hectares**.

Each antenna is stuck to the honey bees by hand. Test bees are prepared by gluing a small plastic disc with an identification number on to the bee's thorax using strong double-sided adhesive. An antenna is later attached to the disc, again using adhesive.

The honey bee is caught by attaching a long plastic tube to the entrance of a hive. As the insects come and go two gates are dropped down, like portcullises, to trap one in-between. The antenna is removed the same way when the honey bee returns.

The signal sent from the tagged insect shows as a "blip" on a radar screen, scientists compare it to watching the moving dots on a ship's radar screen. It accurately shows how far away the honey bee is and in what direction it is flying. A computer programme is then used to reconstruct the honey bee's flight path from the "blips".

"This can be overlaid on maps of the area to accurately show where the insect has flown and the landscape features of that area," says Dr Jason Chapman, a radar entomologist at Rothamsted.

The technology was originally developed to study the tsetse fly in Africa, which spreads the potentially fatal sleeping sickness. The antenna was too big to tag the flies but works well with bees because they are larger.

Read the complete article at <http://www.bbc.co.uk/news/magazine-23448846>



Herbal Honeys

Raw honey is considered a medicine because of its nutritive and anti-bacterial qualities. Many herbs can be extracted in honey, especially aromatic and water-soluble plants. Herbal honeys are a great way to get medicine to kids (or adults) who will not tolerate bad tasting teas and tinctures. They can be taken straight, added to tea or spread on food. Honeys are used topically for burns, skin irritations and cosmetic recipes. Do not give honey to infants under 6 months old.

Fresh Root Honeys

Clean and finely cut roots. Add to a double boiler pot and add a measured amount of honey to the pot (just enough honey to cover the surface). Slowly heat the honey for several hours and allow water to evaporate off. Do not let the honey boil because it will destroy the anti-bacterial properties. Put a lid over the pot and allow the honey to cool. Take a towel and mop up the water that evaporates onto the lid. The idea is to return the honey to the measured amount you started with by evaporating off all the water. Repeat the heating and cooling process several times until the original volume of honey is attained. Strain out the roots and bottle the honey. Label and store in a refrigerator or a cool place. The dose is about 1 teaspoon as needed in tea or straight.

Fresh Flower Honeys

Gather flowers and allow them to wilt several hours to half a day. Pack them into a glass jar and cover them with warm, but not boiling, honey. Cover the jar and place it in a sunny spot in the garden, a sunny windowsill or by a heating vent for several weeks. Rewarm the honey enough to pour it through a strainer. Bottle the honey, and if you fancy, make a tea out of the left over flowers to drink or place in your bath water.

Dry Root Honeys

Using dry root is less preferable to fresh root, but it still makes a strong medicine. Weigh your roots and for every 1-ounce of herb use 5 ounces of honey. Make sure the roots are cut in small pieces and moisten them with a little bit of water, just enough to make them feel like they would when they are half dry. Heat the herb and honey in a double boiler for 4 hours to a day, then strain. Dry root honeys can be added to cough elixir or can be taken straight for medicine. It is possible to do a combination of herbs. There is not a lot of literature or research on herbal honeys so consider yourself a pioneer and get creative with your recipes.

Garlic Honey - Garlic is one of our best herbal defenses against disease. It has antibacterial, antiviral, antiprotozoal and antifungal properties! Garlic enhances digestion through increasing bile and has been shown to lower cholesterol. Finely chopped garlic can easily be mixed with honey and taken by the spoonful. Do not eat more than one raw clove on an empty stomach as too much garlic can make you vomit. Infused garlic honey is delicious as a glaze or in salad dressing. If you are cooking with garlic, chop it then let it sit for 5 minutes before using. This will allow the enzymes to stabilize.

Ginger Honey - Ginger root is a spicy herb that is used in cooking, flavorings and medicine. It stimulates circulation and is used for upset stomach, nausea and motion sickness. Anti-inflammatory properties in ginger make it useful for sore throats and coughs. Ginger root honey is a perfect addition to tea. My grandmother's remedy for coughs and colds was ginger tea with honey and a little fresh lemon juice.

Lavender Honey - This is my favorite smelling honey and it beneficial topically for washing the face and for applying to burns and irritated skin. In tea, it is soothing and calming to the nervous system. Try using it in a sleepy-time tea. It is also a nice addition to early gray tea.

Mint Honey - You can find a medley of fresh mint flavors in local nurseries including ginger, cinnamon, pineapple, apple, rose and our favorite, chocolate. You can get creative with making herbal honeys by combining fresh flowers like chamomile or rose with mint. Mint helps open sinus passages and the lungs, is calming to the stomach and is rejuvenating to the senses.

Osha Honey - This root is commonly used for sore throats, coughs, colds and other respiratory problems. The dry roots can be purchased in herb stores. See "making dry root honeys" on the previous page for instructions. This is a good addition to cough

syrup and medicinal teas during the cough and cold season.

Rose Honey - Of all flowers, the rose is the most universally revered. Wherever rose grows, it seems to be a symbol of beauty and spiritual awakening. Fresh wild rose or garden rose flowers can be used in honey. The fresh autumn rose hips may also extract well. To make, simply gather the most fragrant flowers in the morning after the dew has dried. Place them in a basket or paper bag and let them wilt for half to a full day. Follow instructions for "Making Fresh Flower Honeys" on the previous page. Rose honey can be used in many ways including cooking, as a spread for breads and pancakes, in tea or to flavor medicine, in cosmetics like facial scrubs and facial cleansers and to sweeten teas and other beverages.

Sage Honey - You could use the flowers or the fresh leaves of garden sage in honey. Sage is drying to excess secretions in the body like a runny nose or congested lungs. It blends well in lung tonic teas for asthma and allergies. This is a delicious honey when spread on cornbread or toast.

Other Possible Herbal Honeys:

Chamomile flower

Elderberry (fresh flower or berry)

Hawthorn (leaf and flower)

Licorice Fern (fresh root)

Wild Ginger (fresh root)

This is just the beginning! Use your imagination with any aromatic and water-soluble herb. Soft parts like leaves and soft roots will work best.

The possibilities are endless...

Elise Krohn, 2005, revised 2011

Bee Plants For Our Area

Phacelia (*Phacelia tanacetifolia*); A great bee plant!! One of the best spring forage sources for honeybees. Blooms 45–60 days and continuously produces nectar throughout the day. Can yield up to 180 to 1500 pounds of honey per acre, depending on soil quality and depth, and 300 – 800 pounds of pollen under optimum conditions.

Bachelor buttons (*Centaurea cyanus*) Blooms after Phacelia (Jun-Aug) and bees love them. Bachelor buttons are easy to work with because they self-seed. Also, they are a companion plant that attracts bugs from particular garden plants.

Borage (*Borago officinalis*) is well known to many beekeepers as a good plant for bees. Blooms Jun-Oct. It can yield 200 pounds of honey per acre, and 60-100 pounds pollen. Borage is a vigorous self-seeder – if you plant it, it will reappear in same place the next year. If you like perfect 2 x 2 plots in your garden, though; borage is not your plant unless you watch it. Borage flowers and leaves can be put in salads.

Buckwheat (*Fagopyrum esculentum*) Blooms Jul-Aug. Yields dark honey with distinct flavor; granulates fast. Plant after chance of frost is gone or you will lose your planting. You can get 50 pound bags from Black Lake Organic (on Black Lake Boulevard in Olympia)

Clover (*Melilotus* spp. and *Trifolium* spp.) Blooms May-Aug and yields up to 500 pounds of honey per acre in a good year. Bees can't get nectar out of reddish clover, whose flowers are constructed such that bees cannot get their tongues inside, though bumblebees can

Yellow raspberry plants or gold raspberry plants result from a genetic mutation of red raspberries. Most are pinnocane fruiting types and are similar to red raspberries in grow habit. Flowers two times a year and the bee pollinate the blossoms and suck the juice from the berries. (or any raspberry) was a great favorite among Charles's bees: "my bees won't let me harvest any of them," he said.

Wild daisy [*Bellis perennis*], Also known as English European or lawn daisy are valuable, too: bees receive great pollen in the fall from them.

Lemon mint (*Melissa officinalis*) Also known as Monarda, blooms with a pretty purple flower, and bees love it.

Coreopsis flowers (*Coreopsis*) Also called cornflowers, as they are yellow with a reddish brown center. Blooms a long time and is a good pollen source.

Blue Bedder (*Echium vulgare*) is another great flower bee's love. Flowers between May to September and produces nectar throughout the day, but considered invasive in Washington.



Reminder: Apprentice Beekeepers Class is growing so arrive early if you want a seat.

Plants, books, seeds, and other artifacts are always appreciated for the meeting raffle.

And if you have a tasty snack to share, everyone enjoys something sweet.

January: Annual Dues (\$25) are payable.

February: Nominations for officers requested.
Plan your bee order.

March: Order bees. Elect officers.

April: Bees arrive.

May: What To Do Now!

June: Last meeting before summer break.

July: Summer break. Picnic (?)

August: Thurston county fair.

September: Meetings resume.

October: TBA

November: TBA

December: Christmas Potluck

Monthly Meetings: held the second Monday of each month, excluding July and August.

Place: Chinook Middle School, 4301 6th Ave NE, Lacey, WA

Time: 6:00 pm for Beginning Beekeeper's Certification Program, 7:00 pm for the association meeting.
Meetings are held in the Cafeteria. Beekeeping class meets in the central hall Science Room.

Agenda: Each meeting is conducted with old and new business, and a program related to beekeeping.
Attendees, if they choose, donate a gift for the raffle table. The Treasurer and Membership Chair sell tickets for \$1.00 and at the break there are refreshments available.