



OCTOBER 2009

# Taranaki Beekeeping Club



## What's happening in Taranaki

Greetings.

How nice to see the sunshine after so much rain and high winds sweeping across the province. Several hives were blown over and the inmates can't survive very long in these conditions but if put upright quickly there may be little damage in the long run however the queen may have been damaged or killed in the catastrophe so it would pay to check after a week to see if there are still eggs being laid. Also make sure the spacing between frames is adequate if you are using simplicity frames as pupae may not be able to hatch and larvae may not be able to be fed.

The off-on weather pattern has produced a good build up of most colonies and they are in good heart, so much so, that some are becoming over-crowded and running out of space. When this happens they will swarm and we are now in the middle of the swarming season. Swarms that issue at this time of the year are usually big and will move forward very quickly to produce brood and stores if the weather is warm and sunny with little wind.

If you collect swarms, don't put in strips or Varroa protection immediately as they sometimes object and will leave for another venue! Put your protection in when the first pupae appear or about a fortnight after housing the swarm and they should tolerate the treatment then.

The Field day last Sunday was most informative, especially for the beginners in Beekeeping as most of the basic principles were able to be demonstrated. On approaching the hives we were met with a few bees showing great interest in a branch of the Cryptomeria shelter belt. This turned out to be the assembly point of a large swarm hanging there waiting for further instructions. It required two full depth boxes to house the swarm and they took about two hours before all were comfortably housed.

The middle hive has the new queen and was uncomfortably full of bees but was very thankful when provided with a new super.

The far hive was the one that had swarmed, but it was still full of bees. On going through the hive we saw the cell from which the swarm queen had emerged and found - I stopped counting the queen cells after the fourteenth one!! There would have been several more swarms from that hive without our intervention!! We found a Virgin Queen in the hive so we have left her to take on the colony and next visit we will have to see if she has been mated and has started to lay.

No evidence of Varroa was detected and the hives had plenty of stores in the form of both honey and nectar so they are now both in good shape for the future. We will be needing some more gear soon as one of the supers is showing signs of decay but I understand that John Wiley is working on that currently.

Next meeting of the Beekeeping Club will be on Monday 19th. October at the Plunket Rooms - opposite the Warehouse and adjacent to New World Supermarket in New Plymouth - at 6.30pm. when we will be discussing the current situation, what you should have done and what you will have to do in the next three weeks. Remember that now is the time to prepare your hive for the pollination period and Summer nectar flow. Your bees depend on you!!



### Next club meeting

**19th October 2009**

**In the PLUNKET ROOMS**

**6.30pm**

Next to New World Supermarket

**Third Monday of every month**

BEEMASTER.COM

Attached below is a link to watch a video of hiving bees. Plus many more you may find interesting  
[www.youtube.com/watch?v=5a4a-Tw-qFI](http://www.youtube.com/watch?v=5a4a-Tw-qFI)

**Tuesday, October 13, 2009**

### **Michelle Obama's Special Gift: White House Honey**

By Paul Bedard, U.S. News & World Report, 10/12/2009

What started out as a springtime lark meant to help Michelle Obama's South Lawn veggie garden—a simple beehive—has produced an abundance of sweet honey that the first lady is treating like gold. While initially planned for use in the first family's recipes, the light honey with a hint of mint from local basswood trees has been given an elevated role in the East Wing: It's the main feature in the first lady's gift packages. At the recent G-20 economic meeting in Pittsburgh, for example, the first lady had a wooden gift box made up for each of the visiting spouses. Inside were a tea set colored like the purple-and-white Lincoln china and a crystal vase with two little jars of White House honey. Etched on the vase:



"White House Honey 2009." The remaining honey will be jarred for other gifts, used in the kitchen, and offered as tasty treats for visitors...

**Wednesday, October 07, 2009**

## **BEE POLLEN**

### **Discover the Health Benefits of Bee Pollen**

By Elizabeth Walling, 10/5/2009

(NaturalNews) Before our modern age of sterilization and sanitation, traditional medicine was based on healing herbal and food remedies that may seem eccentric by our "civilized" standards. And while substances like bee pollen were highly prized at one time, today the idea may seem quite bizarre at first glance. Bee pollen, however, is one of nature's best kept secrets.



Beekeepers of old knew this, and considered honey rich in pollen to be a source of health and longevity. A prime example is the beekeepers native to the Caucasus Mountains that stretch between the Black and Caspian Seas. These people, many of whom lived on a diet rich in honey filled with bee pollen, exhibited fine health and often lived well over 100 years old.

Bees package their pollen with nectar and enzymes that help it develop into a powerful superfood. In fact, bee pollen contains thousands of enzymes and co-enzymes which are necessary for true vitality. Bee pollen also contains 22 amino acids, including the eight essential ones. It is, in essence, a complete protein. You'll also find dozens of vitamins and minerals in bee pollen, as well as natural hormones and important fatty acids.

While science has yet to thoroughly examine bee pollen for its benefits, many people have successfully used it to treat a variety of ailments, including:

- Asthma
- Indigestion, diarrhea, constipation and other digestive issues
- Anemia
- Low energy and fatigue
- Depression
- Skin conditions such as acne
- Sexual problems
- Hemorrhoids
- Obesity
- Rheumatism and arthritis

Bee pollen is also useful for improving the health of the heart, prostate, immune system and nervous system.

One of bee pollen's many intriguing benefits is its ability to improve allergies. It seems counterproductive to fight pollen allergies with pollen, but bee pollen seems to have an immunizing effect against these reactions. If you use bee pollen to treat allergies, proceed with care and start with only two or three granules per day. Slowly increase dosage as long as there is no reaction. However, those with a history of anaphylactic reactions should avoid bee pollen...

### **Introduction**

Bee pollen is a mixture of bee saliva, plant pollen, and nectar. Some people take it in the belief that it has special health-enhancing properties, others take it because they think it acts as an ergogenic aid. It has been claimed that bee pollen improves oxygen uptake and helps to accelerate recovery in training. There is no scientific evidence to support claims that bee pollen improves health or physical performance. On the contrary, it may contain allergy-inducing substances that are dangerous to hypersensitive individuals.



### **General Use**

Bee pollen is among the oldest known dietary supplements. Its use as a rejuvenator and medicine date back to the early Egyptians and ancient Chinese. It has been called many things, from a fountain of youth to an "ambrosia of the gods." The Greek physician Hippocrates, sometimes called the father of modern medicine, used it as a healing substance 2,500 years ago. It is rich in vitamins, especially B vitamins, and contains trace amounts of minerals, elements, amino acids, and enzymes.

The pollen is composed of 55% carbohydrates, 35% protein, 3% minerals and vitamins, 2% fatty acids, and 5% other substances. It contains very small amounts of many substances considered to be antioxidants, including beta-carotene, vitamins C and E, lycopene, selenium, and flavonoids.

Proponents of bee pollen offer a wide range of claims regarding its nutritional and healing properties. These include enhancing the immune system, controlling weight, relieving allergy symptoms, increasing strength, improving sexual function, enhancing vitality and stamina, slowing the aging process, and prolonging life. None of these claims have been substantiated by scientific studies.

Bee pollen is said to strengthen the immune system through its antioxidant properties. Antioxidants are used to deactivate free radicals in the body. Free radicals are by-products of oxygen that can damage cells and are linked to many degenerative diseases, especially those associated with aging. They are also associated with the aging process itself. Antioxidants may block further damage and even reverse much of the cell oxidation already done. Bee pollen is suggested to help counteract the effects of radiation and environmental pollutants that weaken the immune system, supporters say.



In the January 2000 issue of Bee Online, an Internet publication of the American Apitherapy Society, Steve Schechter, naturopathic doctor, said bee pollen is beneficial in reducing the effects of radiation treatment in women with cancer. A group of 25 women undergoing treatment for uterine cancer also took 20 g (about two teaspoons) of bee pollen three times a day. The women reported improvements in their appetites and sense of well being, and less severe nausea associated with radiation therapy. Their serum protein levels increased and red and white blood cell counts also improved.

Although many plant pollens can cause or exacerbate allergies and hay fever, bee pollen can actually help reduce the symptoms of these conditions. Local bee pollen therapy is recommended to start before the allergy season begins and it may take a few weeks for the pollen to work. According to an article in the February 1998 issue of Better Nutrition, an Oklahoma allergist successfully used bee pollen to treat 22,000 patients with allergies. However, those allergic to bee stings may experience severe (anaphylactic) reactions to the pollen

### Benefits of Eating Raw Pollen

The inborn instinct of the bee is to collect the highest quality. From "Bee Pollen and your Health" by Carlson Wade, 1978, the breakdown can include (apart from pure life energy):

Vitamins Minerals Enzymes / Co-Enzymes  
 Provitamin A Calcium Amylase  
 B-1 Thiamine Phosphorus Diastase  
 B-2 Riboflavin Potassium Saccharase  
 B-3 Niacin Sulphur Pectase  
 B-6 Pyridoxine Sodium Phosphatase  
 Panthothenic acid Chlorine Catalase  
 Biotin Magnesium Disphorase  
 B-12 Iron Cozymase  
 Folic Acid Manganese Cytochrome systems  
 Choline Copper Lactic dehydrogenase  
 Inositol Iodine Succinic dehydrogenase  
 Vitamic C Zinc 24-Oxidoreductases  
 Vitamin D Silicon 21-Transferases  
 Vitamin E Molybedenum 33-Hydrolases  
 Vitamin K Boron 11-Lyases  
 Rutin Titanium 5-Isomerases  
 Pepsin  
 Trypson  
 Protein / Amino Acids Other  
 Isoleucine Nucleic acids Hypoxalthin  
 Leucine Flavonoids Nuclein  
 Lysine Phenolic acids Amines  
 Methionine Terpenes Lecithin  
 Phenylalanien Nucleosides Zanthophylls  
 Threonine Auxins Crocetin  
 Tryptophan Fructose Zeaxanthin  
 Valine Glucose Lycopene  
 Histidine Brassins Hexodencal  
 Arginine Gibberellins Alpha-amino-butyric acid  
 Cystine Kinins Monoglycerides  
 Tyrosine Vernine Monglycerides  
 Alanine Guanine Triglycerides  
 Aspartic acid Xanthine Pentosans  
 Glutamic acid  
 Hydroxyproline  
 Proline  
 Serine

### Club Contacts

<b>Adrian King</b>	7534681	President
<b>Stephen Black</b>	7526860	Secretary
<b>Sue Billing</b>	7514337	Treasurer

### What nutrients are found in bee pollen?



Bee pollen is one of the few foods that, in itself, is life sustaining. This is because it contains everything we need: It is 25 percent vegetable protein (including at least 18 amino acids and all eight essential amino acids) and contains more than a dozen vitamins, 28 minerals, 11 enzymes and co-enzymes, and carbohydrates. This

adds up to a nutritional, more-than-a-food gift for us. Dr. Paavo Airola, a well-known nutritionist, states "Pollen is the richest and most complete food in nature."



### Friends of the Bees

Friends of the Bees is a charity founded to conserve and protect bees, to educate people about bees and to research and promote more natural beekeeping methods. We aim to work with others to help restore the natural balance between honeybees and other insect pollinators.

<http://vanishingbees.co.uk/>