



OCTOBER 2010

Taranaki Beekeeping Club



WHAT'S ON IN TARANAKI

Spring has now arrived very rapidly, after a very wet September, with some warm temperatures which has put the Bee Colonies into swarming mode. There have been some large swarms around as the colonies seemed glad to be out enjoying the break from the wet cold spell. People who were able to gather these will have found out how very quickly an enthusiastic colony can draw out foundation and prepare a brood nest in these last few weeks when there has been a good nectar flow to assist them from the Willow, the 'Coro' Pittosporum and the fruit trees in the orchard.

If you are wanting to increase your stocks, now is the time to take a Nucleus or you could just split a hive in two. A Nuc. taken now will be able to produce some honey for you as well as enough to take the colony through the Winter but you will have to watch them over the next month to six weeks as sometimes they run short of feed if the weather turns nasty. It is a good idea to have at least two hives so that you can always have a young queen on hand if a mishap occurs. If you have a poor strength hive then brood can be exchanged but be aware that this given brood must have bees to cover it or they will become chilled and die.

With the increase in bee volume in the hives, make sure that they have enough room. The queen needs cells to lay in and the bees need space for the nectar they are bringing into the hive before concentrating it into honey. Your third super should probably be on the hive by now – remember to put on the next super when there is nectar in the outside frames. If you are using Queen Excluders remember that you will assist the colony if you take these outside frames and place them in the center of that third box, since most colonies are reluctant to push through the excluder especially at this time of the year.

Don't be in too great a hurry to remove the mouse guards or entrance reducers as there are still hungry mice looking for a warm sheltered place to set up home and it will also deter the queen wasps that are now out of hibernation and looking for any easy food source.

Remember that it may be time for you to replace your Varroa Strips as they only work for about eight weeks and Varroa does not sleep and will take advantage of any poorly prepared hives.. If Varroa gets the upper hand it will destroy the colony very quickly as well as spread itself around the immediate vicinity.

The Club has organized a 'Disease-a-thon for Sunday the 24th of October. This entails visiting about four Apiaries in the locality – Inglewood to Rahotu – to look at other peoples hives for disease. Teams of three or four will be led by an experienced leader and it will be a great opportunity, especially for new beekeepers, to see how other people keep their hives and how they compare with the state of yours. More details at the next Club meeting, 6.30 pm. Plunket Rooms, Monday 18th. October.

We will also discuss what you should have done and what to do to prepare the hive for a great honey harvest next year. See you there.
Adrian.

Next club meeting
18th October 2010
In the PLUNKET ROOMS
6.30pm
Next to New World Supermarket
Third Monday of every month

Bee venom: helpful?

Although bee venom is potentially fatal, its components may prove helpful in enhancing memory consolidation and in restoring smooth muscle movement in Parkinson's patients. In addition, apitherapy antidotes have also been suggested for multiple sclerosis, arthritis, bursitis, and tendinitis, among other diseases.

If apitoxin were a cosmopolitan, apamin would be the lime juice, as it is the key ingredient that puts the bite into bee venom. Yet, this same kick may endow bee venom with its therapeutic benefits.

Research suggests that small doses of apamin can affect memory. Rats exhibited improved memory consolidation and retrieval skills 24 hours after injection.

The researchers theorized that bee venom could be used to synthetically modify erroneous dopamine levels for people suffering from Parkinson's. Dopamine comprises 1.5 percent of apitoxin and is a neurotransmitter found in the human brain. Researchers hoped that treatment with bee venom could eliminate the adverse side effects of conventional anti-Parkinsonian medication, such as L-DOPA, which often include hypotension, arrhythmias, nausea, gastrointestinal bleeding, and disturbed respiration.

Although bee venom has noticeable effects on memory improvement, no definitive studies demonstrate improvement in Parkinson's symptoms.

By Sophia Porrino, Cornell Daily Sun, 9/22/2010

Honey is Nature's Gold

By Gloria Havenhand, Daily Express (UK), 9/21/2010

MOTHER Nature has made honey so sweet and comforting, so thick and syrupy with such a soothing texture that we often don't give its medical qualities a second thought...

In recent years the growth in superbugs such as MRSA has seen honey come to the rescue for everything from abscesses and fungal infections to post-surgery wounds. Many of its medicinal, antibacterial and healing properties still baffle scientists but as a general immune-booster and a remedy for coughs, colds and sore throats it is well known.

A study by Pennsylvania State College of Medicine in the US found that honey outperformed over-the-counter cough medicine.

Here are some ways honey can help us:

Wounds

Not only does honey stop cross-infection, it also prevents contamination moving on to other wounds.

Research by the University of Sydney in Australia in 2007 concluded that honey dressings should be used as a first choice, although the type of honey used is important as some have up to 100 times more antibacterial properties than others.

At the Children's Hospital in Bonn, Germany, MRSA infection of a wound in one child was treated for 12 days with an antiseptic which saw no improvement. Australian antibacterial honey cleared it after two days.

Blood pressure

Borage honey contains the herb borage, which works in a similar way to statin drugs prescribed to lower blood pressure. Borage widens the arteries and the engorged blood supplies deliver feelings of wellbeing and energy.

Take two teaspoonfuls whenever the mood takes you but remember, a teaspoon of honey contains 22 calories, whereas the same amount of sugar contains 15.

Gastric (peptic) ulcers

This painful condition is caused by a bacterium attacking the stomach wall.

Honey sticks to the lining of the stomach preventing further damage.

Two teaspoons of honey up to three times a day stops ulcer damage according to research published by the US National Library of Medicine in Maryland.

Constipation

Liquid honey has a mild laxative effect, especially appropriate for constipation associated with ageing and bloating caused by a diet rich in processed food.

Healthy heart

Honey has minute traces of acetylcholine which helps transmit nerve impulses throughout the body.

Measure your pulse, then take two to three teaspoons of honey 30 minutes before bed for two to three weeks.

Take your pulse again and you should notice the difference. Your pulse should be lower and more stable.

Here's how the other bee products can benefit us:

Propolis

Bees decorate the insides of their hives with a protective "wallpaper" called propolis.

It is an effective healer, germ-buster and rapid rescue treatment and is available in cream, liquid essence, spray and capsule form. Propolis cream can be applied to skin to treat psoriasis, eczema, acne and allergy rashes.

Mouth and gum infections can be alleviated by taking 30 drops of propolis essence, three or four times a day.

Dilute in warm water and gargle for sore throats and laryngitis. One drop a day during autumn and winter can act as a preventative measure against colds and flu.

Propolis also has an anti-inflammatory effect and three or four capsules a day can reduce joint pain.

Pollen

If bees put their heads down millions of flowers, why don't they get hay fever? The answer is because they are surrounded by nature's own antihistamine, bee pollen.

Once bee pollen is inside your bloodstream, your body starts developing immunity to it. Adults should take four to six pollen capsules a day from March to September or two to three teaspoons of pollen-laden honey per day. This type of honey looks cloudy around the rim and may marble the whole jar.

Royal Jelly

This white, creamy substance, responsible for giving the queen bee an elegant, long body and long life, has a list of nutrients but scientists can't work out its complete formula.

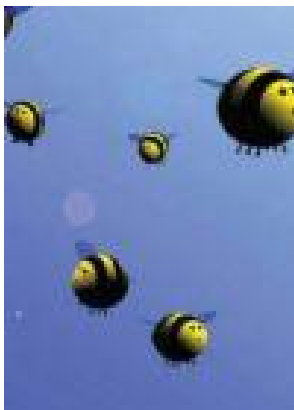
Royal jelly may help the brain stay young. It contains a compound called acetylcholine, which is used to send messages through the nerve network. Levels of this transmitter decrease as we get older causing memory loss and a lack of concentration.

It is also a good source of vitamin B5, which is held in high esteem for both its de-stressing and its anti-ageing effects.

Beeswax

This expensive wax is high in beta-carotene, a bioflavonoid that is converted by the body into vitamin A, good for skin conditions such as acne.

Beeswax also contains antibacterial, anti-fungal and antioxidant properties, which is why it is applied to wounds and sores as a barrier against further injury...



Apitherapy News

The Internet's Best Source of Information About the Medicinal Use of Bee Products

How to Make Beeswax Lip Balm

For soft, kissable lips, make your own beeswax lip balm. Reuse tiny lip gloss tins or jars.
Difficulty: Moderately Easy

Instructions

Things You'll Need:

- Beeswax
- Tiny Tins With Lids
- Coconut Oil
- Honey
- Vaseline
- Essential Oils
- Lanolin
- Vitamin E Capsule
- Microwave-safe Containers
- Microwaves Oven
- Stirrers
- Essential oils

- 1 Melt 1 tsp. shredded beeswax, 2 tsp. coconut oil, 1/2 tsp. lanolin and one vitamin E capsule in the microwave.
- 2 Add 2 drops of essential oil such as peppermint, orange or lemon.
- 3 Add 1 tsp. honey.
- 4 Stir the mixture until cool.
- 5 Pour into a container and let set until completely cool.



DID YOU KNOW:

-While foraging for nectar and pollen, bees inadvertently transfer pollen from the male to the female components of flowers. Each year, bees pollinate 95 crops worth an estimated \$10 billion in the U.S. alone. All told, insect pollinators contribute to one-third of the world's diet.

-Bees do not create honey; they are actually improving upon a plant product, nectar. The honey we eat is nectar that bees have repeatedly regurgitated and dehydrated.

-In one day a queen can lay her weight in eggs. She will lay one egg per minute, day and night, for a total of 1,500 eggs over a 24-hour period and 200,000 eggs in a year. Should she stop her frantic egg-laying pace, her workers will move a recently laid egg into a queen cell to produce her replacement.

In the course of her lifetime, a worker bee will produce 1/12th of a teaspoon of honey.



Theoretically, the energy in one ounce of honey would provide one bee with enough energy to fly around the world.

Monday, June 07, 2010

Warning to Parents on Honey Danger to Babies

By Madeleine Brindley, Western Mail, 6/7/2010

Parents are being warned not to feed babies under 12 months honey because of the risk of botulism.

The Food Standards Agency (FSA) issued the advice after a confirmed case of the rare but serious illness infant botulism.

There have been only 11 confirmed cases of infant botulism in the past 30 years, but three of these have occurred in the past year and all have had possible links to honey.

The most recent case involved a 15-week-old baby.

The FSA said although it is not absolutely clear eating honey caused the illness in these cases, honey had definitely been eaten by the infants.

Botulism is caused by a germ, which can lie dormant in soil or dust and occasionally gets into honey. If the germ gets into a baby's intestine it can grow and produce a toxin or poison, leading to infant botulism.

Honey is safe for children over the age of one, but a younger baby's gut is not sufficiently developed to be able to fight off the bacteria...

