

THE MARIN BEEK NEWS

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June 2018

What You Missed

Our last meeting featured a talk by Tamara Wolfson, LAc an osteo-acupuncturist, apitherapist, herbalist and educator with over 25 years of clinical experience practicing natural medicine. She spoke about the benefits of various plants and the many beneficial products from the bee hive.

Tamara has a clinic in downtown Fairfax where she treats patients. She is using bee venom in some treatments.

Best guess is that there are 400,000 species of plants on earth. Plants evolved 1.3 b years ago. Man 2.8 m years ago. Plants, insects, and humans have all evolved together.

Phytochemistry is used to treat people in alternate ways using plants and plant products (phytotherapy).

Secondary plant metabolites are what are used in medicine. They help protect plants from predators and other plants.

- Phytosterols
 - Help absorb fat and hormone regulation
 - Lycopene – tomatoes
 - Balsam and gums from conifers and firs used as antimicrobial
 - Artemisinin – main compound for treating malaria and Lyme disease
- Flavonoids – contribute to color and taste of food. They also have been found to contribute to longevity and weight management. The Flavonoid in willow bark was the original aspirin.
- Some plant based drugs:
 - Nicotine
 - Caffeine
 - Cocaine
 - Morphine

What's the Buzz?

Our next meeting will be on Thursday June 7, 2018 at the American Legion Log Cabin, 20 Veterans Place, San Anselmo, CA; starting at 7:30 pm. The meeting will feature Marin Beekeepers and "Gadgets and Gizmos", time saving devices that our own members have found or developed to make beekeeping easier.

Upcoming Meetings:

July

No meeting: Marin County Fair, June 30 – July 5. See the Fair notice in this newsletter.

August

August 4, 2018

Marin Beekeepers Annual Potluck. See page 6 for more information.

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- Berberines – used to treat liver phytochemistry. Also used to treat diabetes and digestive problems.

Extracts from plants can be less effective than using the whole plant because of the interaction of various chemicals in the plant make the active ingredient more effective.

Natural medicine is about strengthening the body rather than treating a symptom.

Beehive is a pharmacy.

- Many products created by bees that can be used as medicines
 - Honey
 - Pollen
 - Propolis
 - Royal Jelly
 - Bee venom
- Honey – one of the first recorded medicines
 - Phytochemicals in honey – flavor and color but also nutritional benefits.
 - Can be used for wound care since it can draw water from wounds and makes it difficult for bacteria to grow.
 - Glucoseoxidase combines with water on skin to produce hydrogen peroxide.
 - Manuka honey reduces the PH of the wound and helps keep bacteria out. Honey from the nectar of the Manuka tree (*Leptospermum scoparium*). Methylglyoxal is the compound found in Manuka honey. It is effective against certain stomach conditions, *E. coli*. and *Staphylococcus*.
 - Honey contains several species of beneficial bacteria.
 - Honey also contains antioxidants. Four tablespoons of honey a day will provide a significant increase in anti-oxidants in the human body. The darker the honey the higher the antioxidant level.
 - Honey is primarily used for cuts and abrasions and for stomach and intestinal inflammation.
 - Also good for the skin.
 - Smear honey on your face, neck, etc. before you go into the shower.

- Pollen

- Lots of different pollens throughout the year.
- Spring is moist and sweet, later in the season it becomes dryer and bitter.
- Major food source for bees. Provides protein, fats and various trace nutrients.
- 1 tbs. of pollen is about the same protein level as a plate of food. Eating large quantities of pollen can cause stomach pain. Pollen is like a multi-vitamin. Complete protein, high in B vitamins and high in fat.

Pollen use can reduce allergies. Pollen is immune modulating so you don't need to consume pollen from the source of your allergy. Allergies are also about your own biome and diet.

- Propolis

- Comes from tree and plant resins. Plants produce the resins as an antimicrobial that protects the plant from disease. Bees harvest for much the same reason.
- Propolis must be extracted, usually using alcohol. It is not water soluble. 1 oz. by wt. to 2 oz. by wt. of Everclear to make a tincture.
- Antiseptic, antifungal, etc.
- Tooth and gum infections respond well to propolis.

- Royal Jelly – bees use it to produce queens

- Contains many good vitamins, chemicals, etc.
- Used in natural medicine to alleviate fatigue, stress, androgen deficiencies (male hormones), ¼ tsp / day

- Bee Venom = apitherapy

- Used for many years as a natural medicine. Colorless liquid with proteins that cause the inflammation, but the power of bee venom is long term use to stimulate the immune system.
- Can be used for scar therapy. It will break down the scar tissue.
- Bee venom is volatile so is not used commercially since it can't be extracted and stored. Tamara holds the bee to the desired

See What You Missed on Page 3

skin but then removes the bee with stinger intact to give a small dose of venom without killing the bee.

Tamara has a website, <https://ladybeebotanicals.com/>. You will find many tinctures on her site as well as information about alternative therapies.

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Hive Tips

By Bonnie Morse, [Bonnie Bee & Company](#)

Depending on where you live in the county, conditions are very different for bees at this time of year.

Do you live close to many irrigated gardens? Then your bees may still be building comb, and even getting ready to swarm!

- **Are they already making preparations to swarm...**i.e. swarm cells? You won't stop swarming by adding more space. You can take a split with the queen – and without any frames with queen cells – to (likely*) stop them from swarming. This is basically a swarm (except they will get some comb and perhaps some food). By removing the queen and part of the colony, you have done what they were already planning to do. Now, leave the original colony (with queen cells) alone for at least 3 weeks to do what they were already planning to do – get a new queen to replace the one that left in the “swarm”.
 - * “likely”... if they are left with too many bees, they could still have a secondary swarm.
- My bees swarmed – now what?? Well, not soon after the swarm leaves, multiple queens may be emerging. It's a “Game of Thrones” situation in there with virgins vying for right to lead the colony. And after all that fighting, they'll still need to go on mating flights. Best you can do is be patient. Put it on your calendar to check them again in three weeks. By then, you should evidence of a mated queen, if not the queen herself. No evidence? Give them another frame of brood so they can try again.

Our iconic hills are brown. If you live in west Marin, you may have noticed that the flow has slowed considerably and your bees may have even finished comb building for the season.

- If your colony is new from this season, keep an eye out for food resources over the next few

County Fair Time!



The 2018 Marin County Fair is fast approaching. Entry forms and category descriptions are posted, as well as this year's entertainment schedule. If you entered last year you should have received an entry package. If not, or if you are entering for the first time, you can view the 10 category descriptions for the Adult Honey Department on the Fair website, under Competitive Exhibits.

<https://www.marinfair.org/~media/files/fair/2018/exhibits/honey.pdf?la=en>

Entry forms are available at

<https://www.marinfair.org/~media/files/fair/2018/exhibits/entry-form.pdf?la=en>

Enter as many categories as you would like. You must enter to win.

Important Dates

Entry Forms were due at the Fair Office on or before 5 pm Thursday, May 10th, but Dan can accept entry forms for the Honey Division on the day that you submit your entries for the competition.

Entries received **June 8 and 9 at the Exhibit Hall**

Friday, June 8 – 3 pm to 7 pm

Saturday, June 9 – 10 am to 5 pm

Judging will be the following day on Sunday, June 10.

Actual Fair dates: **Saturday, June 30 to Wednesday, July 4**

months. Blackberries are now in bloom, but when they slow down, your bees may need a hand with food resources until the coyote bush start to bloom in late summer/early fall.

- Overwintered colonies tend to fare better with food resources because they had an opportunity to take advantage of early season nectar / pollen. Hives acquired in April or May did not have that same benefit.

Another issues to keep a eye on: is your colony queenright?

Drone laying queens vs laying workers

- Chances are, a new queen (whether due to supercedure or swarming) will successfully return from her mating flights, there are a percentage that do not.
- How do you determine whether it's a drone laying queen or laying worker?
 - A drone laying queen will tend to have a regular brood pattern (tight, centered in the hive) and single eggs in the center of cells.
 - To correct:
 - Find the drone laying queen and then introducing a frame of brood with eggs/ young larvae so they can make a new queen, OR,
 - Combine (preferably with newspaper method to slow the combination of the two colonies) with queenright colony.
 - In either case – it is imperative that you find and remove (aka kill) the drone laying queen. If not, they will either not make a not queen, or if you combine with a queenright colony, the queens will fight and the queen capable of laying fertilized eggs might not win the battle.
 - Laying workers will tend to have more of an irregular brood pattern and you will find multiple eggs (not centered) in cells.
 - To correct:
 - Combine with stronger queenright hive and newspaper method, OR,
 - Shake / brush all bees out 20+ yards from the hive. Return hive / frames to original location. Foragers will return. Laying workers – who have not been outside the hive – will not. Introduce a frame of brood and now bees will create a new queen.

Beekeeping Classes

Upcoming Classes

Integrated Pest Management (IPM) (Saturday, July 14, 9am – 12pm, \$50)
Led by Bonnie Morse

The challenges of managing pests and diseases in your colony can be overwhelming. We will look at the potential risks and benefits of various tools and techniques available to manage common pests and diseases in your colony.

Location: Fairfax Backyard Farmer, 135 Bolinas Rd, Fairfax [Register through Fairfax Backyard Farmer.](#)

Summer and Fall Hive Management Class Series (July & August, 9 hours, \$99, course code 2334)

Late summer can bring a variety of problems including increasing mite counts, yellow jacket attacks and lack of forage. Learn to identify the signs and symptoms and how you can assist the colony during difficult times. Your bees have already started getting ready for winter and so should you: how and when to reduce colony size, determining how much honey to remove, how to extract the honey and more.

Field day will include sugar rolls for mite testing, identifying food stores & colony needs, and how to “read” your monitoring board.

Register through [San Rafael Community Center](#)

Class room sessions: Wed. July 18, 25, & August 1, 6:30pm – 8:30pm, San Rafael Community Center, 618 B St., San Rafael

Field Day: Sat. August 4, 9:00am – 12:00pm, location TBD

Drop in for classroom sessions only = \$30/each, drop in for field day = \$50

Class 1: Common summer and fall problems including varroa mites, food issues, yellow jackets, and other pests & diseases

Class 2: The hows of honey: how much you can harvest, how to collect from hive, how to extract, how to clean up, how to process cappings

Class 3: Preparing for winter, how to handle common winter problems, how to clean up / store equipment

The Hows of Honey (Sat., August 25, 9am – 12pm, \$50)

How much you can harvest, how to collect from hive, how to extract, how to clean up, and how to process cappings.

Location: The Fairfax Backyard Farmer, 135 Bolinas Rd, Fairfax.

Register through [The Fairfax Backyard Farmer](#)

Swarm Season Update



As of last Sunday, we have handled 105 Swarm Reports that have come through the Club Website. There remain 28 reports, either un-responded to or unresolved -- that is no final report has been posted to the SwarmList. Each of these reported swarms tend to generate multiple emails and that is a lot of traffic.

We try to monitor the traffic to insure adherence to the Swarm Protocol and to see that all reports are ultimately responded to and reach some level of resolution. With this in mind, it is important that those responding reply using the latest post using the original Subject Line, keeping the string complete. This allows anyone to search on the address and bring up the history. Once there is a final resolution, we can delete all but the last post that should contain all the posts for that Subject Line.

Many of the reports that have gone un-responded to are various extractions -- cut outs, tree cavities or cone extraction. We need more members willing to take care of the difficult Reports, not just the easy cluster to shake into a hive box. With this in mind, Dave Peterson will be doing a quick demo of how to easily make and install a cone for a quick and easy extraction for an established colony at the next club meeting.

The Nuc may decide to reset the wait time for those how have gotten a swarm this season. If so, there will be an announcement on the SwarmList. There are still a few members looking to collect their first swarm this year.

Thanks to some of our members who have stepped up to do most of the extractions and cutouts. We always first try to convince the homeowner with bees in the wall to just let them be(e) whenever possible. So sometimes the responder spends a good deal of time

on a possible extraction just to have them decide to keep the bees.

Any member wishing to subscribe to the SwarmList, should be familiar with the Swarm Protocol. If you have questions about the Swarm list, contact Dave Peterson at dpeterson307@aol.com.

You can subscribe or unsubscribe to the SwarmList at: http://just109.justhost.com/mailman/listinfo/swarms_marinbeekeepers.org

From the Librarian's Desk

The library's about to take a summer break. Stop by on Thursday to return your borrowed items or stock up on your vacation reading. We look forward to seeing you again in September!

Meadery Tour and Potluck

Enjoy a visit to Heidrun Meadery! The Marin County Beekeepers will be getting a discount on a meadery tour and tasting, as well as added bonus of farm tour (of their pollinator friendly organic garden) and info about their bee program.

Bring a dish to share for a potluck lunch.

Friday, July 13, 11am – 2pm, \$20 per person
[Register on Eventbrite](#)

Need equipment fast?

If you find your growing colony – or recently acquired swarm – or split made to prevent a swarm – is in need of equipment ASAP, we have a source in Marin county for bee equipment! The Fairfax Backyard Farmer has been open since fall '16. Open Wed – Sat noon – 6pm, Sun noon to 5pm.
135 Bolinas Rd
[415-342-5092](tel:415-342-5092)

Marin Beekeepers Potluck and Auction

There is no regular meeting of the Marin County Beekeepers in August. Instead, please plan to join us on August 5th, starting at 6 pm, at the home of Neil and Mary Nordquist, 2072 Hatch Road, Novato, CA for the annual potluck dinner. Sign up will be online again this year. Go to: <http://marinbees.org/wp> and click on Club Resources for more information on the event and to sign up to bring a dish. *Everyone should bring their own plates, utensils and drinking glasses.* This is a **GREEN “ZERO WASTE” EVENT**. All items should be brought in a reusable or recyclable/compostable container. Please plan on taking your recyclables / compostables / garbage with you when you leave the event.

Directions to Neil and Mary Nordquist, 2072 Hatch Road, Novato:

Take the San Marin Drive/ Atherton Avenue exit from US101. Turn west onto San Marin Drive.

Continue on San Marin Drive to Simmons Lane, the first stop sign. Turn left onto Simmons Lane. Follow until you come to a stop light at a T-junction with Novato Boulevard. Turn right onto Novato Boulevard and then make a left turn at the next light onto Wilson Avenue. Follow Wilson for approximately 1 1/4 miles.

There will be stop signs at Center and Vineyard Roads on the way. Hatch Rd will be a right turn shortly after Wilson narrows.

The Nordquists are 1/4 mile down Hatch Road on the right. 2072 is on the mailbox just before the gate. Please park on the street and walk in through the gate.

There will be an auction (silent and live items) at the potluck to benefit bee relief efforts in the Caribbean and a pollinator habitat project in Marin. Auction items include two beautiful quilts made & donated by Diana Sammataro, retired bee researcher and author of “The Beekeepers Handbook”. If you can’t make it but would like an opportunity to bid on the quilts, contact Bonnie Morse: bonniebmorse10@gmail.com.

QUILT AUCTION PHOTOS

