

# THE MARIN BEEK NEWS

Volume 10, Issue 11

December 2018

## What's the Buzz?

Our next meeting will be on Thursday December 6, 2018 at the American Legion Log Cabin, 20 Veterans Place, San Anselmo, CA. starting at 7:30 pm. The meeting will feature a panel discussion by consisting of several Marin Beekkeepers discussing various hive designs.

### Upcoming Meetings:

#### January 3, 2019

[Ramesh Sagili](#), Oregon State University, Department of Horticulture, "Honey Bee Nutrition: What We Know, What We Need to Know"

#### February 7, 2019

[Leo Sharaskin](#), Horizontal Hives, "Natural Beekeeping". Leo will also hold workshops on Saturday, February 9th.

#### March 7, 2019

[Billy Synk](#), Director of Pollination Programs, Project Apis m, "Supporting Pollinator Habitat"

#### April 4, 2019

[Rachael Bonoan](#), Post doctoral researcher, Tufts University and Washington State University, "Why Bees Like Dirty Water"

#### May 2, 2019

[Mark Winston](#), Professor and Senior Fellow, Morris J. Wosk Centre for Dialogue

#### June 6, 2019

[Tom Seeley](#), Department of Neurobiology and Behavior, Cornell University, "Darwinian Beekeeping"

#### July

No meeting – Marin County Fair

## What You Missed

Our last meeting featured a talk by Janice Cox. Janice is the author of several books on natural beauty products.

Janice started making beauty products when she moved to Oregon. She started making products out of necessity. There wasn't any place to buy natural product then. She is the author of two books on the subject, "Natural Beauty from the Garden" and "Natural Beauty from the Hive".

### History:

Cleopatra was known for using milk and honey for beauty products. Now they are back again. She gets a lot of her ideas from old books and magazines. Also look at beauty products in the natural food stores. Natural beauty products are expected to double within the next eight years.

Natural Beauty products are now a lifestyle. Natural Beauty is good for you. Skin is the largest organ in your body. What goes on you goes in you. Healthy lifestyle includes body care.

DIY beauty products have come full circle. There has

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been a massive rise in the number of people making their own products and turning their DIY skill into green artisan products. DIY = less waste. Many DIY products only need basic kitchen ingredients.

Be a smart consumer:

- Read labels
- Look up ingredients on google.

Apitherapy Treatments that involve honey and bee based products:

- Honey
  - Cleopatra used honey as a beauty product and it is still used today
  - Natural humectant
  - All natural and suitable for all skin types
  - Natural antioxidant
  - Protects the skin from U.V. damage
  - Antimicrobial
    - High sugar less water limits bacteria
    - High acidity
    - Low protein
    - Natural hydrogen peroxide

Honey in body care has many uses:

- Cleanser
- Toner
- Facial mask
- Bath
- Hair conditioner
- Creams and lotions
- Lip balms

Beeswax:

- There is no synthetic product can duplicate beeswax
- Protective barrier on the skin
- Protects against environmental irritants
- Locks in moisture
- Used in making creams and lotions
- Long shelf life

Propolis:

- Bee glue
- Antioxidant
- Healing
- Herbal medicine
- Cold sore treatment

- Cough medicine
- Tinctures

Bee Pollen:

- Food for young bees
- Contains vitamins and minerals
- New to cosmetic companies
- Anti-aging ingredients
- Mixed opinions on use – check with physician (or do patch test)
- Natural Beauty Recipes

Honey Cleanser:

- Honey and ground oatmeal or oat flour
  - Egyptian Honey facial mask
    - Honey has been found in Egyptian tombs and Cleopatra was the original “green” beauty.

Facial Mask - Used food grade clay - most natural food stores or buy online

1 Tbls natural clay  
1 tbl pure honey  
1 tbls pure water

Beeswax in lip balm

Most lip balms contain beeswax

1 tsp beeswax  
1 tsp coconut oil  
1 tsp cocoa butter

You can add color with natural colorings. You can flavor with food grade flavorings or things like citrus peel

Healing Salve

This is especially soothing after a day spent outdoors

Melt together

¼ c beeswax  
½ c cocoa butter  
Etc. etc.

Conditioning hair pack

Honey can be a great hair treatment and washes out with warm water

Plants that are used in beauty products:

- Lavender:
  - Relaxing scent
  - Ideal for sensitive skin
  - Antiseptic
  - Anti-inflammatory
  - Sleep aid
  - Good for insect bites and sunburns
  - Headache relief

Sachets

Lavender wands

Bath products – can place them in a muslin tea bag to keep the tub clean

Hydrosols (lavender water) and essential oils

Home essential oil systems – google it

- Rosemary:
  - Stimulating scent
  - Good for memory
  - Good dark hair rinse
  - Massage oil
- Calendula:
  - Extract and oil
  - Healing cleansing
  - Soften rough skins
  - Pale yellow dye
  - Antiseptic
  - Anti-inflammatory
  - Mouth rinse
  - Good foot powder
- Luffa (Loofah):
  - Fun to grow in full sun and loves to climb
  - Great supply of sustainable sponges
  - Takes a while to grow
  - You have to soak the seeds for 24 hrs. before planting
- Sunflower:
  - Seeds
  - Yellow dye from petals
  - Oil
  - Scrubs
  - Lotions
  - Hair rinse
- Herbal Infusions:

- Dried or fresh plants in hot water to make “tea”
- Can also use oil with dried herbs
- Also can be used to make herbal bath salts

Her latest book is “Natural Beauty from the Garden” (Ogden 2018) for more information go to:

[www.janicecox.com](http://www.janicecox.com)

Instagram: athomebeauty

## Hive Tips

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

By now, you’ve hopefully made sure your hive is queenright and ready for winter. Unless there is good reason (extreme weather events, for example) to do otherwise, it’s now best to let the bees alone. Inspecting hives now will break propolis seals (which will be hard for bees to repair in cold temperatures) and release heat needed to keep the brood warm. If the cluster is small, the latter could provide disastrous as they may have difficulty bringing temperature back up.

For the curious, you can find out a lot of information without opening the hive. Put your ear up to the side and knock gently. What kind of buzz do you hear? Does it sound like a large cluster or a few sporadic bees? Try to heft the hive. Is it heavy with stores? Or is it light and lifted with ease? If you have a screened bottom board, what do you see on the monitoring board? From debris, can you see if the size of the cluster is the same, smaller or larger than when you looked last? Do you see dark cappings from brood emerging? Or lighter cappings where stored food is being consumed?



**Knocking to Check on a Hive**



## Special December Meeting Event

This Thursday December 6th, as part of our monthly meeting, Marin Beeks will hold a fundraiser for Bees for Development. This organization promotes sustainable beekeeping to combat poverty and build resilient livelihoods.

To learn more, please see this interview with Nicola Bradbear & Katrina Klett from the Bee Audacious conference

<https://www.youtube.com/watch?v=YDxThGQcjtq> or

the Bees for Development website

<http://www.beesfordevelopment.org/>

Starting at 7:15 on Thursday, we will have a number of items available for Silent Auction. The auction will close 15 minutes after our speakers finish. Among the treasures are:

Flow Hive

Year subscription to American Bee Journal

Embroidered Bee Levi's Trucker Jacket -



Set of 6 Muth honey jars –



Bee-inspired jewelry crafted by Cynthia Stringer -



In addition, we will have a "cash & carry" table of \$5 items and a number of books for sale.

Please join us Thursday in supporting this great organization.

## Beekeeping Classes

### Classes with Bonnie Morse:

**Beginner Beekeeping class series** (9 hours, \$119)  
*Know you want to keep bees? Classroom sessions will include basic bee information, seasonal cycles of a colony, equipment options, where to place your hive, how to get bees and tips on working with your equipment. When the weather warms up, there will be a field session so you can observe and practice working with your tools and bees.*

\$30 discount if you already took the Backyard Beekeeping Class. Some of the information will be repetitive, but there's a lot of information, so probably not a bad thing!

Class room sessions: Saturdays, January 26 & February 2, 9am – 12pm (2 classes, drop in fee = \$50/class, if space available)

Field Day: Sat., March 16, 9:30am – 12:30pm, location TBD, tent. San Geronimo (drop in fee = \$60, register in advance to get address and additional information) Rain date March 23.

Register through [The Fairfax Backyard Farmer](#). Limited to 12 people.

**Intermediate Beekeeping class series** (9 hours, \$119)  
*You've got your colony through winter (or not) – now what? Class sessions will include how to clean up your equipment, expanding hive size for spring, swarm prevention- and if that fails, swarm capture, setting up bait hives for swarms, identification of common pest and diseases and management options for them. Topics will also include dealing with special situations: aggressive hives, queen failures, and laying workers. Field day will include information on how to split a colony, pest and disease ID, and swarm prevention.*

Class room sessions: Sundays, February 10 & 17, 9am – 12pm (2 classes, drop in fee = \$50/class, if space available)

Field Day: Sat., March 16, 1:30pm – 4:30pm, location TBD, tent. San Geronimo (drop in fee = \$60, register in advance to get address and additional information) Rain date March 23.

Register through [The Fairfax Backyard Farmer](#). Limited to 12 people.

### Skep-making workshop with Charlie Kennard

DATE: February 10, 2019

TIME: 9:30 am - 4:00 pm

LOCATION: Marin Art and Garden Center, Ross

We will use a roadside grass, or rush, to begin a bowl-shaped basket, using a skep-making technique. Skeps also make excellent swarm-catchers. In the lunch break, we will have the opportunity to visit Charlie's apiary in the garden.

Participants should bring a water bowl (a 9" round cake pan is ideal for many basket projects), a pocket knife, large scissors, and small wire clippers (optional). Also bring a lunch. If the weather is fine, we may be outside,

so bring suitable clothing.

To register, visit <https://magc.org/events/skep-making-workshop-with-charlie-kennard/>

Charlie Kennard of San Anselmo is a long-time basket weaver and student of California Indian and other traditional basketry techniques. He has taught for the Point Reyes Field Institute, East Bay Regional Parks Botanic Garden, The Laguna Center in Santa Rosa and in many schools and at teacher trainings. Tule boats made in his workshops can be seen at the California Academy of Sciences, the Bay Model in Sausalito, and another is in the collection of the Oakland Museum. You can also visit a basketry plant garden Charlie has created at the Marin Art and Garden Center, where he and friends have woven a basket 13 feet across. Charlie is active in native habitat restoration in Marin, managing several projects for Friends of Corte Madera Creek Watershed.

## Membership Renewal

### Time to Renew Your Membership

If you have already renewed for 2019 or joined after November 1, you can disregard this notice.

Membership dues remain at \$20.00 for another year. Memberships include all family members residing in the same domicile and are for the calendar year. Those new members joining after NOVEMBER 1 are paid through all of 2019. Renewals are due by the January meeting and delinquent after the February meeting. In mid February, we will purge the Buzz, Swarm and BeekAdmin list subscribers who have not renewed by that time.

**The best and easiest way to pay your 2019 dues is online** at [www.marinbeekeepers.org](http://www.marinbeekeepers.org). You do not need to sign in or use a password. Just click on "become a member", fill out the form and submit. Be sure to complete the payment section at the end, which is via PayPal. You do not need to have a PayPal account to pay using a credit card. There is a small transaction fee added to your dues that is assessed by PayPal.

Or you can mail a check payable to Marin Beekeepers to our Treasurer:

Mary Nordquist  
2072 Hatch Rd.  
Novato, CA 94947

Of course, you can always renew at the door when you come to the monthly meetings by cash, check, or credit card.