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Volume 1, Issue 5



Lincoln County Beekeepers Association Newsletter

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“The honey bee is more honored than other animals, not because she labors, but because she labors for others.”

-St John Chrysostom

Officer contact info:

President - Rick Monroe
rick@monroegen.org

V President - Chad Williamson
blackrockfarms@aol.com

Treasurer - Eddie White
cewhitebeekeeper@charter.net

Secretary - Beth Noles
bethnoles@bluebikerealty.com

Extension Rep - Tom Dyson
Tom_dyson@ncsu.edu

We are Beekeepers...

This is the official newsletter for the Lincoln County Beekeepers Association, a non-profit organization dedicated to the well-being of honey bees and to the fields of beekeeping, apiculture, research, and education. We are a diverse bunch of individuals who share a fascination for the honey bee and its workings. Our members range from full-time beekeepers and pollinators with thousands of hives to hobbyists involved in back-yard beekeeping. Some members do not even keep bees, but are fascinated by the six legs and four wings of *Apis mellifera*.

Meeting Notes:

This months meeting was lead by Dr. Kent Kalina who taught us a thing or 2 about apitherapy, benefits of pollen/propolis/royal jelly and the many ailments he has cured/controlled through bee stings. For example, did you know that 1 tsp pollen = 1 hearty serving of veggies? Pollen/propolis are used as detoxifiers and royal jelly contains collagen! Cataract patients can use honey drops to combat vision issues and bee venom is injected for hip pain, gout and arthritis.

Dr. Kalina has helped many patients control their symptoms through bee sting therapy with much success. He demonstrated his procedure on a few spectators during the meeting. To name just a few: MS, shingles, lymes disease, psoriasis, fibro myalgia, varicose veins, agent orange, rheumatoid arthritis, complex regional pain syndromes and chemo induced peripheral neuropathy. This centuries old wisdom is still helping heal today!

For lots more information:
Dr Kent Kalina kmk11@hotmail.com

Recommended resources:
Bible of Bee Venum Therapy by Dr. Beck



NEXT MONTH'S TOPIC: Sanitary extraction practices by a local extensions agent

NEXT MEETING: June 9th @ 7pm

James Warren Citizen Center, 115 West Main Street, Lincolnton, NC 28092

Volunteer Opportunities:

June 20-26 - National Pollinator Week! Stay tuned for upcoming events and volunteer opportunities.

July 7-9 - NCSBA Summer Conference in Hickory, NC. Free admission to any and all volunteers who give 4 hours or more of their time to help.

September 17 - Lincolnton Apple Festival. This is an all day event where we have 2 vendor booths: one for education and the other for members to sell their honey and honey products. Volunteers are always needed and in short supply! Make sure to join the Apple Festival Committee later this summer to help plan the events for this years booths.

****Any events, programs, etc you would like announced need to be emailed before the next monthly meeting****

Member News:

If anyone rented the extracting equipment and forgot to return the fume board, PLEASE return to Dick Walker ASAP!

Announcements:

- Apple Festival Committee will be meeting over the summer to start preparing for the booths we will host this fall. If you are interested in joining this group, let Beth Noles (bethnoles@bluebikerealty.com) know so you can be added to the email communications.
- Please keep Ralph Harlan's wife in your prayers as she suffered a serious fall recently, several broken bones and a will be recovering for some time.
- David Thompson is looking for anyone with un-needed swarm cells either on the frame or cut out that he can use. He will trade you out a drawn frame for a frame containing the cell. See contact info below.
- We need your tried and true recipes using honey for our newsletter recipe section! Pictures to accompany them are great as well! Send to bethnoles@bluebikerealty.com or reply to the newsletter email.

FOR SALE:

Swarm Traps - Joe McLeod joemelmc@bellsouth.net has several
\$20 each w/o frames



Bee Venum Therapy

By Mihaly Simics

Bee venom therapy is the part of apitherapy which utilizes bee venom in the treatment of health conditions. Apitherapy is the use of beehive products, including honey, pollen, propolis, royal jelly, bee venom. It has been used since ancient times to treat arthritis, rheumatism, back pain, skin diseases and in this modern age as an alternative therapy to treat multiple sclerosis, Lyme disease and chronic fatigue syndrome. Bee venom comes from the stingers of honey bees who use it in defense of the bee colony.

Bee venom is a rich source of enzymes, peptides and biogenic amines. There are at least 18 active components in the venom which have some pharmaceutical properties. The effect mechanism of the venom is not entirely known yet. Scientists believe it can modify the way the immune system functions in the body and contribute to increased cortisol production.

Traditionally, bee venom was administered with live bees by stimulating them to sting in the affected area, trigger points or acupuncture points. Depending on the nature of the disease, the standardized venom can be used in a cream, liniment, ointment or injection form. Bee venom is most effective when it comes directly from the live bee during the late spring to early fall season when bees have a good pollen source to produce potent venom. Their venom during the winter period is less potent. Next to the effect of a live bee, injectable venom solution is considered to be a standard method to administer bee venom. Venom solution is prepared from pure bee venom (*Apis Venenum Purum*) and is a homeopathic preparation. It is administered intradermally just between the skin layers or subcutaneously under the skin to imitate the effect of a bee sting. Each injection is equivalent to or is less than the average dry venom sac content of a honey bee. Bee venom is also used topically in creams, liniments and ointments. The application of venom solution with electrophoresis or ultrasonophoresis is practiced in Europe and China.

Bee venom therapy is practiced by health practitioners and lay apitherapists. There are treatment protocols available to follow. In general, the therapy starts with the determination of whether the patient is allergic to the venom by administering a small amount of venom intradermally. If no allergic reaction develops within a certain time, the therapy is continued with the administration of one to two bee stings or injections. The therapy is carried out every other day (three times a week) by gradually increasing the number of bee stings or injections. The length of the therapy is determined by the nature and severity of the condition.

There is discomfort associated with the administration of bee venom including pain, itching, swelling, inflammation and redness. Symptoms like redness, swelling and itching are desired effects of the therapy showing the response of the patient to the venom. The more severe the reaction, but not anaphylaxis, the faster the recovery. Anaphylactic reactions which can be life threatening are also reported from bee venom, but they are rare.

The literature of bee venom therapy is very extensive and lists over 2,000 titles. There are basic guidelines of the therapy which need to be followed. The education on the part of the patient and the therapist is critical and the obtained result is proportional to the knowledge and experience of the administrator of the venom.

Bee venom therapy is an alternative form of healing. In the hands of a licensed practitioner, it is considered to be safe and can be used when the patient does not respond to conventional treatment methods.



If you have a beekeeping story, a favorite beekeeping memory or you would like to share why you became a beekeeper, we would love to include it in our monthly newsletter. Newsletters go out just after the monthly meeting. Please send a picture if possible.

Flower Report (as of 5/21/16)

The tulip poplar is at the last of the flow, in some areas it seems to be over. Since this is our big nectar flow for the year, extra attention to the amount of food stores in the hive is very important. So far we have been lucky with the amount of rain so there are still some blooms on the poplar, as well as other plants that are beginning to come into their own. Once bees lock in on poplar there are few foragers visiting other plants, but we are starting to see bees on the hops and Ladino (or Dutch) clovers as well as on the fleabanes and goldenrods. I see some activity on the bluets, and the white honeysuckle is blooming - but unless the bumblebees tear the flowers so the honeybees can get into the nectar, honeysuckle doesn't do a colony much good. Queen Anne's lace is beginning to bloom, but I do not think honeybees even visit it for pollen.

Hive Report (as of 5/21/16)

As I said in the flower report, care must be taken to be sure a colony has enough food supply. There will still be some nectar flow with the goldenrod & clovers, as well as the fleabanes, but if you have new colonies - either from packages or nucs, you should check each on a weekly basis to be sure they are still building up for fall & winter. Too often colonies struggle through the summer; sometimes only barely maintaining their food supplies, and then beekeepers rush in the fall to try to build them up for winter.

Keep up with the mite population in each hive, because this is the time that mites start blooming quickly. Whether you treat your colonies for mites or not, you must have a strategy for keeping the mite count down. Yes, having Russian or Minnesota hygenics counts as having a strategy, as does breaking the brood cycle for the bees. Whatever your approach to dealing with mites, now is the time to keep the varroa population down if you want your colony to do well in the fall and winter.

Now is a good time to make splits if you haven't already, but be sure that new nucs/splits have a food supply. Bear in mind that a small colony does not have the population to send out a lot of foragers to bring in the groceries, so FEED. Anytime you have a question if a colony is getting in the groceries, then feed them or put frames of honey in from another colony. If they have too much now, then maybe there will be enough to winter over.

By Ralph Harlan



New Members & Renewals

New Member ☐

Renewal ☐

Membership #: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____

County of Residence: _____ Local Chapter: _____

1 year dues: NCSBA (state) \$15 + LCBA (local) \$5 = **\$20 total**

You can only be listed under one local chapter in NCSBA "Yellow Book" membership directory. If you choose to be designated "**at-large**" with no chapter affiliation, **check here:** ☐

I want to receive the NCSBA quarterly **BEE BUZZ** newsletter by (check only **ONE**):

Email ☐

US Mail ☐

NONE (I don't want it) ☐

I want to receive notices of bee-related **EDUCATIONAL** opportunities by email: YES ☐ NO ☐

I want to receive bee- and beekeeping-related **SOLICITATION** emails: YES ☐ NO ☐

This form may be turned in during our monthly meetings to the treasurer or by sending with payment to:

Eddie White
6576 Lineberger Road
Sherrills Ford, NC 28673

Make checks out to LCBA or Lincoln County Beekeepers association