



The PSBA BUZZ

October 2005

Volume 6, Issue 9

EVENTS at the Arboretum Center
Graham Visitor Center
2200 Arboretum Drive E.,
Seattle, WA 98112
(Meetings are the 4th Tuesday
of each month except July and
December.)

Oct. 25

MEETING 6:30–9 pm
Beginners Instruction
6:30–7:15 pm
Main Presentation:
(revised)
Panel Discussion
Old and New Treatment
Methods
7:30–9 pm

Nov. 15

MEETING 6:30–9 pm
Election of Officers,
Potluck Dinner, Tall
Tales, and Awards
“History of PSBA,” by
Bill Rahr
(NOTE: This is the third
Tuesday of the month
instead of the fourth—bees
don’t like to compete with
turkeys.)

Hive Calendar

Harvest, Medicate, and Bottle

Install mouse guards, tip hives slightly forward to ensure dry conditions. Formic Acid, Coumaphous, and Apistan must be removed before winter. Feed or combine any hives that are too light to survive until early next summer. Bottle and sell honey and beeswax. Evaluate this year’s hive management results and plan for next year.

Year-to-year variation in temperature and rainfall, hills that block or funnel prevailing winds, northern or southern exposures, nearby lakes or rivers, and other geographic features near your apiary will speed or delay the blossoming time by as much as three and a half weeks. Use the hive calendar as a guide.

—Based on Roy Thurber’s [Bee Chats, Tips and Gadgets](#)

Club Notes

Hello fellow beekeepers,

Fall is on us, and I am trying to resist turning on the heat till I can’t stand it any more.

Most of you have probably prepared your bees for the coming winter. Mine were a little light so I fed them. I am hoping my bees survive better this year.

We are looking at some big projects for the 2006-year. One our shed needs lots of work and we will need lots of volunteers. Are you interested contact Bruce Becker? Also our web site needs a manager to help keep links and information up to date. This would require knowledge of web software. Please contact me if you are interested in helping us.

November is a fun meeting put this on your calendar. For this meeting we put the usual activities aside and have a potluck where we have a chance to chat with others. This is a fun time to share beekeeping stories and we will also vote on next year’s officers.

—Tim Comstock, PSBA president

December

We do not meet
in December.
Reindeer and honeybees
don't play well together.

Jan. 24, '06

MEETING 6:30–9 pm
Beginners Instruction
6:30–7:15 pm
Main Presentation:
"Commercial
Beekeeping"
7:30–9 pm

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An Interview with Kate McWiggins, Certified Apitherapist

Statistics:

Number of hives: 4
Last winter's loss: 3 of 4
Beekeeper for 6 years

Buzz: How long have you been interested in apitherapy?

Kate: I became aware of and interested in Apitherapy for about 12 years. I was introduced to Apitherapy by a couple of my local beekeeping friends. My first class was in Los Angeles taught by the American Apitherapy Society last year and then I took a refresher course in Vermont this last summer. Human interest in bees is ancient; collecting honey from bees started about 9000 years ago and beekeeping since about 2400 B.C. The rest of the world is far more educated in apitherapy technique than the United States, but it is gaining such acclaim recently.

Buzz: Are you open to seeing clients?

Kate: I am open for business and have begun treating people. For liability purposes and because apitherapy is not a recognized medical profession in this country, most apitherapists charge only for the bee products they provide but not for the bee stings. I've even used apitherapy techniques successfully on several dogs including my own.

Buzz: What sorts of products do you provide?

Kate: Just about all the products of the hive are used in apitherapy. That includes pollen, honey, propolis and royal jelly. Of course, the principal treatment that people think of when mentioning apitherapy is bee stings. Bee stings provide relief by a number of different means but primarily, the immune system is activated, circulation is increased in the sting area allowing the body to react by cleaning out the area and sending white blood cells. These white blood cells will then do what they are designed, cure what ails it. It also stimulates the release of cortisol for pain relief. But there is so much more than just stinging. Honey is used as both an oral treatment and a topical treatment. Did you know that honey can be used as both an antibacterial and antibiotic? It can be used to heal burns and is fantastic at helping wounds to heal without scarring. Propolis is a broad-spectrum remedy with antiseptic, antibiotic, antibacterial, antifungal, antiviral, anti-oxidant, analgesic, and anesthetic properties. Propolis is so useful it's been called "the closest thing to a panacea that there is on earth." In some areas, it is called the Russian penicillin.

Buzz: What sorts of ailments do you treat?

Kate: The best known diseases that have historically been successfully treated are rheumatoid arthritis and multiple sclerosis. But there are so many other ailments that can be treated with apitherapy techniques. These include any autoimmune diseases such as Lupus, SLE, Myasthenia gravis, ALS, Graves's disease, Scleroderma, Ankylosing Spondylitis, Sjogren's syndrome. Apitherapy is effective in treating infectious diseases, cardio-vascular conditions, wounds, burns, dermatological diseases, neurological diseases, pulmonary conditions, periodontal infection, ophthalmological conditions, menopausal symptoms and in treatment of pain.

Buzz: Where would you recommend someone who might be interested in learning more?

Kate: A classic book on the topic is "Health and the Honeybee" by Charles Mraz,

PSBA TRUSTEES

John Keenan
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We're on the Web!

www.pugetsoundbees.org
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www.beegeek.com

the modern father of apitherapy in the United States. Another good book is "How Well Do You Want to Bee" by Pat Wagner. But the best place to learn more would be the next American Apitherapy Society "Charles Mraz Apitherapy Course" (CMAC) scheduled to be taught this coming February 16 – 19, 2006 here in Seattle. More information can be found at <http://www.apitherapy.org/news.html>. I encourage people to join AAS to support the promotion of Apitherapy and receive the very informative newsletter.

Apiary Report

The bees are flying and buzzing when they can on these sometimes cold and rainy days. A few weekends ago 4 more honey supers were removed from the apiary and almost all of the hives are full of bees. That is except hive #2 which has been struggling for some time now. We will see what we can do to help the girls get through the winter.

Half the hives have been medicated with Sucracide. One hive was given the frame by frame soaking and the others were sprayed on the top and bottom of each super. We have it on good authority that this is an acceptable way to medicate with Sucracide. It will be interesting to see how the hives do over winter using this method against those pesky Varroa Mites.

A few honey supers were extracted by Laurie Aholt at Van's and there are more to be done. We are not sure how this year's honey production compares to previous years but the bees have been busy and given us buckets of honey to sell at the Arboretum Gift Shop.

Nancy Beckett, Vice President

October Meeting

TUESDAY, OCTOBER 25, 2005

Beginners Instruction: 6:30-7:15 pm

Van Sherod's beginner lesson precedes the main presentation.

Main Presentation: 7:30-9 pm

Panel Discussion

Old and New Treatment

Mites have been a problem in the United States for just over 2 decades. The means by which we treat for this parasite have been adapting and changing quickly. It seems like the last few years have led to a bewildering number of mainstream, alternative and radical treatments. To help foster communication and possibly a little understanding, a panel will be discussing the current treatment methodologies. We will be encouraging audience participation. Please bring any oxalic acid vaporizers, formic acid distribution techniques (sans the formic acid) or other new treatments to the meeting.

Honey Tasting

We will be tasting a selection of several different varietals with unique and varied flavors from around the world. Have you ever wondered what buckwheat honey tasted like? Boy, are you in for a surprise! (My apologies for mis-announcing this event in last month's newsletter. It really will happen this month.)

Bees In the News

[Balls of Fire: Bees carefully cook invaders to death](#)

In China, researchers have found that *Apis cerana* and *Apis mellifera* ball the native wasp and build up a level of heat so high that it kills the wasp. The bees are just slightly more heat tolerant, thus surviving the episode.

<http://www.sciencenews.org/articles/20050924/fob5.asp>

—Newsletter Editor

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