



Bee Biz

Monthly Newsletter of the Coweta Beekeepers

Message from President Jerry Edwards

Saving the World, One Bee at a Time
March 2011 Newsletter
President Jerry Edwards

It was great to see so many people at the February meeting and hopefully these numbers will grow each month. Speaking of meetings, this month the club is unable to meet in the regular room because it is an official election site. Instead, it will be held in the foyer or even outside if the weather permits. Attendees may want to bring a lawn chair. Joe Swaney, one of our talented members, is the scheduled guest speaker.

Each year the club offers a short course both for aspiring beekeepers and also for people interested in bees. Steve Page, coordinator for this year's course, has worked diligently organizing the event to be held March 12 at 8:00 a.m. Instructors are Gary Cooke, Joe Swaney, Jerry Edwards, Bobby Torbush, P.N. Williams, Charles Olsen and Steve Page. If you know someone who is interested, please give them information about the school. One of my goals is to spread "bee" awareness. This month Gary Cooke and I manned the Metro Atlanta Beekeepers Booth at the Southeastern Flower Show in Marietta answering questions about bees and beekeeper. Steve and I attended the Newnan Kiwanis Club. I spoke to the group and was pleasantly surprised with the interest and questions after the lecture. Steve supplied honey for a tasting and all we needed were biscuits!

I attended the Fayette County Zoning Commission's planning meeting last Monday and the issue of beekeeping was addressed. They requested I produce zoning information for various locations so if you have info regarding this, please let me know ASAP.

If any of you are asked to speak at a group, please inform us as it is very important that we educate the public about the importance of bees and their survival.

Listed below are a few interesting facts I have taken from the Haagen- Dazs website that can be used as “conversation” starters.

**One out of every three bites of food an average American eats is directly attributed to honey bee pollination.*

**Honey bees are responsible for the pollination of more than 100 crops, including fruits, vegetables, nuts and seeds, and provide 80 percent of the country's pollination services.*

**The honey bee is responsible for \$15 billion in U.S. agricultural crops each year.*

**Bees fly approximately 10 to 15 miles per hour and visit about 50—100 flowers in each pollination trip.*

**To produce one pound of honey, honey bees must visit two million flowers and fly 55,000 miles.*

**When a honey bee returns to the hive after finding a good pollen source, it gives out samples of the flower's nectar to its hive mates and performs a dance that details the distance, direction, quality and quantity of the food supply. The richer the food source, the longer and more vigorous the dance.*

Meeting

Our next meeting will start at 7:00 pm at the Asa Powell Expo Building. Meeting date is March 14, 2011. Refreshments are being provided by Laorea Griggs and Dan Scales. **Drinks and ice will be supplied by the club!!**

2011 Dues

Dues are due now!! Don't miss out on a great club and this newsletter!! Our membership list gets purged at the end of March if your dues aren't current. Thank you for taking interest in your club. You can pay your 2011 dues to Mike Copeland either at our meeting or by mail to P.O. Box 159, Luthersville, Ga 30251. Dues are for the 2011 calendar year starting January 1st thru December 31st, and they are still \$15.00 per family. If you would like to receive your newsletter through e-mail please inform Donna, and give her your e-mail address. Dues are used in the following manner: for the postage of this newsletter, supplies for our meeting, the annual picnic and the Christmas party.

Up coming Events

The Coweta Beekeepers Association is offering a beekeeping course March 12, 2011 at 8:00 AM, at the Asa M. Powell, Sr. Expo Center, 197 Temple Avenue, Newnan, Georgia.

BEE SAFE QUICK GUIDE

WHAT TO DO IF YOU FIND BEES ON YOUR PROPERTY

1. STAY AWAY FROM ALL HONEY BEE SWARMS AND COLONIES.
2. GET AWAY FROM BEES AS QUICKLY AS POSSIBLE.
3. WHILE RUNNING AWAY PROTECT YOUR FACE AND EYES AS MUCH AS POSSIBLE.
4. TAKE SHELTER IN AN ENCLOSED AREA SUCH AS A CAR, TRUCK OR BUILDING.
5. CALL A LOCAL BEEKEEPER, PEST CONTROL COMPANY, OR LOCAL COOPERATIVE EXTENSION AGENT FOR ASSISTANCE.
6. DO NOT HIDE IN WATER OR THICK BRUSH.
7. DO NOT STAND STILL AND SWAT AT BEES; RAPID MOVEMENTS WILL CAUSE THEM TO STING.

WHAT TO DO IF STUNG

1. GET AWAY FROM BEES AS QUICKLY AS POSSIBLE. GO TO A SAFE AREA AWAY FROM THE BEES SUCH AS INSIDE A CAR, TRUCK OR BUILDING.
2. PULL OR SCRAPE STINGS FROM SKIN AS SOON AS POSSIBLE. MOST VENOM IS RELEASED WITHIN 1 MINUTE.
3. WASH STUNG AREAS WITH SOAP AND WATER LIKE ANY OTHER WOUND TO PREVENT INFECTION.
4. APPLY ICE TO RELIEVE PAIN AND SWELLING.
5. SEEK MEDICAL ATTENTION:
 - IF BREATHING IS DIFFICULT,
 - IF STUNG MANY TIMES, OR
 - IF ALLERGIC TO BEE STINGS

This year's short course is next Saturday March 12th.

Everything is falling into place thanks to the help of many people.

We have 44 people signed up so far and I expect about 10 more by Saturday morning.

Steve Page

Bee Pollen:

Believe it or not, honey bee pollen is good for more than causing allergies! It has been shown that 35 grams of honey bee pollen a day contains all the known nutrients to sustain human life, and fresh honey bee pollen is more nutritionally valuable than honey! Honey bee pollen is also a necessary ingredient for a honeybee's diet. Without the correct amount of honey bee pollen in a hive the colony will die. So when the time comes for sniffing, sneezing, and watery eyes don't wish away the honey bee pollen; try some instead!

A colony's existence depends almost entirely on honey bee pollen. It is used in the hive by worker bees to produce royal jelly which is fed to the brood until they are 3 days old. Then they are fed diluted honey and honey bee pollen (beebread), unless the larva is a baby queen. She is spoiled with - I mean - fed royal jelly her entire life. The honey bee pollen that the rest of the hive uses is collected by foragers and packed into certain cells in the food chamber (which is a place near the brood chosen for food storage). Then the honey bee pollen is mixed with a little bit of honey and enzymes that are designed to prevent sprouting, and covered with a thin layer of honey. This is the bee's version of bread, also known as Beebread! The larva depend on the worker bees to feed this to them, so without honey bee pollen to make the beebread and royal jelly a colony's population would quickly dwindle away.

Humans have been using honey bee pollen for centuries as a dietary supplement since it boosts energy levels and contributes to your overall health so well. Bee honey bee pollen contains 22 amino acids, Vitamin C, B-complex, folic acid, polyunsaturated fatty acids, enzymes, and carotene - all of the major antioxidants that have been discovered so far. A number of vital trace elements that benefit your body, that it can't manufacture itself and needs in order to stay healthy, have been found in honey bee pollen. Those trace elements include iron, zinc, manganese, copper, calcium, magnesium, and potassium - all minerals that have proven health benefits.

The American Apicultural Society wrote concerning honey bee pollen that: "There is a rapidly increasing body of scientific evidence which shows that honey bee pollen has a variety of anti-inflammatory, anti-cancer, and anti-arthritis properties. It's anti-inflammatory and anti-allergic properties, as well as it's immune system normalizing phytochemicals, allow bee honey bee pollen to be used therapeutically to decrease symptoms in people who have hay fever and honey bee pollen sensitivities.... honey bee pollen has been reported to be useful in many other medical conditions including: varicose veins, high cholesterol and triglycerides, fatigue, infertility, impotence, anorexia, obesity, constipation, diarrhea, hypertension, prostatitis, depression, scar formation, and recovery from illness and surgery.

Honey bee pollen is compatible with other therapies, it can be used long term, has no toxicity even at high doses for those who are not sensitive or allergic, and is safe to take as a supplement during pregnancy." Honey bee pollen is extremely beneficial, as you can see, and tends to stand in the shadow of "honey the liquid gold", so why not try a little this year and be one more person to spread the good news about this mistaken treasure.

