



# The Diablo Bee



Newsletter of the Mount Diablo Beekeepers Association

## November 2007

### 2007 BOARD

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**Next meeting:**

**7:30 pm – 08/09/07**

**Heather Farm Garden  
Center**

**1540 Marchbanks  
Walnut Creek**

### HIGHLIGHTS OF THIS ISSUE

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### 2007 MDBA Calendar of Events

|       |                                 |
|-------|---------------------------------|
| Nov 8 | Crossover Board Meeting, 7:00pm |
|-------|---------------------------------|

### Meetings

*Important  
DATE!*

Our next meeting is **January 10th** at 7:30PM at the Heather Farms Garden Center in Walnut Creek.

### What's the Buzz?



**Beekeeper of the year 2007  
Congratulations Gary Eubanks**

### Mount Diablo Beekeepers Association

#### "Beekeeper of the Year."

Here is the alphabetical list of nominees (Gary Eubanks won)

|                 |                |
|-----------------|----------------|
| Mary Andre      | Gary Eubanks   |
| Bob Baty        | Thelma Fung    |
| Annie Bisbee    | Debbie Holeman |
| Judy Casale     | Lois Kail      |
| Bill Cervanka   | Rick Kautch    |
| Richard Coleman | Mike Stephanos |
| Carl Curry      | Tom Lewis      |
|                 | Sara Willis    |

2007 Beekeeper of the Year Nominees



2008 MDBA Board Members



|                          |                             |                        |                           |                             |                              |                           |  |
|--------------------------|-----------------------------|------------------------|---------------------------|-----------------------------|------------------------------|---------------------------|--|
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|--------------------------|-----------------------------|------------------------|---------------------------|-----------------------------|------------------------------|---------------------------|--|



## Children and Sore Throats



By Sarah Baicker, Medill News Service

For children older than one year, a quarter-teaspoon of honey can be great for calming a sore throat. "In a study I saw," said Nussbaum, "the honey worked just as well as most cough medicines."

Seely also recommended corn syrup, which works like honey to coat the throat and help control a nonproductive, dry cough.

Room-temperature is fine for both, but warming can only help because the warmth will feel soothing on a dry throat. But, the doctors warned, it is important not to give honey to infants because of a risk of botulism.

## Show me the honey



### PHARMACY TODAY



**Ellen Campbell -Grizzle**

Honey is an ancient remedy that is attracting new attention. Science has turned up evidence to support some of its traditional uses.

Now, we know that honey contains, among other constituents, glucose oxidase. This substance breaks down into gluconic acid and hydrogen peroxide, when exposed to oxygen and water. This accounts for its excellent antiseptic properties. After careful cleaning, practitioners apply honey to wounds to promote healing, prevent infection and reduce swelling and pain. The viscosity of honey provides a protective barrier to prevent wounds from becoming infected.

Out of New Zealand, there are claims that honey from the Mamuka Bush contains a Unique Mamuka Factor

(UMF) with specific antibacterial action against the germ, Staphylococcus Aureus.

### Honey and wound care:

There are now well documented claims that honey:

Creates a moist healing environment that allows skin cells to regrow across a healing wound flush with the surface of the wound, preventing deformity of the skin. (If a dry scab forms on a wound, the skin cells can only grow across the wound deeper down where it is moist.)

Causes scabs and dead cells to lift off the surface of the wound, leaving a clean healthy wound bed in which regrowth of tissue can occur.

Stimulates the regrowth of tissue involved in the healing process.

Does not stick to the underlying wound tissues, so there is no tearing away of newly formed tissue, and no pain, when dressings are changed.

Has an anti-inflammatory action that reduces the swelling around a wound. This improves circulation and thus hastens the healing process. It also reduces pain.

The high sugar content of honey draws lymph out of a wound, which lifts dirt out of the wound bed.

Is acidic and retards bacterial growth.

Prevents the odor that is commonly associated with serious wounds and skin [ulcers](#) by rapidly clearing bacterial infection. In this environment, lactic acid is produced instead of the smelly byproducts of the degradation of protein.

There is no impairment of the healing process through adverse effects on wound tissues.

### Cautionary notes:

Never feed honey to children one year or less. Honey may contain Clostridium Botulinum spores. These can multiply in the digestive tract. Children do not have enough beneficial bacteria in the stomach to fight against C. Botulinum.

**Allergy** to honey is possible. Stop using honey if you experience skin hives, rashes, itching or chest pains.

Store honey away from direct light and heat.

Keep bottles locked away from children.

**Exercise** caution if you are breastfeeding or pregnant.

Proper wound cleaning procedures are critical. Consult your physician.

Remember, not all honey products are equal. The final product depends on the comings and goings of the bees. Honey requires regular and thorough testing before use in wound care. We know that honey tastes good and soothes the throat and now research is showing that this ancient **therapy** has valuable applications in modern medicine.

## Newbee Nuggets.....

### WHERE TO STORE EMPTY FRAMES DURING THE WINTER?

Many of us do not have the luxury of extra space (be it in our garage, a spare freezer, or a tool shed) to store supers of empty frames over the winter. The method I describe below allows you to store your empty frames right on the hive. I haven't looked up this method on the internet, so I don't know if this is a new idea or not. I'm trying it for the first time this winter.

Place the inner cover on the top of the upper brood box. Cover the oval hole approximately 80%. This reduces loss of heat during the winter months, but still allows bees to enter the supers to collect any leftover honey as needed. I use a Formica sample chip, which is just the right size, to partially cover the hole. You can use any thin piece of wood, plywood or laminate to do the job. Stack your supers of empty frames above the inner cover and top it off with the outer cover. The outer cover may end up being difficult to remove because bees tend to propolize the outer cover to the super without the inner cover beneath it, but the outer cover should come off with a good whack or two.

Hopefully, this method works. It takes care of the storage problem and eliminates the need to protect

the frames from wax moths, which is often done by tightly wrapping the frames in plastic, or stacking supers of these empty frames somewhere other than atop hives, and then using moth balls to ensure that any wax moth larvae present will be killed. I don't know about you, but I am averse to using any kind of chemical that could contaminate my honey or risk the health of my bees.

## Recipe of the Month

### Fat-Free Honey Berry Milkshake

- Makes 4 servings -

Preparation Time: 10 minutes

### Ingredients

- 1 pint nonfat vanilla ice cream or nonfat frozen yogurt
- 1 basket strawberries, hulled; or an assortment of berries, approx. 2-1/2 cups
- 1/2 cup nonfat milk
- 1/4 cup honey
- 4 small mint sprigs, optional garnish

### Directions

**In blender, combine all ingredients except mint sprigs and blend until smooth and creamy, about 30 seconds. Serve immediately in tall, chilled glasses. Garnish with mint sprigs.**

### Nutritional Information Per Serving (1 cup)

**Calories: 247 Calories from Fat: 1%,  
Carbohydrates: 57 g, Cholesterol: <1 mg,  
Dietary Fiber: 2 g, Fat Total: <1 g, Protein: 8 g,  
Sodium: 122 mg**

## A Few Fun Facts About Mead

Mead is the planet's oldest fermented beverage. Its history dates back over eight thousand years.

Mead is truly a global drink. It independently

originated in very diverse cultures including Egyptian, Celtic, Indian and Scandinavian.

Honey used to ferment naturally in the bee hive so that mead could be eaten or drunk.

Mead was the wine of Northern Europe. In the colder, non-grape producing regions, they knew no other wine than mead. Beowulf, Bede Wagner and Canterbury Tales all have references to mead. In Norse Mythology, Valhalla was said to have had rivers flowing with mead.

Our word medicine is derived from an herb-based style of mead called Metheglin.

Like grape wine, the kind and quality of honey used will affect the taste of the final product.

Mead is the national beverage of Ethiopia. There it is called T'ej.

Honey can be mixed with different juices to recreate traditional styles. Grapes and honey make a pyment of clarre. Cider and honey combine for a cyser. When other fruits, such as raspberries or cranberries are added it is known as a melomel.

Mead is currently produced by over two dozen North American wineries.

The American Homebrewers Association has several mead categories in its national competition, both carbonated and still. They also award the Meadmaker of the Year award.

The American Mead Association publishes a quarterly journal on mead that includes research, recipes, history and information on where and how to buy commercial meads.

In Medieval times, it was customary for a newly married couple to be given enough mead to drink a glass every night for the first month (or moon cycle) of their marriage. If the wife became pregnant and bore a son, the mead maker was congratulated and held in great esteem for his potent nectar. This is the origin of the term honey-moon.

The most interesting mead stories, however, will be

the ones that you create while making and drinking your very own mead. Wassail!

## Announcements

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👉 Please send in your favorite honey recipes or bee articles via email to [ersten3@yahoo.com](mailto:ersten3@yahoo.com) or [Kieran@usmones.com](mailto:Kieran@usmones.com)

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👉 **Wants San Ramon Valley Honey:**

Frank Martens  
Peninsula Engineering Solutions, inc.  
39 Grand Canyon Lane  
San Ramon, CA. 94582-4524  
Phone - 925-997-1178

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👉 **Membership Dues**

**Dues should be sent to:**  
**Jeff Peacock, Treasurer**  
**Mount Diablo Beekeepers Association**  
**3341 Walnut Lane**  
**Lafayette, CA 94549**

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21 Newell Ct  
Walnut Creek, CA 94595