

MARCH/APRIL

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MEETINGS AND ANNOUNCEMENTS

NEXT TWO MEETINGS

- Thursday, April 9, 7:30PM at Heather Farms
Steve Gentry with Tips to get ready for the Bee Work Day
- Thursday, May 14, 7:30PM at Heather Farms. Speaker to be announced.

CLASSES & OUTINGS

APRIL 14TH N. AMERICAN POLLINATION PROTECTION w/ LAURIE ADAMS

CONTACT for last 3 mentioned:
Bill Smith president@alamedabee.org
Sara Willis - treasurer@alamedabee.org

April FIELD TRIP to RANDY OLIVER'S APIARY in Grass Valley . This is an opportunity to buy nucs or just have a great outing to a great bee farm. There's always a story to share after one of these trips. Everyone welcome.

April 18th, Saturday, BEE WORK DAY at Gary Lawrence's house (253 Twinview Dr, Pleasant Hill) time aprox 10am. This is our hands on day with many presentations set up. Such as simple honey extraction, how to house a feral hive, and Steve will take us though what look for when inspecting a hive. Please bring your bee suit to this event.

April 19th EARTH DAY at OAKLAND ZOO Upcoming Details... An opportunity to share your knowledge with others and learn from others. Observation hive will be here

OAKLAND ZOO DETAILS TO FOLLOW.. An opportunity to share your knowledge with others and to learn a bit from others. An observation hive will be here .



MEMBERSHIP INFORMATION

DUES

Your \$15 dues should be sent to:

Jay Todesco, Treasurer, MDBA
3134 Esperanza Drive
Concord, CA 94519

Or you can give Jay your check at any monthly meeting.

MEMBERSHIP FORM & INFO

Online at
<http://www.diablobees.org/joinmdba.html>

NEWLETTER DISTRIBUTION

If you have an active email address, you will receive this Newsletter by email, unless you inform Kim Coleman that you prefer a hard copy.

If you are not receiving a hard copy or email, please contact Kim at Kdeem@calng.com or call her at 925-685-6849.

FUTURE BEE ARTICLES

Please send Articles, Ideas or Requests on what you'd like to read about Bees via email to:

laurallandscapes@gmail.com and
calliClark@yahoo.com



BEE SPEAKERS THANK YOU TO FEBRUARY and MARCH SPEAKERS

By Calli Clark



Thanks also to Major Branzel who spoke at the March meeting about tips and tricks of beekeeping. Always helpful to anyone with questions, Major is the man to see.

Photos of Bill Cervenka (left) and Major (right).

A note of appreciation is due to Bill Cervenka who spoke at the 12 February meeting about beekeeping equipment and where one can purchase the necessary supplies to become a successful beekeeper. The example box of what a hive might look like without the use of frames was fascinating even to the most experienced beekeeper. Bill's insight into the art of keeping bees was appreciated by all who had the chance to attend last month's meeting.

Bio for Steve Gentry - Guest speaker MDBA April 08

Steve Gentry is a 4th generation Orinda resident (since 1870) who is very active in several community organizations, including our own. Listed among them is the [Wagner Ranch Nature Area](#) which enhances K-6 education in the fields of biology, ecology, environmental studies, sociology and nutrition. Steve is also working with the [UC Berkley Botanical Gardens](#) to liven up the tropical house building by installing a year around demo bee hive.

Steve started out attending Humboldt State university studying to become a marine biologist and he traveled. On one trip Steve spent 10 months with [Maharishi Mahesh Yogi](#) and the Beatles. In 1979 Steve helped to found [Mount Diablo Beekeepers Association](#) and in 1982 helped write a charter and we became an official association. Steve is now a board member for the Contra Costa certified farmers markets in Orinda, Walnut Creek, Moraga, and San Ramon. Steve sells his honey at Diablo Foods in Lafayette and Whole Foods in Walnut Creek and San Ramon.

Steve was featured on the Food Network in 1998, and has a bee removal business taking bees out of buildings – “Live Bee Removal” – Steve's Bees.

A big thank you to the Colemans for hosting the March board meeting.



WHAT'S THE BUZZ?

BEE NEWS FOR MARCH 2009

By Mary Andre



Recycle your package bee boxes.

If you have package bee boxes from previous orders and they are in good shape, they can be reused. Please bring them to the April meeting and I will bring them to the supplier. Or you may drop them off at my house between April 10 – 15. Please remove the cans and queen cages. Mary Andre

BEE HEALTHY

CINNAMON AND HONEY - Follow up

By Laural A Roaldson

In February, Rick Kautch submitted an article about the many ways that Cinnamon and Honey heal the body of diseases without any side effects.

Below is an example of what we're hearing from people in response to using the information from the article.

ARTHRITIS:

Submitted by Jennifer Wood

I just wanted to let you know that a friend of mine at work has RA (Rheumatoid Arthritis) and has been doing this treatment since February and the pain in her fingers and hands is gone. She is VERY happy with the results and says she will continue to use and monitor her results. She still gets injections in her knees to help with pain and stiffness, but she thinks the honey and cinnamon is really helping her hands.

Also, she is trying to find local sources for honey in her area (Brentwood I think?).

SIDE NOTE: If anyone can help Jennifer's friend find a honey source in Brentwood, please contact Jennifer.

DISEASES CINNAMON & HONEY RELIEVE

HEART DISEASES	FATIGUE	LONGEVITY
BAD BREATH	GAS	PIMPLES
BLADDER INFECTIONS	HEARING LOSS	SKIN INFECTIONS
CANCER	IMMUNE SYSTEM	STOMACH
CHOLESTEROL	INDIGESTION	WEIGHT LOSS
COLDS	INFLUENZA	

THE CHALLENGE

Callie and I invite you to send us your experiences after using cinnamon and honey. We'll compile and share them (with your permission) with the MDBA. Perhaps collected experiences would be helpful to scientists or doctors who are working to save bees.

The MDBA Library

We are still missing a good many books, pamphlets, CD's and DVD's. Please check your bookshelves and return the loaned items at the next meeting.

While you are at it, if you have things you wish to donate to the library pertinent to bees they'd be most welcome.





ASK AUNT BEE
Advice for the Bee Weary and Honey Soured

By Calli Clark

Question: What is a sugar board and what is it used for?

Answer: Sugar boards, sometimes referred to as candy boards, are used to feed colonies of bees during cold winter months. Sugar boards are used primarily in areas with climates harsher than California, therefore such equipment is not commonly seen in use in this area.

When using a sugar board, one must first make a candy-like substance using heated water and granulated sugar. The hot sugar water is then poured into an upside-down-box that has an affixed lid. As it cools, the sugar hardens and molds into the frame of the sugar board.

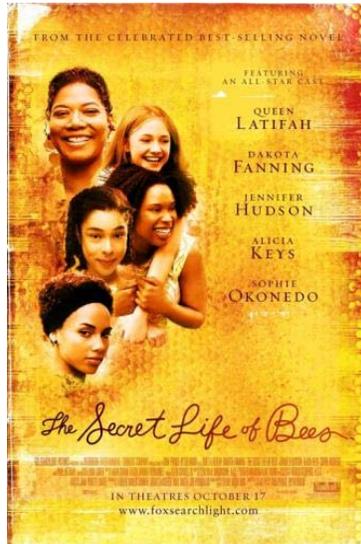
Once the sugar board has been filled with the candy, it is then placed atop a weak or struggling colony to provide an additional food source for the colony during the cold winter months.

Sugar boards can be labor intensive and therefore are not always the method of choice.

BEES IN THE ARTS
BEE MOVIE REVIEW

By Calli Clark

Movie Review - "The Secret Life of Bees" directed by Gina Prince-Bythewood



Follow this link to watch a trailer:
<http://www.imdb.com/title/tt0416212/trailers>

"The Secret Life of Bees" is a family drama based on the New York Times best selling novel. The film begins with the shooting of Lily Owens' (Dakota Fanning) mother – a weight she will later carry for years to follow. Lily is raised by her abusive father until she is 14 years old and concocts a plan in which she and the family housekeeper, Rosaleen (Jennifer Hudson) takeoff for Tiberon, South Carolina. The film is set in 1964 during the height of the civil rights movement, making for a few graphic, yet realistic scenes.

Taken in by beekeeper August Boatwright (Queen Latifah) and her two sisters, Lily and Rosaleen learn a lot about beekeeping, life and love at the movie transpires. "The Secret Life of Bees" is to be enjoyed more as a heartwarming film rather than an informational beekeeping video.

Bee Game - Word Search

By Calli Clark

F	U	E	N	O	R	D	M	R	S
A	B	M	H	J	A	B	I	E	M
D	E	Z	L	G	M	N	T	Q	O
Y	E	N	O	H	E	P	E	S	K
C	O	D	E	E	O	R	X	D	E
H	L	V	U	C	A	I	A	G	R
I	E	Q	H	O	T	W	T	L	C
W	V	O	P	M	E	T	I	D	W
A	D	E	Y	B	N	E	X	B	Y
X	G	Z	H	I	V	E	R	S	K

- | | | |
|----------|-----------|---------|
| 1. Bee | 5. Smoker | 9. Comb |
| 2. Queen | 6. Veil | 10. Wax |
| 3. Hive | 7. Honey | |
| 4. Mite | 8. Drone | |



BLESSED BEE

SPOONFULS OF ABUNDANCE

By Laural A. Roaldson

I was walking home from church the same way I came, just an hour before and I saw a silver spoon directly in my path. I wondered how I had missed it earlier, but then figured that maybe a parent had strolled their baby by and the spoon had dropped.

The handle had a simple bump pattern around it's edge. "Nice spoon", I thought. "That parent is going to want this spoon." I placed it on a low decorative fence close to where I found it.

I walked on, enjoying the clean quality of the air just after rain. My head was down and my pace was brisk as it was cold and I wanted to make it home before the threatening dark clouds broke open. Then another flash of silver in the gravel caught my eye; another spoon!

That stopped me in my tracks. One spoon falling off a stroller is plausible, but not two directly on my path home. Someone was trying to give me a message.

The handle of the second spoon was more ornate. It had a waist and fancier edging and there was a rose at it's apex. I put this spoon in my pocket and walked the rest of the way home. Upon speaking with a friend, she asked me what spoons meant to me. I answered her, "Prosperity. Abundance. Nourishment. Fulfillment."

Bees make me think the same things: Prosperity. Abundance. Nourishment. Fulfillment. Bees provide all these things to us. We can make money from the products we make from their honey, wax and pollen, yes, but the true prosperity comes from what they do to our environment. From simple gathering, without harming the source, bees create food, light, medicine.

They repeat their forages over and over and their sources, the plants, remain intact. In some cases, bees improve the plant's ability to repro-



duce as with tomatoes. Tomatoes are self pollinating, but when bees pollinate them, their production increases as does the fruit's flavor. To beekeepers, it is common knowledge that an entire neighborhood becomes healthier if there are bees in the area.

Bees don't ask for praise. They go about their business, doing what they're meant to do. Their place in the world is irreplaceable, as is each of ours. What are people, as a whole, doing to help our fellow honey-making counterparts? We need bees. We are connected to them and they to us. Since 3 out of 4 bites of the food we eat are pollinated by bees, you'd think us humans would be willing to change some habits to help bees. I think if the general population really understood the overall devastation that long term chemical use is having on bees, they would change their usage of them. It is with trust that our newsletter and community activities will help disseminate the word. The alternative is not a happy one.

Can you imagine all those empty spoons without the bounty that bees supply?

Post Note: A month later I was walking to church again and I saw a flash of silver in the dirt near that low fence. I reached down and picked up that first spoon I had left. There IS Abundance in the Universe. One of the ways it is spelled is B-E-E-S.



RECIPES

Cooking With Food Brought to you by Bees

Passover Honey Nut Cake in Soaking Syrup

This delicious cake is kosher for Passover, or just plain tasty anytime.

Cake

3/4 cup granulated sugar
 1/4 cup brown sugar
 1/4 cup vegetable oil
 3 eggs
 3 tablespoons orange juice
 1 teaspoon finely minced orange zest
 1/4 teaspoon salt
 1/4 teaspoon ground cinnamon (or 1/2 teaspoon for a more pronounced cinnamon flavor)
 1/2 cup matzoh cake meal
 1/2 cup finely chopped hazelnuts or almonds
 1 cup finely chopped walnuts

Soaking Syrup

2/3 cup granulated sugar
 1/4 cup honey
 1/3 cup orange juice
 1/4 cup water
 1 tablespoon lemon juice
 1/4 teaspoon ground cinnamon
 Preheat the oven to 350°F. Generously grease a 7-inch round layer cake pan.

Cake:

In a medium-sized mixing bowl, using a wire whisk, beat the granulated and brown sugars with the oil and eggs until the mixture is thick and pale yellow. Stir in the remaining batter ingredients. Turn the batter into the prepared pan.
 Bake for 35 to 40 minutes, or until the top is light brown and set. Cool for at least 20 minutes. Meanwhile, prepare the Soaking Syrup.

Soaking Syrup:

In a medium saucepan, combine the ingredients. Heat to dissolve the sugar and simmer for 5 to 10 minutes, until the mixture becomes syrupy. Cool well.

Pour the cooled syrup over the cooled cake, poking holes in the cake with a fork, to permit the syrup to penetrate. Allow it to stand for 2 to 4 hours to absorb the syrup. I prefer to refrigerate this cake so that while it is absorbing the liquid, it is also firming up. Also, chilling the cake off-sets its sweetness and makes it easier to cut.

Salmon Glazed with Honey and Mustard

An easy, chic dinner for entertaining. Try it with brown rice.

1 1/2 pound salmon fillet with skin (1 1/4 to 1 1/2 inches thick)
 1 garlic clove
 3 tablespoons grainy Dijon mustard
 2 tablespoons mild honey
 1/2 teaspoon cider vinegar
 1/2 teaspoon caraway seeds, crushed

Preheat broiler. Line rack of a broiler pan with foil and lightly coat with oil.

Pat salmon dry and put, skin side down, on pan. Season with 1/2 teaspoon salt.

Mince and mash garlic to a paste with a pinch of salt, then stir together with mustard, honey, vinegar, caraway seeds, and 1/4 teaspoon pepper.

Spread mustard mixture evenly on top of salmon, then broil 5 to 6 inches from heat until just cooked through, 12 to 15 minutes.

Transfer salmon to a platter.

Tell Us What You Think!

Please Email Laural
 (laurallandscapes@gmail.com) or
 Calli (calliclark@yahoo.com) to give
 us your feedback!

