



Beekeepers Association of the ACT

PO Box 1482, Woden, ACT, 2606

Newsletter of the Beekeepers Association of the Australian Capital Territory Incorporated
Website: www.actbeekeepers.asn.au

Meetings of the Association are held on the second
thursday of the month at 7.30 pm at the Garran Primary School Hall, Gilmore Crescent, Garran,
right behind the Canberra Hospital. Ample parking is available.

Contact: President – Pat Shiels Ph: (02) 6286 2421
Email: enquiries@actbeekeepers.asn.au

February 2012

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Next Meeting

Our meeting will commence at 7.30pm with "Beeginner's Corner". The guest speaker for the February meeting will be Mike McDonald from the Department of Agriculture Fisheries and Forestry. Mike will speak on "A honey bee industry and pollination continuity strategy should Varroa become established in Australia". His department has recently released a report on this important topic. All members are invited to stay for supper following Beeginner's Corner and the guest speaker.

Vice President's Report

I trust everyone took the opportunity to take a welcome break over the holiday period. The Association's Christmas party was well attended and this event provided a great opportunity to meet up with past colleagues. The third and last Beginners Beekeeping Course for this season was held in January and I wish to thank Dick Johnson for his untiring contribution and overall administration of the course. In addition, we should also recognise the contribution of the supporting team, without whose help these courses would not happen.

Feedback from the students was most positive and hopefully we will see some, if not all of the students become members of our association. The first meeting for 2012 will be held on Thursday 9 February at 7.30 pm, noting that the venue for the meeting will be Garran Primary School Hall, Robson Street, Garran, ACT.

At the time of writing, our President Pat Shiels has not been too well and I know you would all want to wish him a speedy recovery.

John Grubb
Vice President

Some 2011 Christmas Party Pics



Dermot's Family and Cordelia



Bob Shaw and Paul Zarb



Jan and Dick Johnston

Membership Reminder

Annual membership fees for 2012 were due on Jan 1. The cost is \$35 for an individual or family, and \$10 for a junior.

METHODS OF PAYMENT:

1. Preferred method - electronic funds transfer to Beekeepers Association of the ACT, BSB 062 908, and Account. 00905714. Identify yourself in the "to account description" box.
2. Cheque posted to Beekeepers Association of the ACT, PO Box 1482 Woden ACT 2606.
3. Cash or cheque at a Club meeting.

New members who joined after 1 October 2011 are financial until 31 December 2012.

Dick Johnston, Treasurer

Future Events - Canberra Show 2012

It is not too late to think about this year's show. Entries close on 10th February. The dates are 24th to 26th February. As usual, we will be there with an educational booth. Helpers will be needed. Please contact Lyn Shiels on 6286 2421 or 0417669232 if you can lend a hand.

February Reminders

What a difference a year makes! This time last year we were commiserating ourselves on what a poor harvest we were having. This year is proving to be much more bountiful and there is promise of yet more to come. In many Canberra suburbs the long leaved Tasmanian blue gums, *E. bicostata* have been a good source of nectar. These have mostly been planted as street trees; their name originates from the two ribs down the sides of the gum nuts, which usually come in threes. The occasional yellow box has been there too and more seem to be on the point of flowering. But of course the great standby is the diverse plant-life in Canberra's gardens.

So, as Dick has often reminded us, take the honey from frames capped 80% or more and get the stickies back on the hive as soon as possible to beat the wax moth, although you should be able to rely on a strong hive to deal with a minor outbreak. Under supering is a useful technique to make things easier: put a box of fresh foundation under a super ready to harvest and leave for a few days. That encourages the bees to leave the super for the more fun job of building comb. So when you take the frames of honey from the super *without smoke* you might find them bee-less. You can use stickies to under-super another hive.

Look out for any hive that is not bursting with bees and energy. This is of course easy to judge if you have more than say three hives. If there is one, probably something will be wrong, from disease to no queen. Just in case it is a disease that could spread, you should not delay an inspection.

Peter Carden

ACT BEEKEEPERS ASSOCIATION TEA ROSTER

** Please take the cups and urn home after the monthly general meeting; cups to be washed. Please return at the next monthly meeting. If unable to attend the following meeting please take the cups and urn to the President's house.

** If there are two sets of names on one month, one takes cups the other takes the urn.

** The President will supply tea, Coffee, Milk and biscuits and cost will be paid from the association account.

** If anyone would like to contribute a cake or other items please feel free to bring along some goodies to our meeting. Reimbursed cost of course.

February 9th 2012 Warren Clendenning

March 8th 2012 TBA

The dates are when you take the cups home

Super Bee Pollen

Whenever a new "superfood" is shoved in our faces, you can almost certainly be assured that it is little more than clever marketing hype (I'm looking at you acai). This doesn't seem to be the case with bee pollen, though. While it has gained itself a title coveted by the modern world – "Nature's fountain of youth" – bee pollen has been used for thousands of years, in early Egyptian and Chinese civilizations and also by Hippocrates, the father of modern medicine, 2500 years ago. Thanks to its myriad of health benefits, bee pollen has been described as one of the most nutritious foods on the planet.

Pollen? Like, from a flower? Err, isn't that a tad weird?

Yes, exactly. Pollen from a flower. Bee pollen is made from plant pollen, a dust sized seed found on the stamen or male reproductive organ, of all flowers. As bees collect nectar from flowers, the pollen sticks to their legs. Bee pollen looks like tiny yellow, tan, orange, and brown balls. The taste can vary depending on what type of plant it comes from. It can be bitter or can have a sweet, nutty flavour.

And no, it's not weird – unless you mean 'weird' as in 'highly unique'. One of the most amazing things about bee pollen is that it contains all of the nutrients that you need to live. Bee pollen is made up of 55% carbohydrates, 35% protein, 3% vitamins and minerals, 2% fatty acids, and 5% other substances. It also contains 14.2% fibre. Bee pollen contains 5 to 7 times the amino acids found in equal weights of beef, milk, eggs or cheese. It is also very high in Vitamin B-complex, which is needed in order to help the body function correctly, and several antioxidants including lycopene, selenium, beta carotene, vitamin C, and vitamin E. It also contains lecithin, which has been shown to normalise cholesterol and triglycerides, and it decreases LDL cholesterol (bad cholesterol) and increases HDL cholesterol (good cholesterol).



The benefits of bee pollen: • Increased energy levels • Weight loss (lecithin removed fat from the body and increases metabolism. Diuretic capabilities help decrease food cravings). • Decreased allergy symptoms • Improved immune system • Decreased menstrual cramps • Decreased acne • Wounds heal quicker • Decreased depression and fatigue • Normalized blood glucose levels (can help prevent diabetes) • Improved migraine headaches • Improved fertility • Improved digestion • Anti-ageing effects.

Take 1 teaspoon of bee pollen daily. You can add it to smoothies or sprinkle it on your breakfast. I find it tastes best when sprinkled on my rolled oats. Have you tried bee pollen? Does this sound like something you will incorporate into your diet?

Andrew and Vikki Jones

Article taken from: <http://www.thewellnesswarrior.com.au/2010/12/super-bee-pollen/>

Change of Address for Disease Diagnosis Samples

ACT and NSW beekeepers should be aware that samples for bee diagnosis should now be sent to:

State Veterinary Diagnostic Laboratory
Elizabeth Macarthur Agricultural Institute
Private Bag 4008
Narellan NSW 2567
Australia

The laboratory is in the same place, but the postal address has changed from the old Camden address.

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Classifieds

For Sale:

8 Frame/Full Depth Beehives in good condition with healthy bees \$120.00 each.
For more info, or to arrange inspection phone Bob Shaw on (02) 4844 5001, or email beerancher@skymesh.com.au

For Sale:

1x full depth 10 frame dovetailed super gd. cond. \$15, 8x fd. 10frm dovetailed super \$104, 2 x fd rebated gd. cond. \$22, 8x 1/2depth 10frm rebated in good cond \$80, 3x 1/2depth rebated \$27. 5x bases gd. cond. \$50, 2 x bases \$18. 4 x telescopic lids \$60, 11 masonites \$40. 8 x metal coverings \$32. 6 x cleats \$5. 1x embedding board \$4. 1 x electric embedder \$19. 3x emlocks \$11. 4x hive tools \$36. 1x wire crimper \$30. 1x bee brush \$11. 3 x smokers \$45. 10x queen excluders \$38. 100wired fd frames \$170. 40x fd frames with foundation \$100. 20x 1/2 depth frames with foundation \$24. 10x 1/2 depth frames no foundation \$90. frames, end bars, top bars, wire, eyelets, tacks, plus much more.

Price: \$500.00 Keith 0407013711. All gear is in Adelaide.

Source: www.tradingpost.com.au



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