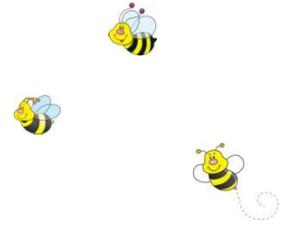


The Skep



President's Corner

Hello Beekeepers!

It was great to see such a good turnout at the January meeting in spite of the cold and snow. A big welcome to the new members. If you have questions, please ask. We're here to help. Especially for the new beekeepers interested in learning about beekeeping there are beginning beekeeping classes offered at the Western PA seminar February 19 & 20 and at the Tri-county meeting in Wooster March 4 & 5. Attendance is limited so sign up now if you wish to attend either of these fine venues.

We passed around the Swarm List at the meeting also. Please be sure to sign up if you are interested in being on the list. Also make sure you have enough empty boxes with frames to hold swarms.

At the February meeting we will talk about what everyone learned at the West Virginia or Pennsylvania seminars.

This month's Beekeeping To-Do List includes cleaning and culling old frames and foundation, painting boxes, building new equipment, making sure your bees have food, clearing entrances of hives to ensure good air flow and learning something new such as queen rearing, candle-making, soap making, collecting pollen or producing comb honey.

Now is also a great time to learn about the different chemicals for treating varroa mites, especially new oxalic acid method, or IPM (Integrated Pest Management) that is a non-chemical way of dealing with mites.

I hope to see you at the February meeting! Spring is just around the corner. The bees won't wait for you to get ready for the new season. So get busy.

Bruce Zimmer

February Meeting Details

Sunday, February 21, 2016

Potluck Lunch 1:00 p.m.

(Bring your own plates, cups and silverware please.)

Meeting 2:00 p.m.

Mahoning County Experimental Farm
7574 Columbiana-Canfield Rd
Canfield, Oh 44406

From Rt 11 North take the Ohio 46 exit toward OH-14. Turn left onto OH-46 North for approximately 6.2 miles. The Farm is on the left across the street from the Canfield Fairgrounds.

From Rt 11 South take exit 34 for US-224 toward Poland/Canfield. Continue on Fairground Blvd. for about 1.7 miles until you reach OH-46 South. Turn left onto OH-46 South. The Farm will be on the right across the street from the Canfield Fairgrounds.



January Meeting Recap



At the January meeting the topic of discussion was Association matters. We discussed and voted on several housekeeping items that come with the start of a new year.

The first order of business was to approve the renting of the classroom at the Experimental Farm for our February through April meetings. After a short discussion the group voted to reserve the location for \$25 an hour. Thanks to treasurer Sandy Hays, who took the check and made the arrangements, we now have the classroom booked for the next three meetings.

Next the group reviewed the 2016 Proposed Budget and discussed the appropriations. After a short review, the budget was approved and we moved on to the approval of the list of Honorary Members.

The newly formed Fair Committee was the topic of conversation during much of the afternoon. Tom Pittman will be the Chairperson of the committee and several volunteers offered to help. We discussed the need to change the curtains and make a few adjustments to the nightly paperwork.

If anyone is interested in being on the committee please let Tom know.

This year's budget allows for some new books and DVD's to be added to the Association Library. The [current list of books and multimedia items](#) are on the website. We discussed what to do with older periodical items and decided to let members have them as they are removed from the library. If you are interested in borrowing anything from the library there will be a sign-out sheet at each meeting.

Boris Vuksanovich suggested that the group create a Speaker's Kit in a plastic tub. If you have suggestions of books, visual aids or other items that you feel should be included please say so.



Bruce asked if any members are willing to host a summer meeting at their homes. We still need a site for May, July and September. If you are able to host one of these months please email Bruce Zimmer or volunteer during the February meeting.

After Tom Pittman reviewed the details of the upcoming seminars and classes, we adjourned our January meeting.

Honey



Honey is a sweet liquid that is harvested from the hives of honey bees. It contains no added preservatives, flavorings, fillers or colors. Although it is a simple product, the power and production of honey is anything but.

There are over 300 unique varieties of honey available in the United States, each coming from a different floral source with various characteristics. All of these varieties go through the same process from nectar to honey and possess amazing benefits.

Approximately 60,000 worker bees travel as much as 55,000 miles collectively to visit more than two million flowers just to gather enough nectar to make one pound of honey. Each bee can carry nearly its own weight in nectar.



Honey bees use their straw-like tongues called proboscis to draw the nectar out of the flowers. Nectar is made up primarily of sucrose and water. Water being the primary ingredient at approximately 80%. As the nectar is being drawn into the crop, or honey stomach, the forager bee mixes in several enzymes including invertase and

glucose oxidase. Invertase breaks down the sucrose into two simpler sugars: glucose and fructose. This makes the honey easy to digest. Glucose Oxidase helps glucose form gluconic acid and hydrogen peroxide, which is responsible for honey's antibacterial activity.



Once the forager returns to the hive, she passes the nectar to a house bee. The house bee moves the nectar to a cell and the bees work the nectar with their proboscis adding additional enzymes and dehydrating the liquid. The house bees also use their wings to fan the uncured honey until the water content is less than 19%. Once the honey reaches the desired water content, the house bees cap the cells with wax. Capping the cells prevents the honey from absorbing moisture and spoiling before use.

The benefits of honey have been touted for generations and recent studies are supporting the claims.

One of the many benefits of honey is as an energy food. With over 17 grams of carbohydrates per tablespoon, honey is a quick and easy way for athletes or busy individuals to refuel. Honey can be eaten straight or added to water while on the go. Pairing honey with peanut butter and whole grain bread provides a good combination of carbohydrates, protein

continued on page 4

and fat. There are plenty of recipes that use honey as an energy food.



Honey is also excellent for soothing a cough. The [American Academy of Pediatrics](#) suggests giving children over the age of one (Honey should not ever be given to a child under one year old.) two to five mL as needed. According to a Penn State College of Medicine study honey is more effective than over the counter cough syrups at reducing the frequency and severity of nighttime coughing.

Honey is hygroscopic, it attracts and maintains moisture, making it an exceptional skin moisturizer. Pairing this quality with the antimicrobial properties of honey creates a powerhouse ingredient for skin and hair care products. There are several recipes available online and in beekeeping books.

Along the same lines, honey is used for wound care. Several bioactivities and properties of honey such as the low moisture content and low amounts of hydrogen peroxide make honey an effective wound dressing. It is important to note that medical grade honey has been irradiated to destroy any bacterial spores without harming the properties of the honey.

Simply put, honey is a deceptively complex product. From production to the power of its properties, honey is anything but simple.

Resources:

All About Honey. University of Arkansas Division of Agriculture Cooperative Extension Service Website. Retrieved January 27, 2016 from <http://uaex.edu/farm-ranch/special-programs/beekeeping/honey.aspx>

How Honey is Made. National Honey Board Website. Retrieved January 27, 2014 from <http://www.honey.com/honey-at-home/learn-about-honey/how-honey-is-made/>

Honey: A Biologic Wound Dressing. Wound Research Website. Retrieved January 30, 2016 from <http://www.woundsresearch.com/article/honey-biologic-wound-dressing>

Late Winter Feeding

February has arrived. As beekeepers continue to check the hives for ample winter stores and add food as needed, we also need to be thinking about the upcoming spring. Honey bees need protein in addition to honey in order to raise brood. If you are hoping to give your colonies an edge this year, build them up before the early nectar flow rather than with the flow. Doing so will help produce a strong field force. Dry Pollen Substitute provides the much needed protein source for brood rearing and an opportunity to forage since there aren't any flowers providing pollen naturally yet. The best time to start feeding with pollen patties or dry pollen substitute is early March, depending of course on the weather. The following recipe is from [Honey Bee Suite](#) and can be placed in a bird feeder or bucket near the apiary.

Dry Pollen Substitute

- 3 parts soy flour
- 1 part brewer's yeast
- 1 part dry milk
- 1 teaspoon vitamin C (for every 6 cups of mixture)

Thoroughly combine ingredients and store in an airtight container when not in use.

Association Library Update

At the January meeting the group voted to update our library and add some new materials. The box at the bottom of the page provides a link to the survey where you can vote on the first items to be added. Not to worry though, the members receiving a paper copy of the newsletter have a paper survey attached this month so we can all participate in the fun! To give you an opportunity to look over the selections ahead of time, here is a list of the items and links to their descriptions. Just click the blue words to open the links. Have fun and enjoy learning about some of the books available to beekeepers. We will announce the results at the February meeting.

[*The Backyard Beekeeper \(3rd edition\)*](#)

by Kim Flottom

[*The Beekeeper's Handbook*](#)

by D. Sammataro & A. Avitabile

[*Practical Beekeeping*](#)

by E. Tompkins & R. Griffith

[*Bee Sex Essentials*](#)

by Dr. L. Connor

[*Better Beekeeping*](#)

by K. Flottom

[*Increase Essentials*](#)

by Dr. L. Connor

[*Honey Bee Democracy*](#)

by T. Seeley

[*Queen Rearing Essentials*](#) (2nd edition)

by Dr. L. Connor

[*The Bee A Natural History*](#)

By N. Wilson-Rich

[*History of American Beekeeping*](#)

By F. Pellett

[*The Beekeeper's Problem Solver*](#)

by Dr. J. Tew

[*Garden Plants for Honey Bees*](#)

by Peter Lindtner

[*Honey Bee Biology & Beekeeping*](#)

by Dewey M. Caron

[*Honey Shows: Guidelines for Exhibitors,*](#)

[*Superintendents, and Judges*](#)

by Roger and Mary Lou Morse

[*Beeswax Alchemy*](#)

By P. Ahnert

[*Comb Honey Production*](#)

By R. Morse

[*The Candlemaker's Companion*](#)

By B. Oppenheimer

[*Honey Crafting: From Delicious Honey Butter to*](#)

[*Healing Salves*](#)

By L. Coleman & J. Barnes

[*The Soapmaker's Companion*](#)

By S.M. Cavitch

[*OSBA Beekeeper Training*](#) 2 DVD Set

[*NOVA: Bees- Tales From the Hive*](#) DVD

Are you ready to vote?

Take the survey here: [**Survey Monkey**](#)



Honey Cookies

Makes 7 dozen cookies

- 1 1/3 cups oil
- 2 cups sugar
- 2 eggs
- 1/2 cup honey
- 4 tsp baking soda
- 1 tsp salt
- 2 tsp vanilla extract
- 4 cups flour
- Sparkly sugar or Turbinado sugar for rolling

Preheat oven to 375 degrees F.

In a mixing bowl, stir together oil, sugar, eggs, honey, baking soda, salt and vanilla. Mix well, then stir in the flour, stirring just until it is mixed in.

Shape the cookies into balls about 3/4 to 1 inch in diameter and roll them in sparkly sugar (or Turbinado). Place 2 1/2 inches apart on ungreased or parchment lined cookie sheets and bake for 10-12 minutes. They should be nicely browned around the edges, crackly and golden.

Recipe courtesy of [Cookie Madness](#)

2016 Officers

President	Bruce Zimmer	330-547-2273
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Secretary	Heidi Schmidbauer	330-386-7763
Treasurer	Sandra Hays	330-921-5805
Board:	George Stacy (2016)	330-360-8717
	Joe Schmidbauer (2017)	330-386-7763
	Chuck Hatch (2018)	330-807-0848

Special thanks to our generous suppliers who have provided us with catalogs, donations and door prizes. It means a lot to these folks to hear back from you, so be sure to mention our association when doing business with them:

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Blue Sky Bee Supply	Valley Bee Supply
Dadant - American Bee Journal	Western Bee Supplies
Draper's Super Bee Apiaries	
Ernst Seeds	

Click on the company name to visit their web site.



Check out our website for additional resources and information.



www.columbianamahoningbeekeepers.org

Article or recipe suggestions and submissions are accepted and appreciated. Please provide them by the second of each month.

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