



The Norfolk Bee

Norfolk County, Massachusetts • www.norfolkbees.org

Volume 5, Issue 9 November 2006

Letter from the Editor

I will keep it short. Lots to report on this month and our meeting is only a couple of weeks away. Sorry for being so late with the newsletter, but life has just been a little bit beezzy. Not only are things still hectic, but we now have one broken foot and one broken arm in the family. Add that to all of the sports and the chores and there is little time left over for anything else. Though I have managed to take care of bees and get them ready for winter. No on to making hand creams and candles.

I was hoping to get this out before thanksgiving, but at least it will be in time for our next meeting. The article "The Sting That Soothes" was sent to me by Hillary O'Rouke. Again our illustrious Howard was in the news along with Sandy.

One important thing coming up is our next meeting on December 4. It is our Christmas party. We will be having a Beekeeping Millionaire game with wonderful prizes. Ray Hennessy will take the questions and answers from established reputable sources and the prizes will be beekeeper items. In addition we will have our annual honey tasting event. Please bring samples of your 2006 honey harvest to share with others.

See you all soon!

Tony Lulek

The Sting That Soothes

By Rick Holland/ Daily News Staff
Tuesday, November 21, 2006

FRANKLIN -- He's lost an exact count, but Howard Crawford has been stung "at least 1,000 times" in a beekeeping career that spans four decades. But more than 100 of those stings have been intentional, self-administered and celebrated for the eventual relief from pain they provided.

Crawford, the owner of Akin-Back Farm on Rte. 140, became a believer in the medicinal power of honeybee venom -- known as bee venom therapy or BVT -- more than 20 years ago, when he stung himself to cure his balky right knee. The homeopathic technique has yet to gain traction within the established medical community, however. Rheumatologists, like Dr. Martin Kafina, acknowledge getting lots of questions about bee venom treatments, but say it's unproven and possibly lethal if used on patients who are allergic to bee stings.

"It's a potentially dangerous treatment with absolutely no proven literature to support doing it," said Kafina, who is affiliated with Emerson Hospital in Concord and New England Baptist Hospital in Brookline. But according to Crawford, BVT has been used by friends and associates to sidestep everything from knee surgery to arthritis pain, providing a homeopathic remedy to all sorts of ailments. Crawford's introduction to BVT happened more than two decades ago, when he saw the late Charles Mraz demonstrate his technique at Davco Farms in Southborough. The father of BVT in the United States, Mraz was a Vermont beekeeper who quietly created a legion of followers to his methods, a particularly impressive feat, because so many of his disciples -- Crawford among them -- started out as skeptics. "We were up at

Important Notice

At the December 4th meeting the club will be voting on whether to accept them recommendation of the officers to form an Executive Board.

Remember this is your club, so please come and vote.

Please see the attached NCBA revised constitution

LOOK FOR THE NEW SECTIONS IN THIS MONTH'S NEWSLETTER

- Creative CombPage 3**
- A Taste of HoneyPage 4**
- NCBA AdministrativePage 5**
- NCBA Meeting MinutesPage 6**
- Library NewsPage 7**

a bee meeting at Davco Farms and Mraz came to it," Crawford recalled. Facing a crowd of skeptical, circumspect, Yankee bee-keepers, Mraz might as well have been selling snake oil. "I thought he was crazy, too," said Crawford. Mraz's demonstration included stinging a woman who had injured her leg in a skiing collision. For many months after the mishap, she had been unable to rid herself of a serious limp. "After Mraz stung her, she called (Davco Farms owner Ray Davis) the next morning and told him it was the first night she'd slept without any pain in months," Crawford recalled. When Davis himself became a candidate for two knee replacement surgeries, he decided to give BVT a try first.

"Ray died when he was about 93 years old, but he never had his knees done...after he finished getting stung, he didn't need to," said Crawford. Crawford remained dubious, however, until his early 60s when he developed stiffness and pain in his right knee. "I could hardly walk, so I talked to (Davis) and he was running around like a young fella," said Crawford. The evidence of BVT's effect on Davis was conclusive enough that Crawford figured he'd give the unorthodox remedy a whirl. For the first two weeks of treatment, it meant Crawford had to sting himself four times a day. Mraz's technique involved using tweezers to hold a bee in place. But Crawford decided he'd place a bee in a section of half-inch diameter plastic tube, one end of which he placed against his knee. He then blew on the open end of the tube to force the bee and its stinger to the surface of his knee. But early on, I had a bee (fly) up the tube and into my mouth," Crawford said. He spit the insect out right away -- without being stung -- but then tweaked his invention, placing a series of pins through the tube. The pins act as a screen, allowing Crawford to blow air through the tube, but preventing bees from a repeat rendezvous with the inside of his mouth.

After two weeks of self-applied stings, Crawford said his knee was feeling better. "But it looked like a pin cushion," he said. Each sting brought a fresh sensation of pain, subsequent itching and swelling -- all part of the regimen and the healing. "If you're a sissy, you can put ice on the stings," Crawford joked. After the initial round of daily treatment, Davis prescribed a course of treatment that included two more weeks of stings every other day, followed by a weekly set of stings for three months. All told, Crawford stung himself nearly 150 times over a four-month period, but the experience made him a convert to the powers of BVT. Now 83, Crawford did a series of knee bends during a recent interview, demonstrating flexibility that some half his age would envy. More than 20 years since his last round of intentional stings, Crawford said his knees have been pain-free. Precisely how the bee venom works on everything from chronic arthritis to multiple sclerosis is not fully understood. Some research has concluded bee venom contains an enzyme that helps lubricate joints.

But Crawford acknowledged BVT does not work for everyone, and Mraz's son Bill has said his father was content with a 60 percent rate of success in those he treated. Indeed, when Crawford's wife Santina faced knee surgery, she left the bees at home. "She wouldn't do it. She went to the hospital for a knee replacement operation," Crawford said. Dr. Kafina said bee venom adds antibodies that may help block rheumatoid factors, but concentrated numbers of stings involved in BVT may be harmful to the body's chemistry. "High levels of blocking anti-

bodies is not necessarily a good thing," said Kafina. "Because you don't know what the underlying immune system is going to do with these excess antibodies." He went on to say the latest medical procedures and prescriptions to treat arthritis are well proven in terms of effectiveness and far safer than using bee venom. Crawford will not perform BVT on anyone else, wary of the legal liability if someone has an allergic reaction to stings. "I'm not running a clinic here," he said. But he remains absolutely sold on the benefits of apitherapy, which includes the use of honey and other bee products along with BVT, to cure a host of ills. "Take a tablespoon of honey every night before bed," said Crawford. "You gotta take it straight, but it's the best sleeping pill you can buy." And as for that stinging sensation, Crawford says he is getting ready to use his improvised plastic tube for the first time in more than 20 years.

BEE SCHOOL! SOONER THAT YOU THINK

I have attached 2 PDFs with information about the Bee School. Please use these to distribute in your town, at your library or any place that people frequently visit

Raffle Table

Just a reminder that we need items for the raffle table. Please bare in mind to keep the items of good quality and as bee related at possible. Remember One man's junk is another man's treasure.

Membership Dues

Just a reminder that your dues is due and payable. If you have not paid, please see the note in the minutes for details.

Holiday Sweets for the Table

Susan would like volunteers to make some holiday treats or sweets for the table at the December meeting. You can contact Susan at rastasue30@hotmail.com



Creative Comb

Honey Bee Crossword

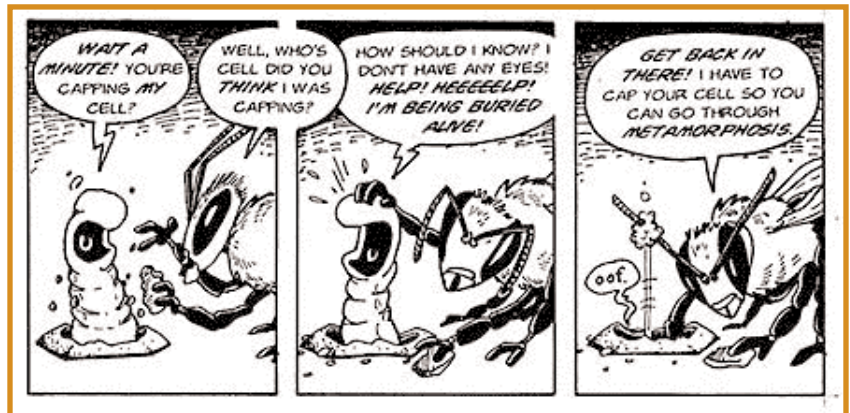


DOWN

- 1 A secretion bees use to build their combs.
- 2 When the queen and up to half of the honey bees leave the parent colony to start a new colony.
- 3 A large predator of honey bees.
- 4 The male bee.
- 5 What the queen lays all day.
- 6 Device used to calm the bees.
- 7 A high protein food that is essential to bees for raising brood. Also many people have allergies to this.
- 8 Spelling ____
- 9 The shape of the cells in a hive.
- 10 Made from beeswax, they give us light.

ACROSS

- 1 Most of the bees in a colony are these.
- 2 The part of a bee that makes us say "OUCH!"
- 3 Popular drink made with honey.
- 4 Old fashion bee hive made of straw.
- 5 A collection of cells make honey _____.
- 6 Where the bees enter the hive.
- 7 What the queen lays eggs in.
- 8 The substance that bees collect to make honey.
- 9 The bees' home.
- 10 _____ is yummy for our tummies!
- 11 The mother of all bees in the hive.



Norfolk County Beekeepers Association

Administrative Page

The Norfolk County Beekeeper's Association (NCBA), is dedicated to apiculture education and promotion of the art and science of beekeeping among beekeepers, agriculture and the general public. This is a "Not-for-Profit" organization, meeting the first Monday of every month, at 7:30 PM (second Monday if the first Monday is a holiday). The meetings are held at the Norfolk Agricultural High School (Media Center Cafeteria) in Walpole, MA. Meetings in June-August will be held at members' bee yards as announced.

2005-2007 NCBA Officers

President

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Librarian

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2006 Monthly Meeting Schedule

December 4, 2006

**"No one heals himself
by wounding another."
—Saint Ambrose**

Swap N' Sell N' Wanted Classifieds

Here's a column where you can sell, swap, or give away just about anything. If you are a paid member, advertising is free for as many issues as you wish. If you are not a member, the cost is \$8.00/ad/issue (so, it pays to become a member for just \$15!)

There is nothing for sale, to swap or anything needed. If you have something please send me an email at tlulek@gallery223.com

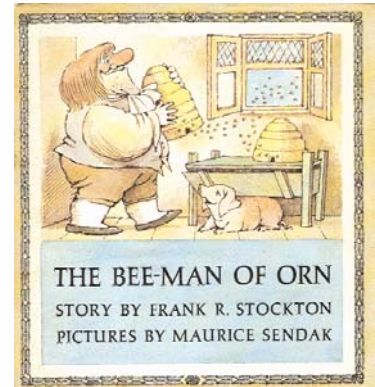
Another new member and hopefully future beekeeper.



**This is my son Caleb at Halloween
! 1 yr. old. Mike Miconi**

Next Month Review of

The Bee-Man of Orn Story by Frank R. Stockton Pictures by Maurice Sendak



THE BEE-MAN OF ORN
STORY BY FRANK R. STOCKTON
PICTURES BY MAURICE SENDAK

Newsletter Email or Snail Mail

If you have been getting the newsletter via snail mail and now have an email address, please send it to me so that I can add you to our list. It helps save postage and also printing. My email address is tlulek@gallery223.com.

A Taste of Honey



For People

Bees in the Herb Garden Dip or Dressing

Ingredients

- 1 pint sour cream
- 6 Tablespoons honey
- 2 Tablespoons orange juice, thawed, undiluted
- 2 Tablespoons Dijon mustard
- 2 teaspoons cream-style horseradish
- 2 teaspoons rosemary, crushed
- 1 teaspoon chervil, crushed
- 1 teaspoon basil, crushed
- 3/4 teaspoon salt
- 1/2 teaspoon white pepper
- 1/4 teaspoon garlic powder

Directions

Combine all ingredients; mix well. Refrigerate, covered, several hours to blend flavors. Stir before using. Serving Suggestions: Use as a dip for chips, shrimp, ham cubes, vegetable dippers, ripe olives and pineapple chunks. Use as a salad dressing for green and fruit salads.

Honey Pear Syrup for waffles or pancakes

Ingredients

- 1 can (16 oz.) pear slices in juice
- 3/4 cup honey, divided
- 2 Tablespoons butter or margarine

Directions

Drain pears reserving 1/4 cup juice. To prepare syrup, place 1/2 cup honey and reserve pear juice in small saucepan over medium heat; heat through. Set aside and keep warm. Melt butter with remaining 1/4 cup honey in large nonstick skillet over medium-high heat. Add drained pear slices; cook and stir 4 minutes, or until pears are lightly caramelized. Top each waffle with pear slices and drizzle with 1/4 of syrup.

For the Bees (I'll keep these here as a quick reference until spring)

Bee Hive Candy Recipe (Fondant) Stove Top

Courtesy of Tim Sullivan

Fondant bee candy can be fed directly to the bees once cooled. It is also common to use this recipe in small quantities to plug the hole on a Queen Cage.

Ingredients

Mix 5 pounds sugar, 1 pint light Karo syrup and 1 1/3 cups water

Directions

Heat to 242°F while stirring constantly – this mix will be boiling for about 5 to 8 minutes before it reaches 242°F. Let cool to 190 to 200°F (important) and pour into paper plates to harden and store in the freezer

When ready to feed, remove paper, break in half and place both halves over top bars, add a 3/4" shim and replace inner cover, etc.

Bee Hive Candy Recipe (Fondant) Microwave Version

Here's a microwave recipe for any hungry hives you may have entering the deep freeze of January and February.

Ingredients

- 1 1/2 cups granulated sugar
- 1/2 cup light corn syrup

Directions

In a 1-quart or larger microwave dish, mix thoroughly 1 1/2 cups granulated sugar and 1/2 cup light corn syrup. Microwave on high, stirring every few minutes until the mixture is clear and bubbles become thumbnail sized (about 10 minutes). STOP immediately if the mixture begins to brown. A wooden spoon is very effective for stirring, as it can be left in the dish while heating. Pour into a shallow mold made of cardboard, paper plate, or a container lined with paper to cool. The candy will become brittle and can be slipped on top of the frames beneath the inner cover where the bees can consume it.

Minutes from the November 4, 2006 Meeting

Next Meeting: December 4th

Attendance: 38

Raffle monies: \$69

Committee Presentations:

1. Bee School

We have one student signed up so far and a number of applications have been picked up. We will post the announcement flier on the web site for members to print and then post at their local communities' bulletin boards or news papers. Bee school is our #1 source of new member and revenue so please help promote it. If you have any suggestions for the school or classes or want to assist in any way please contact Tim Sullivan directly.

2. Finances – Current bank balance of \$5,729.73

So far 30 people have paid their 2006-2007 dues. This is behind last year's pace. Please, if you haven't paid yet bring your \$15 to the next meeting or mail your check, payable to NCBA, to:

Miguel Lessing, Treasurer NCBA
45 Russell Road
Wellesley, MA 02482

3. Fair Committee – The fair season is over and as reported

we were successful in earning 2nd place at the Brockton Fair. On display at this meeting was a newly purchased teaching hive for the association that is comprised of a hive body with hive frames that have large photos of the inner working of a hive inserted in the frames. It is a good teaching tool for the Bee School, fairs or town displays. This was a good opportunity for association members to see how the monies can be spent to prompt beekeeping and our organization.

4. Library – We have a number of DVD's on order from Europe that we expect by next the December meeting.

Meeting business

5. Executive Board. A copy of the proposed new NCBA Constitution with By-Laws will be distributed with the November News Letter. Members are asked to review it

carefully and be prepared to discuss it at the December meeting and vote on the bylaws if there is a motion to do so.

6. Door Prize and Raffle Table: We had no door prize but we did have an improve raffle table. Please bring other usable and hopefully bee-related items to future meetings.

7. Discuss December Agenda:

A) Updated Association Constitution and Bylaws
Please review them in advance. If you have suggestions, questions or comments please plan on bringing them up at the meeting or send them in advance to the Recording Secretary (Ed Karle – ewkarle@yahoo.com) one of the other club officers.

B) Beekeeping Millionaire game with wonderful prizes. Ray Hennessy will take the questions and answers from established reputable sources and the prizes will be beekeeper particle.

C) Annual honey tasting event. Please bring samples of your 2006 honey harvest to share with others. We will provide small bowls and cut drinking straws to use for the tasting. Last year we had entries from six members.

8) Open discussion about Wax Moths and other pests

In the October newsletter we posted a question from member Mike Miconi asking whether other people were seeing wax months in their hives and what could be done about it. This year it was Mike's strongest hive that has the moth larva. Several people reported that they too were seeing months in their hives and strong hives at that. Typically strong hives will keep the wax moth population under control but that doesn't seem to be a safe bet this year. The best option for beekeepers is to keep their hive clean of debris and burr comb from the hive especially the bottom board, under the bottom board on top of the rests or blocks and check the hive frame tops and inner cover for larva or eggs and remove them. The moths live dark areas out of the way of working bees. The typical preventive chemical treatments are designed to work only about 60 or 70 degrees so it is too late for that now. The best option is to check you hives for cleanliness and the larva.

The only option in dealing with the infestation (As Bruce Barrett explained the difference between a wax

(Minutes Con't)

moth discovery and an infestation is “about a week.”) is to clear the hive and let it air out. You need to transfer the surviving bees to another hive as you would introduce a swarm. The infected hive should be left open and above the ground. The wax moth larva are very vulnerable to cold weather so they will perish quickly. After they have died and probably been picked clean by birds and other predators you can examine the hive and see what you can salvage for next year. The larva will make visible tunnels and damage to the wood in the hive and frames and ruin the foundation and comb for use. Often you must replace all the wood components affected.

Howard Crawford reported he found a frame during extraction with small hive beetle larvae. These can be successfully eliminated with the mite treatments. These are nasty to a hive as they will defecate in the honey which will cause it to ferment.

9. New Hive Log Sheets were shared by Tim Sullivan.

Last Spring Tim shared Release 1 of his log sheets for members to use and review. Tim shared new versions for review and will post these on the website for all to try.

10. November Meeting presentation:

Bee Space – Tim Sullivan

As we all know from Bee School and our reading of Rev. Lorenzo Langstroth, the father of modern bee-keeping back in the 1850's bee space is very important in promoting good hive management by the bees which includes proper build out of frames, comb and control of burr comb among other nice features.

Tim's presentation dealt with the recommended measurements of bee space and how purchased equipment in most cases does not conform to bee space requirements. This can further be disrupted by adding frame rests and guides in supers. Tim showed techniques of planing or cutting supers and frames carefully to get the proper measurements. The results can be well worth the efforts in hive maintenance by bees and keeper.

News from the library:

New DVDs have arrived for loan to any Club member:

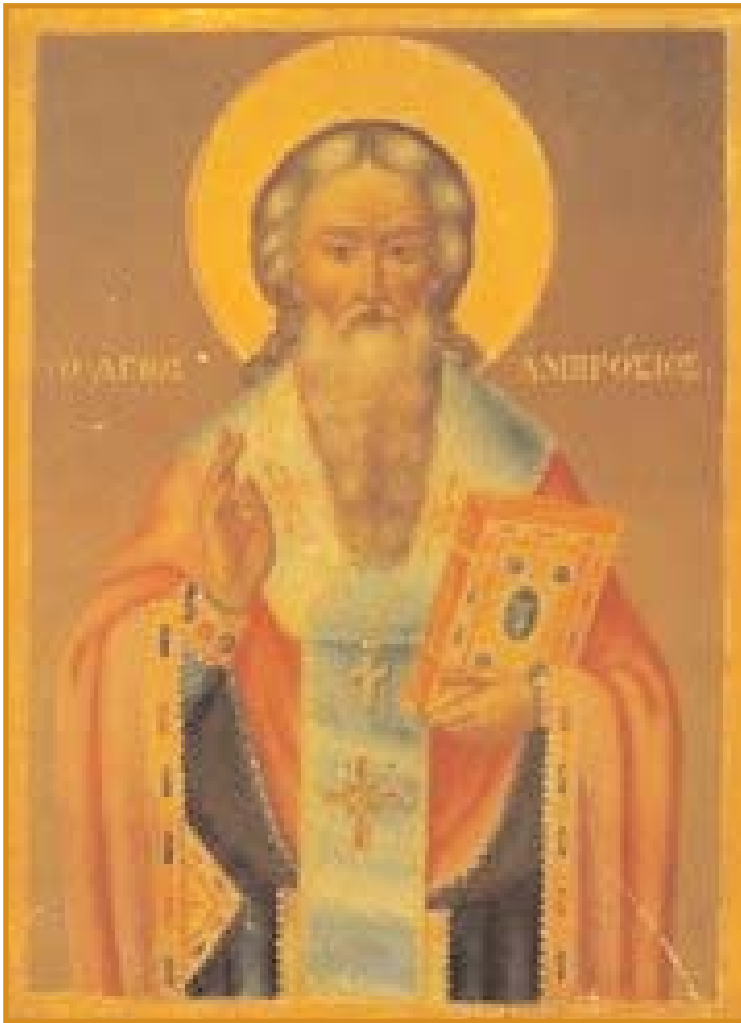
- **Beekeeping by Rotation System (1995)** Rotation in bee-keeping encourages their natural resistance and also increases the honey yield. This process involves the regular splicing of swarms from artificial swarms or divided nests. The most important steps are shown, including prevention of disease, especially the varroa mite.
- **Selection of Honeybees (1997):** The keeping of gentle, resistant and productive bees requires intensive selective breeding. The film explains the genetic features of bee colonies and shows the practical honey bee management and the evaluation of the most important characteristics in performance testing. Selection methods towards varroa tolerance are especially considered.

These DVDs were ordered from the Germany-based scientific video production company called IWF. Check out their website for video clips on their honeybee series, or browse through many interesting, albeit obscure, scientific/natural world-related topics:

http://www.iwf.de/iwf/default_en.htm
(type 'bees' in the search box).

Teaching Hive Frames

Our club now owns two sets of teaching hive frames. One is kept by our Bee School. The other set is available to anyone who would like to borrow it for use in a setting where you cannot use live bees for demonstrations. If you do any teaching talks with school classes, scouts, or at fairs, these teaching frames are useful aids. They are life-size photos of the inside of a hive and show healthy bees as well as signs of disease. Contact Jeanette Ruyle if you would like to borrow the set.



**Patron Saint of Beekeeping
Saint Ambrose of Milan**

**Born in 340 in Trier, southern Gaul (modern Germany),
Died April 4, 397 (Holy Saturday) in Milan Italy.
Patronage of bee keepers, bees, candlemakers, wax
melters, and wax refiners.**

The Honey Bee Song

By Gayle Howard (to the tune "Mary had a Little Lamb")

**The honeybee goes, buzz, buzz, buzz
Buzz, Buzz, Buzz
Buzz, Buzz, Buzz
The honeybee goes buzz, buzz, buzz
On a summer day...**

**It's taking pollen to the hive, to the hive, to the
hive,
It's taking pollen to the hive,
Not's so far away...**

**The bee makes honey that is sweet, that is
sweet, that is sweet,
The bee makes honey that is sweet,
As sweet as sweet can be...**

**The bee keeps honey in the hive, in the hive, in
the hive
The bee keeps honey in the hive,
And shares a bit with me!**



**Honey Bee Arizona Desert
May 2006 (Tony Lulek)**

From: Tony Lulek
35 Dalton Road
Holliston, MA 01746

TO: