

October 20, 2014
2014 Fall Issue



the Queen City BUZZZZZZ

Regina and District Bee Club (RDDB)

Special Interest Articles:

2014 SBA Convention	2
Organic Connections	2
A New Bee!	3
Honey Today	6

Individual Highlights:

Game Day Celebrations with Honey	2
Fall Social	3
Game Day Celebrations with Honey Cont'd	4
Geoff's Corner	6
About Our Club	6

Agribition is Approaching

This year the Canadian Western Agribition is November 24-29, 2014, at Evraz Place in Regina.



The RDDB provides honeybee education for school children and the general public at our very popular Agri-Ed booth with an observation hive. We need about four volunteers per day. A lot of knowledge about bees is not necessary because most children and people know very little to nothing about bees. There is always another volunteer at the booth to answer a question that is beyond your knowledge. It is a great

experience for all members so please consider volunteering this year!

If you are able to help during the day at the booth, please contact Colette at fort.trail@yourlink.ca or 306-699-2599. Don't be surprised if you get a call from her this fall!

The RDDB also has a booth at the Trade Show to showcase and sell the products of the hive.

Working at the Trade Show booth is easy and fun! If you are interested in selling some of your product and working at the Trade Show Booth, please contact Keara at kearalueke@gmail.com or 306-539-2729.

Volunteering at Agribition in

either booth is a great opportunity to meet people from all around the world and to work along-side some great Bee Club members. Not to mention you get to check out Agribition and the club covers your admission!

An email will be sent out in the near future outlining the standards, as set by the Bee Club that must be met when selling product at the Trade Show.

Please stay tuned and consider volunteering a day or an afternoon at this year's Agribition Trade Show, we would love to have you there!



Colette & Keara



President's Report

2014 was a busy year for the RDDB executive. The executive team was kept very busy this year with an increase in member sign ups, the new bulk order program and drawn comb program (which are both done for the season), "bee concern" related calls and emails, and the field day and fall social planning. The club also received twice as many nuc orders as usual. We had our challenges, but overall most of our endeavours turned out

positively.

As usual I tried some new ideas this year with my bees. Some ideas turned out, some made it on to the list of never again. That is one of my favourite things about beekeeping. There is always some new idea or theory to test out and see how the bees respond. One of my biggest challenges this year was the weather. The slow cool spring combined with

needing to be moved at a poor time resulted in a rough start to the year for me. I am not deterred, however - I am already looking forward to next year and am making plans for what things I am going to do differently in 2015. I'm sure many of you are doing similar planning. Looking forward to seeing everyone at the fall social and Agribition.



Andrew

2014 SBA Convention

Where: Radisson Hotel, Saskatoon.
 When: Thursday-Saturday, November 20-22, 2014

Room Rates:

- Corner room or river view room, queen-size bed: \$179
- Queen room: \$164

To reserve rooms please call 1-306-665-3322 or 1-800_333-3333 and reference Saskatchewan Beekeepers Association.

The room block will be held until October 20th. Please reserve your rooms early!

We are excited to provide a full line-up of speakers and topics related to beekeeping. Some of the speakers who have already confirmed their attendance are:

- Dr. Keith Delaplane, University of Georgia
- Dr. Ernesto Guzman, University of Guelph
- Professor Amro Zayed, York University
- Mr. Scott Hartley, Sask. Ministry of Agriculture
- Mrs. Laura Lalonde, CFIA, Molecular Biologist
- Mr. Geoff Wilson, Sask. Provincial Apiculturist
- Mr. Graham Parsons, TAT Lead Researcher
- Dr. Albert Robertson, Meadow Ridge Enterprises
- Mr. Lloyd Harris, Agview International Inc.
- Mr. Allyn Tastad, Hounjet Tastad Harpham Certified General Accountants
- ... and more to come!

For more information watch the website at <http://www.saskbeekeepers.com/index.php/news/96-2014-sba-convention>

Organic Connections

The RDBC was invited to participate in Organic Connections again this fall. This is a one-day event for the organic industry to connect with school children, and is comprised of a set of about ten stations for the children to visit to learn about different aspects of the industry. At the Science Centre on Friday, September 26, Colette Stushnoff and Linda Kletchko gave a series of presentations to approximately 135 Grade 4 children from Regina Schools. The presentation focused on the importance of honey bees and other pollinators as well as the importance of good habitat to the survival of all bees. An observation hive was supplied by Andrew Hamilton.



For Sale

Honey
30 & 50 lbs pails

5 Frame Nuc's & Queens



available after early June

To place order
Contact
Lloyd Harris
306-584-9563
Lharris@agview.sasktelmail.com

Game Day Celebrations with Honey

It's that time of year again where we gather friends and family in front of the television for the game day showdown! And a perfect game day wouldn't be complete without a delicious spread of food. From our Easy Honey Chicken Wings to our Honey-Curry Vegetable Dip, honey will become your go-to ingredient this season!

Honey can be used in so many ways – as a glaze or dressing, in dips and sauces or added to a scrumptious, sweet dessert to complete any game day party! Honey offers a unique flavor that complements both sweet and savory dishes.

So whether you're hosting the game day festivities or bringing a dish to a friend's gathering, this honey-inspired spread will have everyone wanting to know what your secret is.

Chicken Nachos with Honey, Zucchini and Jalapeno Salsa



- 3 tbsp - honey
- 2 - chicken breast, fillets
- 2 cups - zucchini , cubed
- 1 - red onion
- 1 - garlic clove
- 4 - jalapeno peppers
- 1 handful - cilantro
- 1/4 cup - olive oil
- 1 1/4 cups - lemon juice
- salt and pepper
- 1 - tortilla chips, regular-sized bag

Continued on page 4.

Fall Social

Date: Sunday,
November 2, 2014
Time: 1-3:30pm
Where: Senior's Centre,
2404 Elphinstone Street
Cost: \$5/person

Come out for a relaxing
and low-key event with
lots of time to visit other
members and ask your
questions or discuss the
honey year.

We will have an open
forum to lead some group
discussions and finger
foods.

Please rsvp to Judi at
306-761-1771 or by email
to ads@reginabeeclub.ca
by October 27, 2014.



Vemma is a powerful liquid formula that makes it easy to get the vitamins, minerals and antioxidants you need to form a solid nutritional foundation.

Each refreshing serving is delicious and easy to drink!
For more information visit <http://kearaluke.vemma.com>
or contact Keara at 306-539-2729




A New Bee!

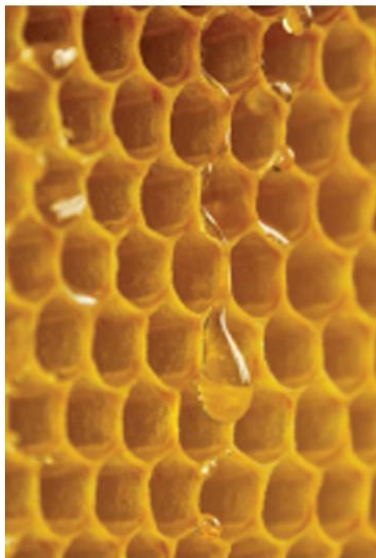
Rosalie Olya Hamilton

Born August 6, 2014, to Andrew & Joan Hamilton, Rosalie (or Rowy as called by her siblings) is a very quiet baby, except when hungry. She is already two months old and has an amazing amount of head control and leg strength. Her older siblings (William & Annamaria) take good care of her and are always willing to give her a toy or help feed her. She was a little late coming but well worth the wait.



BeeMaid

Proudly Owned by Canadian Beekeepers



Carrying a full line of beekeeping equipment from several manufacturers:
-Dadant & Sons Ltd. -Mann Lake Supplies -Maxant -Dakota Gunness -Walter T. Kelley -Medivet -Perma-Dent Foundation -Pierco -Cook & Beals -Cowen Manufacturing Co. Inc -Lewis & Sons Enterprises Ltd -Plus many more!

Whatever your requirements we would be glad to help. Quality products for the beekeeping industry, including:

- Woodenware
- Queen Rearing Supplies
- Package Bees and Queens
- Beekeepers Apparel
- Honey Containers
- Extracting Equipment
- Beekeeping Tools
- Novelties
- Foundation
- Medication & Chemicals.

Buyers of Light and Dark Beeswax at competitive prices. We can arrange your sugar requirements, dry or liquid sugar in small lots or delivered trailer loads.

Alberta Honey Producers Co-Operative
Box 3909 70 Alberta Avenue
Spruce Grove, AB T7X 3B1
T: 780-962-5667 F: 780-962-1653

Bee Outfitters
625 Roseberry Street
Winnipeg, MB R3H 0T4
T: 204-783-2240 F: 204-783-8468

Bee Outfitters
Hwy 3 West
Tisdale, SK S0E 1T0
T: 306-873-2521 F: 306-873-3455



Visit our website: www.beemaid.com Shop at: www.beemaidbeestore.com

Game Day Celebrations with Honey, cont'd

In a small bowl, mix one tablespoon of honey, the lemon juice, one teaspoon of olive oil and salt and pepper to taste. Place the mixture into a resalable freezer bag and add the chicken breasts. Seal the bag tightly and gently shake it to cover the chicken breasts. Let marinade for 2 hours.

Boil the chicken breasts in a saucepan. Once cooked, wait for them to cool. Finely chop the garlic, red onion and jalapeno peppers. Cut the zucchini into small cubes. Place all the ingredients in a medium-sized bowl and mix them with 5 teaspoons of olive oil and salt and pepper to taste. Preheat oven to 250°F. Spread vegetables onto a baking dish and cook them in the oven for 20 - 25 minutes.

While the vegetables are cooking, cut the chicken breasts into small cubes and place them in a large bowl. Finely chop the cilantro and mix it into the bowl with the chicken. Once the zucchini cubes have lightly browned, remove vegetables from oven and wait for them to cool. When cool, add them into the bowl with the chicken cubes and the cilantro, and mix them with 2 tablespoons of honey, the juice of 4 lemons, 6 teaspoons of olive oil and salt and pepper to taste. Refrigerate for 2 - 3 hours. Serve over tortilla chips.

Easy Honey Chicken Wings

1/2 cup - honey
 1/3 cup - soy sauce
 1/4 cup - chili sauce
 1 teaspoon - garlic salt
 1/4 teaspoon - ground black pepper
 8 drops - red pepper sauce
 3 lbs. - chicken wings or drumettes

Combine honey, soy sauce, chili sauce, garlic salt, pepper and red pepper sauce. Arrange chicken in single layer in a 9x13-inch baking pan and pour on sauce. Turn chicken over to coat with sauce. Bake at 350°F for one hour, turning over once. Cool slightly and serve.

Shrimp-Stuffed Jalapeno Peppers with Honey Vinaigrette



2 tbsps - honey
 13 - jalapeno peppers
 1/2 lb - shrimp, shelled and without tail
 4 tbsps - cream cheese
 1 - red onion
 2 - garlic cloves
 1 handful - cilantro
 1 - tomato
 2 tbsps - olive oil
 1/2 cup - apple vinegar
 7 cups - water
 Salt and pepper
 Ice

Using a small, sharp knife, cut each pepper horizontally near the stem and then vertically lengthwise to form a T. Open the pepper with care so that it won't come apart and remove all the seeds and veins using the point of a knife or a very small spoon (even a baby spoon). Rinse each de-veined pepper to get rid of the remaining seeds.

In a large saucepan, boil enough water to cover all the peppers, adding 1 teaspoon of salt for every 4 cups of water. Try a pepper; if you find it tastes too hot, add a teaspoon of honey and 1/4 cup of apple vinegar to the water. Place all the peppers in the saucepan, leaving them to boil for one or two minutes. Make sure they are cooked, yet firm and crunchy. You don't want them to lose their texture. Place them in an ice water bath (approximately 2 cups) to stop the cooking process and drain.

For the shrimp stuffing: Cut the shrimps into small cubes. Place them in a medium-sized bowl and set aside. Chop the garlic cloves, red onion, cilantro and tomato. Add one tablespoon of olive oil into a medium-sized saucepan. Place half the red

onion and all the garlic into the pan and cook over a medium-low flame. Once the onion becomes translucent, add the tomato and the shrimp.

As soon as the shrimp become orange in color, add in the cilantro and allow to boil. Add pepper and salt to taste. Cook the shrimp for another five minutes. Remove from fire and allow them to cool. Stir in the cream cheese. Preheat oven to 350°F and stuff the peppers evenly with the shrimp mixture. Bake the peppers for 8 - 10 minutes in order to heat and brown slightly. Remove from oven and let cool. Drizzle the honey vinaigrette over the peppers and serve.

For the honey vinaigrette: Put the remaining red onion into a saucepan and fry lightly with one tablespoon of olive oil until translucent. Add the remaining vinegar and the remaining honey, as well as salt and pepper to taste. Add the 1/4 cup of water and let the mixture simmer a few minutes to thicken the vinaigrette.

Honey-Curry Vegetable Dip



1 cup - low-fat mayonnaise
 1/4 cup - honey
 1 Tablespoon - curry powder
 1 Tablespoon - white wine vinegar
 Assorted fresh vegetables (celery, carrots, cauliflower, broccoli)

Combine mayonnaise, honey, curry and vinegar; mix well. Refrigerate about 1 hour to allow flavors to blend. Serve with vegetables.



National Honey Board

GREAT WESTERN CONTAINERS INC.

The best available products at the best value - every day!

Great Western Containers is Canada's most complete source of industrial containers and packaging supplies. We manufacture and distribute steel, polyethylene and fibre drums; recondition intermediate bulk containers (IBCs), steel and polyethylene drums; and distribute plastic pails, metal cans, plastic bottles, steel pails and various packaging accessories.

SPECIALIZING IN:

- New or reconditioned steel and polyethylene drums
- Injection molded rigid plastic pails and containers
- Blow molded plastic bottles
- Fibre drums
- Steel pails and cans
- Collapsible & rigid IBCs (totes)
- Oak wine & decorative barrels
- Over-pack/salvage drums
- Metal & plastic closure and dispensing systems



**"YOUR ONE STOP
PACKAGING SHOP"**

"Great People, Great Products, Great Service."



www.gwcontainers.com

See something you like?

Have questions?

Do you have ideas or feedback?

Let us know!!!

P.O. Box 6A, RR1
Regina, SK S4P 2Z1

PHONE:
(306) 757-5958

E-MAIL:
ilovebees@reginabeeclub.ca

We're on the Web!

See us at:

www.reginabeeclub.ca



Geoff's Corner

Have questions and need information about beekeeping in Saskatchewan?

Do you want to become a registered Beekeeper in our Province?


Contact Saskatchewan's Provincial Apiarist:


Geoff Wilson (306.953.2304)


Email: geoff.wilson@gov.sk.ca



Honey Today

 Wholesale Honey was averaged at \$4.98/lb during October 2014.

 Retail Honey was averaged at \$6.37/lb during September 2014.

 Canadian Bulk Honey was averaged at \$2.25/lb during July 2014.

Statistics taken from the National Honey Board



About Our Club...

The Regina and District Bee Club has been active in the City of Regina for over fifty years as a cooperative for ordering honey bees and as a network for education and information on beekeeping.

It is a priority to inform members about current issues in the beekeeping industry to ensure that a proactive role is taken with all industry issues such as bee diseases, mites and pesticides.

The Regina and District Bee Club participates in the Agri-Ed Show Case at Canadian Western Agribition. The focus is to educate children from Grades 4-6 about agriculture and food. Club members volunteer their time to speak about the

bees and beekeeping to well in excess of 10,000 visitors each year.

The Regina and District Bee Club in partnership with the Saskatchewan Beekeepers Association profile the bee keeping industry as a whole in the Trade Show area in order to:

- Promote and sell products of the hive;
- Inform visitors about the industry and its role in the Saskatchewan economy; and
- Develop a relationship with other Saskatchewan agriculture producers.

Want to Advertise in the Queen City Buzzzzzz?

Business Card \$10.00

1/4 pg \$25.00

1/3 pg \$30.00

1/2 pg \$45.00

1 pg \$80.00

Our next Newsletter will be in January. Deadline for submissions is January 9, 2015.

Membership Benefits:

- A cooperative for ordering bees;
- At the annual meeting, guest speakers are invited to give presentations on current issues;
- Communication of industry issues to enable members to have a voice in provincial decision making;
- Hold "Field Days" to enable members to learn about beekeeping best practice methods; and
- Information and support system for fellow beekeepers.

