



**Special Interest
Articles:**

Beginner Bee Course 2016	1
New "Bee" Keeper	2
Catching a Swarm	2
Motherwell Homestead	3
Agribition 2016	4
Fall Social!!!	4
Winter Beekeeping	5
Drawn Comb	5
Extractor Rental Care	6

Individual Highlights:

President's Report	3
Geoff's Corner	6
Cooking with Honey	7
Honey Today	9
About Our Club	9

BEE-ginner Beekeeper Course

Once again the Beginner Beekeeping course hosted by the Saskatchewan Beekeepers Association (SBA) with RDBC was a great success. With the early spring this year the course took place in late May. With a couple of students from Saskatoon's sold out course, it was a full house. The two-day course blended in the classroom theory and hands-on learning in the bee yard and covered all the basic need-to-know information including bee biology, equipment, harvest, pests, disease, and year-round management. Instructors included Geoff Wilson, (Provincial Specialist in Apiculture – Ministry of Agriculture), Graham Parsons (Apiary Intern – Ministry of Agriculture), Hannah Neil (SBA Technology Adaptation Team), and RDBC's Yens Pedersen.

Although all of the students cautiously suited-up for the bee yard sessions in the first day, by the second day some were already mimicking the instructors' more carefree approach to getting stung and working without protective veils or gloves. The local CTV station sent out a courageous crew to investigate who had no problem with the bees (although the free roaming chickens were a concern). Once again the students (some of whom were experienced beekeepers looking for a refresher) were active and inquisitive. A very big thank you to the Linda Kletchko for willingly subjecting her hives to the students and for the great food.

 *Yens Pedersen*

New Bee Keeper



Figure 1 Geoff Wilson showing how to light a smoker.



Figure 2 Jessica Morris getting the participants to get their hands on the hive.

Too many beginning (and experienced) beekeepers approach the hive timidly and fearfully, protected from head to toe to fingertip. Let me introduce Shayla Dyck who started working on a commercial beekeeping operation of one of our members on July 26. Despite having no background or experience with bees, her enthusiastic and fearless approach to beekeeping has earned her the admiration and respect of her employers and 111 stings! Way to go Shayla for sticking with it!

“If you enter a hive without the overwhelming force of a bee suit, you actually have to care about how the bees are feeling today, and you have to be interested in any subtle messages they may give you about your actions.” Jack Mills

 *Wens Pedersen*



Catching a Swarm

Hey everyone!



This is my second year of beekeeping (still very much a newBEE hehe) and on August 7 I caught my first swarm! I was pretty nervous leading up to it considering I had never caught or seen a swarm before. I looked at all the YouTube videos I could find and pelted Andrew H. with tons of questions. I found, like with most things in beekeeping, everyone has their own method on how to do things. So, I decided to just wing it! I grabbed a super, some frames of brood and some foundation (I think drawn comb may have been better but I didn't have any). This was in my friends barn and lucky for them they were going to redo the inside walls anyways because I had to take down two panels. The swarm was huge! I set the super under them and took a piece of plywood and scooped them in. I grabbed the comb that they made (which was full of honey) and put it in the super and then sealed it up with ratchet straps and grass, threw it into my grandmas truck and made my way back to the farm (about 40 min). So the biggest mistake I made was completely forgetting about the queen. Dummy. She didn't make it and the swarm made a new one with the brood I had provided. That unfortunately weakened the colony considerably. But I checked it on September 10th and the new queen seems to be performing quite well, although they do seem weak still and my fingers are crossed that they'll make it through winter! All-in-all this was fun experience and I learned a lot!

 *Janine Hamilton*

President's Report

The season started with a flurry of visits to schools and pre-schools in June teaching children and adults alike about the wonders of bees. That was also when the calls started about 'bees in my wall/chimney/deck/garage/shed/hot tub' started. Nearly 100 inquiries about bumblebee nests, honeybee swarms and wasps later, summer has given way to cool nights and golden leaves.

I had never been stung by a bumblebee or seen an occupied bumblebee nest before, but by the end of the season I had a dozen relocated bumblebee nests in my yard. As near as I could tell, smoke does not make a whiff of difference to bumblebees (which makes sense since they have no stores to

gorge upon). But thankfully, I also discovered that bumblebee stings hurt no more than honeybee stings. I also discovered an interesting website www.bumblebeewatch.org where you can report your bumblebee sightings and use their guide to determine which species it was.

We're gearing up for our fall social and Agribition – hope to see you soon and hear how your summer beekeeping went.

 *Mens Pedersen*



Motherwell Homestead



On Saturday, August 27, 2016 Mimi Cornelis Mouthaan, Alisha Thompson, Andrew Hamilton, Janine Heinrich, Marion, Chuck, and Reid Leniczek manned a booth at the Symphony under the Sky at the Motherwell Homestead National Historic Site event. For the second year in a row the weather was absolutely perfect sunny 26° day. The day was a jam packed day of activities including threshing demonstrations, the Field to Fork Festival and kids activities. The highlight of the afternoon was the Regina Symphony Orchestra's Symphony under the Sky as well as music from Rosie & The Riveters! Along with lots of good food and drinks to enjoy including an exclusive cold Bushwakker Motherwell Red Fife Witbier at the homestead.

Over 2500 people came out to experience the unique event with many young and old stopping to inquire about the live demonstration hive.

I would highly encourage members to consider attending this event next year. As I was informed that next year will be a celebration of Canada's 150th with many more activities planned.

 *Janine Heinrich*

Upcoming Events!!!



Preparing for Agribition

This year Canadian Western Agribition is November 21 – 26, 2016, at Evraz Place in Regina. The Regina and District Bee Club has a booth in the Food Pavillion to showcase and sell products of the hive. This requires both products and volunteers.

Working at the Trade show booth is interesting, educational and enjoyable. We generally schedule 2 shifts per day, 10:00 – 2:30 and 2:30 to 7:00, with two volunteers working each shift.

This Trade Show booth runs from Monday to Saturday. Volunteering in this way is a great opportunity to meet Agribition visitors from all around the world as well as work with some other great Bee Club members.

An email, later in the fall, will be sent to members outlining the standards that must be met when selling product at the Trade Show.

Please consider volunteering at this year's Agribition Trade Show and contact Mimi Cornelis Mouthaan at Zombieduckfarm@gmail.com.

 *Janine Heinrich*

Agri-Ed at Agribition

Once again, our club will be operating an educational booth at the Family Ag Pavilion (formerly known as Agri-Ed) from November 21-26, 2016. The booth targets registered school groups from grades 3-8, but it is also open to the general public. It is a very popular booth; the observation hive is a big attraction. Four to five volunteers are needed each day to staff it. Many of the questions are quite basic and are asked repeatedly, so volunteers do not have to know a lot about beekeeping--just more than the kids! There are always some experienced people at the booth to answer the tougher questions. In fact, working at the booth is a great learning opportunity for the volunteer as well.

The booth is open from Monday-Friday from 9 am to 6 pm and on Saturday from 10 am to 5 pm. Volunteers that can put in a full day are greatly appreciated, but a partial day is also much appreciated.

If you can work at this booth, give Ed Rodgers email to ed.rodger@sasktel.net or 306-757-7059. Don't be surprised if you get a phone call in early November asking for your help!

 *Janine Heinrich*



Come out to RDBC's FALL SOCIAL!!!



We will be having a Halloween Party and gathering to meet you all. Along with Halloween actives will also be hosting a casual Q&A with RDBC executives, long-time members, and newcomers. Come and go, or come and stay, learn and chat with bee enthusiasts. This will be a potluck, please bring a dish to share. Refreshments will be provided.

When: Sunday October 30, 2016S from 4:00pm to 7:30pm

Where: St. Marks, 3510 Queen St, Regina SK.

Who: RDBC Members

Hope to see you all there!



Winter Beekeeping Schedule

With the summer coming to a close, it is important that new beekeepers know what steps they need to follow. These steps are a rough guideline and will vary in order and timing from beekeeper to beekeeper.

Pull Remaining Honey:

Everyone has a different idea when to do this. It should certainly be done after we have a frost. Also make sure you extract that honey quickly. The colder it gets and longer it sits in the combs, the harder it will be to extract.

Test and Treat:

While some miticides can be applied while honey supers are still on, many cannot. Since temperature can be a big factor when treating, make sure you apply your treatment as soon as honey is removed.

Feeding:

It is important to feed the bees once you have removed their honey and particularly after the frost has come. A good gauge is to lift the side of the hive, it should feel very heavy. Many hives take around 20 litres of feed in the fall.

Wrapping:

This is very weather dependent. You do not want the bees to be too hot. You can often hold off wrapping until the first or second weekend of October. Make sure the bees are in a sheltered area away from wind. Consider putting a snow fence around them.



Drawn Comb Program

It was another very successful year for the clubs drawn comb program. The program now has a stock of 24 supers. 10 of those have been drawn out and are ready to be exchanged next year. This has been a very valuable program to new beekeepers and has been well utilised.

For those of you unfamiliar with the program it offers beekeepers a super of drawn comb in exchange for two supers of foundation. The overall cost to a new beekeeper is similar to if they were to just go out and buy a super of drawn comb. The difficulty most new beekeepers find is locating someone willing to part with their drawn comb.

It takes the bees considerable resources to draw out a super of foundation, this program sets aside drawn comb that is specifically for new beekeepers. This helps new beekeepers get started and has been very important in reducing the number of swarms that new beekeepers sometimes have when putting too much foundation on a hive.



Varroa Mites?

RDBC is selling Varroa Mite Treatment – **Apivar Strips**.

Price: \$3.00 x 1 strip
\$5.00 x 2 strips

Contact: (306) 757-5958
ilovebees@reginabeeclub.ca



Extractor Rental Care

In an effort to keep our club extractor in good condition and ensure our rental program runs smoothly, we would like to provide members with the following reminders.

1. Please wash all parts including butts, bolts, chains, and brackets in hot soapy water before returning to bag or extractor.
2. Do not transport the extractor with the gate covering the tap. The gate is to be removed and stored in the bag with nylon thumbscrews.
3. Components should not be over tightened. A broken component will result in repair fee to be determined by executive.
4. Please ensure the central mechanism is placed correctly on spindle before transportation and when returned.
5. Load frames to balance extractor. Wind-up slowly and run at medium speed.
6. Please give notice if unable to collect or drop off at agreed upon time.
7. Extractor rental is \$25.00 per day or portion thereof. No prorating.



Geoff's Corner

The 2016 season is now well under way. For the most part, colonies started large and have grown very quickly throughout the season. The result is that most beekeepers have big, strong colonies that should result in a good honey crop, assuming that everything else, like weather, cooperates.

While this exceptional colony growth is good for honey production, the other aspect to keep in mind is that these conditions are also very good for Varroa mite growth. Colonies that are large first thing in the spring or grow very quickly are harder to treat, for example, sometimes at the start of the treatment only two Varroa control strips are necessary and with exceptional growth 42 days later 4 strips may be necessary for adequate control. In addition to this, very good reproduction of brood results in very good conditions for reproduction of mites.

Currently, we are hearing reports, and seeing first-hand signs of elevated mite levels in colonies in the province. Beekeepers should be extra vigilant this fall and start sampling for Varroa mites in August through September. Mite levels raise quickly through this time period, so be sure to check mite levels more than once. Please refer to the most recent beelines for treatment thresholds.

It is vitally important to have healthy bees going into winter to have wintering success. Knowing your mite levels is and making appropriate fall treatment decisions are important steps in that direction.



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

Cooking with Honey

Honey-Brushed Pear Boursin Crostinis

Ingredients

1 - French baguette, cut into 3/4" slice on the diagonal, discarding ends
 1/3 cup - honey
 1/3 cup - quality olive oil
 1 phg. - Boursin cheese, any flavor, softened to room temp
 1/4 cup - mayonnaise
 3 tablespoons - parmesan, grated
 1 teaspoon - fresh ground pepper
 1 tablespoon - fresh tarragon, chopped
 18 - whole walnuts, toasted
 1 - firm fresh pear, halved, cored and cut into slivers
 1/2 cup - Radicchio, shredded
 Sprouts for garnish if desired

Directions

Preheat oven to 350*

In a small bowl mix together the Boursin cheese, mayo, parmesan, pepper and tarragon until smooth. Remove the crostinis from the oven and let cool. Divide the cheese spread evenly between each crostini. Top the cheese with 2 or 3 pear slices each and drizzle the remaining honey oil mixture over the pears.

Bake the crostinis for another 6-8 minutes or until the cheese is warmed through. Remove the crostinis from the oven and top with the walnuts and the shredded radicchio.

Serve immediately or at room temperature, garnish with the sprouts if desired.

Tip: You can substitute apples for the pears and try some blue cheese added to the Boursin for a different flavor.



Honeyed Bread and Butter Pickles

Ingredients

4-1/2 lbs. - english or pickling cucumbers, sliced 1/4-inch thick
 2 lbs. - yellow onions, peeled and sliced 1/4-inch thick
 1/4 cup - non-iodized salt
 2 cups - honey
 3 cups - cider vinegar
 2 teaspoons - yellow mustard seed
 1/2 teaspoon - whole cloves
 1/2 teaspoon - turmeric
 1/4 teaspoon - celery seed

Directions

In a plastic or stainless steel colander, mix cucumbers and onions with salt. Let sit for 1 hour; drain thoroughly. Set aside. In a small stainless steel or enamel saucepan, bring water to a boil. Remove from heat and cover pan to keep contents hot. Pack vegetables in jars 1/4 inch from tops. Add honey mixture, filling to 1/4 inch from tops. Wipe rims. Place jars on rack in canning kettle of hot water, adding water if necessary to cover jars. Bring water to a rolling boil; boil for 15 minutes. Remove jars carefully a

FYI: Did you know that honey bees are directly or indirectly responsible for our food supply? Cucumbers, eggplant, lima beans, peppers, pumpkins, apples, and plums are just a few of the fruits and vegetables that benefit from honey



National Honey

Board

Honey – Nature's Energy Food



Honey... Natural Energy

Honey is a source of carbohydrates, providing 17 grams per tablespoon, which makes it ideal for your working muscles since carbohydrates are the primary fuel the body uses for energy. Carbohydrates are necessary in the diet to help maintain muscle glycogen, also known as stored carbohydrates, which are the most important fuel source for athletes to help them keep going.

Whether you're looking for an energy boost or just a sweet reward after a long workout, honey is a quick, easy, and delicious all-natural energy source!



Honey as an Athletic Aid

Pre-exercise: For years, sports nutritionists have recommended eating carbohydrates before an athletic activity for an added energy boost. As with many carbohydrates, pure honey may be an effective form to ingest just prior to exercise. When honey is eaten before a workout or athletic activity, it is released into the system at a steady rate throughout the event.





During Exercise: Consuming carbohydrates, such as honey, during a workout helps your muscles stay nourished longer and delays fatigue, versus not using any aid or supplement. Next time you reach for a simple bottle of water, add some honey to it – it might give you that much-needed athletic boost!


Post-exercise: An optimal recovery plan is essential for any athlete. Research shows that ingesting a combination of carbohydrates and protein immediately following exercise (within 30 minutes) is ideal to refuel and decrease delayed-onset muscle soreness. Therefore, honey is a great source of carbohydrate to combine with post-workout protein supplements. In addition to promoting muscle recuperation and glycogen restoration, carb-protein combinations sustain favorable blood sugar concentrations after training.

Usage Tips

When planning your athletic training program, remember that honey is a source of carbohydrates, providing 17 grams at just 64 calories per tablespoon. Combining honey with fruits, vegetables, lean meats, whole grains and other healthful foods can add to your total nutrition and give you a great natural energy boost. Try these tips to fuel your diet with the sweet goodness of honey!

 Staying hydrated is one of the most important tools for an athlete. Simply add honey to your bottle of water for an energy boost during your next workout.

 Snacks are a great way to add extra fruits and vegetables to your diet. Try mixing peanut butter and honey, or honey and light cream cheese, as a dip for fresh fruits or vegetables. Peanut butter and honey sandwiches on whole wheat bread are a great, high-energy snack to provide a good combination of carbohydrates, protein and fat.

 Since honey is a convenient, portable source of energy, take it with you for tournaments and long periods of activity to help sustain your energy levels.

 *National
Honey Board*

See something you like?

Have questions?

Do you have ideas or feedback?

Let us know!!!

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PHONE:
(306) 757-5958


E-MAIL:
ilovebees@reginabeeclub.ca


We're on the Web!
See us at:
www.reginabeeclub.ca



Honey Today

 Wholesale Honey was averaged at \$5.10/lb during August 2016.

 Retail Honey was averaged at \$6.88/lb during August 2016.

 Canadian Bulk Honey was averaged at \$1.10/lb during June 2016.

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.

- Hold "Field Days" to enable members to learn about beekeeping best practice methods; and
- Information and support system for fellow beekeepers.



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;

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 October. Deadline for submissions is October 10, 2015.