



the **Queen City** **Buzzzzzz**

Official Newsletter of the Regina & District Bee Club, **2017 Spring**



**The first rule of Bee Club is:
You talk about Bee Club.
The second rule of Bee Club
is: You talk about Bees.**

Your Bee Club newsletter has gone digital, and we hope you enjoy our new e-format. We're looking for your input. If you've got story ideas, a need for information about any specific beekeeping topic, a favourite honey recipe or tips that others can learn from, please e-mail us at klanekennels@gmail.com and we'll get your information into future editions. Enjoy!

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Swarm Season is Near



A new swarm that is in limbo as it figures out where its new home will be. This swarm was caught by a beekeeper and brought back to become part of his apiary.

Photo Source: www.bkisser.ca



Keith Bossaer and Fred Huber with a swarm near North Battleford. This swarm was discovered after it built its new home.

Photo Source: Tim Huber

Pro Tips on Swarm Prevention

The biggest issue over the coming couple of months is swarm prevention. While swarming is a natural phenomena, because honeybees are not native to Canada, it will likely mean the death of both the swarm and remaining colony, so they must be prevented. Since everyone does things a bit differently, we asked the Club's most experienced beekeepers for their advice to prevent swarming.

Conrad S. - As you may know, swarming is a natural and evolutionary process of honey bees. If the colony cannot detect an acceptable queen scent, or if the conditions of the hive are not preferable, they may swarm. This is actually a good thing for continuing the species naturally. For humans, however, managing a colony (particularly in urban environments) needs to include avoiding this process so that we can continue shedding a positive light on beekeeping (many people

are scared of bees, unlike us keepers). Beekeepers also try and curb this natural part of the honey bee life cycle to avoid a situation where the honey production is reduced that year from that colony.

Statistically, hives with younger queens generally tend to swarm less - this is also my experience. Conditions for swarming typically include a colony where the bees have a healthy, growing and large population. Generally this also coincides with not having enough room for the population in their current place of residence. When they have had the opportunity to create swarm cells (check [everywhere but particularly] the bottom parts of the frames for new queen cells in the top brood box in a 2 brood box setup), you know that there is a likelihood of that hive swarming. The swarm events I've experienced all landed at times that were about 20° C, although I cannot be certain that this is always the case.

Avoiding a swarm when the bees want to swarm can be tricky. Keepers do a number of things for this: reversing the brood boxes has been known to reduce swarming behaviours (make the top brood box the bottom box and vice versa); adding supers to a growing colony to give them more room to grow; and keeping a top entrance open to allow for increased ventilation. Some re-queen their hives yearly or every 2 years (this would ensure a stronger pheromone communication in the hive).

Seeing a swarm is an amazing thing to witness. The decibel level is always high, and the swarmers are en masse around their former hive, presumably flying around their not-as-agile queen. When she lands on a temporary spot and they all huddle around her, pausing en route to the new home, you may be lucky enough to grab them again and put them into a box to be transplanted later for a new hive (although I've heard that putting them back into their original hive also works as long [as the virgin queen is not there]).

You can try and attract swarming colonies by placing an empty new home (stacked supers with a cover), but more often than not, the bees choose another place to settle and start again.

William - Make sure you don't put on full supers of foundation. Always alternate foundation frames with drawn comb frames. This entices the bees up and reduces swarming.

Annamaria - Don't underestimate your overwintered bees. A hive coming out of winter will grow much faster than a nuc. Make sure you have enough spare supers on hand. Go into the hive every two weeks and at the very minimum check to make sure they don't need extra supers.

Rosalie - When adding honey supers to an established colony don't add one and wait for them to fill it before adding the next one. July 1st you should have three or four empty supers on your established colony, more if it's really strong. In the middle of summer a super can be filled and capped in a couple of days.

Aksel - Heavy swarming months typically tend to be May and June. Many people will put in their mite treatment and then do not add any honey supers since they don't want to contaminate the honey or wax. If the bees need space you have to give it to them. There are several techniques that work. Adding a dark third to later be used as a split or second works really well, you can also pull frames and replace them with foundation which is an excellent way of culling out poor comb. Splitting hives or robbing them of bees and brood for a nuc also works as swarm prevention.

Andrew - Don't ignore your colonies. You should be checking them every two weeks. If you have to be away get someone with experience to check them for you.

C& R Stushnoff - **Give them enough space by supering when they get crowded, as this is the main thing one can do.**

New beekeepers must understand that bees need to be managed, and operations need to be performed in a timely fashion otherwise swarming (among other things) will happen. This is the difference between a bee-haver and a bee keeper. Although swarming is something that bees may do despite your best efforts (some colonies are more genetically inclined), there are ways to minimize the risk.

Our preferred method for swarm reduction is timeliness of supering to reduce congestion. That means weekly monitoring and adding supers as they become full of bees and/or honey. These supers may have 3 frames of foundation interspersed with drawn comb to further decrease swarm risk. If the honey super is 3/4 to completely full of honey, add a super. Do not wait till it is completely filled with honey--remember that under very good conditions, a super can fill in a couple of days. If you have canola blooming, you may want to add more than one super at a time. Do not add a super having foundation in all frames. This can act as a barrier to the bees, causing them to feel crowded and swarm.

If you plan to put an excluder on your colony, it too can act like a barrier and make them feel crowded. Moving a frame of brood above the excluder will help teach the bees to move through it.

Keeping a young queen in the colony reduces swarming, however, young queens will swarm if the colony feels crowded.

We would not breed from colonies that swarmed, and would requeen swarms that we caught in order to decrease swarm genetics in our operation.

Yens – If you started from nuc and all you have is foundation, when it comes time to add another super, you can move some of the drawn combs from the bottom up to the second super (being sure to alternate drawn comb and foundation). If your hive is crowded, check thoroughly for swarm cells and remove all of them – don't just assume you can add empty supers. Scrape off all the burrcomb on the bottoms and tops of frames as swarm cells can sometimes be missed. If you found capped swarm cells, be sure to check your hive again in 10 days as they may have started building swarm cells again even if you put on empty supers. If you find an emerged queen cell, they may not have swarmed yet and if you can find the virgin and kill her, you may be able to prevent the swarm.



Annual General Meeting

By Louise Yates

80 people attended the Regina and District Bee Club Annual General Meeting held March 11th at the Knox Metropolitan Church in Regina.

Geoff Wilson, Provincial Apiculturalist explained upcoming changes to antibiotics in Canada, and how those changes may impact preventative American Foulbrood Disease (AFB) treatments for beekeepers. Due to growing concerns about antibiotic resistant bacteria, many veterinary and human medications are coming under much stricter regulation. How the changes will impact beekeepers is unknown at this time, but there will be change. What is known is that veterinary oversight will be required to access antibiotic

treatments in the future. The province will keep Saskatchewan beekeepers informed as changes unfold.

Morgan McLellan, a Public Health Inspector with the Regina Qu'Appelle Health Region provided a brief summary of Saskatchewan Food Safety Regulations impacting beekeepers. These regulations cover licensed establishments (where food is served), food processing facilities (where food is processed only), and home food processing where low-risk food such as honey is processed. More information about each type of processing is available on the [Health Ministry's web site](#).

An optional session was held for those interested in getting into bees. Commercial beekeepers Karen [Pedersen](#) and Andrew [Hamilton](#) covered the standard introductory beekeeping topics.

Beemaid was on site with product available for sale, and to answer questions. They graciously delivered supply orders to members from Tisdale at no additional shipping charge.

The Club's 2016 financial statements were presented and showed revenues of \$40,617.44 and expenses of \$41,197.23 for a net operating shortfall of \$579.79 and cumulative year-end reserves of \$10,748.01.

The membership elected their new board. Janine Hamilton and Alisha Thompson decided to leave the board. Returning are Yens Pedersen as President, Mimi Mouthaan as Secretary-Treasurer, and Janine Heinrich. New members are Lawrence Laxdal and Louise Yates



Lawrence Laxdal - I'm a civil engineer who lives near St. Joseph's. I have been beekeeping for the past two years. I grew up in Winnipeg, Manitoba and moved to



Louise Yates - My husband and I live on an acreage near Kronau where we operate K-Lane Kennels. With a solar farm and geothermal system, we are Saskatchewan's first net-zero

Saskatchewan in 2014. I've enjoyed meeting and learning from new people in the bee club and am happy to contribute by joining the board of directors.

renewable energy business and only one of a few in Canada. I grew up on a farm near Montmartre, have a corporate background, and studied prairie horticulture at the U of S. I began harvesting flower power in May 2016 with three hives, ending the season with seven. I love learning and want healthy bees so I've read a ton of books, taken the beginner beekeeping course, have a club mentor (thank you Colette and Richard), and am registered for the spring Intermediate and Queen Rearing classes. I'm a perpetual volunteer and I am also President of the Regina Humane Society.



Honey: Where Agriculture Becomes Food

By Louise Yates

As with most things in life, the more you analyze them, the more difficult they become. And so it is with honey. Anyone enjoying your honey expects that it's safe, and if you plan on selling any of your honey, different levels of government want that too. So what exactly does that mean?

The provincial Agriculture and Health Ministries, the Regina Qu'Appelle Health Region (RQHR), Canadian Food Inspection Agency (CFIA), Health Canada and Canadian Competition Bureau (labelling) are all involved with beekeepers and honey production. While each of these government bodies views honey production from a slightly

different angle, all have the same end goal – healthy bees and safe honey. From a healthy bee perspective, it's all about disease prevention at the hive to ensure that beekeepers do the right thing to protect not only their bees, but also their neighbours' bees from communicable diseases. From a food safety standpoint, it's about sanitary food processing areas and equipment, safe food handling practices, and safe water with sanitary water/sewer connections.

Yens Pedersen, Club President and lawyer conducted a [full legal review](#), which is available for download on the Club website. Yens states that beekeepers are “able to sell through third party retail locations without CFIA or RQHR certification provided that those retailers are NOT processing or serving food for immediate consumption in their locations.” A hardware store is likely ok. A grocery store that makes sandwiches is not. You are also not able to sell to vulnerable populations such as hospitals, nursing homes, child care centres, and so forth.

According to the provincial Agriculture Ministry "you can sell honey without a CFIA registration to other beekeepers with a CFIA registration (packing/pasteurizing establishments only), and farm gate (your farm – house – place of work – Farmers market). Basically you are selling it directly to a customer without an intermediary (e.g. grocery store)."

Since honey has a water activity of 0.85 or less and a pH of 4.6 or below, it is considered to be a low-risk food. (This is why ensuring the moisture content of your honey by testing it at extraction time with a refractometer is so important.) [RQHR](#) classifies most honey sellers as Home Food Processors. The Health Region provides a very good fact sheet outlining their expectations. However, if your honey is packaged with any other food such as flavouring, or if it is transformed into another food product, such as a cookie, RQHR may want to get involved and you may need to be provincially licensed. If that's you, the Health Inspectors are very good at taking calls and working together to explain what they need.

At the top end of the spectrum is [CFIA registration](#) as a producer/grader, packing or pasteurizing establishment. Generally, if CFIA is involved, RQHR is not. According to Yens, "The majority of the provincial regulations do not apply if you have a CFIA registered facility." CFIA is responsible for the honey regulations and interprovincial honey sales. They require much more due diligence and documentation, and only honey produced or packaged in a registered facility can be graded as Canada No. 1, 2 or 3. As well, Yens noted that “Under federal laws, there is a general duty to sell safe food prepared, produced and packed in sanitary conditions... regardless of registration requirements, CFIA inspectors have the right to inspect facilities and honey”.

At the highest level, what does this all mean to the hobbyist or small commercial beekeeper?

Keep healthy bees

- Handle honey supers so they are not contaminated with soil, pests or any other foreign objects
- [Use treatments](#) according to the label instructions including dosages, treatment times and withdrawal periods
- Never use brood comb in a honey super

Produce safe honey

- Keep brood frames out of the honey house
- Never extract honey from comb that has been exposed to a treatment
- Extract, strain and package honey in a sanitary, contaminant-free area using clean equipment, and put the honey into new, food-grade containers
- [Test your drinking water](#) and water/sewer connections so you are confident that your water is safe with no heavy metals or bacteria, and that there is no risk of cross-contamination
- Take the [RQHR Safe Food Handlers Course](#) and apply what you learn when extracting, packaging, transporting and storing honey (*The Club is hosting a special beekeeper's only course on June 10th - check the [web site](#) for details.*)

And, finally, there's labeling. Each of these groups has different labels requirements. Here are links:

- [Home Processors](#)
- [CFIA](#)
- [Food and Drugs Act](#)

CFIA is considering new [Safe Food for Canadian Regulations](#) that include licensing, and preventative control and traceability plans, which may or may not impact honey. More information about the proposed changes is available online.

As a micro-agricultural producer and food processor, stay safe by finding out where you fit and following production, processing, packaging and labeling regulations.

This document was created in my attempt to set up my own apiary and honey processing area properly and is based on Yens Pedersen's legal review, and discussions and correspondence with CFIA, RQHR and Saskatchewan Agriculture and is effective at this date. Since laws and regulations constantly change, if you sell honey, its best to become familiar with your legal obligations.

Introduction to Beekeeping Course

By Louise Yates

Last Saturday April 22nd, your Bee Club once again hosted an Introductory Beekeeping Course: What to expect before you're expecting bees. Unless people are exposed to beekeepers, many people start by being intrigued by bees and wanting to help the environment. This class provided a great overview about the interconnectedness of native and non-native bee species, along with many practical how-to tips for new beekeepers.

Native Bee Species

Cory Sheffield, [Curator of Invertebrate Zoology at the Royal Saskatchewan Museum](#), explained that a third of the world's food comes from pollinators, and that 77 percent of the most valuable crops require pollination. According to Cory, "Bumblebees are declining with 20 percent being vulnerable or critically imperiled, and that saving of bumblebees is a global security issue."

Cory also explained that in massive monoculture crops, bees tend to congregate at the edges of fields. Through their research, they are finding that breaking up monoculture crops with Lupin fields to increase field edges, increases production while reducing overall cultivated areas. He also emphasized that is important for bees access to nectar through the entire growing season from spring through summer and into the fall. The implications in Saskatchewan are that native bees are likely to do their best work around the edges of massive field crops, and that supplementary blossoms and native vegetation is essential for healthy native bees.

For individuals wanting to help native bees, Cory recommends three approaches. Individuals can make nesting habitats, plant pollinator-friendly gardens, and support organizations that help bees. Simple things like leaving raspberry canes out for cavity nesting bees is a start, making or buying nesting habitats is helpful. For those interested in learning more about identifying native bee species, Cory recommends the book entitled [Bees of the World by Christopher O'Toole](#) (even though the cover depicts a fly, not a bee!) and [BeesofCanada.com](#) a new web site that will be launched shortly.



Those wanting to keep bees naturally can help native bees by making nesting habitats and planting bee-friendly gardens.

Honeybees

Since honeybees are not native to North America, they rely on humans to protect them from pathogens and simply for survival in Canada. They also rely on humans so they don't negatively impact neighbours honeybees and native bumble bees.

Provincial apiarist, Geoff Wilson explained that new honeybee beekeepers have a “responsibility to keep them alive”. Since there is so much to learn, Geoff strongly recommended to start by using standard equipment such as Langstroth Hives and to use proven beekeeping approaches. Doing that makes the learning curve easier, ensures that things are done legally (eg. so that bees and hives can be inspected, frames must be removable), and protects the investment because most beekeeping equipment eventually gets sold to someone else.

Saskatchewan hives produce a lot of honey, typically between 200-300 pounds per hive each year. Last year, one of Geoff's own hives produced 800 pounds of honey, and he explained that it's all about good management. A critical element to good management is Varroa Destructor and American Foulbrood Disease prevention. Geoff said that size-wise to a bee, Varroa mites would be like humans having vampire cats. He emphasized that everyone must treat their honeybees for Varroa mites, or they become weak and susceptible to disease, and ultimately the bees will die. Spring treatments are automatic and fall treatments are dependent on testing. Geoff also briefly touched on the preventative treatment for American Foulbrood Disease and explained that letting bees swarm doesn't help bees,

especially in the city. While swarms tend not to be dangerous, they are a spectacle, and beekeepers need to prevent swarms to keep the peace with neighbours and prevent the spread of disease.



Varroa Destructor - the terrible mite that kills honeybees.

Yens Pedersen, Regina and District Bee Club President, provided an introductory overview about the keeping of bees:

- All beekeepers must register with the province before purchasing bees or used equipment.
- It is legal to be a hobbyist beekeeper in Regina. Those living in other jurisdictions, should check with their municipalities about local requirements.
- It is important to talk with insurance providers to ensure that existing property or liability insurance is adequate.
- Bees can be purchased in three ways: a nuc (which is a starter hive) through the Club, an overseas package through agricultural retail outlets (which does provide additional risk of introducing novel pests and pathogens), or a full hive from an existing beekeeper.
- In order to be a good neighbour, particularly in urban settings, new beekeepers should inform their neighbours that they have bees (even better, promise to give them some honey), manage hives so they do not swarm, and provide a water source. If bees don't have easy access to water, bees will go to hot tubs, swimming pools, bird baths, and kids' play structures. Bees love chlorinated and lightly salted water. Adding a bit of salt can entice them to a water station.

- There are a plethora of food safety rules available on the [Club web site](#).
- Bee equipment and suppliers can be purchased from beekeeper speciality retailers such as Beemaid out of Tisdale and here at Andrew Hamilton's apiary. Peavy Mart, Home Hardware in White City and selected Co-ops have selected items. The added value of going through speciality stores is that in addition to new products, new beekeepers are also accessing beekeeping expertise.
- Do not get the Flow Hive. While it may work in Australia, it doesn't work in Saskatchewan. We get too much honey that crystallizes too quickly.
- Join the Bee Club to access mentors, bulk shipping rates from Beemaid and the drawn comb program.
- Take the Introductory Beekeeper Class offered in partnership with the Saskatchewan Beekeepers and Agriculture Ministry. Regina is sold out, but Saskatoon and Prince Albert still have spaces available.

Host Apiarist Andrew Hamilton provided a number of practical recommendations:

- Put your hives in a south-facing area that has some wind protection.
- Use 9 or 10 frames in the brood chamber (different beekeepers use different approaches).
- Get drawn comb from the Bee Club to use with a new hive. Use half of it in the brood chambers and save half for future honey supers.
- When purchasing bee hive bodies and honey supers, for the first year, each colony will require two brood boxes and at least three honey supers. For year two, each colony will require nine honey supers on top of the existing two brood boxes.
- Place rocks on top of the hives to prevent the lids from blowing off.
- Provide a water source so the bees don't bother neighbours.
- Install bees either early or late in the day while the bees are not flying.
- Transport bees in a truck instead of a car so they can get air flow and not overheat.
- Install bees quickly after receiving them so they do not overheat.
- Once installed, leave them alone for at least a week so they can settle in.

- Be careful when moving frames so bees and, in particular, the queen are not crushed.
- When removing frames, the safest option for the queen is to remove one of the outside frames first.
- When drawing comb out, always alternate new frames/foundation with drawn comb frames. Never place a full box of foundation only or bees may swarm.
- Never use drawn comb that has been treated with antibiotics or miticides as honey supers.
- Ideally hives should be checked every 10 days to ensure health and prevent swarms.

So they can do the best by their bees, new honeybee beekeepers are encouraged to join the Bee Club, like the [Club Facebook page](#).



Liability and Property Insurance Coverage

By Rob Barlow, Dusyk and Barlow Insurance Brokers Ltd.

You are a responsible beekeeper. While you've placed your apiary in an area that is attractive to your bees, you have also been considerate to the safety of your neighbours by placing it in an area facing away from them and away from regular foot traffic. You've also installed fencing and shrubbery to direct flight patterns overhead to minimize human and animal contact.

Fortunately for many Saskatchewan beekeepers, these considerations are not onerous. Many apiarists in this neck of the woods are doing so in a rural setting and have the luxury of setting up hives in an area well away from property lines and neighbouring humans and animals.

Whether you're an urban or rural beekeeper, chances are you will eventually have to deal with a neighbour, passerby, houseguest or customer who has been stung by an encounter with one of your bees. Depending on the severity of that person's reaction, you could be dealing with a potential lawsuit as a result of such an encounter. However likely or unlikely it may be that you would be found guilty, you would still bear the cost of defending such a lawsuit.

Even though many apiarists operate from their home, the liability associated with those policies will not extend to business operations such as beekeeping. It's for reasons such as this that every small business should have commercial general liability (CGL) coverage. A CGL policy will protect a business owner against liability claims from bodily injury or property damage to others that arise from their premises, products, operations and completed operations. This includes the costs of legal defense for such charges even if you aren't found liable. Those who have a farm policy may have the option of adding liability coverage for beekeeping operations to their policy for an additional premium.

Apiarists may also need to consider product recall/product contamination coverage. If something has gone wrong in the harvesting or packaging of the honey, lawsuits could arise from sickness due to contamination. Add to this the cost of a product recall and replacement and this could make for a costly scenario.

In addition to CGL and product recall coverage, many apiarists will also want to consider property coverage for items such as their hives, harvesting equipment and honey stock itself. Most home policies only provide limited coverage for business property but it can often be easily added to a CGL or farm policy.

Club Note: If your beekeeping is a hobby and not a business, you are likely covered by your home insurance policy, but should check with your broker to be sure. The Regina and District Bee Club has \$5 million in general liability coverage through Wawanesa to cover injuries at club events and activities.

Beekeeper Resources

Agriculture Ministry

Geoff Wilson is the Provincial Apiarist. If you have bees, you



must register with the province. As well, if you are buying or selling bees or used equipment, it must be inspected prior to sale. Contact Geoff at geoff.wilson@gov.sk.ca

For the most current information about disease and pest treatments, check out [Beelines](#), the Agriculture Ministry's official newsletter that is sent to all registered beekeepers in the province.

May

Overwintered Hives

- Unwrap and reverse hives
- Add an extra brood chamber to strong hives
- Remove Apivar strips 42 days after they have gone in. Test for Varroa mites. Remember to track all of your treatments and test at the end to see if your treatments are working.

New Nucs or Packages

- Install and provide sugar syrup and pollen supplement
- Make sure you have enough honey supers, drawn comb, frames/foundation on-hand to get you through the next couple of months

June

- Make splits or nucs
- Inspect for health/disease and swarm cels - monitor regularly - ideally every 10 days
- Add honey supers to strong hives - be sure that they don't get crowded and swarm
- For weak hives, knock down to single boxes

July

- Place additional honey supers on hives and pull when 85 percent capped, extract and enjoy
 - Keep inspecting for health/disease
-



May 6 & 7 Saskatoon
May 13 & 14 Regina (Sold Out)
May 27 & 28 Prince Albert
The Saskatchewan Beekeepers' Association and Ministry of Agriculture partnering with local bee clubs to offer the a two-day Beginning Beekeepers Course. If you're pretty sure you want bees, this is where to be. Course details are online on the [Sask Beekeepers web site](#). Pre-registration is mandatory. Regina is currently sold out, but spaces for Saskatoon and Prince Albert are still available.



May 26
Saskatchewan Beekeepers Association is hosting a Queen Rearing Course near Prince Albert. [Register](#) directly with SBK.

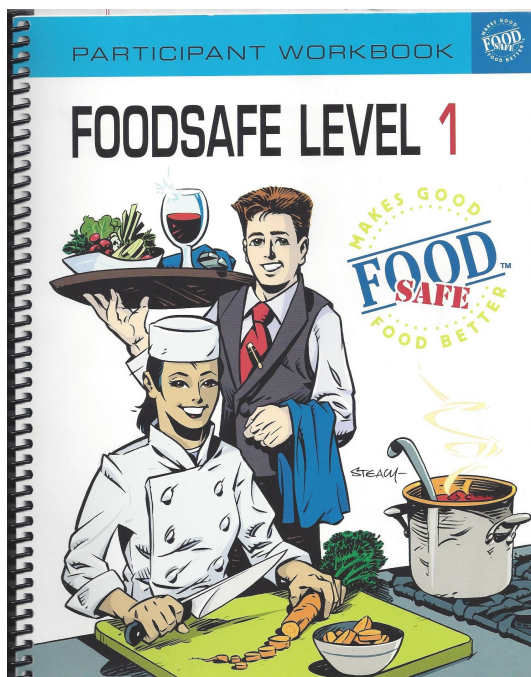


June 5
Saskatchewan Beekeepers Association is hosting an Intermediate Beekeeping Course near Prince Albert. [Register](#) directly with SBK.



May 27

The Club will be at the Cathedral Village Arts Festival. Volunteers needed. Contact Janine Heinrich at j9withatwist@gmail.com.



June 10

The Regina Bee Club has arranged to hold a Food Safe



June 17

Sask Beekeepers is hosting a field day at Howland's Honey. More details about the event will be available on the SBK web site.

Level 1 course with Regina Qu'Appelle Health Region. \$55/person - bring your own lunch. Details and registration information are on the [web site](#).



Date TBD

The Club will attend RSO's Symphony Under the Sky Festival. Volunteers needed. Contact Janine Heinrich at j9withatwist@gmail.com.



September 9

Regina Bee Club Field day is tentatively scheduled. More details to follow.



New This Fall: Intermediate Beekeeping Course
Monday evenings, 7:30 to 9:30 September 18 to November 20
No classes October 9 or November 13

Instructor: Yens Pedersen

From the University of Regina's Centre for Continuing Education - an intermediate beekeeping course! Intended for those who have previously kept honeybees. Lessons will primarily occur in the

classroom, but weather permitting, a few lessons will take place at a local apiary. Topics include: honeybee biology, identifying diseases, integrated pest management, preventing swarms, re-queening, splitting, introduction to queen rearing, record keeping, and legal matters. Students should expect to be stung. Participants will be responsible for providing their own transportation to and from the field trip location. Offered in partnership with the Regina and District Bee Club."

Cost is \$125. Registration is not yet open, and will be posted on the University of Regina's [web site](#) when available.



NewBeez

Aksel James Hamilton was born March 18th at 7:20 pm. Both Aksel and mom are doing well. Aksel spends his time sleeping, eating and being fawned over by his older siblings and cousins. Annamaria especially like feeding and burping and cuddling Aksel, and Rosalie enjoys helping mommy change Aksel's diapers.

Honey Recipes

Got a great recipe to share with other members? Send it our way and

we'll publish it in our next newsletter.

To save or print the recipe, right click on it.

Best Baklava



Preheat oven to 325° F

Prepare Honey Sauce

Combine sugar, honey, water and lemon juice in a medium pot
Bring the mixture to a boil over medium/high heat
Stir until the sugar is dissolved, then reduce to medium low and boil for 4 minutes without stirring
Remove from heat to cool

Prepare Main Ingredients

Thaw phyllo pastry by package instructions and trim it to fit the baking pan
Melt butter and grease the bottom and sides of the pan
Grind or coarsely chop walnuts, then mix with cinnamon

Honey Syrup Ingredients:

1 cup granulated sugar
½ cup honey
¾ cup water
2 tablespoons lemon juice

Remaining Ingredients:

1 (16 oz) package phyllo dough
1/2 lb unsalted butter
4 cups ground walnuts (can add other nuts if desired)
1 tsp ground cinnamon
chocolate chips (optional)

Assemble

Start by placing **10 phyllo sheets** into the pan one at a time, brushing each sheet with butter once it's in the pan before adding the next sheet
Layer 3/4 cup of the nut mixture over the phyllo base
Add **5 more buttered phyllo sheets** into the pan one at a time, brushing each sheet with butter between layers
Add 3/4 cup of the nut mixture
Repeat 4 times (5 buttered phyllo, 3/4 cup nut mixture)
Finish by adding **10 final buttered phyllo sheets**
Brush the final layer with butter

Use a very sharp knife to cut the pastry into squares, then cut each square diagonally to form diamonds

Bake at 325° F for 1 hour and 15 minutes or until tops are golden brown

Remove from the oven and immediately pour cooled Honey Syrup evenly over the hot baklava so it sizzles Do not wait until it cools to add the Honey Syrup

Let the baklava cool uncovered at room temperature

Once cooled, can garnish with melted chocolate chips

Store at room temperature covered with a tea towel. Do not store in a sealed container. Freezes nicely

Regina and District Bee Club

As a cooperative for beekeepers, the Regina and District Bee Club enables members to buy high-quality locally reared bees and queens. The Club educates members and the public about beekeeping, promotes products of the hive, and promotes the beekeeping industry.

Through the Club, members learn how to manage their bees responsibly so they are healthy, to co-exist with neighbours respectfully and peacefully, and produce safe, high-quality honey. Club members are a community resource to:

- educate children about bees and other pollinating insects,
- attend public community events such as Cathedral Arts Festival, Regina Symphony Orchestra's Symphony under the Sky and Canadian Western Agribition,
- promote and sell honey, wax and other products from the hive, and
- develop relationships with other Saskatchewan agricultural producers.

The Club shares best practice knowledge through events, the web site, and Facebook page. New beekeepers are able to connect, network and learn from experienced local beekeepers, provincial regulators and the Newbee/Mentor Program. Member services include the Bee Nuc Order Program, Bulk Club Shipping Program (from Beemaid in Tisdale), the Honey Extractor Rental Program, the Drawn Comb Program and Apivar Strip Sales Program. Details about all programs and services are available on the Club [web site](#).



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