

# Buzzword

## Ayr and District Beekeepers Association Newsletter



January 2013

|                        |   |                            |   |
|------------------------|---|----------------------------|---|
| Happy New Year.....    | 2 | Parliamentary Debate.....  | 4 |
| Scottish Honey.....    | 3 | Article on Pesticides..... | 5 |
| Beekeeping Donkey..... | 4 | Eating Eggs.....           | 6 |
| Ian Craig.....         | 4 | Poem from Rosie.....       | 7 |

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Winter continues apace with plummeting temperatures and heavy snowfalls in some areas. Having endured a miserable summer in 2012 beekeepers are looking forward to an early spring, and their bees coming through this winter in good condition. Some however will fall by the wayside despite the care and attention given to them. The challenges of beekeeping keep us all on our toes, and the temptation to have a look just to see how the bees are doing must be resisted. Feeding, for some, has been almost continuous all year. Let us hope that some of the costs can be recouped by a decent summer and a good honey flow. Good luck to all beekeepers and their bees everywhere!

## ***HAPPY NEW YEAR!***

I hope everyone had an enjoyable Festive Season and a relaxing rest before we all get busy again!

At the AGM Suzanne Flynn resigned from the Committee because of work commitments. We are sorry to lose her, but welcome Kirsti Sweeten and Chris Urie who have agreed to join the Committee.

Our first meeting of 2012 was a talk from Michael Waite of Corsock who supplies hundreds of nucs and queens far and wide. He had helpful hints, and gave away mini-nucs. His website is very interesting but if you plan a visit, phone him first as finding his place is apparently quite difficult!

Our next meeting on 23<sup>rd</sup> January is an update from the Co-op on Plan B which they launched a few years ago. Charles Sim is coming along to update us on the latest developments, and what the Co-op is doing world-wide.

There is a change to the programme for the 6<sup>th</sup> Feb. as Jeanne Robinson is now unable to come, and instead Susan Russell, who is Head Gardener at Culzean, will tell us all about bee-friendly flowers and plants.

Ian Jamieson has very kindly agreed to be the Lecturer at the Beginners' Course starting on the 20<sup>th</sup> Feb. to the 27<sup>th</sup> March.

I would urge you all to come along not only because it's a refresher for us all, and you notice things you missed the first time round, but also during the tea break the beginners will want to talk about bees and there can never be too many of us to do that!

As you will have seen from Lindsay's e-mail a Queen-rearing Course is to be held at the Association Apiary on Sat.25<sup>th</sup> and Sun.26<sup>th</sup> May 2013. The first day will cover simple queen-rearing and the Sunday will include grafting and mini-nucs. Terry Clare from BIBBA will be the tutor. He has vast experience in running similar courses and many years of beekeeping experience. The cost is £30 for the Saturday and £50 for both days (please note attending on Sunday only is not an option). There are still places available and if you are interested please contact Lindsay as soon as possible.

Finally there is a lot of information in the SBA magazine (p.14 & 15) about future events and in particular exams. Why not consider trying the Basic

Beemaster Certificate? Details on the SBA website, click on Services, then Education.

Fingers crossed our bees are all still alive!

Joyce Duncan. President, Ayr and District Beekeepers Association.



Scottish Honey could be Health Weapon.

A variety of honey from Edinburgh could be the vital ingredient in combating hospital superbugs, after a study found it just as effective at fighting bacteria as the world-renowned Manuka honey from New Zealand.

Dr. Lorna Fyfe, senior lecturer in microbiology and immunology at Queen Margaret University in the city said: "Honey contains polyphenols which are important in killing bacteria and Manuka honey is known to possess unique antibacterial properties. Our research found both honeys were equally as effective at killing three specified bacteria in the study. This suggests there could be some highly-active polyphenols which are unique in Portobello honey."

The Herald 21.11.12

**Jane Sik** sends an amusing anecdote on TREEHUGGER about beekeeper Manuel Juraci in Brazil and his donkey. Find him on [www.treehugger.com/culture/honey-farmer-creates-beekeeping-suit-his-donkey](http://www.treehugger.com/culture/honey-farmer-creates-beekeeping-suit-his-donkey).



**Ian Craig.** Congratulations from all at the Ayr and District Beekeepers Association to Ian for receiving the MBE for services to beekeeping in this New Year's honours list.



**Parliamentary Debate on 10<sup>th</sup> January.**

**Subject: Bee Population.**

**Moved by: Lord Moynihan.**

This debate took place last week and can be accessed through the SBA website or go to [www.parliament.co.uk](http://www.parliament.co.uk)

Read in conjunction with the following. One small step....

## **Pesticide Does Pose Risk to Bees, says Ruling.**

European safety regulators have finally moved against nerve-agent insecticides blamed for a worldwide decline in bee populations, significantly increasing pressure for a UK ban on the chemicals.

In a report published 16<sup>th</sup> January, the European Food Safety Authority stated for the first time that neonicotinoid use was acceptable, “only...on crops not attractive to honey bees” and that the chemicals pose “a number of risks” to bee health.

The findings add to a growing body of scientific evidence linking the use of neonicotinoid chemicals in agriculture with sharp falls in bee populations and those of other pollinators.

DEFRA, which has so far been reluctant to legislate on the insecticide threat to bees, said that it was awaiting the results of its own “extensive research”, which will be considered by the independent advisory committee on pesticides. “If it is concluded that restrictions on the use of neonicotinoids are necessary, they will be brought in”, a DEFRA spokesman said.

However, manufacturers were quick to downplay the significance of the EFSA report and claimed that banning the chemicals would have dire consequences for the farming industry. Bayer, who makes the world’s most widely-used insecticide imidacloprid claimed that banning neonicotinoids could cost the farming industry £620m in lost food production, one million jobs would be lost and the price of food would go up.

The EFSA report concluded that, due to risk of exposure from pollen and nectar, the use of the three neonicotinoid chemicals was unacceptable on crops attractive to honey bees. The use of the insecticides on crops planted in greenhouses also posed a risk to bees by exposure to, the report said.

**The report stopped short of recommending a ban on the chemicals but urged further investigation.**

Charlie Cooper. The Independent. Thursday 17<sup>th</sup> January 2013. For the full article go to [www.independent.co.uk](http://www.independent.co.uk)



## Eating egg yolks adds nutritious benefits

***New research suggests that consuming whole eggs may improve blood lipids – YAY! The chickens can stay!***

It is estimated that 34% of Americans are affected by an increasingly prevalent condition known as metabolic syndrome which is a combination of at least three of the following risk factors: large waistline, high triglycerides, low HDL cholesterol, high blood pressure and elevated blood sugar. (i) These individuals have a variety of risk factors that increase the likelihood of developing diabetes and cardiovascular disease. Decades of mixed messaging regarding dietary cholesterol have led to avoidance of certain foods, such as eggs, particularly among individuals who are faced with health conditions. However, a recent study published in *Metabolism* suggests that including whole eggs as part of a weight loss diet may have positive effects on lipoprotein profiles for individuals with metabolic syndrome.(ii)

In this study, middle-aged men and women with metabolic syndrome consumed either three whole eggs or an equivalent amount of egg substitute daily as part of a carbohydrate-restricted, weight loss diet.(ii) Although participants eating the whole eggs were consuming twice as much cholesterol as they had at the beginning of the study, the researchers observed no effects on total blood cholesterol or LDL cholesterol levels after 12 weeks on the diet. All participants, including those consuming whole eggs, had improved lipid profiles with decreases in plasma triglycerides and increases in HDL cholesterol.

"Eating egg yolks was actually associated with enhanced health benefits in these high-risk individuals," explains Dr. Maria Luz Fernandez, lead study author and Professor at the University of Connecticut, "Subjects consuming whole eggs had greater increases in HDL cholesterol and more significant reductions in the LDL/HDL cholesterol ratio than those who ate the cholesterol-free egg substitute."

Luckily, it's easy to create a nutritious breakfast. Pair eggs with fruits, vegetables, whole grains, and low-fat dairy foods as part of an overall healthy diet. For more nutrition and healthy living tips, visit [www.EggNutritionCenter.org](http://www.EggNutritionCenter.org). The Egg Nutrition Center is a National Strategic Partner of the USDA's MyPlate program which helps Americans follow the Dietary Guidelines by providing resources and tips to build a healthy plate.

OK, the chickens get to stay.

Catch the Buzz January 2013.

## A cautionary tale submitted by Rosie

### **Wild Bees - James K. Baxter**

Often in summer, on a tarred bridge plank standing,  
Or downstream between willows, a safe Ophelia drifting  
In a rented boat - I had seen them come and go,  
Those wild bees, swift as tigers, their gauze wings a-glitter  
In passionless industry, clustering black at the crevice  
Of a rotten cabbage tree, where their hive was hidden low

But never strolled too near. Till one half-cloudy evening  
Of ripe January, my friends and I  
Came, gloved and masked to the eyes like plundering desperadoes,  
To smoke them out. Quiet beside the stagnant river  
We trod wet grasses down, hearing the crickets chitter  
And waiting for light to drain from the wounded sky.

Before we reached the hive their sentries saw us  
And sprang invisible through the darkening air.  
Stabbed, and died in stinging. The hive woke. Poisonous fuming  
Of sulphur filled the hollow trunk, and crawling  
Blue flames sputtered - yet still their suicidal  
Live raiders dived and clung to our hands and hair.

O it was Carthage under the Roman torches,  
Or loud with flames and falling timber, Troy!  
A job well botched. Half of the honey melted  
And half the rest young grubs. Through earth-black smoldering ashes  
And maimed bee groaning, we drew our plunder.  
Little enough their gold, and slight our joy.

Fallen then the city of instinctive wisdom.  
Tragedy is written distinct and small:  
A hive burned on a cool night in summer.  
But loss is a precious stone to me, a nectar  
Distilled in time, preaching the truth of winter  
To the fallen heart that does not cease to fall.

O'Sullivan. V. (Ed.) (1979) An anthology of Twentieth Century New Zealand Poetry. Wellington.

Thanks to all those who contributed. It's a much more interesting read when you send in your thoughts, ideas, poems or advice for beginners (or old hands!). Suzanne.

