



The

December 2010

# BUZZWORD

West Sound Beekeepers Association <http://www.westsoundbees.org/>  
Proudly serving bees, their keepers, and the public in Kitsap County, WA  
(Editor's note: The interactive newsletter is scheduled to appear this winter!)

## Meeting Schedule:

**Steering Committee Meeting**  
7 PM Tuesday 04 Jan 2011

**Queen Rearing Group Meets after the Steering Committee**

Meetings at Stedman's Beekeeping Supplies in Silverdale



**Did You Know...** that Paul Lundy is now the President of the State Beekeeping Association? *Bee Cool!*

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## West Sound Beekeepers Association

Proudly Presents It's

# ANNUAL HOLIDAY BANQUET, HONEY TASTING, & AUCTION



**Join us at our Annual Holiday Banquet** for an evening of Family, Friends, and Fun! This year's event promises to be better than ever!

**Bring those auction items you've been accumulating all year!**

The proceeds go to a good cause and you stand a good chance of picking up a treasure or a really amazing gift for someone you love! The Auctioneer usually has no clue as to what some of the auction items are and it is sadly amusing to watch him fumble along. Only a higher bid can save him! And **Don't Forget** to bring a Jar of your finest honey for the honey taste-off. Isn't yours the Best, anyway? Let us know if you're coming! Contact **Christine Torres** [hamstermama@q.com](mailto:hamstermama@q.com) .360.697.3622 *Late arrivals still welcome!*

**6:30 PM Tuesday December 21, 2010**

**Hale's Alehouse (In Kitsap Mall) (360) 692-4253  
10315 Silverdale Way NW, Silverdale, WA 98383**

# Meeting Minutes

None submitted

## November 2010 Treasurer's Report

Submitted by *Kim Redmond*

### November 15

~New checking and savings accounts were opened at Kitsap Bank using two \$24.00 dues payments (2011) one from TJ Jorgenson and Kim Redmond.

### November 16

~The old Kitsap Bank checking and savings accounts were closed and their balances, \$5,331.85 and \$3,074.53, respectively, were transferred to the new accounts.  
~A check for \$23.69 was written to the Secretary, Christine Torres, to reimburse for supplies (thumb drive for backup, paper, files...)  
~A new smoker was distributed to Nicole Froyd as part of the 2010 scholarship award. The distribution created a \$52.13 liability to Stedman's Bee Supply.

### November 18

~A deposit was made to the Savings account in the amount of \$280 (eleven 2011 dues, one beginner study guide, \$3 each donation to library fund and scholarship fund. Donations were made by Darren Gordon.)

### November 29

~A check check for \$52.13 was written to Stedman's Bee Supply to settle for the smoker.

### November 30

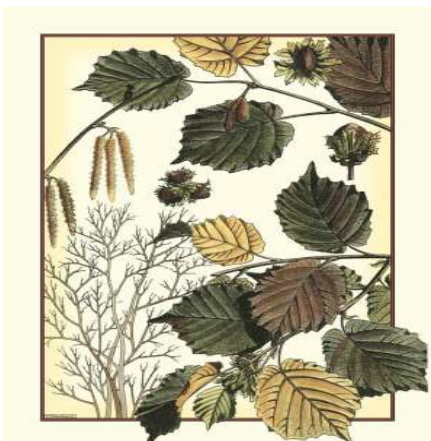
~\$3,000 was transferred from checking to savings.  
~\$ 0.15 interest was posted to savings

Cash on hand at 11/30/10 is:

**\$2,280.03** Checking  
**\$6,378.68** Savings  
**\$ 24.00** Undeposited Funds  
**\$8,682.71** Total

### Liabilities

The Association has the following liabilities as of 11/30/10:  
\$10.00 Master Beekeepers-Study Guides - (confirmed)  
\$14.00 WASBA Annual Dues (@ \$1 per paid member) - (confirmed)  
\$52.87 Scholarship Balance on behalf of Nicole Froyd- (suspected)  
**\$76.87**



## The Hazelnut Tree *Hip tree or shrub for bees!*

One way to jump start the honeybee year is to make sure there is plenty of late winter pollen available and a good way to do this is to make sure your bees have some hazelnut trees or shrubs planted nearby. There are many varieties of hazel nuts, each variety can supply pollen for a few weeks; each one has it's own time to begin blooming. The earliest begin blooming in December, most are later, the latest go into April. The shrubby, often multi-stemmed, trees are well suited for the area and produce delicious nuts for you to enjoy provided you can outwit the birds and squirrels!

# Message From The President

Greetings Fellow Beekeepers and Association Members,

As the year is winding down, and the day lengths are nearing the shortest of the year, I can't be the only one already thinking about the coming spring. I'm looking at garden planning to maximize nectar production during dearths, deciding how many colonies I want to work with this summer and if I want to expand their varieties, and assessing strengths and weaknesses of the winter management strategies I adopted this year. As usual, at the meetings, it has been a great thing to hear more accomplished "beeks" discuss their experiences with successful overwintering. I only hope I can retain it all going into next fall! As I have said before, beekeeping seems to be dominated by the realization that there is so much to learn, and that learning never stops.

We at WSBA are preparing for another wonderful new year and developing some great plans for 2011. At the last club meeting, the group brainstormed about what kinds of things they wanted to see the association do over the next year. The steering committee is examining these ideas and how best to accomplish the goals outlined by the attendants at that meeting. These ideas included setting up a remote apiary to take advantage of fireweed, bringing in guest speakers for the general meeting on some more advanced subject matters that are attractive to those members who are a more developed and experienced in their skill set. We are also looking at ways of augmenting our support of the efforts of the queen rearing group, a group whose quality of efforts are quickly realized when one loses a queen at the most inopportune time (speaking from experience) and it is exciting to participate in the perpetuation of desirable genetics in our region. We are also continuing the Journeyman class and thanks to Paul's efforts, people are growing in the knowledge of some of the more advanced subjects of beekeeping. If you haven't been to a meeting in a while, now is a good time to stop on by and see what is in store. As they say, it's the "Bees Knees".

From the Jorgenson house to yours, I hope that this season brings warmth and fellowship and 2011 brings you success in your ventures!

TJ Jorgenson

## RENEW YOUR MEMBERSHIP TODAY

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**Yes! I want to be a member of West Sound Beekeepers' Association during 2011. I have enclosed a check payable to West Sound Beekeepers Association, a registered non-profit association.**

**Check one:**  **\$24 annual household membership dues (one Membership covers the whole family)**

**\$34 Bee-ginner class fee (\$24 membership dues + \$10 study guide OPTIONAL)**

**NAME(S):** \_\_\_\_\_

**MAILING ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL ADDRESS (for newsletter):** \_\_\_\_\_

Personal Information is confidential and will not be shared or sold

**Please return to:**

**Kim Redmond**

**WSBA Treasurer**

**P.O. Box 536**

**Chimicum, WA 98325**

# Recipe Corner

## HONEY HAZELNUT SPREAD

1. Pre-heat oven to 350°F.
2. Spread the nuts on a baking sheet and toast about 10 to 12 minutes.
3. Remove nuts from oven and place in a tea towel.
4. Rub the hazelnuts in the towel to remove their skins.
5. Place the hazelnuts in a food processor and puree.
6. When the puree is smooth and almost oily, add the honey and pulse until thoroughly combined. Delicious!



## Hazel Nuts Are Good Food!

**Hazelnuts are a good source of energy with their 60.5% fat content. Hazelnuts contain nearly 75 percent mono-unsaturated fat and less than 4 percent saturated fat. This high level of mono-unsaturated fat is credit-worthy for a reduction in both total blood and LDL cholesterol levels. The cardio-protective arginine, an amino acid from hazelnuts helps in the relaxation of blood vessels. They are rich source of vitamin E which helps prevent oxidation of the polyunsaturated fats.**

**Only a few nuts contain vitamin A, and hazelnuts are among them. Vitamin A is a natural antioxidant and has cancer-preventing properties. Hazelnuts rank number one among tree nuts in folate content. Folate is responsible for a decreased risk of neural tube birth defects and it reduces depression. Hazelnuts are rich in minerals, particularly in manganese, selenium and zinc. The minerals calcium, magnesium and potassium from hazelnuts help to lower cholesterol.**

**Plant compounds such as carotenoids, flavonoids, and proanthocyanidins are the phytochemicals that play an important role in decreasing the risk of heart diseases, cancer and other chronic diseases. Hazelnuts have the highest proanthocyanidin content of any tree nut. These elements offer astringent flavor to foods and may help reduce the risk of blood clotting and urinary tract infections.**

