



Buzzword



West Sound Beekeepers Association

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Volume XI Issue II December 2007

December 18, 2007 Meeting
Annual Holiday Party
Pancake House
3900 Kitsap Way
Bremerton

Next meeting January 15, 2007

Program

**Food, Auction and Honey
Taste off**

INSIDE THIS ISSUE:

	Page#
Presidents Message	3
Minutes	4
Honey Cough Medication	5
Bee Sting Medication	6
Traditional Chinese Medicine(TCM)	7
Recipe Corner	8



Mackovjak's Apiary ??

President /Webmaster George Purkett



360 895 9116

Vice President/Librarian Roy Barton



360 613 0175

Secretary Judy Gunther



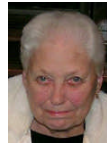
360 297 5075

Treasurer



206 842 5545

Educational Materials Barbara Stedman



360 692 9453

Education Chair Paul Lundy



360 297 6743

Queen Rearing Group Leader Maya Bewig



360-379-5564

This Meeting's Refreshments:

On your own!!

A photograph showing four people dressed in winter clothing sitting on a red and white checkered picnic blanket on a snowy mountain slope. They are surrounded by plates of food and a blue bottle. The background features a vast, snow-covered landscape with scattered evergreen trees under a clear sky.

Tired Of Winter Cold?

Then Come And Join Your Fellow Beekeepers!

The West Sound Beekeepers Association

Proudly Presents

The Annual Holiday Banquet, Auction, and Honey Taste-off!

WHEN: Tuesday, December 18, 2007--6 PM

WHERE: The Pancake House

3900 Kitsap Way in Bremerton

(See map to Pancake House on Page 10)

Don't forget to bring your interesting items to donate to the auction and a jar of your finest honey for the contest!

Message From The President:

This month the Holiday Dinner Party replaces the regular meeting. Please bring your honey entry for the Honey Taste-off competition. Also bring lots of cash for your purchases at the auction and things you would like to unload or treasures you would enjoy watching us all bid on. It should be a good relaxing dinner to start off the new beekeeping year.... Keep moving forward. It is also a good time to bring your checkbook and pay dues for the coming year. If I remember right, at last year's dinner, there was a drawing for all members paid through this year and the prize was to get your dues refunded for the year.

I was intrigued at the last meeting by the discussion of how well the beginner class was thought of and the idea of expanding it to have a follow on portion targeting knowledge and techniques for intermediate beekeepers.

This also led into a discussion of the Master Beekeeper Program supported at the Washington State Beekeepers Association. The State Program has three certification levels- Apprentice, Journeyman, and Master. For Apprentice level, you need basic knowledge and to pass the Apprentice test...which appears to be easy once attending the beginner class for a year. The Journeyman level requires 2 years beekeeping, a practical field test at your apiary and some public service points. The master level requires 5 years, more public service points and some sort of additional approved study. There are a variety of ways to gain the public service points (including becoming a local beekeeping association officer). Most involve imparting some portion of your beekeeping knowledge on to others.

Side benefits of the certification process are we get more volunteers for presentations and perhaps more articles for the newsletter. It is amazing how well you learn something as you attempt to teach or show it to someone else. It is also amazing how easy it is to get up in front of people when you have an eager audience. They will generally help you through if you suddenly forget a detail here or there.

George

**A poem borrowed and slightly modified from a book...
Basil did badly with his bees
Despite his hard work and thrift,
'Til he crossed his bees with lightning bugs
So some could work the night shift.**

And another original poem in a double Cinquain form for the poetry lovers...

**My Honey Bee
Brown and yellow with a sting too
Collecting pollen and nectar helps man and bee
Wonderful insect, come visit my flowers whenever you want
Sweet Little Bee**



Kiva

Minutes From The November 20, 2007 Meeting

Submitted by Judy Jennings

President George Purkett presided at the meeting.

Education Committee:

- Paul Lundy reported Andria Houghton and Jason Deal passed the Apprentice Beekeeper examination. Congratulations!
- Anyone else who wishes to take the exam can call Paul, who has volunteered to make time to help people, at 360 297 6743.
- No Bee-ginner classes until January.
- Paul Lundy and David Mackovjak are putting together a concept for next level in Association Beekeeper Accreditation. Details forthcoming...

New Business:

- We are always looking for good guest speakers. George said he would try to get Van Sherod, renowned for his award winning candle making presentation, and Basil said he would work on getting Sam Hapke of WSU, currently famous for his work on IPM techniques for beekeepers, but is also qualified to speak on WSU's bee breeding research project and other interesting topics.

Officers & Committees:

Holiday Banquet

Thanks to the efforts of Andria Houghton, we will be having our Annual Holiday Banquet, Auction, and Honey Taste-Off on Tuesday December 18 at 6PM in the Family Pancake House at 3900 Kitsap Way in Bremerton. Be sure to bring your interesting and valuable auction items to donate to the Auction and a jar of your finest honey for the Taste-Off!!

The editor apologizes for publishing the wrong location in last month's newsletter!

More New Business:

- A motion was made and carried to give David Mackovjak \$100 for expenses in maintaining the Association Apiary, since he has volunteered to take care of it for the winter.
- George will be setting up a blog page on the Internet.

Honey A Better Option For Childhood Cough Than Over The Counter Medications

ScienceDaily (Dec. 4, 2007)

A new study by a Penn State College of Medicine research team found that honey may offer parents an effective and safe alternative than over the counter children's cough medicines. The study found that a small dose of buckwheat honey given before bedtime provided better relief of nighttime cough and sleep difficulty in children than no treatment or dextromethorphan (DM), a cough suppressant found in many over-the-counter cold medications.

Honey did a better job reducing the severity, frequency and bothersome nature of nighttime cough from upper respiratory infection than DM or no treatment. Honey also showed a positive effect on the sleep quality of both the coughing child and the child's parents. DM was not significantly better at alleviating symptoms than no treatment.

These findings are especially notable since an FDA advisory board recently recommended that over-the-counter cough and cold medicines not be given to children less than 6 years old because of their lack of effectiveness and potential for side effects.

In a previous study published in 2004, Ian Paul of Penn State College of Medicine and colleagues showed that neither DM nor diphenhydramine, another common component of cold medications, performed better than a placebo at reducing nighttime cough or improving sleep quality. However, honey has been used for centuries in some cultures to treat upper respiratory infection symptoms like cough, and is considered to be safe for children over 12 months old. Honey has well-established antioxidant and antimicrobial effects, which could explain its contributions to wound healing. Honey also soothes on contact, which may help explain its effect on cough as suggested by the World Health Organization.

In the latest study, the researchers enrolled 105 children between the ages of 2 and 18 at a single university-affiliated physician practice site. On the first night of the study, children received no treatment. Parents answered five questions about their child's cough and sleep quality as well as about their own sleep quality. On the second night, children received either honey, artificial honey-flavored DM or no treatment about a half hour prior to going to bed. Parents answered the same five questions the following morning.

The randomized study was partially double-blinded: Medical staff did not know what treatment each participating family received when distributing their sealed syringe-containing envelope. Parents of children who received honey or artificial honey-flavored DM in a measured syringe were blinded to their treatment group. Parents of children in the no treatment group received an empty syringe, and therefore were aware of their child's treatment group. Across the board, parents rated honey as significantly better than DM or no treatment for symptomatic relief of their child's nighttime cough and sleep

difficulty. In a few cases, parents did report mild side effects with the honey treatment, such as hyperactivity.

"Our study adds to the growing literature questioning the use of DM in children, but it also offers a legitimate and safe alternative for physicians and parents," said Paul, a pediatrician, researcher and associate professor of pediatrics at Penn State College of Medicine and Penn State Children's Hospital. "Additional studies should certainly be considered, but we hope that medical professionals will consider the positive potential of honey as a treatment given the lack of proven efficacy, expense, and potential for adverse effects associated with the use of DM." Potentially dangerous effects of DM in young children include dystonic reactions, severe involuntary muscle contractions and spasms. Further, DM is a commonly used as a drug of abuse by adolescents.

Cough is the reason for nearly three percent of all outpatient visits in the United States, more than any other symptom. It is particularly bothersome at night because it disrupts sleep. Consumers spend billions of dollars each year on OTC.

This work was supported by an unrestricted research grant from the National Honey Board, an industry-funded agency of the U.S. Department of Agriculture.

Ancient medicine all the buzz in modern China

January 21, 2007 Scientific American

With doctors urging amputation to stop the gangrene spreading upwards from his toes, Liu Guorong was skeptical when a friend said bee venom might save his foot. "I was doubting this place," the 58-year-old diabetes sufferer said in a raspy voice during a visit to the Xizhihe Traditional Medicine Hospital on the outskirts of Beijing. "When I got here, I had no idea what I was doing and what the bee sting treatment was all about."

As Liu found out, it was painful.

Bees were placed on his foot and provoked to sting him in a bid to rejuvenate the blackened, rotting flesh by flooding it with a rush of protein-rich blood. **A folk remedy for treating arthritis, back pain and rheumatism for 3,000 years.** In China, practitioners say that such pinpointed stings can repair damaged cells, stave off bacteria and ease inflammation.

Doctors at Xizhihe hospital believe they can even cure liver ailments, diabetes and cancers. They admit, however, that they do not really know how it works. "Our knowledge has increased over the years," said Xu Xiaowang, Xizhihe hospital director. "But there are still large areas that are unknown to us all... There are too many unanswered questions," Xu said.

Western-trained doctors dismiss the treatment as unscientific and dangerous. "It's alternative medicine and has no basis in western medical science... I

would doubt its efficacy," Professor Christopher Lam, a chemical pathologist at the Chinese University in Hong Kong said.

"People allergic to bee stings can develop hypersensitivity reactions like a sudden drop in blood pressure, swelling of the airways, cold sweats... it may be life threatening," Lam said.

Hazy science notwithstanding, at 20 yuan (about \$2.50) a sting, the treatment offers a cheap alternative to mainstream medicine. "Doctors at other hospitals were telling me that they needed to cut my foot off," Liu said. "I'd spent loads of money. "Liu has been to Xizhihe several times to get stung and is now on a course of orally-taken bee venom medication. He now expects to keep his foot. "The flesh is growing back ... I'm feeling better," Liu said.

DYING TRADITION (TCM)

Bee venom is just one of an exhaustive catalog of ancient folk remedies involving bugs, herbs, animal parts and massage that make up Traditional Chinese Medicine (TCM). Incorporating elements of mysticism and based on a philosophy developed several thousand years ago, TCM is regarded as an alternative medicine in the West, but in China it remains a central plank of modern health care.

About 3,000 private clinics provided TCM treatments to more than 230 million people in 2005. Health officials say it generated 95 billion yuan that year -- more than a quarter of the medical industry's total income -- and revenues have grown an average 20 percent a year over the past decade. The government, sensing an export-driven cash cow, plowed 740 million yuan into research and development last year in a bid to bolster TCM's scientific credibility and standing in Western markets where alternative remedies are increasingly welcomed.

And yet, domestically, TCM is in free-fall. Once the only player in the market, economic reforms have ushered in foreign drugs and foreign-trained doctors, forcing a showdown between modern Western practices and ancient Eastern pragmatism. Between 2000-2004, TCM's share of prescription drug income declined by nearly a quarter, state media reported.

Increasingly spurned by China's time-poor youth, TCM is also under siege from academics who deem it unscientific and of dubious medical benefit. Zhang Gongyao, a scientist at Central South University in Changsha, capital of China's central Hunan province, created a media storm in October after he posted an essay on his personal blog urging the government to strike TCM from the official medical registry.

PAIN RELIEF

Western medicine, however, let alone basic health care, is a luxury many of the country's 1.3 billion people cannot afford. Fees at state-run hospitals, robbed of funding after deregulation in the 1990s, have soared in recent years, while individual spending on health care nearly doubled from 1978 to 2002,

according to health ministry statistics. Beijing has pledged to spend more on basic health services, but expensive public health care ensures a steady stream of customers to small, private clinics like Xizhihe -- where relief may be as cheap as a few beestings.

Lu Jiumei, a middle-aged woman with rheumatism, made the three-hour journey to Xizhihe from her home-town in Hebei province to get bee venom therapy. "I don't think this could be harmful to the body in terms of side effects. I have been treated a few times now," she said. She grimaced as an angry bee deposited its salutary sting into her leg. But a few moments later, a smile broke out on her face. "My pain is relieved a lot and it's going away," she said, patting a freshly swollen mound on her thigh.

Recipe Corner

Baklava! (Donna Townsend)

A traditional, easy to make Greek holiday favorite

A Greek favorite that makes everyone think you are a master chef and is sooo easy to make!!

The phyllo dough for this recipe is found in the freezer section of most grocery stores. Add a little lemon zest to the sugar sauce!



Ingredients:

1 16 oz. Package phyllo dough
1 lb. chopped nuts 1 cup butter
1 tsp cinnamon
1 cup water
1 cup white sugar
1 tsp vanilla
1/2 cup honey

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Butter the bottoms and sides of a 9x13 inch pan.
2. Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough. Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work.
3. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.

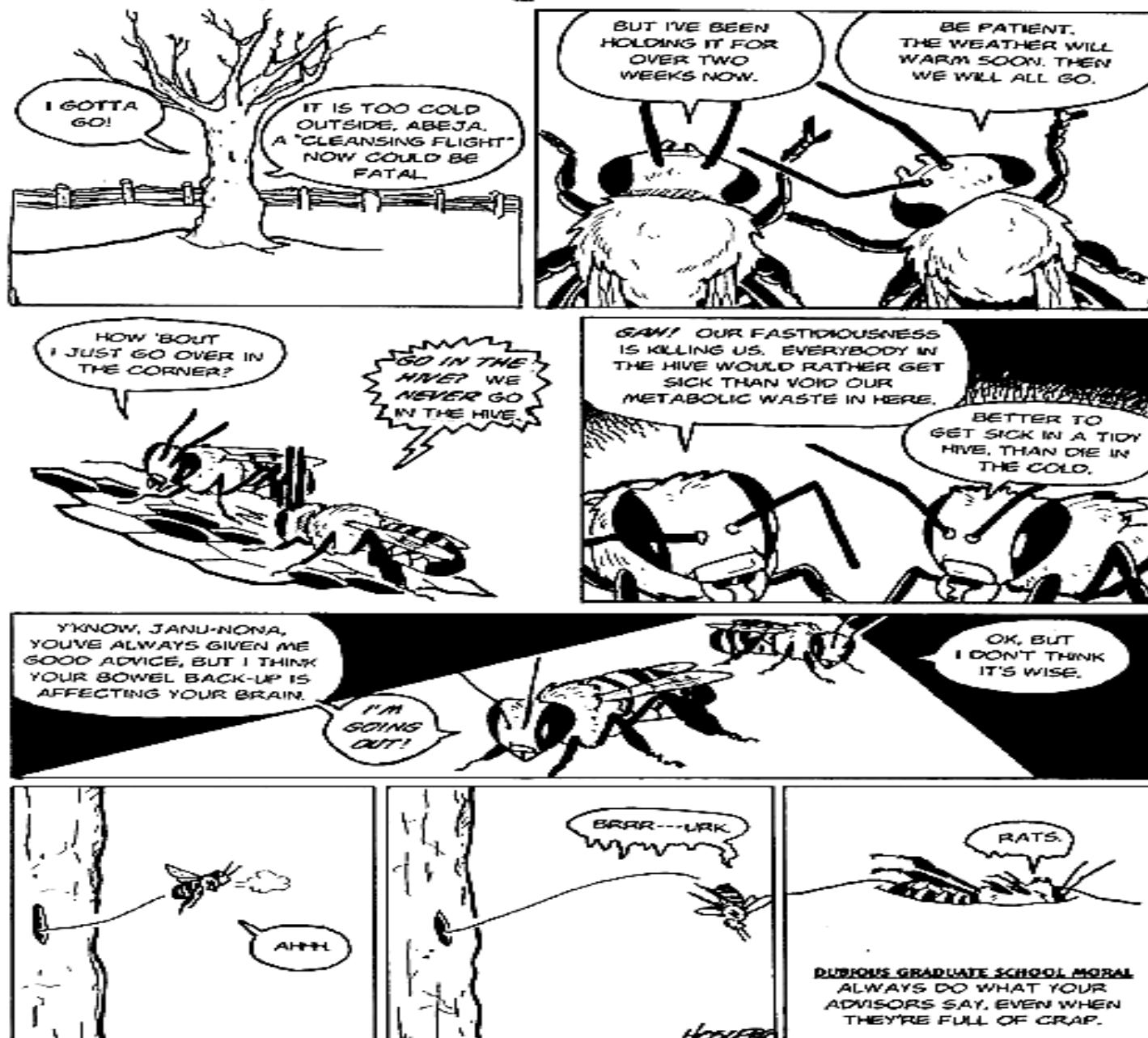
4, Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp. (**CUT BEFORE YOU BAKE!**)

5. Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.

6. Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

IN THE HEART OF WINTER A BEE ASKS A CRITICAL QUESTION:

Should I stay or Should I go?



See Sue Hubbell's book ***A Book of Bees*** (Mariner Books) for more on "cleansing flights"

