



December 2007

# Rhode Island Beekeepers Association

A Newsletter of the Rhode Island Beekeepers Association, PO Box 8880, Warwick, RI 02888

## The Presidents' Report

Winter is upon us and the bees are (hopefully) settled in for the winter. The weather is seasonally cold and the possibility of snow is not an unexpected event, but an anticipated one. Supers have been extracted, reducers put on the hives, treatments are all taken care of and we can now take a little time to relax and start thinking about next season. That's right, start thinking about next season!

If there was something that you were thinking about trying yourself, such as using drone frames for varroa control, this "down" time is a great opportunity to explore and make inquiries about your interests. Talk to someone that has tried it themselves, read up on the subject, don't forget that we have an association library and you can call our librarian Tom Dalton at (401) 658-1000 to see if there are any materials on your interest in our library.

As I had mentioned it is also time to relax (a little anyway!) and spend some time with friends and family. The Holiday season is here and things will be humming for the next few weeks as we all prepare in our own ways. I hope that you will be able to make the time to attend our December meeting. We will have a comfortable, relaxed get-together and share stories and break bread. The association will be providing finger foods and dessert, but feel free to bring anything you'd like to share- there's always room for more when Beekeepers gather!

And lastly my friends, I would like to say Merry Christmas, Happy Hanukkah, and a Blessed Solstice to all. Thank you all for all you have done this past year, and for your support. I am very blessed indeed!

Bee Well!

Kit Mayers,

President R.I.Beekeepers Association

## Next Meeting

Sunday, December 9<sup>th</sup>, 2007  
South County Masonic Center  
Route 2, Kenyon, R.I.

We will be providing refreshments!  
(But feel free to bring anything that you would like!)

Topic- Checking on winter preparations

Directions on back

## Secretary's Report

Our November 11<sup>th</sup> meeting started with the members reciting the Pledge of Allegiance to honor Veterans Day.

To honor Dr. Ed Ziegler's 90<sup>th</sup> Birthday on November 22<sup>nd</sup> Bernie Bieder presented him with a table top plaque with much gratitude and thanks from the R.I. Beekeepers Association. Engraved on the plaque are the words "Presented to Dr Edward Ziegler on his 90<sup>th</sup> birthday November 22, 2007, for his dedication to the healing qualities of bees. Rhode Island Beekeepers Association". There is also an engraving of a flying bee on top of the plaque.

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## **The Secretary's Report**

(Continued)

It was especially nice to have had the largest attendance of an indoor meeting this year, and to have had the opportunity to honor our Veterans and to pay tribute to Dr. Ziegler.

Bill Jones has set into motion a discussion with a potential donor who would like to set up a fund in honor of his grandfather who was a beekeeper. With this in mind, the association is considering either change its status with the IRS from a 501c5 to a 501c3 or creating a separate entity as a 501c3 for charitable donations. The c3 designation, as I understand it, would make the association a charitable organization and contributions to it would be tax deductible. If you have any experience or expertise in these matters, pro or con, your input would be greatly appreciated! You can contact Bill Jones at (401) 397-3269.

The association still has some jars available. There are 3 cases of 8 ounce (1/2 pound) jars, 4 cases of 16 ounce (1 pound) jars, several cases of 5 pound jars and a few dozen of the 1 pound plastic "upside down" squeeze bottles left. All bottles/jars come with lids! Call Bill Jones at (401) 397-3269 to make arrangements to pick them up, get them while they're still hot!

### **Executive Board Notes**

Betty Mencucci, the association Bee School Director, reported that there are still plans for a separate bee school to be held at East Farm (U.R.I.) as well as our school at Davies Vocational High School in Lincoln. The dates for the school(s) are Wednesday(s) March 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, and Wednesday April 2<sup>nd</sup>, 2008. More information to follow!

Bill Jones reported that the association took in \$6,800.00 more than we spent so far this fiscal year. Bill also mentioned that we now have a mailing list of 246 with 220 as members.

Ed Lafferty, the association EAS Director, and his wife Celeste, recently visited the site of EAS 2008 conference in Murray, Kentucky. The site is a 2 hour drive from Nashville, Tennessee. Both Ed and Celeste were impressed with the

environment and the people of Murray. The site is situated in rolling hills of the campus of Murray State University. The dates of the conference are August 4<sup>th</sup> thru the 8<sup>th</sup>, 2008. More information will follow as the date gets closer!

Paul Whewell, the association Membership Chairman, emphasized the need for and role of mentors for new beekeepers, and the confidence it gives them to have someone they can contact.

*-How much does honey weigh? 8 fluid oz or 1 cup of honey weighs 12 oz.*

### **Dr. Ziegler**

The secretary's report mentions our tribute to Dr. Ed Ziegler on his 90<sup>th</sup> birthday. I would like to tell those of you who do not know him a little about the man and a little of his history.

Many years ago Dr. Ed had a serious case of arthritis. He states he was ready for a wheel chair. A professor friend of his from R.I. College advised him to look into bee sting therapy.

This he did, and he studied with none other than Charles Mraz in Vermont. As a result of receiving bee stings he was able to continue his dental practice and also administered bee stings to help others.

Dr Ed estimates that he administers about 500 stings per week for the treatment of arthritis, shingles, chronic fatigue syndrome, to prevent the progress of M.S., as well as a myriad of other body ailments. He has recently treated me for plantar fasciitis, with great success!

Dr. Ed has taught members in 2 separate bee venom therapy classes. He is willing to teach another class. If you have harbored the thought of learning about administering stings for therapy, either for you or your fellow man, taking this class will bring you closer to your dream! If you would like to attend this class or perhaps apprentice with the good Dr you can call me at (401) 463-8654 or email me at beeman704@verizon.net. Dr Ed gives out stings every Monday, Wednesday and Friday from 12:00 to 1:00 at his home and still plays tennis and looks and acts like a spry 60 year old!

Bernie Bieder

### **Honey for Wound Care**

Honey in tea can sooth a sore throat but did you now honey might also help treat a minor burn

or cuts and abrasions. Honey applied to a minor wound that has been thoroughly cleaned cuts off the air supply and exposure to outside contaminants. There's also a natural chemical interaction involving an enzyme found in honey and fluids from the damaged tissues that create a form of the disinfectant hydrogen peroxide.

(Above from an article in the Mayo Clinic Health Center, December, 2007) This article goes on to mention "specialized honey" and "honey tested to eliminate bacteria" was used in tests.

Information from the National Honey Board and other papers has mentioned the curative powers of honey in burns and cuts. Manuka honey from New Zealand has been effective in the excellent healing of severe burns there. The AMA has stated that the myth about "letting the air get at it wounds)" is wrong. Honey keeps the air out, and the skin heals quicker and better with less scarring. Manuka honey is available at Whole Foods markets and online.

### **A Few Recipes for the Holidays!**

#### **Holiday Party Punch**

-Makes 12 servings-

##### **Ingredients-**

2 cups boiling water	¾ cup honey
4 cups cranberry juice	2 cups orange juice
1 cup lemon juice	1 Quart Ginger Ale

Ice Cubes

##### **Directions-**

Combine boiling water and honey, stirring to dissolve. Chill. In a large bowl combine juices. Stir in honey mixture. Just before serving add Ginger Ale, ice cubes and garnish with fruit slices and cranberries!

#### **Honey Grog**

-Makes 8 servings-

##### **Ingredients-**

4 cups Apple Cider  
¼ to ½ cup of honey  
2 tablespoons of butter or margarine  
1 cinnamon stick 3 inches long  
1 teaspoon grated orange peel  
¼ teaspoon ground nutmeg  
½ to ¾ cup rum (optional)

Juice of 1 orange

##### **Directions**

Combine all ingredients except rum in a medium saucepan and bring to a simmer, stirring occasionally. Simmer five minutes. Stir in rum just before serving, if desired.

#### **Honey Mulled Cider**

##### **Ingredients**

1 large lemon cut in half  
1 medium orange, cut in half  
16 whole cloves  
4 cups apple juice or cider  
½ to ¾ cup honey  
4 cinnamon sticks, 2 inches long  
¼ teaspoon ground ginger

##### **Directions-**

Cut two slices (1/4 inch thick) from each lemon and orange half. Insert whole cloves into slices; set aside. Squeeze juice from remainder of fruit halves into a medium non-reactive saucepan. Stir in apple juice/cider and honey, mix well. Add cinnamon sticks, ginger, and reserved fruit slices. Bring just to a boil over medium heat. Serve immediately in a heatproof bowl.

#### **Honey and Nut Glazed Brie**

##### **Ingredients-**

¼ cup honey  
1 tablespoon brandy  
¼ cup coarsely chopped pecans  
1 5 inch Brie cheese wheel

##### **Directions-**

In a small bowl, combine honey, pecans and brandy. Place cheese on a large ovenproof platter or 9-inch pie plate. Bake in preheated 500°F oven 4 to 5 minutes or until cheese softens. Drizzle honey mixture over top of cheese. Bake 2 to 3 minutes longer or until topping is thoroughly heated. Do not melt cheese. Serve with crackers, tart apple wedges and seedless grapes.

#### **Creamy Chocolate Honey Decadence**

Makes 3 cups

##### **Ingredients-**

2 (4 ounce each) bars German sweet chocolate, coarsely chopped

4 (1 ounce each) squares unsweetened chocolate  
1 cup honey  
½ cup butter  
½ cup heavy cream

**Directions-**

Melt all ingredients together in the top of a double boiler over medium-high heat, stirring frequently. Remove from heat and let cool slightly. Transfer to decorative bowls and cover with plastic wrap.

Store in the refrigerator, tightly covered for up to 1 month.

Variation: After removing from heat, stir in 2 to 3 tablespoons of your favorite liqueur. Try Grande Marnier, Amaretto or Chambord!

Spread onto shortbread or biscuits, heat and drizzle over ice cream or serve with fresh fruit!

***Honey's Nutritional Profile***

Honey is composed primarily of carbohydrates and water, and also contains small amounts of a wide array of vitamins and minerals, including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc.

Of recent interest is the antioxidant content of honey. Honey contains a variety of flavonoids and phenolic acids which act as antioxidants, scavenging and eliminating free radicals.

Generally, darker honeys have higher antioxidant content than lighter honeys.

**Directions to South County Masonic Center...**

From the North- Route 95 south to Route 4 South. Take exit to Route 102 North and travel 0.7 miles, then take Route 2 South (on the left) follow Route 2 South, crossing Route 138. After going over a railroad bridge, the Masonic Center is on the right.

You can also take Route 95 South to exit 3. Follow Route 138 East to Route 2. Take a right onto Route 2 and after going over a railroad bridge, the Masonic Center is on the right.

From the South take Route 95 North to exit 3. Follow Route 138 East to Route 2. Take a right

onto Route 2 and after going over a railroad bridge, the Masonic Center is on the right.

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