

Mountain Empire Beekeepers Association

Minutes

May 26, 2016

The meeting was called to order at 7:03 pm by Tim Service; thirty-two members and guests attended.

Pop Quiz for prizes

Bee Biology: the science of bee stings. A bee's stinger is like a saber with barbs; the stinger is attached to muscles that move the barbs back and forth while venom is being pumped, even if the stinger is detached from the bee's body. A short video of a detached stinger was shown. If stung, try to scrape the stinger out as soon as possible, rather than pulling it out.

Speakers: Members Diana Gardner and Connie Armentrout. Diana and Connie attended a workshop on apitherapy. Diana's son was diagnosed with Lyme Disease 3 years ago, although he had probably had it for years. Traditional medicines didn't work. Antibiotics are very effective if Lyme Disease is treated acutely; however in patients who have had Lyme for a long time, traditional antibiotics drive the Lyme spirochetes into cyst form. The spirochetes do form biofilm and cysts even without antibiotics. Apitherapy began to be used to treat Lyme Disease after Ellie Lobel had a terrible case of Lyme. She was accidentally stung by over 300 bees, survived, and improved. She was treated with apitherapy for three years, and 5-6 year later, she is healthy and well. Some resources for information on apitherapy:

- Dr. Bodog Beck: [The Bible of Bee Venom Therapy](#), 2012 (Amazon.com, \$29.95)
- Charlie Mraz: [Health and the Honey Bee](#), 1995 (Amazon.com, \$16.83)
- Amber Rose: [Bee in Balance](#), 2013 (Amazon.com, \$100); [Pioneers: Healing Lyme with Bee Venom Therapy](#) (foreveramberrose.com, \$25)
- Pat Wagner: [How Well Are You Willing to Bee](#), (dancingbeeacres.com, \$27.95)
- Lady Spirit Moon: [Apitherapy: from a Beekeeper's Perspective](#), 2015 (Amazon.com, \$49)

Bee venom is strongest in worker bees after 3 weeks when they are guard bees. BVT can be used to treat MS, carpal tunnel, Parkinson's and a host of other conditions. To apply BVT, you must have Benadryl, Vitamin C, epi-pen, tweezers. Don't apply BVT to persons taking beta blockers (causes epi-pen not to work), blood thinners (bee venom may also thin the blood), antidepressants (may reduce effectiveness of BVT), anti-inflammatory or antihistamines (reduces effectiveness of the venom).

Pollen is also used for apitherapy; there are more amino acids in bee pollen than in any other animal source. It is also high in protein.

Connie Armentrout presented information on No Treatment Beekeeping. This technique is a holistic approach to beekeeping, not using chemicals but using natural techniques and materials. Placement of hives to receive 6-8 hours of sun a day, air flow in the hives, and not putting anything into the hive that the bees don't bring in is essential. Techniques and resources are outlined in the book by Lady Spirit Moon (cited above). Additionally, Connie discussed use of honey for helping with indigestion, high blood pressure and other conditions, as well as herbal remedies for many conditions. [Connie's presentation is available on mountainempirebeekeepers.com.]

Break

Bees in the News:

- Rooftop gardens with beehives are becoming more common in urban areas; some hotels use the honey in cuisine, drinks, and sell the honey in hotel gift shops.
- Beekeepers lost nearly half (44%) their hives last year; this was the second highest annual loss in 10 years.
- An Africanized honey bee rampage terrorized a neighborhood and killed two dogs in northern California.

Minutes and Treasurer's Report: Motion to approve--Mick Cunningham, seconded by Diana Gardner. Minutes approved. Mick presented the treasurers report. The report was filed for audit; Mick recommended that the cash on hand be approved with a motion each year.

Old Business:

- Website help: Four members have volunteered to help with providing content to the web site.
- Pollinator Week: Because of the time period and corporate approvals involved in getting permission to set up a table at local grocery stores, we were unable to have a presence in our local area for Pollinator Week. We'll start earlier in 2017.
- Wytheville Farmer's Market: Gaynell Shawver and Vernon Stepp set up at WFM on May 21. They sold honey, talked to customers, and passed out brochures in addition to providing educational displays of beekeeping equipment.

New Business:

- Tina provided members with the password for the MEBA membership list, which has been updated and loaded. The new MEBA brochure was distributed to members, who were encouraged to take multiples to give to interested persons. Tina needs someone to take minutes at the June meeting.

What are we doing with our bees right now?

- Locusts and poplars are blooming
- Treat with Hop-Guard
- Check for dead-outs (dead hives), get rid of them
- During hot weather, add salt to the bees' water supply
- Using queen excluders keeps honey supers separated from brood frames
- Put cedar chips between frames in the winter to keep out wax moth.

Raffle: Tim Service won the thermostatically-controlled electronic wax knife.

Adjourned at 9:20 pm.

Respectfully submitted,

Tina Cunningham

Secretary, MEBA