

The Monthly Extractor



Volume 37, Issue 5 May 2014

Monthly Meeting: May 12- 6p.m. Social hour- Bring your own cup for tea, talk to beekeepers who can help you with your questions, check out our library, and renew your membership.
7 p.m.- Dr. Hasna Wood- Apitherapy see detail on page 11.

This is our newsletter that reflects the various techniques, theories and art of sustainable beekeeping.

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From Our President

April flew by! I know many of you were in hot pursuit of swarms as I certainly was! It was strange how many colonies seemed to throw off two and even three swarms, one right after another. The biggest swarm I ever caught (two full deep boxes!) had a second swarm in the same spot when Dan Berry and I went back to take it away. Dan is a new beekeeper and this swarm season has been interesting to him, I am sure. It was fun mentoring him and seeing how calm he is around bees. The first swarm he spotted was in the process of taking over an old hive under a building. He saw it leave its first landing spot and called me. Next thing I knew I was contacted by the lady that works at the Dairyman's Feed Mill saying the swarm was on the underside of one of the smaller buildings. I called Dan back and told him where the bees he had seen went. At first we didn't know they were able to get in under the building. Half of them were already there! He and I rigged up a one-way escape after attempts to use Fischer's Bee Quick failed to chase them out. We monitored the one-way escape for two weeks. Then the three frames of bees were taken away to join a 4-H beekeeper's small colony. The rest are still in the building but not causing any problems. Dan had the fun job of securing and moving the huge swarm to his own apiary and catching the secondary one to donate to a 4-H beekeeper. We did a hive inspection two weeks later and the huge swarm is ready for its second super already!

All the 4-H beekeepers have bees now thanks to help from some SCBA members. They also have been given some nice equipment donated by beekeepers who gave up after their first year of trying to keep bees. It is amazing how much money people put into beekeeping and then just quit. None of the donors were SCBA members so they did not have the advantage of the wonderful mentoring that has been happening in the cluster groups. It makes a big difference when one has a support system to help especially in the first few years.

Ettamarie Peterson, President

Ads in This Newsletter

Check with Treasurer Rita Maloney for annual costs of running ads. It is cheaper than the monthly costs for ads, which are \$10 for a business card size, \$20 for ¼ page, and \$40 for a half page. The editor needs to know you have paid her and needs a jpg copy of the ad. The current and back issues of the newsletter are on the www.sonomabees.org web site so many people besides the 400 or so members view the ads. Contact information is on the last page of this edition.

My May Beekeeping To-Do List

By Serge Labesque © 2014

Building and planting for the bees

“Oh, that’s pretty! What is it? A planter box?” asked my wife Cheryl, who happened to walk by one of my experimental beehives.

“It may very well become one, if it does not make a good home for bees.” I answered.

Most manmade beehives are designed to be as inexpensive to produce and as convenient for the beekeeper as possible. Although there is nothing wrong with these two goals, they are most often and unfortunately sought without paying much attention to the wellbeing of the bees. This consideration has led me to tinker with beekeeping paraphernalia to try to make it better for the bees.

Because I do not treat my colonies for pests or diseases and because I do not feed them, I am sometimes asked if it is not contradictory to provide bees with better hives and to plant bee forage, which I also strongly advocate. I don’t think so. I differentiate between what bees must do for themselves and what should come from their environment. Since bees are not domesticated animals, they should fight pests and resist pathogens with their own means. They should also feed themselves from nectar and pollen, and create their nests in shelters that their surroundings offer. When a colony cannot perform these tasks successfully, it is eliminated and other organisms that are better suited to the prevailing conditions then take its place.

By all accounts, California was once a bee paradise. But we have modified this land so profoundly that bees can no longer find the food and the nesting cavities they need. The old hollow trees are deemed too dangerous to keep, and pesticide-drenched monocultures have replaced the original lush and diverse vegetation. Although it would be ludicrous to try to re-create the environmental conditions of the past, planting bee forage and building beehives are beneficial measures that help alleviate our vastly destructive impact on the land.

The bees that live in my hives still have to fly out to collect nectar and pollen, and they have to construct and fill their nest cavities just as if they had found hollows in trees. I try to provide bees with a livable environment. But it’s still up to them to make the best of the opportunities it offers.

Whether my experimental beehive ends up holding a bee colony or a plant, I’m certain that it will allow some bees to help themselves. So, I’ll keep planting forage and building beehives, and I’ll continue to talk your ears off about doing the same until someone shows me that I am harming bees.

May in the apiaries:

A meager honey flow and an early and brief season of colony propagation characterize this spring in my apiaries. Yet, it feels good to walk among the hives, to watch the bustling flight paths, and to tend to the bees.

The management of the young colonies is sheer pleasure. They are growing so fast! These bees have a challenging task: They need to build up before the looming long summer dearth settles in. Just before all their combs are in full use, I add a couple of new frames alongside their expanding brood nests. This is easily done by spreading apart the follower boards. When it’s time to place a new super, the outer frames of stores of the previous super are placed in the center of the new super, where they are separated by a new frame and surrounded by two additional ones. This “baiting” facilitates the expansion of the colonies.

The queen-mating nucs and the most recent splits, which are quite likely the last of this season, also need to be regularly monitored to correct in a timely manner any of the situations that could lead to their failure, such as laying workers and drone layer queens.

The mature colonies are gathering as much nectar and pollen as they can. We need to provide them with additional storage space as soon as the previous supers are half full. All this heavy lifting can turn beekeeping into hard but gratifying work! Brief inspections of their brood nests are also warranted. By the end of the month, they will have reached their maximum size for the year. Harvesting honey will be done with great restraint this spring, as I anticipate a long summer dearth.

Soon, the California buckeye trees will present their yearly show. But, no matter how beautiful they may be, the pollen they offer is toxic to honey bees. Hopefully, the blackberry blossoms will be a sufficiently attractive alternative source of abundant pollen and nectar for the forager bees in spite of the persistent lack of ground moisture.

This is undoubtedly one of the most exciting times of the year in the apiary. Enjoy!

In summary, this month:

- Inspect hives regularly, when foragers are out in large numbers.
- Open the entrances of hives to match the forager activity.
- Avoid congestion of the brood nests.

- Offer comb-building opportunities.
- Add supers to provide nectar storage space.
- Maintain adequate clustering space between the brood nests and the entrances.
- Make sure that there is enough food stored in the hives.
- Watch for signs of spring diseases.
- Ensure adequate air circulation through the hives.
- Perform hive divisions.
- Follow up on earlier hive divisions.
- Monitor swarm traps.
- Keep some equipment at the ready to catch the occasional swarm.
- Rear queens.
- Pull weeds from around the hives.
- Harvest surplus early spring honey.
- Discard old and misshapen combs.
- Render wax from discarded frames.
- Routinely clean and scorch tools and equipment.

Serge Labesque © 2014

Bee Plants of the Month By Alice Ford-Sala

Note: Continuing on the reducing/replacing the lawn theme. I had intended to move from the ground covers from last month to small shrubs, but there are some really outstanding low-water ground covers that bees just adore, so I am addressing them this month.

Native Plants of the Month:

Salvia 'Bee's Bliss'

Well, the name says it all, doesn't it? Bees really like all kinds of salvia, and they appreciate the pretty light purple flower spikes that cover this low growing plant. Bee's Bliss grows 12-18 inches high and up to 3 feet wide. The grey-green foliage is attractive year-round. You can prune it back after bloom if it is overgrowing a sidewalk or walkway. When you brush up against it, you will smell that strong woody-sage scent that is so evocative of hot summer days in the hills. Salvia needs very little water after it is established- every 3 to 4 weeks or less.

Satureja douglasii Yerba Buena

This is the plant for which San Francisco was first named. The sweet minty leaves make a very nice tea. Native Californians knew it had many medicinal uses- it is supposed to be good for stomach ailments, fevers and help with sleep. It makes a nice ground cover in areas that have some shade. Yerba Buena can spread and form large mats of small green leaves. Even though it grows in light shade, it doesn't need a lot of water like traditional mints. Good drainage is essential. Plant it around stepping-stones or along a retaining wall where she can spill over the edge. Bees like the small white flowers that appear in spring, making it a 'good herb' indeed.

Beneficial Plants of the Month:

Achillea millefolium Common Yarrow

Yarrow is an easy to care for, aromatic plant that can tolerate some foot traffic. Once established, yarrow only needs occasional water. She can take some shade but prefers full sun. The pretty flowers look like the umbels that are characteristic of parsley, carrots etc., but yarrow is really in the asteraceae family. If you look closely, you will see that the blooms are clusters of tiny daisy-like flowers. Bees and other beneficial insects don't care what family they are in- they enjoy the sweet nectar. The ferny, sweet smelling leaves stay low to the ground but the flower stalks can be up to 3 feet tall.

Phyla nodiflora Lippia

This is another lawn-substitute that can take people walking on it. Lippia creeps along forming a mat that is only 2 inches high, tolerating a variety of soils and moderate to little water. Full sun to very light shade is appreciated. The leaves are small, gray-green and oval shaped. Blooms are round clusters of amazingly intricate pinkish purple flowers that are quite attractive to bees.

Lesson Learned During Swarm Season

I generally catch swarms in those nice, white plastic coated boxes using at least one old frame and other frames to fill out the box. This year my 4-H beekeepers that needed bees wanted them on medium frames. Well, first of all those boxes are meant for deep frames. I discovered the medium frames tended to slip down sometimes. Also the children didn't pick up their swarms right away. By the time I transferred them into medium boxes the bees had made some weird comb in places and had chewed the linings in the bottom and the covers of the boxes! These cardboard nucs are just not made to store colonies for any length of time.

BEE WISE: “BEE EMPATHY” by Emery Dann

I have never seen a sign written by my bees on their beehive warning me, “No Trespassing! Beekeeper will be stung! IF HE SURVIVES HE WILL BE STUNG AGAIN!” Honey bees react in different defensive ways at different times when we open their hive. Their reaction depends on the time of day, temperature, if the queen is present or not, their genetics, the threat they perceive, and what we have done previously to their hive. Let’s look at “Bee Empathy” from a honey bee’s point of view!

One definition of empathy is: the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another. My definition of Bee Empathy is not that bees have the same feelings that we humans do. But it can be helpful, if we think how, why and what are *they* doing? What are *they* trying to accomplish? How can we best serve *their interests and needs* right now? How can we work together in a healthy *partnership with* our bees? Doug Vincent recently said to a group of us, “What are the bees telling us?” “What is it like to be a new or older bee in the hive?” “We need to think like a bee, which is *not* easy for us to do!” Bees learn fast and have amazing brains and memory. But also like all of us—too many changes, coming too fast, creating too much bee stress, for too long can overwhelm their capabilities! We should not eliminate all bee stress, as in the negative term “welfare bees”. But we need to be aware of what *they* are saying *they* need from us. Attending our Sonoma County Beekeeper Association Cluster Groups helps us know what they need as we learn and share together! Do our bee interventions seem like a “bee earthquake?” When we experience an earthquake, it is shocking to us! I was in Pasadena, California in 1971 when I was awakened at 6:02 a.m. close to the epicenter of a 6.7 earthquake where 65 people died. Many of you remember the 1989 Loma Prieta Earthquake of 7.1 magnitude here in the Bay Area that killed 63 people. We can avoid “beekeeping earthquakes” with careful preparation, timing our bee care and considering what our bees are telling us. I can relate to what a bee experiences when I open their propolis sealed home, similar to my being in an earthquake or fire—using too much smoke on the bees! What I want is to reduce bee stress that *I* cause by improving how *I* help my bees when inspecting a hive or retrieving a swarm so not to create *unnecessary* bee stress. Having Bee Empathy reduces my stress and stress to the bees!

Bees do not do well when they experience too much stress. Commercial beekeepers lose 10 to 20% of their queens just hauling hives across the country on 18-wheelers, driving to the next monoculture. Too much stress! Bees are collectors and “vacuum-up”, and transport all they find back to their hive. “Environmental garbage” (toxic chemicals) carried into hives builds up in the wax comb inside and creates sick bees over time, weakening the hive and even effecting surrounding hives! We need strong local survivor bees. We need Bee Empathy like Doug and Katia’s Beekind bumper sticker that says, “GIVE BEES A CHANCE”. Knowing where to draw the line between giving them a chance and knowing if we can help them is an ongoing question for us to learn. Bee Empathy to me is knowing how to help our bees and realizing when not to help—with the wisdom to know the difference!



Honey Bee on Rue by Sierra Castillo

Bee Education in High Gear

By Jen Espinoza

This month has seen more presentations than ever before, including schools, radio shows and Earth Day events. One of the bigger presentations included our participation at the French Immersion School's Earth Day speaking to over 350 students. They were able to see Ettamarie's demonstration hive's TWO queens (mother and daughter) as learn from Marcus, George and Jen about bee keeping, bee anatomy & lifecycle, and bees' role in pollination. There have been a number of other Earth Day events we have attended, including Santa Rosa's downtown celebration, where our bee mascot met Clo the Cow. A big thank you to our bee education team, without whom we could not be sharing the great information with our county's residents. **Thank you Norma, Chris D., Marcus, George, Angela, Ettamarie, Thea, Christine, Randy Sue, Michael, Connie, Cheryl, John, Thea and Jen.** We hope this makes a difference for the bees as we encourage people to

- Plant for bees (seeds and plants without 'neo-nic' treatment)
- Garden organically without pesticides and herbicides
- Call us when a swarm is spotted
- Buy organic foods



Clo the Cow was really impressed by the SCBA's Bee's Waggle Dance at Earth Day April 19th!

The educators are in such high demand that we could use a few more of us out there, especially in schools. May is a great month to come observe a presentation if you have interest. Contact Jen Espinoza, the education coordinator, at education@sonomabees.org.

We also thank Sunflowers for Santa Rosa and Seeds for Change for donating pounds of organic Evening Sun Sunflower seeds that we will be passing out to assist people with our advice to "PLANT FOR BEES"!

Regional Cluster Groups Updates

By Thea Vierling

Are going onto the members only website???? If not, you are missing a lot of great announcements and activities that your cluster is having. Don't blame us if you are losing out!

East Cluster: Beekeepers were really busy during the month of April, catching swarms, splitting hives, and doing extractions. A number of these hives were shared with members that did not have hives. The East Cluster represented SCBA at the annual Earth Day Celebration held at Quarryhill Botanical Garden. A Bee Cafe is planned in early June. 8th time TBA

West Cluster We did have a West Cluster meeting on Friday. Very well attended and several members were happy to find they had beekeeper neighbors! Need to organize some hive dives now. Also, two West County landowners would like to have bees placed on their property (one in Sebastopol and one in east Occidental). I have sent out to our cluster

but no one seems interested. I'm going to ask at beekind.

North Cluster: North Cluster Assistant is taking over the function of cluster Leader. So Lynne Black will be your contact person at northcluster@sonomabees.org Kristine Siebert will now be the assistant and the special social contact person!

South Cluster: Christine announced that they had a fabulous time at the Meadery out in Tomales Bay. Really a fun get together with a few members. She will be organizing a Bee Café very soon!

Central Cluster: Thanks to Becky Jackson and Cathy Kopshever, there have been several hive dives and several swarm catchings.

SCBA Board of Directors Meeting Minutes April 7, 2014

Present: Jen Espinoza-Education, Cheryl Veretto-At Large 1, Denise Wright-At Large 2, Ettamarie Peterson-President, Thea Vierling-Regional Coordinator, Christine Kurtz-Past President, Cathy Kopshever-Volunteers, Becky Jackson-Secretary

Held at the home of Cheryl Veretto.

Meeting called to order at 6:58 pm by President Ettamarie. Cheryl moved to accept the minutes of the March 3rd meeting as presented. Denise seconded and all approved (4 ayes).

President's Report—There are no more swarm list complaints. Cheryl isn't able to address website complaints or changes without board discussion. So the board discussed and all agreed that the current newsletter will be posted on the public page, which is a change from recent policy.

We will strive to have a "Tech Talk" corner at 6:45 before each general meeting, for those who need help on the website.

1st VP Report—Laura Baker was absent but sent her report showing 367 total members currently.

2nd VP Report—Hasna Wood was absent. Thea Vierling presented a list of Proposed Programs showing confirmed speakers: April is Janet Calhoun on native pollinators and Christine and Thea on package bees and splits.

May is Rob Keller. June is Doug Vincent about queen bees, or a more general topic.

July is open. August is Sam Comfort on Top Bar/Warre hives and can lead a few workshops (for additional cost).

September is Amina Harris from UC Davis on honey tasting. October is Kate Frey, Master gardener from Melissa Gardens. November is Gadget night, and December is the potluck and silent auction.

Treasurer's Report—Rita Maloney was absent but sent her report showing \$17,420 in the bank with a March income of \$1680 and expenses of \$1750 (most of that was D&O insurance).

Regional Cluster Report—Thea says the groups are going gangbusters. She also handed out a "Split Project" document she wants input on. She and Christine want to get more people involved and experienced.

Education Report—Jen asks for a public education web area that's separate from the members' education. And it will be on the area accessible to the public (not Member's Only). Cheryl recommends a "Speakers and Presentations" button similar to the Swarm button. She can post what Jen submits to her. Jen also recommends the Education Chair be a Board position at the next election since she represents SCBA when she goes to schools. All agreed, and Jen will come to Board Meetings regularly.

Technology Report—Cheryl says we should look to see if someone is capable of taking over Sabin's job of web data input. She says CiviCRM is shareware that is constantly developing. Sabin still has the instruction book, and we should get a new one for ourselves.

Cheryl will send a member survey soon and will compare with Marin's survey for consistency. A Survey Sub-committee was suggested, and Christine, Cheryl and Denise will serve on it.

Pre-meetings Report—Christine reports package bees are coming and will ask Doug Vincent to show an install. She will have a serious plant sale this month, and will send a Mail chimp meeting reminder telling all these things. Cheryl moved that SCBA purchase the honey extractor that Rita's selling for \$300 out of Association funds for SCBA use.

Denise Wright seconded and all approved (4 ayes). The extractor will be housed at Debora Rogers' home in the East Cluster area. The cost is \$5 per day to rent.

Swarms Report—no comment.

OLD BUSINESS

1. **North Bay Leadership Institute** program brought up by Cheryl last meeting. Cheryl admits to not having the energy to lead us now, and it was tabled.

NEW BUSINESS

1. Volunteers Chair Cathy Kopshever, and Kelly Maciel should get time and space at each meeting to get people to sign up for events. Kelly may have clipboards with signup sheets already.
2. Becky Jackson will be absent from the General meeting and Jen volunteered to take notes for the newsletter.

3. Cheryl asks for a pop up that works better for outdoors. She can also be the central storage area for props, costumes, banners, etc. in her barn. Keep better track of who has what and where, so that when an event comes up (or school presentation) the items can be located.

Next Board Meeting May 5th at Ettamarie Peterson's in Petaluma at 6:00 pm.

Meeting adjourned at 9:18 pm

Respectfully Submitted, Becky Jackson, Secretary

Treasurer's Report May 1, 2014 By Treasurer Rita Maloney

The combined bank account totals are \$17,517.95. This month our main expense was ordering two new of our beautiful SCBA tablecloths for use at events. Along with the rollups, the tablecloths really help "brand" the Association and provide a beautiful professional presence at community events.

As we swing into spring, the donations of plant starts and seeds that are sold at our meetings really provide a lot of income for SCBA. Thank you to all of our members who donate and special thanks to Cheryl Veretto who not only provides plants, but also handles the sales at each meeting and provides her expertise as a Master Gardener.

General Meeting, 4-H Bldg., Rohnert Park April 14, 2014

Ettamarie Peterson began the meeting at 7:07. About 125 people present.

Announcements included Cheryl Veretto's plants for sale at the side table and two volunteer opportunities for Earth Day: April 19th downtown Santa Rosa and April 25th at the French Charter School in Santa Rosa.

New members/visitors introduced themselves. Welcome to Chris and Lydia from Monte Rio, Barry and Gail from Santa Rosa, Rick and Lynn from Santa Rosa, Jann and Allison from Penngrove, Rich from Connecticut, Mary and Dale from Cloverdale, and Jarod from Valley Ford.

Show and Tell by Christine included passing around of queen cups and cells, and brood cells. Christine also showed frames damaged by mice from a neglected beehive.

Hasna Wood was introduced as our new 2nd Vice President and she in turn introduced our speaker for the evening, Janet Calhoun, an insect specialist from the Master Gardeners. Janet presented a power point program on Native Bees.

She began by sharing the fact that Monarch butterflies are in a dire situation having lost 80% of their population in recent years to logging (Mexico), heavy pesticide use (U.S. and Canada) due in part to GMO crops that withstand large amounts of pesticide application. In addition, food sources like milkweed have all but disappeared.

Honeybees pollinate 60% of our foods. 1.6 million hives were brought into California for the almond pollination, which means pathogens and pests also were introduced into California via these hives.

It was in the 1980's that scientists started looking closely at our native bees. There are over 20,000 species of bees in the world, 4,000 in the USA, and 1600 in California. However not much is known about many of these bees.

Native bees tend to have more hair than the honey bee, which aids in more efficient pollination. They are more active in the cold and the rain, and some are flying at dawn. They fly a zigzag pattern which results in more pollination, they tend to be docile with no hive to defend and all are solitary bees but for one bumblebee which is a social insect like the honeybee.

Native bees are primarily (70%) ground dwellers, but are also wood and cavity dwellers, apart from the unusual "cuckoo" bee, which places an egg in other bee nests or invades to kill the queen and take over a nest.

Squash bees live below the squash plants in the ground, and if a gardener tills the soil, it can wipe them out. Bumblebees emerge in spring and are the only natives to make wax nests, which have "pots" for food storage and brood.

Of the wood nesters, three carpenter bee species reside in California. The male and female look different and they become very territorial over a flower, which leads to an opportunity to mate, however they sleep together at night. Mason bees are nicknamed "jelly bellies" for their cross hairs, hairy abdomen which holds onto a lot of pollen.

It has been determined in a study that 1 acre of fruit trees can be pollinated by 250 mason bees OR one and a half boxes of honey bees. Mason bees are very, very efficient.

Sweat bees are bright green and very small. The Cuckoo bee looks very wasp-like and makes up 15% of bees worldwide. As stated earlier, she lays her eggs in other bees' nests.

Helping Native Bees can be done by providing access to the ground, as 70% of them nest there. Mulching, a highly recommended gardening practice actually takes away habitat for the bees, and can also kill those that are in the ground who are "mulched" over.

Providing diversity in types of blooming plants, time for blooms and height of blooms will help native bees. There are two websites with planting recommendations:

Helpabee website at UC Berkeley and the Pollinator Partnership which provides a list of plants based on one's zip code.

The bees do like purple and orange blossoms best. They also need water, like the honey bees. Housing can be provided for native bees by drilling holes from 1/4" to 3/16th inch to 5/16" that are 6 inches deep. Provide an overhang for rain protection and place it 3 feet or higher from the ground.

If a beehive dies and a beekeeper suspects pesticides were a cause, please call the local Ag Office as federal money has been set aside to investigate these situations. Chemical use around any bees, honey or native is highly discouraged.

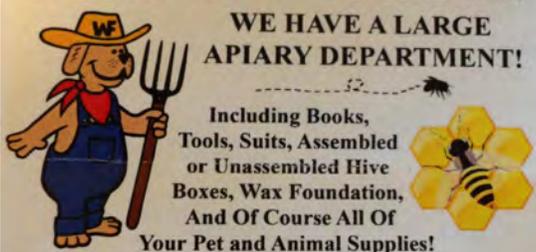
Thea Vierling spoke briefly about regional clusters just at the end of the meeting, which concluded at about 8:30 pm.

Minutes respectfully submitted by Jen Espinoza on behalf of Becky, SCBA's secretary.

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Helpful Anti-Ant Tip From Christine Kurtz

Tanglefoot attracts bees and is poisonous to them, this does not attract bees. Mix vaseline and baby oil 50/50 and apply around hive stand legs.



Free Colony given to beekeeper that refers Chris Conrad & he gets a job from that



Don't forget your bees need a source of water. These bees are using moss on the edge of our cattle trough to get drinks. Photo by Ettamarie Peterson

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Member Ad (Free to use to buy, sell or trade personal bee related items.)

FOR SALE: Bee supers, frames, covers, screened bottom boards, honey supers w/drawn plastic comb. All used but in good shape. Save up to 50%. Phone Leonard for appointment 525-8424.

Regular monthly meetings of the Sonoma County Beekeepers' Association are held on the second Monday of each month, at 7 pm. The meetings cover a wide range of topics of interest to beekeepers. Everyone wanting to learn about honeybees is cordially invited to attend. You do not need to be a member nor a beekeeper to attend these meetings. Dues can be paid online at our website sonomabees.org, at our monthly meeting or by mail. Please see our web site for the application and various kinds of memberships available.

Our mailing address is

Sonoma County Beekeepers' Assoc.
P.O. Box 98
Santa Rosa, CA 95402-0098

2014 Board Members and Other Helpful People

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Historian – Kirstie Stramler historian@sonomabees.org

Extractor Techs- Call Ettamarie 707-765-4582 or Janet Leisen 707- 528-2085 or Denny Pederson (cell)707-328-4692 to rent the electric extractor for \$5 a day. Rental fee is \$5 per day. Denny is located in Forestville. Janet is North of Santa Rosa. Ettamarie is in Petaluma.

MAY SPEAKER – Dr. Hasna Wood

Back by popular demand, Dr. Hasna Wood will be speaking about Apitherapy~Medicine from the hive.

There was such an overwhelming turnout and questions from the group about her lecture last year, that Hasna will be returning to give a brief overview of last lecture for those who missed it, new information around bee venom therapy and apipuncture, honey and herb concoctions and other at home remedies as well. Email her prior with requests, topics, focuses, ailments and disorders that you may like to hear about, and she'll try to incorporate it into the lecture or speak with you later. (hasna819@gmail.com)

Hasna is a Doctor of Oriental Medicine, NCCAOM certified in Chinese medicine, acupuncture and herbal medicine. She brings decades of education and over 20 years of clinical experience to her Sebastopol based practice. Offering modalities such as cupping, tui na massage, shiatsu, needle-less acupuncture, medical herbalism and spiritual based counseling. Her current speciality is apipuncture or bee sting therapy. Approaching health from an unusual blend of TCM, 5-Element, whole-body spirit perspective, Hasna incorporates this unique therapy of progressive, organic bee venom treatment to effect optimal health in those who seek her care. Hasna, though offering treatment for the gamut of health concerns, has effected positive outcomes in illnesses such as migraines, fibromyalgia, insomnia, infertility, chronic fatigue, arthritis, Lyme's disease, chemo and radiation side effects, mental and emotional disorders and more. Her continued study of Sufism feeds her practice and life. She is devoted to serving her patients in their journey toward optimal health.



Jason Hill got an unexpected lesson in swarm catching when he came over to get bee's wax from Ettamarie. He was able to borrow a pink trimmed Jacket and pink gloves and didn't worry he was in shorts and sandals as got the bees out of the oak tree. His wife was assigned the job of photographer. One never knows what's in store for you at Ettamarie's!