



Bee Line

August/September 2005

Presidents' Corner

B.J. Weeks

Welcome to the new Beeline Newsletter. If you haven't met Laney Cagle yet, she is compiling the Newsletter. Thanks Laney! Our bee year has been very different. We achieved a tremendous nectar flow in the spring and those of us who tried for a crop of Sourwood were defeated again (three bad years in a row). The rewards of the spring flow were realized only by the hives having high volumes of brood and adult bees. How big was the spring flow? Definitely the biggest spring harvest I have ever extracted. The new colonies and colonies plagued by queen problems were not ready and due to the near constant rain during the summer, they didn't get a second chance. So what do we do now? Get ready for next year, of course.

If you are new to beekeeping and have enjoyed the club meetings and training events, get involved in the various opportunities to serve the members and reach out to others who might need encouragement to get started.

At our July meeting (Jennifer Berry-speaker) we dealt with medications and diseases. Now is the time to treat and get the bees healthy for next spring. Do not delay treating your bees.

Coming up:

August 18th mtg Randy Tudor

Bottling honey and show prep.

Sept. 12-17 Cherokee County Fair

Honey entries to be brought to the fair grounds Sunday, Sept. 11

Between 2 and 5pm. No labels on containers.

Sept. 15th mtg BJ Weeks

Selecting a market and preparing to sell honey.

Opportunities to volunteer:

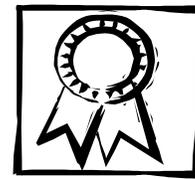
Fair Booth

Holiday dinner Nov. 18th

Various committees and elected offices.

Thanks for your willingness.

BJ Weeks



Cherokee County Fair

September 12-17

Volunteers Needed!

***Please contact Hoyt Rogers or
Jerry Floyd***

HEALTH NEWS



Honey's Nutrition and Health Facts

Honey has been fueling athletes for centuries. According to ancient folklore, Greek and Roman athletes used honey to increase strength and stamina. Today, honey can be found on training tables before the big game and in carbohydrate replacements for use during exercise.

The National Honey Board continues to pursue research that explores the potential roles of honey in health and fitness, as well as lending support to many diverse health and athletic organizations including those involving youths.

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, 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.

Fueling Exercise with Honey

It is well-known that carbohydrate ingestion prior to, during, and after exercise enhances athletic performance and speeds recovery. Honey is a natural source of readily available carbohydrates providing 17 grams of carbohydrates per tablespoon.

Honey's unique carbohydrate composition (approximately equal amounts of fructose and glucose) may render it the perfect pre-exercise food. Recent research published in the *Journal of Applied Physiology* suggests that carbohydrates that are lower on the glycemic index (GI) may reduce the incidence of rebound hypoglycemia and provide sustained carbohydrate availability during exercise. In addition, preliminary data from the University of Memphis Exercise and Sports Nutrition Laboratory suggest that honey is an effective as glucose for carbohydrate replacement during endurance exercise.

(Article published by National Honey Board - www.honey.com)

Pollinators

Today, possible declines in the health and population of pollinators pose a significant threat to the integrity of biodiversity, to global food webs, and to human health. Factors which could contribute to declines include: improper use of pesticides and herbicides; habitat fragmentation, loss, and degradation causing a reduction of food sources and sites for mating, nesting, roosting, and migration; aggressive competition from non-native species; disease, predators, and parasites; climate change; and lack of floral diversity.

Some Examples:

- The number of commercially managed honeybee colonies in the U.S. has declined from 5.9 million in the 1940's to 4.3 million in 1985 and 2.7 million in 1995 (Ingram et al., 1996 In Kearns et al., 1998). Feral bees are essentially gone in the U.S. (Watanabe, 1994).
- At least 2 bat and 13 bird species listed in the United States as endangered by the Fish and Wildlife Service are pollinators. It remains unknown how many of the listed insects are pollinators or how many listed plants require pollinators (Nabhan, 1996).
- At least 82 species of mammalian pollinators and 103 species of avian pollinators are considered threatened or extinct according to IUCN criteria (Nabhan, 1996).

Fortunately, the importance of pollinators has not gone unnoticed. In recognition of the significance of a stable pollinator population the Coevolution Institute collaborating with the National Fish & Wildlife Foundation established the North American Pollinator Protection Campaign (NAPPC) in 1999. The importance of pollinator services to ecosystem and economic health is well documented (Sobeich and Savignano, 2000):

- Animal pollinators are needed for the reproduction of 90% of flowering plants and one third of human food crops (Buchmann and Nabhan, 1996; Free, 1970 In Tepedino, 1979; and McGregor, 1976 In Tepedino, 1993).
- Domestic honeybees pollinate approximately \$10 billion worth of crops in the U.S. each year (Watanabe, 1994). Bee poisonings from pesticides result in annual losses of \$14.3 million (Pimental et al., 1992 In Ingram et al., 1996a).
- Pollinators support biodiversity, as there is a positive correlation between plant diversity and pollinator diversity (Heithaus, 1974 In Tepedino, 1979; Moldenke, 1975 In Tepedino, 1979; del Moral and Standley, 1979 In Tepedino, 1979).
- The elimination, replacement or reduction of a specific species of pollinator may result in the decline of a specific plant species, which in turn may affect relative plant abundance, and hence community dynamics (Tepedino, 1979; Buchmann and Nabhan, 1966; and USEPA, 1998b) and impact wild animals and humans that depend on those plants (Buchmann and Nabhan, 1996; and Kevan, 1977 In Allen-Wardell et al., 1998).

It is essential that we actively conserve a diversity of pollinators and sustain natural ecosystems in order to preserve the quality of human and all other species of life. Without a wide human constituency and broad effort to protect them, pollinating species could irrevocably decline.

(Article published by the Coevolution Institute - www.coevolution.org)

2005 Calendar of Meetings

- August 18 Randy Tudor- Bottling and preparing for a honey show
Bring samples of honey for judging & tasting
- * September 12-17 * Cherokee County Fair
- September 15 BJ Weeks- Selecting a market and preparing to sell honey
- October 20 Mike Ball- last minute winter preparations with the bees
- * November 18 * Holiday Dinner- Legion Hall
Friday 7:00 PM
Guest Speaker- Jamie Ellis,
PHD-UGA

Regular meetings held on the 3rd Thursday of each month at 7:00 PM in the Jury Assembly Room of the Cherokee County Justice Center in Canton except those noted with a **

Quote of the Month:

*Pleasant words are as a honeycomb,
sweet to the soul and health to the bones.*

Proverbs 16:24



If you have any Bee related items for sale or trade, please forward the info to Laney Cagle at 770-893-2635 or lane714@tds.net for publication in the next CBC Newsletter.

***Remember to Support Your
Local Farmer's Markets !!!!***

CBC Library



**Honey Harvesting on a Small Scale
Queen rearing and Bee Breeding
Beekeeping, a Practical Guide
Honey Bee Pests, Predators and Disease
How to Keep Bees and Sell Honey
Candlemakers Companion**

If anyone is interested in checking out any of the CBC Library books, please contact Joe Schepers at 770-290-4319 or josephschepers@aol.com.

Recipe Corner



Honey Hydrator

*1/2 Cup Honey
2 Cups Orange Juice
5 1/2 Cups Water
1/2 Tsp lite Salt*

Combine ingredients. Using lukewarm water will aid in dissolving honey. Then cool.

The Honey Hydrator is the official beverage of American Youth Football and Cheer.

"Recipe provided courtesy of the National Honey Board."

CBC Officers

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Other Local Associations

Georgia Beekeepers Association

P.N. Williams, President
Phone: 404-366-6404
E-mail: choneyman@aol.com
www.gabeekeeping.com

Metro Atlanta Beekeepers Association

Robert Pokowitz, President
E-mail: president@metroatlantabeekeepers.org
www.metroatlantabeekeepers.org

Northeast Georgia Mountain Beekeepers Association

David Widding, President
555 Barron Dr.
Clarksville, Ga. 30523
Phone: 706-754-4014
E-mail: dwidding@hemc.net

Tara Beekeepers Association

Bill Lynch, President
Phone: 770-707-2627
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Forsyth County Beekeepers Club

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Northwest Georgia Beekeepers Club

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And Be Sure To Visit The CBC Online At:

www.cherokeebeekeepers.org

Editor's Note

Please send me your articles, classifieds, comments and suggestions. The 2005 membership roster is attached. Take a moment to review it and let me know if there are any corrections. Thanks!



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The opinions expressed in articles in the BeeLine are of the writer and not necessarily of the CBC membership.

