

The Bee Line

2009—Issue 03

March 2009

2009 CLUB OFFICERS

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 Secretary: Ron Melliush
 Treasurer: Dennis Larson
www.sacbeekeepers.org

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 Web-Master: Ken Lee

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Mission Statement:

To promote interest in, and awareness of, the vital importance of the honeybee and beekeeping to agriculture, commerce, and the public at large.

Mentors' Tips for March

Take your hive apart (this should be implemented only when the conditions are favorable in order to not stress the colonies) and check the brood egg pattern, and honey and pollen stores. Clean the bottom board of junk from cappings and bee rot to deter wax moths (which love to eat this stuff).

- Bob Sugar



HONEY FACT

It has been hypothesized that consuming more antioxidant-rich foods may help protect against cellular damage and possibly prevent the development of chronic diseases. Research indicates that honey includes numerous compounds with antioxidant potential. The amount and type of these antioxidant compounds depends largely upon the floral source/variety of the honey. In general, darker honeys (Buckwheat honey) have been shown to be higher in antioxidant content than lighter honeys (Clover and Sage honey). While the antioxidant content of honey may not rival that of some of the more antioxidant-rich fruits (berries and apples) and vegetables (kale and beans), on a gram for gram basis, honey may, nevertheless, provide an additional source of dietary antioxidants.

It is estimated that by the year 2020, half of all Americans over the age of 50 will be at risk for fractures from osteoporosis or low bone mass. One of the key strategies for reducing the likelihood of developing low bone mass is to consume adequate calcium. Of course, it is also very important that the calcium consumed is absorbed. Research has shown that honey enhanced calcium uptake in laboratory animals. In fact, researchers found that the absorption of calcium was increased as the amount of honey was increased. Although this data would need to be confirmed using human subjects, the preliminary findings are very compelling. Maybe you'd like to get your calcium through a fruit smoothie made with milk rather than by taking a calcium pill. The recipe on page 3 is easy to make and of course, is delicious!

DID YOU KNOW?

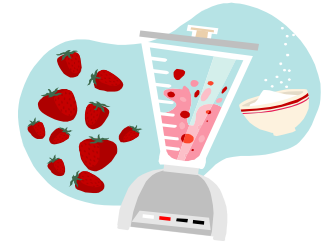
Submitted by Ernie Buda

PRESIDENT'S CORNER

FEBRUARY MINUTES AND PROGRAM NOTES

Fruity Honey Smoothie

- 1 cup fresh or frozen strawberries
- 1 banana
- 1/3 cup honey
- 1 cup skim or nonfat milk
- 1/2 cup plain or vanilla low fat yogurt



In a blender, combine all ingredients; process until smooth. Makes 2 large servings.

Nutrition info per serving: Calories-332; Protein-9 g; Carbohydrates-76 g; Fat-2 g; Saturated Fat-1 g; Calcium-281 mg; Potassium-747 mg; Sodium-110 mg.



FOR SALE: Large honey holding tank; plastic with a heating belt and metal (perfection) honey gate. \$200 or best offer. Call Fred at (916) 451-2337.

ALWAYS WANTED: Your contributions of articles, websites, recipes, tips, questions, book reviews, ads and other bee-related items for future newsletters. Email them to the Brenda Terry by the 25th of the month at btbuzz@gmail.com or mail to SABA, 8424 Arcaro Court, Citrus Heights, CA 95610. Please keep sharing your stories. It's *your* local bee newsletter! (And thanks to all who've been sharing these past years!)

GO TREELESS: Sign up for the emailed (pdf) newsletter. Just email btbuzz@gmail.com, subject-line "Treeless."

SABA LOGO: Still looking for that creative logo for the association, submit your design to: 2211budae@att.net (subject line LOGO) or via mail at SABA, 8424 Arcaro Ct, Citrus Heights, CA 95610

MEETING TOPICS

March's Topic:

April's Topic:

"How to capture Bee Swarms"

- Equipment and Techniques.

Don't miss these exciting topics!

SABA 2009 Membership Coupon

Name(s)*: _____

Business Name: _____

Mailing Address: _____

City, State Zip:* _____

E-mail Address*: _____ Phone #*: () _____

New _____ or Renewing _____ Want to receive newsletter by: Email _____ or Postal _____ (check one)

Current level of beekeeping activity: _____

Privacy Notice: To facilitate sharing of information and carpooling, SABA publishes a member "phone list" each spring, including member names, cities or zips of residence (*not* street addresses), email addresses, and phone numbers. This summary list is *only* disseminated to current SABA members (never to other persons or organizations) and is *not* posted on the website Your information (noted by * above) will be included unless you check (following line(s)) that you do not want your _____ email address and/or _____ phone number listed. (Note that the complete membership list is made accessible to SABA officers and committees as necessary for them to do their tasks.)

Complete this, clip it out, and mail it with your \$15 check (made out to SABA), to

SABA c/o Sacramento Beekeeping Supplies, 2110 X Street, Sacramento, CA 95818, Attn: SABA Treasurer.

CALENDAR OF EVENTS

SABA's regular meetings are held the third Tuesday of each month at 7:30 p.m., at the Belle Cooleidge Community Center, 5699 South Land Park Drive (on the southeast corner of Fruitridge Road and South Land Park Dr) in Sacramento. All are welcome!

2009 Dues Reminder—SABA dues for calendar year 2009 remain at \$15. Please use the form below to submit them via mail or at an upcoming meeting.

Saturday, March 7, 2009—SABA Beginning Beekeeping Class—Come learn with Randy Oliver -classes will be held at the Sacramento County Dept. of Ag. Building, 4137 Branch Center Road, Sac., Ca. —For more information contact Ernie Buda at 2211budae@att.net or Bruce Waln at bruce_waln@sbcglobal.net

Saturday, April 11, 2009—SABA Natural Beekeeping Class—Come learn with Serge Labesque-classes will be held at the Sacramento County Dept. of Ag. Building, 4137 Branch Center Road, Sac., Ca. —For more information contact Ernie Buda at 2211budae@att.net or Bruce Waln at bruce_waln@sbcglobal.net

Interesting Reads:

The Monthly Extractor—The Sonoma county Beekeepers' Associations newsletter. Contact Ettamarie Peterson at email: Peterson@svn.net

Honey Adulteration Increases:

http://seattlepi.nwsourc.com/local/394053_honey30.asp

Welcome New Members

Dharma Webber, Placerville
Lisa Bates, Fair Oaks
Brian & Shilo Camp, Dixon
Steve Gast, Pine Grove
Ken Holmes, Sacramento
Andrew Lettington, Orangevale
Barry Olmstead, Elk Grove
Nathan Koppe, Sacramento
Robert Van Allen, Elk Grove
Bob Waegell, Sacramento
Rich Willett, Sacramento
Jay & Tracy Ford, Plumas Lakes
Martin Melicharek, Fair Oaks
Adele Lagomarsino, Fair Oaks

SACRAMENTO AREA BEEKEEPERS ASSOCIATION

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2110 X Street,
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Website: www.sacbeekeepers.org
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Address Correction Requested

—The Bee Line—
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Happy St. Patrick's Day