



Some pictures from the Eastbrook End Fair



August 2015

Romford Division

EBKA Charity Number: 1031419

DATES FOR THE DIARY

Committee Meeting: Tuesday 22nd September, 7.30, Jim's Place, Collier Row

September meeting: Friday 4th, 8pm, Chadwick Hall, Gidea Park
'National Honey Show—Guidance for entering'
With Jim McNeill

Club Summer Outing
Barnard's Farm, Brentwood Road, West Horndon, CM13 3LX
on 29th August at 2pm



Eileen Marrable April 1935 – July 2015

It is with great sadness that we tell you that Eileen Marrable died on Wednesday 8th July. She had been active in Romford Division for many years until she fell ill this year, and she was our President from 2010 until 2014. Many beekeepers will have been taught by Eileen as she was one of our tutors on the beginners courses since the first one we ran in 2002.

Eileen will be greatly missed, not least for her cheerful nature and the laugh in her voice. A truly lovely lady. She died peacefully at St Francis Hospice. Her funeral was on Monday 27th July and it was pleasing to see so many fellow beekeepers attending.

The Division will make a collection at the August meeting; anyone who wishes to donate but will not be at the meeting can send their donation, payable to St Francis Hospice, to B.F. Mulley and Son, 254 St Marys Lane, Upminster, RM14 3DH. If you do send a donation via Mulley & Son, don't forget to say that it is for Eileen Marrable and to gift aid it if possible.

Romford Division Contacts:

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Beekeeping notes for August ~ written by Pat Allen

You should do a careful check for disease this month to make sure your bees are healthy going into winter. Read your books or the BeeBase web-site guidance on how to shake the frame to clear the bees so you can see all the brood cells. Check what you see against the pictures in the guidance. If you are unsure about what you see, check with your divisional contacts. There are contact details in your members information pack.

The nectar flow is slowing and will probably stop altogether some time this month, so remove the last of the honey crop by the end of this month. Leave the bees enough stores to survive until you feed them though, don't take it all. Give them the wet supers back to clean up (above the crownboard).

Assess the colonies and decide which ones you want to overwinter. Don't waste time and money feeding a colony that is unlikely to survive the winter, unite it instead with a strong one.

Once you have removed the honey you can treat against varroa. Remember when treating or feeding to have the floor insert in and any access to the underside of the mesh blocked off. If you are unsure what to do, talk to your mentor.

KEITH SPARLING – OSTEOPATH 3rd July 2015

Our talk from Keith was very informative and helpful. Keith is the brother of one of our members and is a practicing osteopath in Brentwood. He agreed to do a talk on lifting and carrying for bee keepers.

Keith brought a plastic replica of a spine with him and explained all the different problems that can occur if you lift or carry in an incorrect manner, and the detrimental effect it will have on your spine over the years. He told us that the replica spine was the third one he had in his 30 years as an osteopath and that was proof of all the times he had explained to his patients what was happening to their spine and the damage it causes which is indicative of damage that would happen to a real spine over a space of time with incorrect lifting and carrying.



Osteopaths treat the whole body and involves osteopathic manipulation therapy. Using manipulative therapy rather than just drugs helps the body to treat the condition and repair an injury itself.

Osteopaths are trained to use their hands to diagnose a problem and to relieve pain and help to balance muscles and tissues to assist the body to return it to its own natural state.

A very common cause of back pain is by lifting badly. Keith showed us the best way to lift heavy supers by holding them close to the body and to be aware of the height and distance we are lifting from. Also to be mindful of when putting down full supers how it will affect our backs when picking them up again. Thereby placing them in a much more back friendly place i.e. on something higher up so that you do not have to bend right down again to lift a full super from ground level.

Keith showed us some simple exercises that would help our backs and some exercises to prepare us for lifting and carrying.

The talk was very well attended and most informative and helpful. The feedback from members was very positive and much was gained from Keith's talk.

JILLY SPEAKMAN-BELL

EBKA Conference 2016

You should know by now that our Division is arranging the EBKA annual conference for 2016. So far the venue and date have been chosen, but there will be much to arrange over the coming months and to do on the day.

Saturday 5th November 2016 (9am–4.30pm approx)
Barking & Dagenham College

Please indicate to Jim, Pat, or any committee member if you are willing to offer help in the organisation beforehand, and/or on the day itself.

We have not yet chosen **speakers**, so your ideas about this are welcome. Also, we would like to have some **sponsors** to help offset the costs of the event, so if the company you work for (or own!) would be willing to sponsor us, do let us know. Furthermore, we would like some good **raffle prizes**, so maybe you can approach someone for this.

Many thanks
Your Committee

Honey show count down!

October 17th, Ascension Church Hall, Collier Row.

You may have entered our annual show before. You may have even won a trophy for your honey or wax or mead wine, candles or baking, fudge or photography. But don't let that stop you entering this year.

We need your entries to make our show a success.

As for new members and bee keepers who have yet to enter, there is a place for you too.

Novice class, or beekeeping for less than 5 years may be the honey category that will win you a trophy. Baking, using someone else's honey, allows new members who have yet to see their bees produce adequate honey stores, to enter and win.

But winning is not what our show is ALL about. Great to spend a year polishing the silverware, but not always what we aim for.

Being part of the show means sharing others success. It helps us to experience best practices in bottling and wax working. The show brings us all together to enjoy the best of the best.

The after-show supper is a must. There is always an abundance of scrummy food, a tippie of wine (bring your own for an extra special night) and great company to round the evening off.

Show details and supper booking available soon.

Meanwhile, join the Great Romford Bee Club Bake- Off and BAKE! Try the delicious Golden Honey Cake (00007) or the Honey Raisin Choc Drops (00035) taken from <http://www.honeyrecipes.org.uk/>