



Romford Division



DATES FOR THE DIARY

Committee Meeting: Wednesday 15th July, 7.30pm, via Zoom.

August meeting: 8.00pm, via Zoom.

Speaker: Pam Hunter

Topic: How Bees perceive the world - the senses of the bee

July Beekeeping Notes

This has been a very swarmy season (in my experience and anecdotally) but July should see the end of it and you can start spacing out your inspections a bit. Stay vigilant though! July usually brings the main nectar flow of the year, so make sure your bees are ready by giving them plenty of space to store the nectar and honey. Remember that nectar takes up much more space than honey and the bees need space for themselves too. Colony populations are usually at their largest in July.

If you have split a colony for swarm control reasons, now is the time to consider if you want to take both units through the winter, or reduce them back to one, larger, colony. Use this month to assess your queens – which ones are producing the best-tempered bees, which queens are laying the best brood pattern and most brood, which colonies are storing most honey, etc, etc, in whichever order matters to you. When considering how many colonies to over-winter, remember that, for every hive you have with bees in, you need a spare hive to be available for swarm control.

For beginners, if you have just acquired a small colony, you should continue to feed it and build it up for the winter and not expect it to produce any honey for you this season.

Pat Allen

Teaching Apiary – Help Needed !!!



It is hoped that we can run a work party in the Teaching Apiary at Thames Chase on a date in August, date to be decided. There is some work to do on the 'meadow' in the centre (it looks lovely at the moment – end June – but some thistles need digging out), a pile of brashings to clear, and some equipment to sort out and clean up.



The cafe at the Visitor Centre will be open by then so there is a promise of 'tea and cake' if that's an incentive. Let Pat know if you are willing and able to help.



Photos of previous work parties

By Mick Speakman-Bell

Romford Division Contacts:

Secretary: **Sue Richardson**

01708 381900 / 07971 957333 ~ susanmrichardson7@gmail.com

Chairman: **Paul Wiltshire**

01277 375454 / 07870 258192 ~ paul.g.wiltshire@btinternet.com

Divisional Voting Member/Trustee: **Jim McNeill**

01708 765898/ 07743 310143 ~ jimandliz44@aol.co.uk

Membership Secretary: **Pat Allen**

01708 220897/07958 938427 ~ pat.allen7@icloud.com

Websites:

www.ebka.org

romfordbeekeepers.wordpress.com

Dr Gerry Brierley – Medicinal Apitherapy – The Healing Hive – 4th June 2020

Dr Gerry Brierley had an extremely serious illness for many years due to contracting Lyme disease after being bitten by ticks whilst walking in the Surrey Hills. After years of extensive conventional medical and hospitalisation, Dr. Brierley read about honey bee venom curing Lyme disease.

She had become increasingly unwell with recurring serious health problems to the extent of being bedridden for years and even started to suffer brain damage; losing her memory and ability to speak. Becoming dependent on antibiotics and other conventional drugs, Dr. Brierley luckily discovered the benefits of bee venom when in May 2015 she had her first treatment. After three years and 4,500 stings she became clear of the Lyme disease, but unfortunately has to live with the damage that Lyme disease has left her with, but this has not deterred her for many admirable achievements she has attained.

Bee venom has 394 known components and should be used with care and respect.

Hippocrates (460-370 BC) mentions using bee venom for joint pain and arthritis and wrote of the diuretic properties of bee venom and honey.

Galen (129-200 AD) wrote that bee venom was an anaesthetic that enhances digestion as well as a medicine that promotes healing of wounds.

Interest in bee venom became apparent again in 1888 when a clinical study on the effect it had on rheumatism was published.

After WW2 research in bee venom came to a halt, but continued in the Eastern Bloc which still researches bee venom. Brezhnev in 1978 had bee venom treatment on his face as he suffered from Bells Palsy. Mexico uses bee venom and the majority of its states have bee clinics.

Dr. Brierley has written a book for children 'The Secrets of Hope the Honey Bee' and a colouring book. I am buying the books for my 9-month-old Granddaughter to get her into early beekeeping and promoting it for the next generation!!

JILLY SPEAKMAN-BELL

Essex Beekeepers in Norfolk

As there is space this month I thought I would contribute by writing an insight into just a snippet of what we get up to here in Norfolk.



As some of you may know, Ken and I moved from Essex to Norfolk in 2013. We enjoyed our time as beekeepers in Essex and were active members of the Romford Division and committee. Whilst Ken was warden for the training apiary, I used to organise the programme events for meetings, do the write-ups and write the newsletter. We entered competitions and enjoyed our times at various fairs selling our produce along with other members.

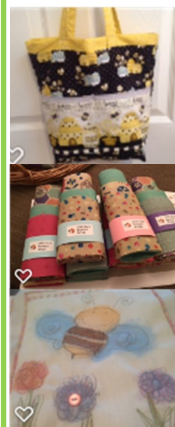
On moving to Norfolk we quickly realised that beekeeping here did not have the same camaraderie vibe as in Essex. Yes, there are beekeeping clubs, but not run as prolifically as the Essex clubs - (in our opinion).

The foraging for the bees is also very different; as we are in North Norfolk we are surrounded mainly by agricultural land or the coast line. So this means the honey flow is also, not always, as productive as it was in Essex. Therefore, not as much honey to sell. We do ok though, we have 4 hives and a Nuc in our garden, 2 hives and a Nuc at the churchyard wild-flower garden and 2 hives at another private site.



Although a lot has changed for us we do not ever regret moving here, as our way of life improved dramatically. (Although that could have some bearing on us being retired now too)!

Also, we have discovered other ways to 'promote' bees and have learned new skills along the way. Making candles, polish and beeswax wraps to sell along with the honey at Christmas & summer fairs. I have learned how to make and create bee themed items from fabric and how to embroider and do free motion stitching to create a bee image. As well as that, I have given talks to various woman's clubs, village hall meetings, (we even helped one village to set up it's own village apiary), and presented an entire bee themed day at a primary school!



Ken and I do miss our monthly meetings, chatting with likeminded people and having access to all the help that was available if we need it. So, if there is one tiny positive outcome to be found from this awful Covid 19 virus, it is that we can attend the monthly meetings via zoom!

I guess the message I am trying to send out is, support your club, make the most of the people there that have the experience and wealth of knowledge that they are willing to share with you. Take part in all that your club has to offer you and become involved. This resource, on this scale, is not available everywhere and you would miss it if it was gone.

Meanwhile, as I continue to write up your monthly newsletter from Norfolk, I wish you all a bountiful honey crop!

Theresa Caves

