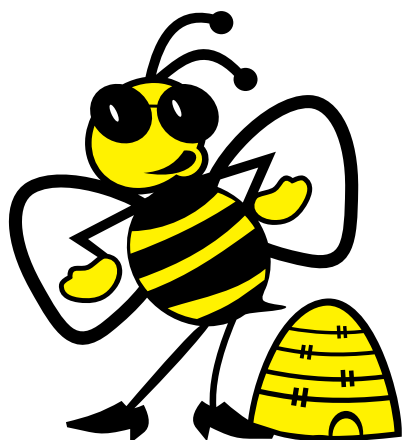


Wednesday, March 21, 2018.
George Bradley Foote
passed away peacefully
in his sleep at the age of 83.

The beekeeping community is saddened by the loss of a pillar in our industry, George Foote. George learned beekeeping from his father, supplied many Nova Scotia beekeepers with their first hives and supplies and was generous with his time and beekeeping advice. He was always good for a story about roadtrips to Florida to pick up bees in spring and you were sure to see him at all of our bee meetings. Stories of George and his impact on our industry will continue to be passed down through beekeepers to come.

George was President of the NSBA for 4 years, was a lifetime member of the association and recently attended our 2018 AGM.

George Foote 1934-2018



**Honey,
It's all about me!
So PLEASE complete the
survey that we will be
emailing you!!**

In this News Letter

George Foote	Page 1
Annual General Meeting Minutes	Page 2-6
Canadian Honey Council	Page 7
Inside the Hive	Page 8 & 9
Ask A Beekeeper	Page 10
Spring Tips	Page 11
Think-n- That	Page 12





Annual General Meeting Minutes

Friday, March 2 and Saturday March 3

2018 Annual General Meeting
Nova Scotia Beekeepers Association
Best Western Plus Hotel
Dartmouth NS
March 3, 2018

Call to Order and Welcome

Vice President Mike White welcomed members to the HRM and shared the agenda for the AGM. Copies of the 2017 AGM Minutes, Financial Statements and 2018 resolution were circulated.

President's Report – Lauren Park

2017-2018 is now another season in the rear-view mirror for Nova Scotia beekeepers. It wouldn't be beekeeping without the unpredictable combination of challenges and victories and this year was no stranger to that. With significant change in pollination and varying honey crops, 2017-18 was yet another season full of surprises.

This time last year we, the NSBA board, the NS Department of Agriculture and other industry partners were still discussing the 2017 import protocol and we were lobbying for no hive imports into NS for pollination due to the risk of Small Hive Beetle. This is not new news, but in May 2017 the NSDA made the decision to not allow bee imports from Ontario, and 432 hives from NB were brought into NS for pollination. NB had no known Small Hive Beetle at this time. We consider this a success story and appreciate Jason and his team of inspectors. Through these lobbying efforts, we have strengthened our relationship with the NSDA and look forward to continuing to work with them in the future. Looking ahead to 2018, the NS border is closed to imported colonies for pollination purposes. Moving forward we understand the border and the demand for bees is an ongoing discussion and the NSBA will continue to lobby for bee health and eliminating the risk of new pests.



In addition to our annual AGM, 2017 saw our inaugural Fall Information Meeting. We were delighted to bring in Paul Kelly from the University of Guelph to do one day of talks in October. Honorable Keith Colwell, our Minister of Agriculture, also made an appearance at this event. We hope to continue to put on these meetings and provide as many educational opportunities as possible for our members.

The NSBA newsletter is back! We are really excited to re-launch the newsletter after a couple years of hiatus. I would like to take a moment to extend a very special thank you to Tony Philips who was responsible for our newsletter for many years gone by and did an excellent job. Thank you, Tony. If any of you keen beekeepers are interested in contributing to the newsletter, please get in touch. We look forward to getting the first edition out to you soon.

Looking to the future, the NSBA has some exciting initiatives on the horizon. The board moving forward plans to update our strategic plan document which can be found on our website and was put in place when Roger Morash was at the helm of the board. We're also looking forward to reaching out to new members to the association. We want new members and long-time members alike to know what the board is up to and feel good about where your membership dollars are going.

Back to the present day, being a member of the NSBA gives you access to all of our stuff! We have four sets of rollup posters that live across the province and can be borrowed anytime. Each rollup focuses on a different aspect of bees and beekeeping and are great educational tools for kids, bee clubs etc. They are in the valley, Truro and Antigonish right now and we are still waiting for one set to come home. If you have a set of rollup posters, please let us know so we can get them back and redistribute them. We also have a honey extractor, an observation hive, and a queen cell incubator that live in Truro. The queen cell incubator is another piece of our inventory that we are waiting to come back to us and we would appreciate if anyone knows the whereabouts of this incubator, to let us know.



Annual General Meeting Minutes

Friday, March 2 and Saturday March 3

I want to extend my heartfelt thanks to you the NSBA members and to the NSBA board for another great year. I feel very lucky to be part of the beekeeping community and it has been my pleasure to sit with the Board of Directors for the 2017-2018 season.

Lauren Park

President, NSBA

Approval of Minutes of the 2017 AGM: Moved by Roger Krol, seconded by Dale Richards that the minutes be approved as circulated, motion carried

Business Arising from the Minutes - none

New Business

- 2018 Queen update Dave Cameron
 - NSBA organizing bulk purchase through Stanabby
 - More Konas available this season than last
 - Forms are available at the registration desk and on line at the NSBA website
 - Phone and e mail information is critical to ensure that members can be contacted when queens arrive
- Epipens- Lauren Park
 - Available this spring in a bulk arrangement with Farm Safety
 - Epipen order forms are available and the price is in final negotiation. It is hoped that they will be less than \$120
 - Lifespan is 18 months
 - Farm safety is securing them on our behalf
- Programs – Lauren Park
 - The board has sent two letters to the minister
 - Brood comb replacement, lumber and hive body program, cold storage subsidy, small hive beetle, extracting equipment upgrades, queen rearing education courses and expansion, queen replacement program (local queen stock), queen breeder expansion support have all been highlighted within the correspondence

Other New Business from the Floor

Bear Damage – eligibility under the wildlife act for replacement of equipment and bees, requires bee yard to be fenced, lobby for 24-hour period of grace to allow the

beekeeper to fence the yard after the movement of the bees. Lauren Park and Tom Cosman had similar discussion

Bee Health insurance – Is there an opportunity to explore replacement of lost hives due to disease, pests, or overwintering losses

Election of New Board Members – Mario Swinkles/Mike White (Nomination Committee)

Ben Little and Lauren Park to reoffer for another term
Benjamin Cornect to begin a 3-year term

Nominations called from the floor, moved by Jerry Drahiem that nomination cease, seconded by Sandy Rudolph

2018 Board Elected

Mike White
Dave Cameron
Alex Crouse
Shelley McDermott
Sawyer Olmstead
Mario Swinkles
Lauren Park
Ben Little
Benjamin Cornect

Treasurers Report

Shelley McDermott reviewed the statements as circulated not highlighting any areas of concern. Shelly made the motion and it was seconded by Jerry Drahiem, motion carried

Resolutions for the 2018 AGM

2018-01) Resolution – re membership fees – from the NSBA Board – moved by Alex Crouse, seconded by Jeff Orr

Whereas the NSBA has a defined membership fee structure for beekeepers in the province based on colony numbers, and whereas there currently is not a structure does not have a category for commercial suppliers to the industry

Be it resolved that the NSBA create an industry member category for non-Nova Scotian members with a fee of \$100 + HST/year. (non-voting)

Discussion:

- Removed commercial from proposed to avoid confusion with commercial beekeepers
- If you are a member beekeeper you would not have to pay the \$100 to advertise
- Motion is to address out of province companies and potential advertisers
- Fees proposed would generate revenue for the association
- Motion to amend – Jerry Drahiem, seconded Sandy Rudolph
- Motion carried, resolution passed

2018-02) Resolution- Small Hive Beetle Shared Compensation Fund –from Kevin McKaigue, seconded by Tamara Elwood

Whereas Small Hive Beetle (SHB) has been detected in New Brunswick and hives have been destroyed to prevent the spread of SHB, and whereas Nova Scotia beekeepers living closest to the border are most vulnerable to infection, and whereas early detection and prevention of the spread of SMB is critical for all beekeepers in Nova Scotia

Be it resolved that the NSBA approach the government of Nova Scotia to enter into a funding agreement to compensate Nova Scotia NSBA members that have had to destroy their hives to prevent the spread of SHB

Discussion:

- This does not apply to people who import hives for pollination (imported hives not eligible for compensation)
- Designed to compensate for hive losses due to mandatory irradiation, not poor beekeeping
- If the NSBA has to fund the program it should be only available to members
- Inserted “Nova Scotia beekeepers” into original motion
- Jerry Drahiem “do we want to get into this type of business?”
- Jason Sproul “gov’t has a plan in place to irradiate infested colonies “
- Motion clarified, critical that the board uses motion to lobby the government

Mover and seconder accepted the revised motion, motion carried, resolution passed.

Motion for Adjournment

Mike white moved, seconded Mario Swinkles



What is the Canadian Honey Council

Canadian Honey Council is the national voice of the Canadian honey bee industry. Council is made up of 8 provincial representatives and one representative of the co-operative Bee Maid, as well as an executive Director.

Meetings are held monthly via telephone, however daily conversations can be expected either by email or phone. The executive director Rod Scarlett does a majority of the traveling and is instrumental in much of the dealings with Federal government officials. He also deals with many International government officials. One of Rod's major accomplishments was founding the "honey bee health round table". An extraordinary focus group which collects government officials, farming organizations and bee enthusiasts, over 20 groups represented all dealing with bee health in Canada.

Like other national commodity organizations, the CHC will sometimes play a leadership role and other times encourage and support others such as the provincial associations/commissions, provincial apiculturists, researchers and marketing organizations. Currently CHC is looking at federal guidelines for things such as interprovincial bee movement, to assist provincial governments in creating a more standard way of handling bee movement

Along with the monthly meetings there are also committees within the CHC that must be worked with. Committees such as Hive Health, food safety, Labour, Stock replacement, pollination and the honey committee. Each of these committees has board members who work on the initiatives to bring these committees forward. I will give a brief explanation again at the AGM in Halifax on CHC and its accomplishments

Mario Swinkels

Atlantic Director Canadian Honey Council

Did you know?

- 2017 there were 618 registered beekeepers
- Of these 618 registered beekeepers approximately 180 were members of the NSBA
- 2018 as of February 12th there are 419 registered beekeepers. (The difference is typical for this time of year, the numbers will continue to increase as new beekeepers register)
- 2017 there were almost 25,000 hives (24,978)
- NSBA pays \$0.14 per hive to the CHC (Whether you are a NSBA member or not)

Sandra Swinkels “the bee girl”

Nothing Bees Create Goes To Waste.
What can the health benefits of propolis do for you?

Consider bee propolis to be the “glue” that keeps everything together. Initially, propolis was thought to simply provide protection to the hive from severe elements (e.g., rain, cold winds, snow). But protection is the most simple purpose for propolis; additionally it helps: reinforce hive structure and stability; minimize disruptive vibrations; prevent disease and parasites from infecting the hives; and mummify small intruders who meet their death inside the hive. Propolis is typically a mixed resin composed of beeswax, saliva, sap, and various botanical products in the surrounding area.

An All-Natural Fighter

The health benefits of propolis are impressive — I am still amazed at the results I obtain from this dark, sticky substance, time and time again.

Last Summer, friends of course told us how propolis helped their niece who had been diagnosed with breast cancer. After adding propolis to her smoothies every day for 3 weeks, doctors could not find the cancer. After hearing this story, I thought, heck, why not add it to my smoothie every day. What I noticed after almost 30 days of suffering with constipation, I was no longer having problems. Needless to say, I still put the propolis in my smoothie every day and happy to report it still works beautifully. I decided to start researching what else it could be good for and this is what I found:

1. Propolis Kills Bacteria

One study investigated the anti-bacterial capabilities of propolis in the mouth and more specifically with regards to root

canals. The researchers compared propolis with calcium hydroxide, which apparently is a very effective antimicrobial, and found that it is significantly more powerful at eliminating certain germs than calcium is.

Propolis has traditionally been used to kill colds and the flu, and this study clearly shows how its powerful bacteria-killing properties work throughout the body.

2. Propolis Lowers Blood Pressure

Nitric oxide is a very important substance for healthy hearts. The inner lining of your blood vessels use nitric oxide to signal the surrounding smooth muscles to relax, thus resulting in vasodilation (the widening of blood vessels) and increased blood flow.

Reduction in the bioavailability of nitric oxide plays a significant role in the development of high blood pressure. Without it, you’d have a heart attack. There is an enzyme called Tyrosine hydroxylase (or TH for short) that limits that amount of nitric oxide you can produce.

Researchers had a hunch that propolis could decrease TH and in turn, lower blood pressure. So they took a bunch of rats and fed them something called nitro-l-arginine methyl ester for 15 days, to produce high blood pressure. They then fed the rats propolis for the last five days.

What they found after doing this was that propolis decreased TH activity in the rats. As a result, they suggested that propolis may help modulate blood pressure.

If you do suffer from hypertension, you may want to consider using raw honey, which contains propolis, as it has been proven to lower blood pressure.

3. Propolis Helps Treat Bone Diseases
Another health benefit of propolis appears to be that it helps to build and maintain healthy bone tissue.

Scientists recently investigated whether Caffeic Acid Phenethyl Ester, a very powerful compound found in propolis, could halt or reverse osteolytic bone diseases. They discovered that this compound was very effective at suppressing the inflammatory compounds that cause bone diseases and even suggested propolis might be a potential treatment for bone wasting diseases like osteoporosis.

If you’re suffering from bone density loss or have a history of it in your family, taking a daily dose of propolis could be a very wise thing to do!

4. Propolis Helps Treat Allergies

An amazing health benefit of propolis is its ability to calm the symptoms of seasonal allergies.

Scientists gave propolis to rats for two weeks and found that it significantly inhibited histamine release from the rats’ mast cells. Histamine is the compound that makes you sneeze, gives you watery eyes and a runny nose – generally making your life more difficult. Anti-histamines are the main allergy drugs sold over the counter.

Their results clearly demonstrated that propolis may be effective in the relief of symptoms of allergic rhinitis through inhibition of histamine release. So come allergy season, don’t only take your bee pollen but add a daily dose of propolis.

5. Propolis Boosts Prostate Cancer Cell Death

Prostate cancer is a commonly diagnosed cancer in men. But there is exciting news

regarding this deadly disease – one of the health benefits of propolis appears to be that it prevents and suppresses this type of cancer (at least in a test tube).

Scientists examined the cancer killing effects of propolis tincture on two common types of prostate cancer. They concluded that propolis tincture markedly improved cell death in prostate cancer cells and suggested the significant role of propolis in chemoprevention of prostate cancer.

6. Propolis Kills Colon Cancer Cells

Scientists recently decided to look at the anti-cancer and anti-microbial potential of propolis at the same time.

First they exposed propolis to four different pathogens. As those of us who've used propolis to kill many colds have known for years, the propolis showed very strong antimicrobial activity.

The scientists then tested propolis against colon cancer cells. They found that it caused the cancer cells to die by necrosis, which means that it interrupted the blood supply to the cell and caused just the local cancer cells to die and NOT healthy, living cells.

Chemotherapy does the opposite of this – it kills both healthy living cells and the cancer cells and is the reason why chemo has such violent and devastating side effects.

7. Propolis May Help Treat Food Poisoning

The aim of a recent study was to analyze the antimicrobial activity of propolis against the germs that cause what is commonly referred to as 'food poisoning.' (16 *Campylobacter jejuni*)

The scientists found that propolis inhibited the growth of *C. jejuni*,

Enterobacter faecalis, and *Staphylococcus aureus*, the three bugs that are commonly found in food poisoning cases.

They went on to say that propolis preparations could be used as support to traditional therapy for infection, especially when antibiotics show no activity against these micro-organisms.

8. Propolis Protects Injured Teeth

I'll be honest – the study on dental health and propolis was pretty hard to understand (a lot of big, technical words that were beyond my vocabulary) But, I'll do my best to sum it up for you anyways.

Apparently, traumatic injuries to the teeth present a challenging situation for the clinician because of post-treatment complications such as inflammation.

In this study, scientists evaluated propolis as an anti-resorptive agent. Basically, they wanted to see if propolis could help control the inflammation when someone's teeth got knocked out so that they could put the teeth back in.

And what they found was that yes, propolis did indeed help. Propolis can affect very strong anti-inflammatory activity in many areas of the body. Inflammation is responsible for diseases such as arthritis, heart disease, Alzheimers, and many more. Much of the recent research indicates that one of the primary health benefits of propolis is it's anti-inflammatory effects.

Chances are that people who consume propolis on a regular basis have less inflammation in their bodies and ultimately less disease, leading to a healthier, longer lives!

9. Heat Stress & Athletic Performance

One of the reasons the health benefits of propolis are so vast is because it is so full

of antioxidants.

And now research has discovered just how useful these particular antioxidants can be for athletes, as they protect athletes from overheating, according to an article in the *Journal of Food Science*.

An active ingredient in propolis known as caffeic acid phenethyl ester, or CAPE, triggers a broad spectrum of biological activities including antioxidant, anti-inflammatory and antiviral.

Heat stress is considered to be the main factor underlying the early fatigue and dehydration seen during prolonged exercise in the heat.

Researchers examined blood from 30 competitive cyclists who engaged in endurance training for two to four years prior to the investigation. The lead researcher stated at the conclusion of the study that CAPE (one of the powerful compounds in propolis) just might promote athletic performance.

So athletes, take your propolis especially during the summer. It just may give you a safe, natural competitive advantage!

Most of this information was obtained from the website "Honey Colony's" and compiled by:

Swinkels
BEE NATURAL



Bee Products

The information within this article does not constitute advice, nor is the accuracy of the information guaranteed.

Please seek professional medical assistance in the event that you may be suffering from any medical problem.

Q What are the benefits/drawbacks of reversing the two brood boxes in spring?

Benefits: bees because bees like to move up so reversing gives space to move.

Drawbacks: it takes time and each hive moves at a different pace, this would mean more trips to the yard

Q 2nd year beekeeper here, if I split my hive how will this affect my honey harvest? Will both hives build up fast enough for a fall harvest?

Splitting hives is a natural occurrence called swarming. As for honey loss, when splitting, look at it as having twice the queen power, two queens double the bees especially by fall, double the bees = double the crop.

Q It is wise to always test for Mites, or should I treat regardless? Also, approximately what dates are varroa treatments performed?

Mite testing is a mandatory item, and should be done regularly. Mite loads can multiply quickly from late spring to summer. So late summer is very important.

Q I know this question is very "general" and dependant on food source, but typically how many hives (double brood box) should be in one yard & what is the optimum distance between yards?

In Nova Scotia typical yards range around 20-24 hives. More if there is good bee pasture but less in a forest region. The optimum distance between yards is 5 miles, however, the more bee pasture you have available the closer the yards can be.

Q Is ok to open the hive in the winter when it is warm out? Not to do an inspection or tear the hive apart but to check for available food, to add fondant and a quick assessment.

I am reluctant to open hives in the winter & late winter but this may be the year to do so as a quick top-bar inspection. Certainly check for weight as our long warm fall used up a lot of winter honey early.

Q Polystyrene hive versus the traditional wooden hive: thoughts comments suggestions?

I do not use polystyrene hives but many people who do are pleased with them. When pollinating I suspect the movement would be hard on the foam but for stationary keepers it keeps a more consistent temperature all year long.

Answers provided are based on personal experience of the beekeeper. The newsletter and the beekeeper are not responsible for misconstrued information.



We'd love to help make your labeling needs easy!
Give us a call, or check us out online.

 Beth@GoMLP.ca  1-855-835-2400 Ext. 1  www.GoMLP.ca



WITH MLP
*IF PAYED IN 30 DAYS



Springtime Reminders From Country Fields

Spring is in the Air and soon the Bees will be too!

The fall season seemed to go on for ever with reports of brood being raised well into November. The winter has brought us many significant swings in temperature and we are already getting wide spread reports of brood from those that took a peek into their hives during the warm spells in February.

This brings into question food stores and if your hives have enough to get them through until Mother Nature provides a food source.

It seems that spring feeding will be needed for many in Atlantic Canada.

Some other tips for springtime:

VARROA:

Early spring is a excellent time to treat for Varroa mites and many beekeepers are already adding mite treatments to hives whenever a weather window presents itself.

SMALL HIVE BEETLE:

As you all know, Small Hive Beetle has been detected in NB. We do not know if this pest will be successful in overwintering in our region, but we should all keep a vigilant eye open to do our part in early detection of SHB in Nova Scotia. Your local Beekeeping store should be fully stocked.

ANTIMICROBIAL TREATMENTS:

New Regulation - Oxytet 25 and other Antimicrobial treatments will only be available from a veterinarian starting on Dec. 1st, 2018. Your local Beekeeping store should be fully stocked with fresh dating.

NOSEMA:

Cold, wet springs as we often have in Atlantic Canada, can often contribute to Nosema in the hive. Traditionally beekeepers have treated for Nosema with Fumagilin B, but many who wish to avoid unnatural medication in the hive have turned to natural alternatives such as "Ziegler's Bee Tea" or "HiveAlive" as feeding additives. Whatever your preference your local Beekeeping store should be fully stocked..

Let's hope the 2018 beekeeping season is productive and fruitful! :)

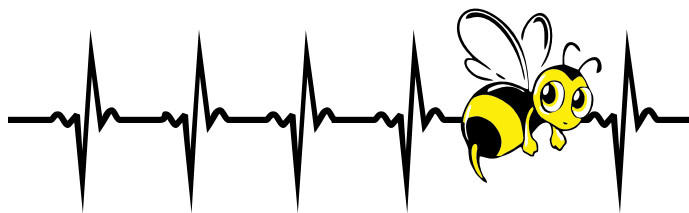
Tim Purdy
Country Fields Beekeeping

As an NSBA Member, you have access to several tools to enhance your business and beekeeping operation. The NSBA will loan the following equipment to members, all you need to do is contact Alex Crouse at facrouse@gmail.com and he will help you gain access to the equipment.

- Extractor
- Observation hive
- 4 sets of 4 roll up display posters (spread throughout the province)

We are currently trying to locate the queen incubator and one set of posters. If you have these in your possession, please drop Alex a note.

We also have a supply of brochures that the NSBA has produced and are available to members for promotion. The two that we have in stock are Honey Recipes and an overview of the beekeeping industry in Nova Scotia. Please contact Alex if you are intertsted.



Contributions to the newsletter are appreciated!
Please forward comments, questions, tips & articles
to: nsba.newsletter@xplornet.com

<p>PRINTING SERVICES From Business Cards to Banners and Beyond...</p> <p>The UPS Store - your one stop shop for all your printing and copying needs</p> <div>  Business Cards  Brochures  Booklets & Manuals  Digital Photo Enlargements  Indoor & Outdoor Banners  Lamination up to 60" wide </div> <p>14 Court Street Suite 200 Truro NS B2N 3H7 T. 902 895 7225 E. store141@theupsstore.ca</p>	<p>SPECIAL DISCOUNT</p> <p>10% off to all registered Beekeepers</p> <p>(Must provide a valid Beekeepers registration number)</p>	<p>The UPS Store </p> <p>Use your discount to print: Honey Labels, Business cards, Flyers, Promotional Banners, Posters and Colour Copies!</p> <p>Anything you can imagine!</p> <p>Valid only at the Truro Location but hey, we are UPS - WE WILL SHIP!</p>
---	---	---