



CAPPINGS

The Official Newsletter of the
Kansas Honey Producers Association
www.KansasHoneyProducers.org



Promoting Mankind's Most Beneficial Insect – The Honey Bee Winter January 2013

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As I write this, the ABF meeting is finishing up in Hershey, Pennsylvania. Tim Tucker and other Kansas beekeepers represented our state and I'm sure, gleaned information on the latest trends in beekeeping. We love these conferences for one reason; new ideas! I'm looking forward to hearing what's new in the world from Tim and Bruce.

Two products new to us are being considered for a Kansas Section 18 status for mite control are Hop Guard and Apivar. Hop guard is an acid derived from the hop plant. It is most effective during the pre-pollination period (before sealed brood) mid-summer and at the onset of winter brood development. This product is safe to be used with honey supers on the hive. Hop Guard, according to the manufacturer, has no side effects on queen development, drones, or upon egg laying.

Amitraz is the other product being considered and is sold under the trade name Apivar. It has a 6 week treatment cycle with 2 strips/10 frames needed. Apivar cannot be used with honey supers in place but there is no lag time needed between removing the product and adding supers to your hive.

Both products are presented in strip form, something most of us are familiar with, for ease of application. Amitraz and Hop Guard are available in several neighboring states and we hope to have the Section 18 in place for spring use. We should have additional info by our March meeting.

Many people make New Year's resolutions—maybe it's a good practice or maybe not but here's one that I would like every seasoned beekeeper to consider. Share your knowledge. Several new beekeepers have approached us and literally begged for someone to help them get started in beekeeping. So, as an organization, we have focused our efforts on basic beekeeping instruction at our spring meeting for the past few years. But, these folks want someone to reach out to when things don't look right or when the bees just aren't doing what "the book" says they should. We desperately need adult mentors for new beekeepers. Our youth program has provided mentoring for many young beekeepers over the past few years. Every adult who has participated in this venture has spoken positively about the experience and about how much THEY have learned while mentoring. You never know a subject until you teach it to another person—it just makes you think about the why in what you do. So, at this March meeting (or at a 4-H, scout meeting, garden club, or other local event) offer your services to a new beekeeper and be that friendly, helping hand. That's a New Year's resolution that will benefit another beekeeper, yourself and Mother Nature, too.

We are still way to dry in this part of the state—Jackson county was down 27" of rain fall in 2012!! Hope this year we have a little more moderate weather pattern favoring honey production.

4 SALE

For Sale: Delux Compact Extractor:
"Perfect for the hobbyist beekeeper seeking an
"all-in-one" operation."

Purchased through "Better Bee Catalog". Purchased 4
years ago. Used three times (no honey harvest in
2011 due to drought). Excellent condition. Works
flawlessly. Perfect for the person with five or fewer
hives. Originally sold for \$360.00, asking \$180.00.

For Sale: 20 Bee Max Hive Top Feeders for 10 frame
hives. Good condition. "Allows for rapid feeding of
the hive and helps insulate the top of the hive in
winter" as advertised in "Better Bee Catalog."
Originally sold for \$19.95 each, asking \$10.00 each.

Please call 620-200-8751 evenings. Will possibly
deliver to Spring Meeting; depending on schedule.

Spring Plant Sale

Spring is fast approaching and all our Bees will be waking up soon! As we plot and plan for the coming bee year, don't forget about plantings to help your bees along! We have a special offering for the Spring meeting that will be "Blue Beard", a perennial shrub that blooms and provides nectar in the fall! These plants will be for sale at the Spring meeting for a minimal price and the proceeds will go to our Youth scholarships. So put some extra money aside for the spring meeting!

The Peabody-Burns High School Horticulture class is growing these plants for us this year as their yearly project. They do a great job and if all of them make it to March, we will have 72 plants for sale in half-gallon containers. This bush is a must for your yard or around the bee yard. The Beautiful blue flowers and nice round shape make this bush not only a delight for the bees, but for your landscaping projects as well. I have grown this for a year and it is very hardy and will be absolutely covered with bees when it blooms in September! They can get up to 4 to 5 feet tall but if you trim them back by 1/3 in winter they make a lovely mound. So if you are interested you can order some to be reserved for you but they must be picked up at the Spring meeting.

Contact Debbie Mcsweeney at walela13@yahoo.com. See you this Spring!

5 Frame Nucs \$ 120.00 ea.
10 -25 \$110.00 ea.
26 or more \$100.00 ea.

Available after May 1st -

No Frame Exchange

**Quantities are limited so reserve yours
as soon as possible**

Tim Tucker 620-879-2926 or

tuckerb@hit.net



Facts on Honey and Cinnamon

It is found that a mix of honey and Cinnamon cures most diseases.

Honey is produced in most of the countries of the world. Scientists of today also note honey as very effective medicine for all kinds of diseases. Honey can be used without side effects which is also a plus.

Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients.

Researched by western scientists:

HEART DISEASES: Make a paste of honey and cinnamon powder, put it on toast instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from heart attack. Also, even if you have already had an attack studies show you could be kept miles away from the next attack. Regular use of cinnamon honey strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

ARTHRITIS: Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain -- and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

BLADDER INFECTIONS: Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder....who knew?

CHOLESTEROL: Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol-could be cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS: Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses, and it's delicious too!

UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also is said to clear stomach ulcers from its root. **GAS:** According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

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INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals.

INFLUENZA: A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old. **RASPY OR SORE THROAT:** When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

PIMPLES: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ring-worm and all types of skin Infections.

WEIGHT LOSS: Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER: Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

FATIGUE: Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

BAD BREATH: People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day. **HEARING LOSS:** Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing. Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!

***NOTE:** The honey used needs to be **REAL RAW UNPASTEURIZED HONEY**. If it says PURE honey it is most likely pasteurized. It is best to only **buy honey that says RAW or UNPASTEURIZED** on the label. The difference is that the enzymes are all heated out of the pasteurized honey

From:

<http://fatalfacts.com/index.php?/topic/1308-facts-on-honey-and-cinnamon-it-is-found-that-a-mixture-of-honey-and-cinnamon-cures-most-diseases/>



I remember reading "Mother Earth" magazine with my mother when I was younger. There was a lot of good information on a lot of things, all of which were natural or "organic" and good for the person who did not like the chemicals being added to our world. The magazine also gave good advice on how to "get back to nature". Even though I was never a true "green" person I did enjoy the time spent reading "Mother Earth". It is my hope that you will enjoy the fair if you decide to go. Hester

Perhaps the attachment will pique interest in some of our members. Many are unaware that The Mother Earth News is a Kansas publication, owned by Ogden Press of Topeka, Ks. They have been having fairs for a few years now and are having the first one in the Midwest at Lawrence, Ks. MEN magazine has taken a deep interest in bee keeping over the last several years especially and has had articles dating back to the 1980's on our favorite subject – bee keeping. Greg Swab

Mother Earth News Fair



Puyallup, Wash. • June 1-2, 2013 | Seven Springs, Pa. • Sept 20-22, 2013 | Lawrence, Kan. • Oct 12-13, 2013

Watson Park

Lawrence, Kan. | Oct. 12-13, 2013

727 Kentucky St.

Lawrence, Kan. 66044

Saturday Fair hours: 9:00 AM-7:00 PM

Sunday Fair hours: 9:00 AM-6:00 PM

About the FAIR

MOTHER EARTH NEWS FAIRS are fun-filled, family-oriented sustainable lifestyle events. The Lawrence FAIR features practical, hands-on demos and workshops:

- Renewable energy
- Small-scale agriculture
- Gardening
- Green building and more

We hand-select local and national exhibitors to bring you the best in:

- Organic food and drink
- Books and magazines
- Tools and seeds
- Clothing and more

Watson Park is located in the heart of downtown Lawrence, surrounded by dozens

of locally owned restaurants and businesses. The park is located 40 miles west of

Kansas City and 25 miles east of Topeka, only 3 blocks from the Kansas River.

Only service animals are permitted on the fairgrounds. No pets, please.

Tickets and Lodging

Tickets will be available starting on Monday, Nov. 26, 2012.

One Day Tickets

Pre-order by Jan. 31, 2013: \$10

(Price at the gate: \$25)

Weekend Tickets

Pre-order by Jan. 31, 2013: \$15

(Price at the gate: \$35)

Two Weekend Passes and 2013 Archive DVD: \$50

Order the complete MOTHER EARTH NEWS Archive DVD 1970-2012 (a \$59.95 value) and get two Full Weekend Passes to the MOTHER EARTH NEWS FAIR in Lawrence, Kan., Oct. 12-13, 2013, for FREE! You'll save \$70!

VIP Tickets: \$200

VIP Tickets include:

- Guaranteed front row seats at all workshops

Access to our VIP lounge, featuring a chef-prepared gourmet breakfast and lunch along with all snack and breakfast service on both Saturday and Sunday PLUS an opportunity to mingle with many of our speakers and special partners

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- The complete Mother Earth News Archive on DVD (a \$59.95 value)

Please note: Only 100 VIP tickets are available for each event!

If you have any questions, please call our customer care staff

at 1-800-234-3368.

2013 Kansas Honey Producer's Association Membership Application

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone# _____ *E-mail Address* _____

Membership Kansas Honey Producer's Association per year (Jan.-Dec.) \$15.00 _____

Additional family members wanting voting rights \$1.00 per person \$1.00 _____

Additional family member's names:

Youth Membership (18 years of age or under) \$7.50 _____

American Bee Journal 1 year subscription \$19.50 _____

Bee Culture Magazine (formerly "Gleanings") 1 year subscription \$21.00 _____

Donation Amount _____

Total Due Total _____

Make checks payable to: KHPA or Kansas Honey Producer's Association.

Mail to: Robert Burns, 7601 W 54th Terrace, Shawnee Mission, Kansas 66202 Phone# 913-831-6096

E-mail address: rburns@kc.rr.com

The Kansas Honey Producer's Association is a non-profit IRC 501(c)5 agricultural-educational organization, run by dedicated volunteers, and supported primarily by membership dues (subscriptions). The IRC status means that the association is a tax-exempt organization. While donations are always welcome, they are not tax deductible as a charitable contribution. However, membership dues and subscriptions may be deductible as ordinary and necessary business expenses.

Kansas Honey Producer's Association — *Cappings*

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Address Service Requested