

# Sussex County Beekeepers Association

October/November 2008

## President's Message

Hello Beekeepers,

We finished up our beekeeping year with a very well attended (50 people) and educational meeting at the Brodhecker's home. A big thank you to Deb and Steve for their hospitality.

Our State bee inspector, Tim Schuler, provided the program on American Foul Brood. His presentation was excellent and generated a lot of discussion. He showed our new beekeepers what a healthy hive looks like and compared that with some frames of AFB he brought with him. It was great to be able to see what we have read about AFB in our beekeeping books!

Tim encouraged beekeepers to call him if you think you may have a problem with your bees. Thank you Tim for

sharing your beekeeping expertise!

It sure looks and feels like Fall. That means winter is not too far behind. We have found that the success to wintering our bees is to treat for mites and feed, feed, feed.

This time of year, sugar water should be the food of choice. Continue to feed until they don't take it any longer. Then in February, begin feeding the bees hard sugar candy.

There is nothing more frustrating than getting through the tough months of winter and having your bees starve just before spring arrives. Trust me, it happens.

We have one last meeting to close out the year on November 22 at the Blue Ribbon restaurant on Culver's Lake. This

is a nice evening out to enjoy good food, good company and of course talk bees. Please see the menu and details inside this newsletter and mark your calendar.

At this meeting, I would like to discuss the slate of new officers for the coming New Year and schedule our January/February planning meeting for 2009.

Bee Well and enjoy the holidays. Hope to see you all on November 22.

*Linda Osborne*



SCBA Newsletter  
Oct/Nov 2008

## SCBA Calendar

### *Clip and Refrigerate*

#### • **Saturday, Nov. 22**

Holiday Dinner Meeting, 6 pm at Blue Ribbon Restaurant, Culver's Lake, Branchville, NJ

RSVP to Linda by 11/13  
973-875-5770

#### • **Saturday, March 7 and 14. Snow date March 21**

Short course for new Beekeepers at the Sussex County Fair Administration Building. More details will follow.

## SCBA Holiday Dinner

Come one, come all to the Sussex County Beekeepers Holiday Dinner on Saturday, Nov. 22 at the Blue Ribbon on Route 206 North on Culver's Lake just outside of Branchville.

The food is great and the company even better. This is a fun way to kick off the Holiday Season with your beekeeping family.

The evening begins with a cash bar at 6pm. A buffet dinner will be served at 6:30 pm. Choose from: Chicken Francaise, Salmon, Penne a la Vodka, rice, vegetables, salad, bread, butter and dessert. Coffee, tea and soda.

The cost is \$20 per person, the club picks up the tax and gratuity.

Please RSVP to Linda by **Nov. 13**.  
Call 973-875-5770 or

e-mail at [foxhill4@embarqmail.com](mailto:foxhill4@embarqmail.com). For directions check the website [www.brodheckerfarms.com/SCBA](http://www.brodheckerfarms.com/SCBA)



## Honey Proves a Better Option for Childhood Cough than OTCs

Hershey, Pa. — Now that the safety and effectiveness of children's cough medicines are in question, what can parents do to help their child deal with a troublesome cough?

A new study by a Penn State College of Medicine research team found that honey may offer parents an effective and safe alternative. The study found that a small dose of buckwheat honey given before bedtime provided better relief of nighttime cough and sleep difficulty in children than no treatment or dextromethorphan (DM), a cough suppressant found in many over-the-counter cold medications.

Honey did a better job reducing the severity, frequency and bothersome nature of nighttime cough from upper respiratory infection than DM or no treatment. Honey also showed a positive effect on the sleep quality of both the coughing child and the child's parents. DM was not significantly better at alleviating symptoms than no treatment.

These findings are especially notable since an FDA advisory board recently recommended that over-the-counter (OTC) cough and cold medicines not be given to children less than 6 years old because of their lack of effectiveness and potential for side effects. Honey should only be given to children over 12 months of age.

The results are published by Penn State College of Medicine researchers, led by Ian Paul, M.D., M.Sc., in this month's Archives of Pediatrics and Adolescent Medicine.

### Golden Pear & Almond Gratin

1/2 cup honey  
1/4 cup dry white wine  
1 Tablespoon lemon juice  
1 Tablespoon orange juice  
1/2 cup sliced almonds, toasted and divided  
1 Tablespoon grated lemon peel  
1 Tablespoon grated orange peel  
1/2 Teaspoon ground cinnamon  
2 lb ripe pears, peeled, halved, cored and sliced.

In saucepan, combine honey, wine, lemon and orange juices. Bring mixture to a boil, whisking to dissolve honey. Reduce heat and simmer until liquid is reduced by half, about 15 minutes. Set aside. Meanwhile, chop 1/4 cup almonds. In small bowl, stir together chopped almonds, lemon peel, orange peel and cinnamon until thoroughly mixed. Set aside. In a greased 10-inch gratin dish or pie plate, layer half of pear slices; sprinkling with chopped almond mixture. Top with remaining pear slices and remaining 1/4 cup sliced almonds. Pour honey mixture over pears. Bake at 400 degrees for 25 minutes or until top is golden brown. Serve warm or chilled.

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Sussex County Beekeepers Association  
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## Who Ya Gonna Call?

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