

## OCBA Meeting Minutes, August 9, 2018

Cynthia Speed

Our pre-meeting dinner was held, as usual, in the Fireplace Room at Radius Pizzeria in Hillsborough with 15 in attendance.

President Mark Powers opened the meeting following the brief social period from 7:00 to 7:15 when members enjoyed refreshments and talked about their bees. Members who needed to rush off before the meeting ended had an opportunity to talk with each other and refreshments were available throughout the meeting. Refreshments were provided by Chris Apple, Meredith Friedrich, and Kirsten Bothwell.

Mark quickly showed a few slides of the new t-shirts that will soon become available. With John Rintoul's research, the executive committee has come up with a plan to offer several styles and colors of t-shirts. This will be a one-time order finalized by the September meeting when payment will be collected. Notification will go out to all members via the listserv and on the web site. Cynthia Speed, Secretary, circulated two packets with descriptions of t-shirts and the order forms. As the GAP co-chairperson, she said that she was excited to get t-shirts because it would be nice to have matching shirts when OCBA members go on stage to receive the Golden Achievement Award next summer at the conference. Five colors of short sleeved, 100% cotton Hanes Beefy Ts are priced at \$20 each. Four colors of long sleeved, 100% cotton Hanes Beefy Ts are priced at \$30 each but dependent on how many are ordered. Four colors of Ladies V-Neck short sleeved, 100% pre-shrunk ringspun cotton Ts are priced at \$26 each but dependent on how many are ordered. If you missed placing an order at the meeting you can view the colors on the website and on the listserv and place an order.

Brad Kosiba, keeper of the honey extractor announced that he had brought the club's refractometer to test the moisture content of any honey that members had brought. He will continue to bring it to monthly meetings until further notice.

Dr. Mark Powers, MD was our speaker for the evening. He presented, "Bee Sting Allergy, What You Need to Know" and discussed heat exhaustion and its danger for summer beekeeping. His talk was excellent as you might expect with interesting slides. He shared some interesting facts such as, there are 40 deaths /yr in the US by species of Hymenoptera. This sounds like a lot but not when you consider that lightning kills 33/yr; firearms, 34,252; and opioids 42,249/yr and rising. Ninety per cent of total bee venom is delivered within 20 seconds after the sting, hence the need to remove the stinger as soon as possible. He shared his favorite slide on the chemical components of bee, wasp, hornet, and ant venom. The graphic gave a broad overview of the complex mix of components present in each one. When most people are stung, the site develops redness, swelling and itching, but the immune system of those who are allergic to stings overacts to the venom. After their first sting, their body produces antibodies

called Immunoglobulin E. If stung again, the venom interacts with this specific IgE antibody triggering the release of substances that cause an allergic reaction. Systemic allergic reactions occur away from the sting site and usually start within minutes. Hives, swelling of the throat, breathing issues, dizziness and loss of consciousness can occur. This is anaphylaxis and is a medical emergency. Mark said to carry a cell phone so that you can call 911. If the reaction is mild, take an antihistamine, otherwise take epinephrine and again in 15 minutes.

You can have a toxic reaction that is not caused by IgE. It can occur after multiple stings (i.e. Beekeeper working multiple hives in a day). This is not an allergy although it can cause headache hives, nausea and diarrhea. Numerous stings as in an Africanized Honey Bee attack, can leave venom toxins that can lead to kidney, liver, cerebral dysfunction and red blood cell lysis.

Mark said that all beekeepers should be familiar with allergy symptoms and have a plan for prompt treatment for themselves and others.

Individuals experiencing heat exhaustion or heat stroke should seek medical care immediately. Any delay could be fatal. Heat exhaustion: cool, clammy skin with goosebumps, sweating, temp 100 – 104, dizzy, lightheaded, muscle cramps, headache, nausea. Heat stroke: flushed, hot dry skin, not sweating due to dehydration, temp 105, confusion, fainting, coma, rapid breathing, rapid pulse, low or high BP.

Mark demonstrated how to use an epi-pen and passed around a needle-less one for practice. His talk was complete in record time so a rather nice question/answer session commenced on various topics in addition to sting allergy.

At the business portion of the meeting following the speaker, Randall Austin, NCSBA Piedmont Regional Director presented to Chris Apple, Outreach Director, a "Discover the Goodness Poster" to display at outreach events. He explained that the poster represented the NCSBA's Certified Honey producer program. It's goal is to promote local honey produced by NCSBA beekeepers and to connect local beekeepers with consumers who are looking to purchase local honey. Beekeepers who participate agree to label and classify their honey in accordance with the programs guidelines. The "Discover the Goodness" label features the [realhoney.com](http://realhoney.com) URL where consumers can access the online registry to verify that the seller is indeed a Certified Honey producer. To become a certified honey producer, see further details on the NCSBA web site.

Randall, Education Coordinator, presented to Bradly Kosiba his Journeyman Certificate. Congratulations Brad! If any Certified Beekeepers would like to take the (no cost) Journeyman exam and/or Practical, your next opportunity is in Alamance County in October. Details of time and place are on the NCSBA web site.

Chris thanked those who had already volunteered to chair booths on National Honey Bee Day August 18<sup>th</sup> at the Hillsborough Eno River Farmers' Market and the Chapel Hill Farmers' Market. She will post on the list serv a request for volunteers for a kids' outreach on Sept 15<sup>th</sup> and for Blackwood Farm Park's 1<sup>st</sup> Ag Fest on Sept 30<sup>th</sup>. Details to follow.

Lisa Vogel, Director of OCBA's Mentorship and Apprenticeship program, reminded us that it will soon be time to choose new apprentices. If you know of contacts with organizations such as 4H, FFA, etc. please pass the information on to her.

Our very own Jessica Mjelde, NCSBA Webmaster, has been tasked by the NCSBA to rebuild the state web site. This she has put a lot of work into and has nearly completed it. She asked that members stop at the table and look at the new design on her laptop. She wants see our response and asks for our feedback and suggestions. She will bring it to our next meeting as well.

There were 48 in attendance.