

# The

# LCBA BUZZ

October 2023




*Providing Education in Sustainable Beekeeping*

## WASBA Awards LCBA the Best Small Beekeeping Club in Washington State

The award was based on our education and training of members, meetings, workshops, maintaining an apiary, and participation of members at the Spring Youth Fair, SWWF and the Knowledge Fun Fest among other activities. We shared the honor with another club. We will split a \$500 award and have our club's name on a plaque. There are 30 beekeeping clubs in the state.

## Looking for Volunteers to Join Our Scholarship Committee

It's that time of year again where LCBA gets to support our youth by awarding scholarships! We need your help to review applications and vote on the three scholarship recipients. Please contact Noel at [nsharp928@gmail.com](mailto:nsharp928@gmail.com) by October 31st if you are interested in volunteering. 

WASBA held the Pacific Northwest Beekeepers Conference in Olympia the weekend of October 7th and 8th. It was the first time it has been held on the west side of the mountains in years.

This was a 1-½ day event, with numerous speakers. There was a fine dinner and awards ceremony on Saturday evening, where WASBA awarded LCBA the Best Small Beekeeping Club in the state.

There were numerous speakers from WSU, and most notable was Dr. Tim Lawrence and Sue Colby. One of the highlights was the talk by Dr. Thomas Sealy of Cornell University fame. WASBA recorded the program and will make it available to all clubs attending.

LCBA was well represented at

the event with 17 members in attendance. The \$150 registration fee, which included the dinner, may have been a bit pricey for club members. They plan on having the event again in Olympia for 2024.

LCBA setup a small vendor table with some key information on our club and we sold a few jars of apiary honey.

I would like to give a congratulations to Bret Bryan for obtaining his certificate for Journeyman Beekeeper. Our club VP Bill Cummings is currently taking the Journeyman Beekeeping course through University of Montana. Paul Longwell, who is currently a Master Beekeeper, is enrolled in the Master Beekeeper Program from Cornell University.

*-Steven Howard  
LCBA President*

## Board Members

President: Steven Howard, [sfhoward45@msn.com](mailto:sfhoward45@msn.com)  
Vice President: Bill Cummings, [billdabeekeeper@gmail.com](mailto:billdabeekeeper@gmail.com)  
Secretary: Monica Mansfield, [monicacmansfield@gmail.com](mailto:monicacmansfield@gmail.com)  
Treasurer: Naomi Elliott, [naomielliott@live.com](mailto:naomielliott@live.com)  
Community Outreach Coordinator: Lauren Mizar, [laurenmizar@gmail.com](mailto:laurenmizar@gmail.com)  
Education Coordinator: Noel Sharp, [nsharp928@gmail.com](mailto:nsharp928@gmail.com)  
Mentorship Coordinator: Cody Warren, [codywarren68@gmail.com](mailto:codywarren68@gmail.com)

The Board meets on the 4th Wednesday of each month. Members who would like to address a board meeting may contact the Secretary to have their concerns placed on the agenda.



[www.LewisCountyBeekeepers.org](http://www.LewisCountyBeekeepers.org) 

# Upcoming Events

## October 30-December 9: WASBA Beginning Beekeeping Online Course

- Washington State Beekeepers Association's 5-week online course.
- Course fee of \$50 includes course materials, WASBA certificate and one year membership to WASBA.
- For more information and to sign up, visit [www.nwbeekeeping.com/signup-page](http://www.nwbeekeeping.com/signup-page)

## November 6-December 16: WASBA Apprentice Beekeeping Online Course

- Washington State Beekeepers Association's 5-week online course.
- Course fee of \$60 includes course materials, WASBA certificate and one year membership to WASBA.
- For more information and to sign up, visit [www.nwbeekeeping.com/signup-page](http://www.nwbeekeeping.com/signup-page)

## November 8: Cassie Cichorz

- "Northern Giant Hornet"
- Time: 6-8:30PM
- Location: Centralia College, Washington Hall, Room 103

## November 18: Honey Bee Products Workshop

- Learn how to render beeswax to make your own lip balms, candles and salves.
- Time: 10AM-2PM
- Location: Bill Cummings' Workshop

## December 2: Annual Christmas Party Potluck

- Club will supply ham, meatballs, rolls and drinks. Please bring your favorite side dish.
- Steve and Cody will teach how to make mead.
- Time: 3-6PM
- Location: Peace Lutheran Church, 2071 Bishop Rd, Chehalis, WA 98532

## December 25: Announce Youth Scholarship Winners



## January 6-February 10: LCBA Beginning Beekeeping Class

- Cost: \$55
- Six Saturday classes, 9am-noon
- Location: Centralia College, Washington Hall, Room 103
- Sign up through Centralia College

## January 10: Dr. Tim Lawrence

- "The Life and Times of Drones"
- Video from PNW Beekeeping Conference
- Time: 6-8:30PM
- Location: Centralia College, Washington Hall, Room 103

## February 14: Dr. Thomas Sealy

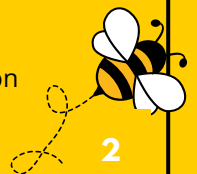
- "Nature Based Beekeeping"
- Video from PNW Beekeeping Conference
- Time: 6-8:30PM
- Location: Centralia College, Washington Hall, Room 103

## March 13: Speaker TBD

- Setup for bee orders
- Time: 5-8:30PM (Note one hour earlier)
- Location: Centralia College, Washington Hall, Room 103

## April 10: Speaker TBD

- Time: 6-8:30PM
- Location: Centralia College, Washington Hall, Room 103



# PNW BEEKEEPING CONFERENCE

October 7-8, 2023



# FALL MAINTENANCE WORKSHOP

October 14, 2023





# OCTOBER MEETING MINUTES

BY LAUREN MIZAR

Approximately 20 members were present and 5 members joined us on Zoom.

Steve welcomed everyone to the meeting and introduced the night's speaker, Gottfried Fritz, the club's oldest longtime beekeeper. Gottfried has been keeping bees for 61 years. He got started in the 1960s.

Gottfried began with a little history about his ancestral roots in what is now Croatia. His family became refugees in 1944, ending up in Austria, where he was born. When his family immigrated to the U.S. they settled in Michigan. At an early age, he became very interested in the natural world and by high school he was learning about bees first hand by traveling to South Dakota each summer to help his older brother and sister-in-law's family with their beekeeping operation.

Gottfried told us the main forage for bees in South Dakota included dandelions, white sweet clover, yellow clover, and alfalfa. Queen bees with this forage could last 4-5 years. Wind could be a problem, but farmers put in lots of trees for windbreaks and that is where they placed their hives. They would often have hives with two

brood boxes and six supers on top by the end of summer. Their honey operation would often yield 14,000 pounds of honey a year.

He shared a few other interesting facts and differences from beekeeping in the 1960s in South Dakota. Mites were not a problem, but American foulbrood and wax moths were. Blacksmiths custom made components and equipment. Beekeepers and farmers were not environmentally conscientious. Honey prices were 25 to 35 cents a pound. Walk away splits were the way to increase hives. There was a State Bee Inspector that made sure hives were not too close together and could have a hive destroyed if he saw health issues. At least 90 pounds of honey was needed for a hive to get through the winter.

Gottfried ended by telling us why he has valued beekeeping: meeting many people from different cultures and communities, having wonderful experiences traveling 1700 miles every summer on his trips to South Dakota, the excitement of catching swarms, and enjoying the beauty of the land.

We have raffle board items available: honey,

# OCTOBER MEETING MINUTES

moisture boards, club coffee mugs and hats.

Steve announced that we tied for the WASBA Best Small Bee Club award with one other Washington bee club. We share a \$500.00 prize. He thanked everyone for their participation and helping send in information to get the points to win the award.

Our current financials are:

- Checking: \$2,345.00
- Savings: \$10,008.78
- Youth Scholarship Savings: \$3,000.00
- Petty Cash: \$260.00
- Club honey and raffle tickets brought in some money as well.

Cody reported that we lost two hives at the club's apiary to yellow jackets. The bees have been fed sugar water. Apple cider vinegar solution was put out to capture yellow jackets. Steve warned to not use the apple cider vinegar mixture during a dearth because honey bees will go into it as well.

Steve showed us sections of Monica's first newsletter and thanked her for producing such an outstanding product. He encouraged members to contact Monica if they have bee news or honey recipes they'd like to share in the newsletter.

Steve announced election candidates: Theresa Arlotto for Treasurer, Naomi Elliott for Apiary and Mentorship Coordinator, Steve Howard for President, and Joe Angelo for Community Outreach Coordinator. Dottie Blackstone has volunteered to share the position with Joe to lighten the load.

Noel told the group that the Youth Scholarship Program will choose three students for 2024. Noel will need a committee of 3-5 folks to help her read through essays in December to select the scholarships.


Noel also showed us how to access the menu on our new website by clicking on the three lines at the top. She showed us how to access information about education, workshops, and mentors as well. Noel is continually updating. Please call her if you have questions about the website.

Bill announced the November speaker will be Cassie Cichorz speaking about the Northern Giant Hornet. He also reminded everyone about the Moisture Box Workshop at his place this coming Saturday. The cost for materials, including pine chips, is \$13. Steve will be making hard candy. Bring an 8 pound bag of sugar if you want to make hard candy. Steve will demo making Honey Bee Healthy.

Noel spoke about the November 18th Bee Products Workshop. Three items will be made using beeswax: candles, salves, and lip balms. An email will be sent out later with more details about the cost of these items. They make great gifts and stocking stuffers.

Lauren reminded the club about the Christmas party on December 2nd from 3-6pm at Peace Lutheran Church. The club will provide ham, meatballs, rolls, water, soda, tea, and coffee. Members can bring a side dish or dessert to share as well as items for the raffle. Raffle proceeds will go to the Youth Scholarship Program

Steve highlighted a few of the speakers from the Pacific Northwest Beekeeping Conference. In Dr. Thomas Seeley's talk "Nature Based Beekeeping," he spoke about how wild colonies are good at uncapping to get at the varroa mites. They also swarm which causes a brood break and slows the varroa production. Wild colonies have smaller hives that are easier for the bees to manage. One brood box with one super shows an 83% survival rate, bigger hives have a much lower survival rate. No moisture boxes are needed for natural beekeeping. Other presentations included Dr. Tim Lawrence's talk "The Life and Times of Drones," and Sue Cobey's talk "The Extraordinary Reproductive Strategies of Honeybees." Steve will look into seeing if we can share their videos with the club.

For October hive management, you'll want to add pollen patties, set up moisture boxes, make bee candy, put on entrance reducers, and finish up mite treatments. One of our master beekeeper members cautioned about using pollen patties. Use patties with only 10% pollen. You don't want to encourage the production of summer bees, but rather winter bees "which are almost a different kind of bee." 



# THE PRESIDENT'S BUZZ

By Steven Howard

## 5 THINGS TO DO IN YOUR HIVES RIGHT NOW

We are well into fall and weather this year changed with the snap of one's fingers. Here are some key things you should be doing with your hives right now:

### >>> PROTECT FROM YELLOW JACKETS

I have had reports of several of our beekeepers losing their hives. There were two beeks who each lost two hives and one was our club's apiary. Putting on an entrance reducer is a must. If you see yellow jackets trying to get in, put it on the smallest opening. You may be at the point where it is too late if you see many yellow jackets entering frequently. They are overwhelming the guard bees. Check your hives daily. Use a commercial yellow jacket trap. Setup numerous ones. We will have the yellow jackets around until the first good freeze.

### >>> TREAT FOR VARROA MITES

This is ongoing throughout the year and was mentioned last month to get into a four treatment plan throughout the year. Some members do it more than four times. I had mentioned I was going to use OAE for my third treatment but I am going to treat with the oxalic acid vaporizer. This works well if you have few hives. For those of us with many hives, it is too time consuming. I plan on purchasing one of the Easy Vap vaporizers. You drill a ¼" hole in the back of your hive and it takes around one minute to complete the job.


### >>> ADD MOISTURE BOXES

We had a workshop this past weekend at Bill Cummings' place on making moisture boxes, bee candy and Bee Cheer. It was well attended by 27 members. I placed my moisture boxes on this past week. Make sure you have at least three inches of wood chips in your box. I do not use an inner cover with my moisture box.

### >>> FEED BEE CANDY

When you put on your moisture boxes, also put on your bee candy. I have put candy in all my hives. I usually put on three pounds of candy. A strong hive can go through this in three weeks this time of year, but slow down consumption when it gets colder.

### >>> ADD HIVE COVERS

With the rainy season upon us, now is the time to put on your hive covers. You may have constructed a fancy cover for them or just have a simple plywood or an old political sign poster on them. Make sure that you put a rock or brick on top the cover. Also, make sure your hives are slightly tilted. This is more important if you are using solid bottom boards. 

# PROTEIN: TO FEED OR NOT TO FEED?

By Paul Longwell

*In the Northwest, pollen is available starting in early March, or sometimes late February, and continues until the beginning of October. Depending on the weather variations year to year, and the species of flowering plants in your area, there can be periods during the bee season when there is a pollen dearth — a period of very low pollen availability. If your bees do not have enough pollen, you will see lots of dry larvae, and little jelly and pollen stored in the hive. In this case, you may decide to feed them bee bread, pollen, pollen supplements, or pollen substitutes. Paul Longwell, LCBA member and Master Beekeeper, discusses how and when to feed pollen to support your goals.*

## TIMING IS IMPORTANT

Supplementing brood rearing with pollen substitute in late winter and early spring can help a colony build up its population before spring nectar flows, allowing more bees to forage for nectar and produce more honey. Many beekeepers feed pollen substitute in late winter, usually starting in mid-February and continuing until mid-March if their goal is to produce strong colonies for making splits or spring pollination.

In autumn, however, bees use the reduction in natural pollen as a cue to increase their production of winter bees. If fed pollen substitute to prolong the protein coming into the hive, a colony continues rearing summer bees until that incoming protein slows down. For this reason, it is not necessary to feed pollen substitute in September or October, as it continues to promote the production of short-lived summer bees. However, it is not harmful to the colony either. It is best if colonies have three to five frames of bee bread stored in the hive at the beginning of November entering winter.

## YOUR GOALS ARE IMPORTANT

If honey production is your goal, you want to time the growth of the forager population with the nectar flows in your region. Keeping in mind that it takes a worker bee 21 days to develop from an egg, and an additional 20 days or so until she has transitioned to become a forager, a mid-May nectar flow requires ample brood to develop by the beginning of April at the latest. It is advisable to start even earlier. Many beekeepers in the northwest begin feeding pollen supplements or substitutes as early as February to coincide with when the colony starts building up its population.

Similarly, if you manage your bees for pollination services, you may also plan to supplement your colonies' protein to

stimulate brood rearing and guarantee the growers a minimum number of frames of bees. This should begin a minimum of 45 days before the crop in question is blooming if there is not a lot of brood already present.

Again, it is advisable to start earlier if the crop your bees are pollinating blooms at a time when colonies may not be at their peak strength, such as apples in May. On the other hand, feeding may not be necessary if your bees are going to pollinate crops that bloom when colonies normally have strong forager populations, such as pumpkins in mid-July.

Lastly, if you are keeping honey bees for minimal pollination in your garden, modest honey production, and just the joy of working bees, then you may not wish to feed protein in the spring to build strong colonies. Colonies naturally adjust their brood production in accordance with what pollen is available in the environment. We do, however, recommend feeding sugar syrup in spring, when the colony is in need, to keep the colony alive until regular nectar is coming in, and feeding protein if there is a strong summer pollen dearth in your region.

## CONCLUSION

In summary, feeding protein is recommended in the following situations, depending on your goals: (1) In early spring, to kick-start brood production, if you want to build the strength of your colonies for summer. Beekeepers typically begin feeding pollen substitute five to six weeks before natural pollen is available. (2) In spring or summer, if there is a local dearth of flowering plants and young larvae do not have adequate jelly in their cells. (3) When rearing queens, for cell builders and mating nucs, if you do not have pollen frames to spare. (4) Before, during, and after providing pollination services to ensure adequate nutrition, especially if the hives will be placed in an extensive monoculture field without much floral diversity.



*Paul Longwell is a member of LCBA. His certifications include University of Montana Master Beekeeper, WASBA Master Beekeeper, and Washington Master Beekeeper. He is currently working his way through the Cornell University Master Beekeeper program.*



# Honey Applesauce Cake



## Ingredients:

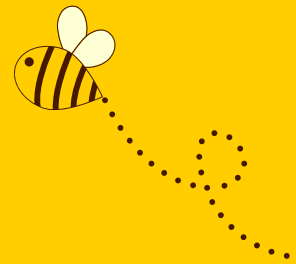
- 3 cups all-purpose flour
- 3 teaspoons baking soda
- 2 teaspoons cinnamon
- ½ cup (1 stick) unsalted butter room temperature
- ½ cup honey
- 1 ½ cups granulated sugar
- 2 large eggs
- 2 ½ cups unsweetened applesauce

## Directions:

1. Heat oven to 350 °F. Lightly coat baking pans with non-stick spray.
2. In a large mixing bowl, whisk together flour, baking soda, and cinnamon.
3. In the bowl of a stand mixer, at medium-high speed, cream together butter, white sugar, and honey.
4. Add eggs. Beat until combined.
5. Mix in applesauce.
6. Gradually add flour mixture and beat just until incorporated.
7. Pour batter evenly into pans (approximately 1 cup per mini pan or three cups per loaf pan). Mini loaf pans can be placed in the oven on a cookie sheet for more even baking and easy removal.
8. Bake loaf pans for 35-45 minutes and mini pans for 30-35 minutes or until a toothpick inserted into the center of the cake comes out clean.
9. If removing the honey cakes from the pans, cool for 10 minutes in the pans before moving them to cool completely on a wire rack.
10. Once completely cool, the cooled cake should be wrapped in plastic wrap to keep it deliciously moist. Store honey cake at room temperature (or in the refrigerator) for 5-7 days.

Source: <https://themondaybox.com/honey-applesauce-cake/>





# Honey Cookies



## Ingredients:

- 1 cup unsalted butter, softened
- 1 cup granulated sugar
- ¼ cup light brown sugar, firmly packed
- ⅓ cup honey
- 1 teaspoon vanilla extract
- 1 large egg, room temperature preferred
- 3 cups all-purpose flour
- 2 teaspoons cornstarch
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ teaspoon table salt
- ½ cup coarse granulated sugar for rolling

## Directions:

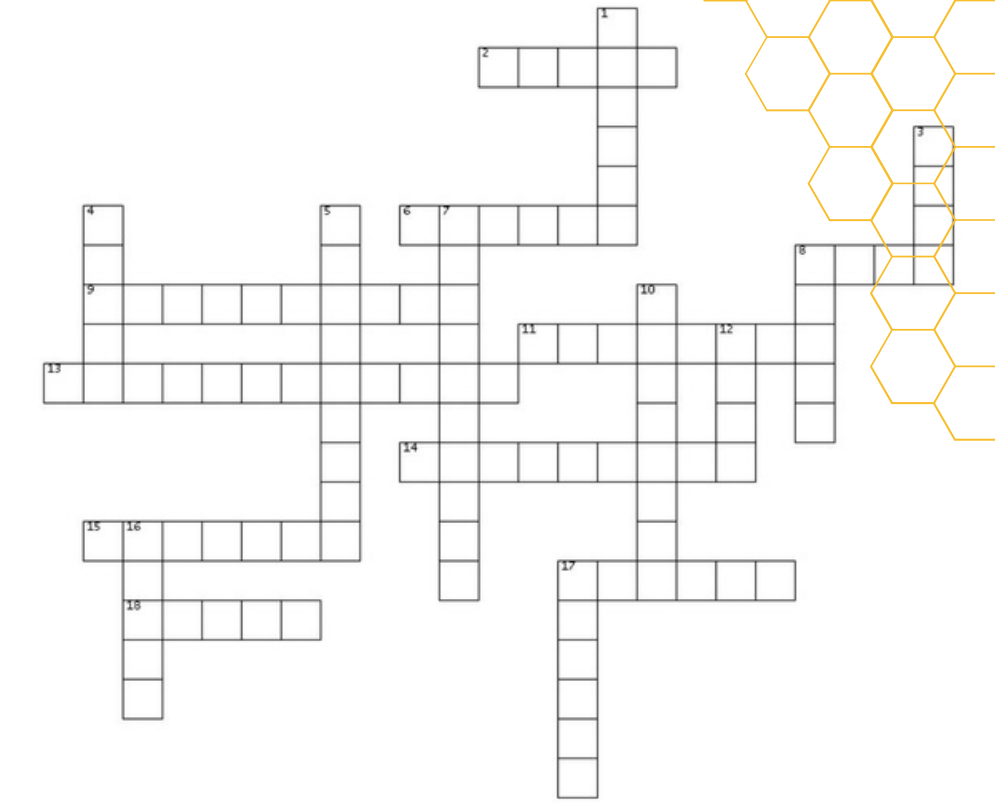
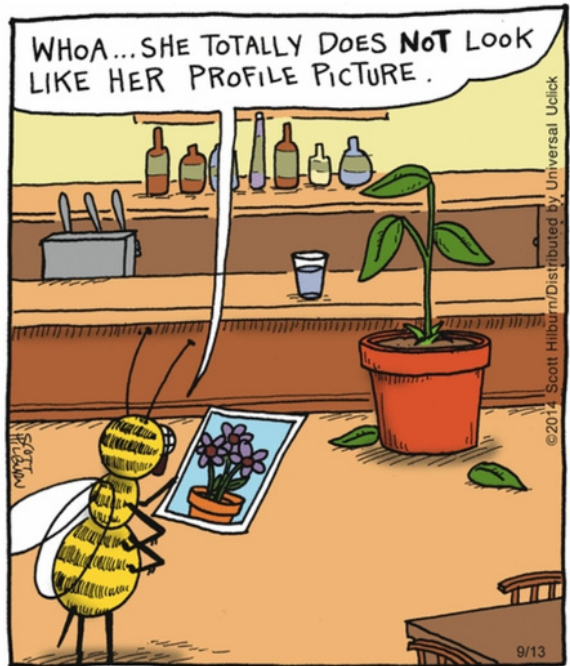
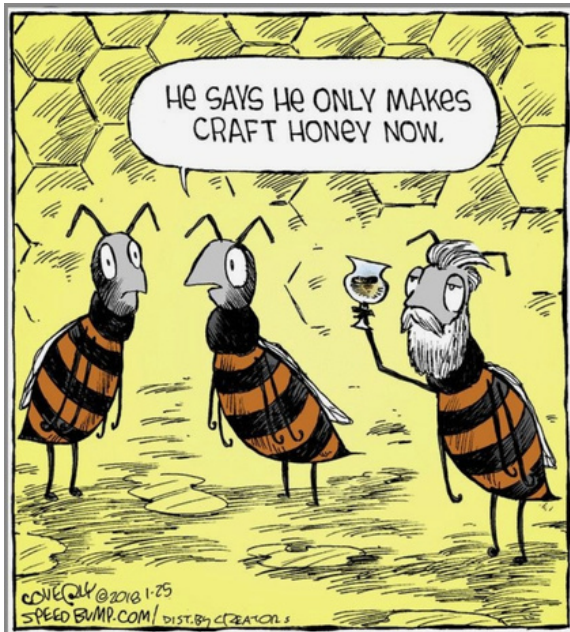
1. In a large bowl, combine butter, sugars, honey, and vanilla extract and use an electric mixer to beat until creamy and well-combined.
2. Add egg and stir well.
3. In a separate bowl, whisk together flour, cornstarch, baking powder, baking soda, and salt.
4. With mixer on low speed, gradually add the flour mixture to butter/honey mixture. Stir until completely combined and all of the flour mixture has been absorbed (scrape the sides and bottom of the bowl to ensure all ingredients are well-combined).
5. Cover dough with plastic wrap and chill in the refrigerator for 30-60 minutes, and up to 5 days.
6. Once dough has nearly finished chilling, preheat your oven to 375F (190C) and line a baking sheet with parchment paper (alternatively you can bake cookies directly on an ungreased cookie sheet).
7. Remove cookie dough from the refrigerator and scoop by 1 ½ tablespoon-sized scoops. Roll into a smooth ball between your palms and then roll through coarse granulated sugar.
8. Place cookies at least 2" apart on prepared baking sheet and transfer to 375F (190C) oven. Bake for 10-11 minutes or until edges of cookies are beginning to turn a light golden brown.
9. Allow cookies to cool for at least 5-10 minutes on baking sheet before removing to a cooling rack to cool completely.

Source: <https://sugarspunrun.com/honey-cookies/>



If you would like to share one of your favorite honey recipes, email  
Monica at [monicacmansfield@gmail.com](mailto:monicacmansfield@gmail.com).

# Crossword Buzzle

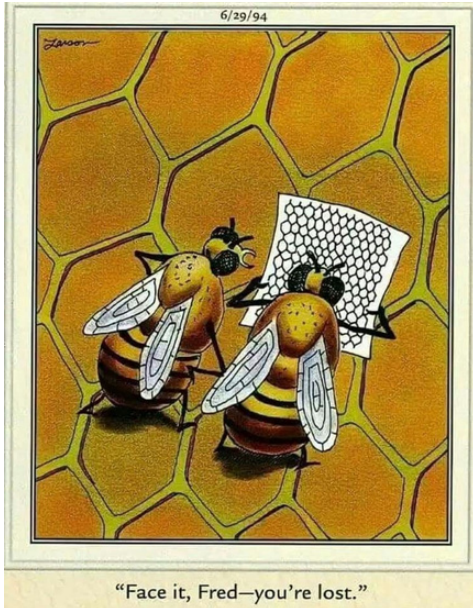


**ACROSS**

- 2. Baby bees
- 6. Where the beehives live
- 8. Keep your face pretty with this
- 9. The art and science of raising honey bees
- 11. Inverted jar feeder
- 13. This can happen to honey with a high moisture content
- 14. Bacterial disease that affects the brood
- 15. Bees hanging together
- 17. Bee disease leading to dysentery
- 18. Jelly, Queen food

**DOWN**

- 1. All of the bees
- 3. Hexagonal compartment
- 4. This holds the comb
- 5. Machine that removes honey from the comb
- 7. The bees use these to communicate
- 8. Bee poison
- 10. Bee glue
- 12. Honey wine
- 16. Second stage of bee metamorphosis
- 17. Sweet liquid from flowers that turns into honey



**Answer: (No peeking!)**

