

The

LCBA BUZZ

Summer 2023



Providing Education in Sustainable Beekeeping

Upcoming Board Member Elections

Four board member positions are up for re-election this year: President, Treasurer, Community Outreach Coordinator, and Mentorship Coordinator. If you are interested in running for one of these positions, please contact Bill Cummings at billdabeekeeper@gmail.com or Joey Angelo at joe.angelo52@yahoo.com. The Board works hard to make this club successful by planning events, raising money and educating the public about beekeeping. You can find job descriptions for each board position in our bylaws, which are now up on our new website under the "About Us" section. Feel free to reach out to current board members with questions. We would love for you to bring your skills to the team!

www.LewisCountyBeekeepers.org

LCBA has had one busy summer! Thank you to everyone who has volunteered at events, and attended our picnic and workshops. We had great turn outs and a lot of fun. Check out all of the club's summer pictures over the next few pages, as well as the list of upcoming events this fall. We have a great lineup of speakers and workshops to look forward to and hope to see you at all of them.

One of the big events coming up is the PNW Beekeeping Conference. We are in need of volunteers to work our booth at the conference on October 7-8. If interested, please email Steve at the email below.

We are also looking for more

members to serve as mentors to the upcoming class of beginning beekeepers this January. If you've been beekeeping for a few years, perhaps now is the time to give back to the next generation of beginning beekeepers. It is rewarding to share your experience and you'll learn as much as you teach!

Now that I have stepped in as Secretary and will be putting the newsletter together, I'm looking for content from our members for future newsletters. Do you have an idea for an article you'd like to write, some cool pictures you've taken, or a delicious honey recipe to share? Please contact Monica at the email below to talk about your ideas. 

Board Members

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



Upcoming Events

October 7-8: WASBA's PNW Beekeeping Conference

WASBA is sponsoring the Pacific Northwest Beekeeping Conference in Olympia. Their lineup of speakers can be found at the end of this newsletter. Tickets cost \$150.

October 11: Gottfried Fritz

"Beekeeping in the Midwest in the '60s"

- LCBA's longest beekeeper will reprise his PP and talk.
- Time: 6-8:30PM
- Location: Centralia College, Washington Hall, Room 103

October 14: Fall

Maintenance Workshop

- Learn how to prepare your hives for winter. We will construct moisture boxes and swarm boxes, and will also make bee candy.
- Time: 10AM to 2PM
- Location: TBD

November 8: Cassie Cichorz

"Northern Giant Hornet"

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

November: Honey Bee Products Workshop

- Learn how to render beeswax to make your own lip balm and salves.
- Date, time & location TBD

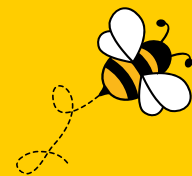
December 2: Annual Christmas Party

- Time: 3-6PM
- Location: Peace Lutheran Church, 2071 Bishop Rd, Chehalis, WA 98532

December: Announce Youth Scholarship Winners

January 6-February 10, 2024: Beginning Beekeeping Class

- Location: Centralia College, Washington Hall, Room 103



ANNUAL SUMMER PICNIC

July 8, 2023



2023 POLLINATOR KNOWLEDGE & FUN FEST

July 23, 2023



HONEY HARVEST WORKSHOP

July 29, 2023



VARROA TREATMENT WORKSHOP

August 12, 2023



SOUTHWEST WASHINGTON FAIR

August 15-20, 2023



THANK YOU TO ALL THE VOLUNTEERS WHO HELPED OUT AT THE SWWF! 7



SEPTEMBER MEETING MINUTES

BY MONICA MANSFIELD

After a quick introduction from Steve, Dr. Dewey Caron spoke about the results of his honey bee survey for this year. He also talked about hive management practices for the fall and winter.

A few key points from his talk:

- Varroa mites were the number one reason for hive loss in the 2022-23 season, claiming 28% of hives. The second reason, accounting for 17% of hives, was that they were weak in the fall and didn't make it through winter.
- He explained the importance of insulating your hive through winter by closing up the front door, insulating the top, and closing off the bottom if you use a screened bottom board.
- He gave the club 6 tasks to complete now:
 - Perform mite counts.
 - Treat for varroa mites.
 - Make sure you leave enough honey for winter and feed weak hives heavy syrup (2:1 sugar:water).
 - Unite weak hives, but understand the risks.
 - Treat for mites throughout the season after brood numbers are reduced.
 - Button up your colonies with top insulation, top venting, and sugar bricks.
- He shared a testimonial from a beekeeper who did not find a single mite in their hive, and their treatment protocol:
 - They did drone brood removal from early May onward. Most of their hives had at least five drone brood frames pulled in May/June and in early July.
 - They added OAE pads to their hives from June 1 to July 15. They used Swedish sponges with 100 grams of dissolved OA.
 - They did 2 x 50 gram Apiguard treatments beginning the first week of August.
 - Conclusion: 'It appears that if you keep the mite counts low enough with drone brood removal and OAV when the supers are on, then you have a chance of knocking them totally out with the Apiguard (especially with our hotter August temps!).

After Dr. Caron's talk, we moved on to club business.

Noel updated the group on the new website. She has worked very hard on this project and it is looking great! Go check it out at www.lewiscountybeekeepers.org. It currently

SEPTEMBER MEETING MINUTES

has a red warning screen that has carried over from the old website, but the website is safe to visit and you can bypass the red screen without worry. We will be paying for extra website security and are currently working on getting the new SSL certificate set up. Noel has asked the club to let her know if there is anyone who doesn't want their picture on the website. She is also welcoming feedback and suggestions. You can email Noel at nsharp928@gmail.com.

Naomi updated the club on our finances. We currently have:

- Checking: \$2,658.53
- Savings: \$10,008.78
- Youth Scholarship Savings: \$3,472.78
- We collected \$14 for the raffle on the day of the meeting.

She also let us know that we have updated our business accounts and currently have enough money in our accounts to avoid paying any fees.

Naomi has been putting a lot of work in helping at the club's apiary recently and will be taking over apiary duties due to Cody's new allergy to bee stings. She reported that she just fed the hives and has given them OA treatments. The hives are doing well, and we have 6 more supers of honey to spin out this week.

Steve went over the honey scores from the Southwest Washington Fair and handed out awards to the group. Congratulations to Allison Weiher for winning both the Best Honey and People's Choice this year. Good job!

Steve told the club that we have board member elections coming up soon. We have four positions that will be coming available: President, Treasurer, Community Outreach Coordinator, and the Mentorship Coordinator/Apiary Manager. If any club

member is interested in running for a board position, please contact Bill Cummins at billdabeekeeper@gmail.com or Joey Angelo at joe.angelo52@yahoo.com for more information. You can also look up job descriptions for each position in the club's bylaws, which are now on our new website under the "About Us" section.

Steve reported on some of our events this past summer:

- Over 50 people attended our summer picnic and we were able to raise a lot of money for our youth scholars.
- We attended the first ever Pollinator Knowledge & Fun Fest, sponsored by WASBA at Medicine Creek Winery.
- We had 33 people attend our honey harvesting workshop at Steve's apiary.
- About 25 people attended our varroa treatment workshop at the club's apiary.

Steve went over our upcoming events, which are listed on page 2 of this newsletter.

We have our Beginning Beekeeping class starting up again in January. We are expecting a strong turnout and will be needing more mentors to help the new beekeepers. Let us know if you are interested in becoming a mentor.

Steve is working on our application to WASBA for the Best Bee Club under 75 members. The winning club will receive \$500.

We need volunteers to work our booth for the PNW Beekeeping Conference in Olympia, October 7-8. We get a free 10 x 10 space with a table and chairs, 2 vendor passes and one conference pass. Admission is \$150. Volunteers will receive vendor passes, but will need to pay the admission fee to see the speakers and participate in events.



THE PRESIDENT'S BUZZ

By Steven Howard

5 THINGS TO DO IN YOUR HIVES RIGHT NOW

As the waning days of summer are upon us, it is time to reflect on your successes and failures from the spring and summer. The next six months will reveal how successful you were in treating for varroa mites, and how well you manage your hives this upcoming fall and winter. There are several key areas that you should have already addressed and continue to work on. In October, we will be hosting a workshop on fall management, where we will construct moisture boxes, and go over how to make and use bee candy and fondant. We hope to see you there!

➤➤➤ TREAT FOR VARROA MITES

You should be well into a regimen for treating varroa mites. We recommend that you treat four times per year, with a variety of methods. I treated all of my apiary hives with OAE in late April when I installed my last nuc. In August, I treated with Amitraz after I removed all my supers. In October, I will treat my hives with OAE again. Finally, in late November or December, I will treat my hives with an oxalic acid vaporizer.

➤➤➤ FEED WEAK HIVES

If you have any weak hives, they should be fed 2:1 sugar water. Continue feeding them until they quit taking the syrup, which will probably happen sometime in October.

➤➤➤ PROTECT FROM ROBBING

The yellow jackets are bad once again this fall. Put entrance reducers on your weaker hives and continue to set out your yellow jacket traps.

➤➤➤ COMBINE WEAK HIVES

Consider taking your losses now on your weaker hives instead of spending time and effort to get them through the winter. Combine weak hives using the newspaper method between brood boxes. You can also take frames of honey from stronger hives and give them to the weaker hives.

➤➤➤ PREVENT WAX MOTHS

If you have removed any supers, you need to take care of them so that wax moths don't get to them. Store them in a plastic tote or use Para-Moth. You should not have any supers still on your hive or leave them on during the winter.



HOW TO USE HONEY AS MEDICINE

By Monica Mansfield

»»» GARLIC INFUSED HONEY

Garlic has a wide range of health benefits, from its proven ability to fight colds, to reducing blood pressure, lowering your risk of heart disease, preventing Alzheimer's and dementia, and improving bone health. Peel and half the cloves from one large garlic bulb and cover with 16 oz. of honey. Stir and let the mixture sit for at least 2-7 days. The longer it sits, the better it will become. The honey will taste more like garlic, and the garlic will mellow and sweeten. It will start to ferment over time, which adds to its healing properties. Any time you start to feel under the weather, take a tablespoon of honey and eat a clove of the garlic to keep from getting sick. It also tastes delicious in dressings and sauces. You can store in the refrigerator for up to one year.



BOOST YOUR IMMUNITY FOR COLD & FLU SEASON

Cold and flu season is approaching, so now is the time to prepare. Your greatest defense against disease is to boost your immune system with food, herbs, exercise and rest. Ayurveda, traditional Indian medicine, has used honey for thousands of years to aid in health and recognizes it as one of the most effective carriers of herbs to our system. Read on to learn how to create "medicine" from your own honey harvest that can support your health and prevent illness.

»»» ELDERBERRY SYRUP

Elderberry has long been known for being a potent immune booster that fights coughs, colds and flus. Elderberry syrup is ideal for using as a preventative during the colder months. To make the syrup, combine the following ingredients in a pot on the stove: 1 cup fresh elderberries or 1/2 cup dried, 1 cup water, 1 slice of fresh ginger, 1 inch cinnamon stick, 4 whole cloves, 4 cardamom pods, and one orange slice. Mash elderberries as you bring to a boil. Simmer for 45 minutes, and then strain through cheese cloth. Return strained liquid to pot. Once warm, stir in 1 cup of raw honey. Mix well, pour into 8 oz. sterilized jar, and store in the refrigerator for up to 1 month. Take 1 tablespoon per day to prevent getting sick. Not suitable for pregnant women or children under 12.

»»» HONEY & ONION COUGH SYRUP

Onions are anti-inflammatory expectorants that clear mucus from the lungs, making them ideal for fighting a cough. To make this cough syrup, slice up 2-3 onions (ideally homegrown or organic) into thin half moons and add them to a medium sized pot with 2-3 cloves of garlic. Drizzle with enough honey to cover the onions and heat on low for 1-2 hours, stirring occasionally, until onions become slightly mushy and release their juices. Allow to cool, strain into a sterilized jar and store in the refrigerator for 2-6 months, or until you see the first signs of spoilage. At the first sign of a cold, take 1/2-1 teaspoon of syrup every 2 hours. To treat a full blown cold, take 1 teaspoon 3-4 times per day.



RECIPES

Honey Cinnamon Shortbread



Ingredients:

- 1 cup butter, room temperature
- 1/3 cup honey + additional for glazing
- 1 tsp. cinnamon
- 2 1/4 cup all-purpose flour + additional for rolling
- 1/2 cup brown sugar
- 1/4 tsp. kosher salt

Directions:

1. Cream together the butter and brown sugar until light and fluffy.
2. Cream the honey into the other ingredients until combined.
3. Add cinnamon and salt and mix.
4. Slowly add 2 1/4 cups flour a half cup at a time and mix until blended. Do not overmix. Consistency should be similar soft play dough. Add small amounts of additional flour if needed to reach this consistency.
5. Wrap cookie dough and chill in refrigerator for at least 30 minutes.
6. Preheat oven to 325°. Prepare baking sheets with silicone mats or parchment paper.
7. On a floured surface, roll dough to a 1/2 inch thickness. Using a round cookie cutter (I use a small drinking glass) cut 2 inch cookies.
8. If using a cookie stamp, firmly yet gently press impression into the cookie.
9. Bake for about 14-17 minutes, depending on preferred crispness for cookie. Allow to cool for 2 minutes then remove cookies to a wire rack. For added honey flavor, slightly heat 1 TBSP of honey and lightly brush cookies with honey.

Source: <https://thebeekeeperskitchen.com/honey-cinnamon-shortbread/#recipe>

Creamed Honey



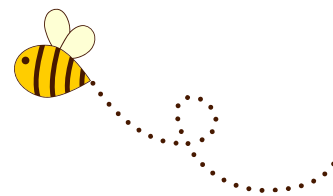
Ingredients:

- 1 cup crystallized honey
- 1 cup liquid honey

Directions:

1. Blend 1:1 ratio of crystallized and liquid honey in a blender or with a stand mixer for 20 minutes.
2. Remove, and blend again. Add more liquid honey if needed.
3. When the honey has an almost whipped cream consistency, it is done.

Source: <https://honestcooking.com/your-new-favorite-breakfast-creamed-honey/>



Honey Gummies



Ingredients:

- 1 cup apple juice, no sugar added
- 2 Tbsp. honey
- 2 1/2 Tbsp. unflavored gelatin powder

Directions:

1. Measure honey, juice and gelatin into a small sauce pan (or pot). Heat on stove, stirring constantly (or lightly whisk) until the gelatin is melted. Do not get it boiling hot – just very warm.
2. Remove from heat and pour into your molds. Most gummy bear molds come with a special dropper to make this task easier. Of course, these snacks can be any shape – you do not have to use the bear mold.
3. Prior to filling, place your mold on a flat pan. Silicone molds are soft and you need to be able to transfer the filled mold to the refrigerator.
4. Leave in the refrigerator for 2-3 hours. This gives the gelatin mixture time to cool and set up into a firm state. Then, they will pop out of the silicone mold with ease. After removing from the mold, I suggest storing your honey gummy bears in the refrigerator. These are a lot of fun.

Source: <https://carolinahoneybees.com/honey-gummy-bear/#recipe>



Honey Mustard

Ingredients:

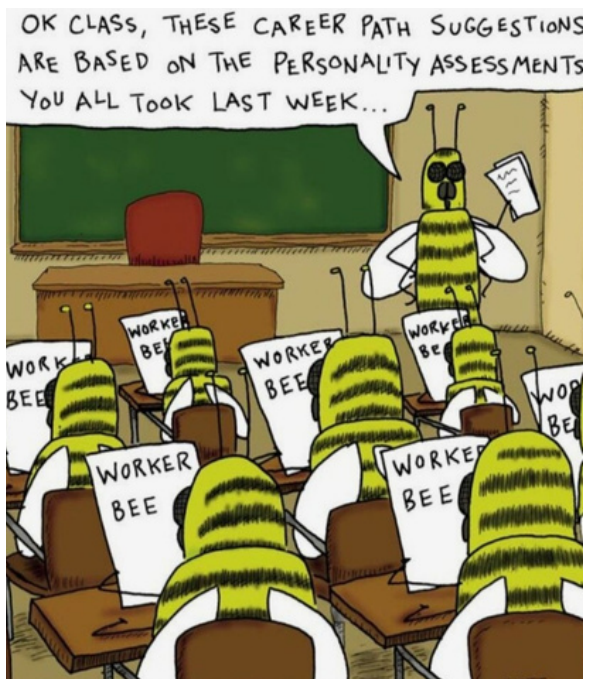
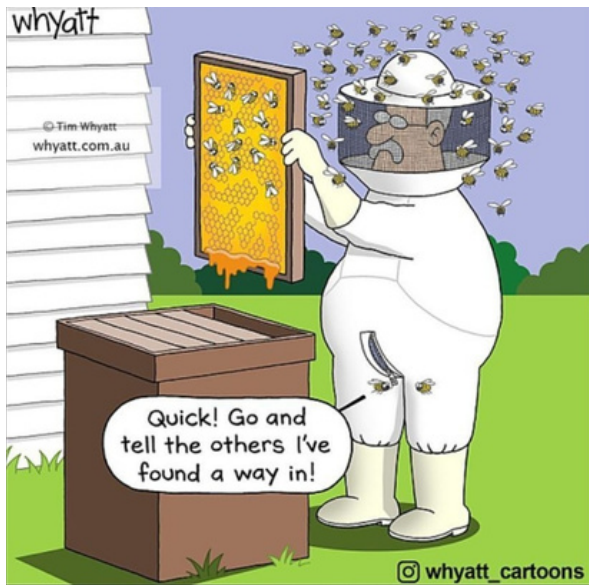
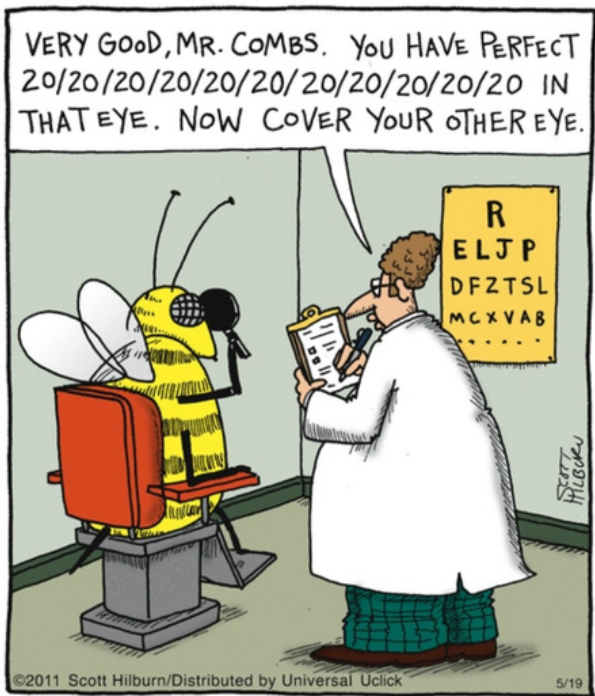
- 1/3 cup Dijon mustard
- 1/4 cup honey
- 1/4 cup mayonnaise
- 1 tablespoon lemon juice, or white distilled vinegar
- 1/4 teaspoon cayenne pepper

Directions:

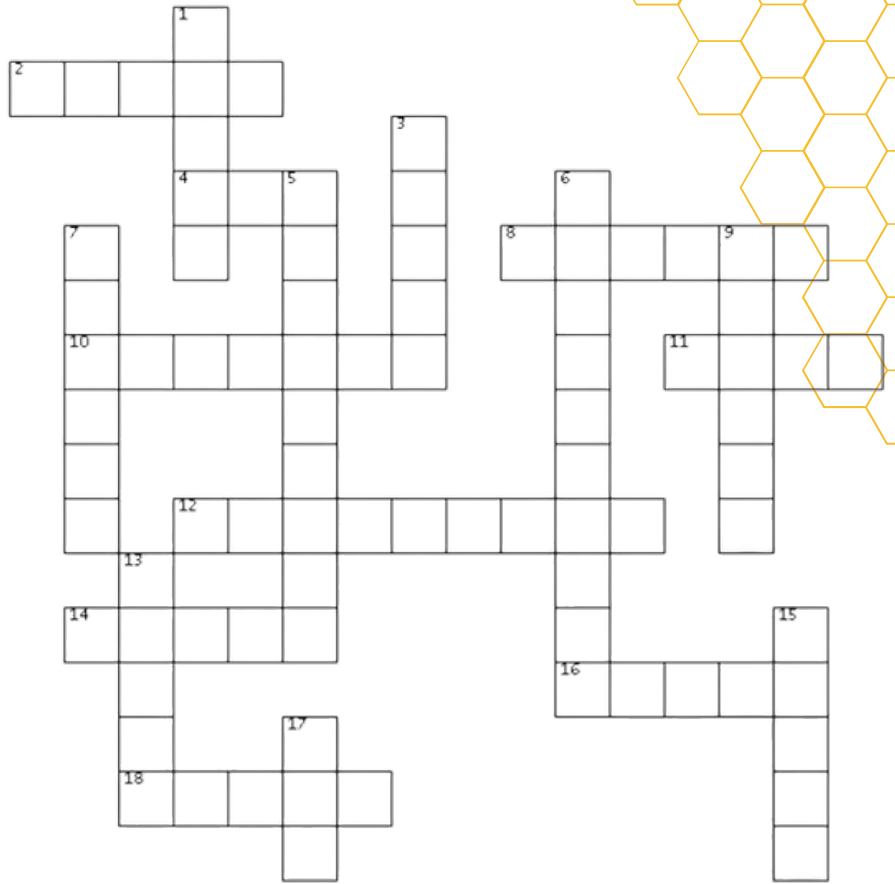
1. Combine all ingredients together and serve!
2. Store in an airtight container, in the fridge, for up to 2 weeks.

Source: <https://thenovicechefblog.com/honey-mustard-recipe/>





Crossword Buzzle



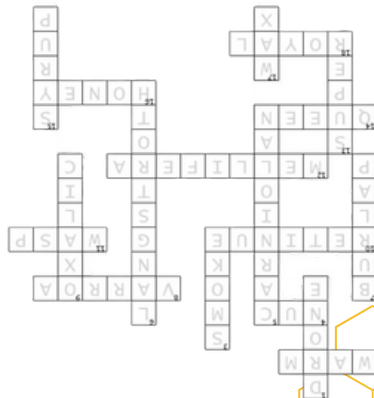
ACROSS

2. Healthy hives without enough room will do this
4. New bees
8. Beekeeper's nemesis
10. The queen's groupies
11. Hive Robber
12. Apis _____
14. She rules the hive
16. Bee vomit
18. Queen cell's are fed this jelly

DOWN

1. Male bee
3. Calm the bees with this
5. Hardy bees that do well in the PNW
6. Common hive
7. Smoker fuel
9. Beekeeper's must have acid
13. Where your honey lives
15. Feed this in the spring
17. Save this for candles

Answer: (No peeking!)



How many bees can you count in this newsletter?

WASHINGTON STATE
BEEKEEPERS

ASSOCIATION



PACIFIC NORTHWEST BEEKEEPING CONFERENCE



OCT 7-8, 2023

OLYMPIA HOTEL AT
CAPITOL LAKE

RECORDINGS OF SESSIONS WILL BE AVAILABLE TO ATTENDEES FOLLOWING THE CONFERENCE!



SATURDAY, 10.7

8:00-8:30am WELCOME + MINGLE

WASBA Welcome
Alan Woods
WASBA President

WSU Welcome Address
Laura Lavine,
WSU Entomology Chair

8:30-9:15am

Nature-Based Beekeeping
Dr. Thomas Seeley,
Cornell University

9:30-10:15am BREAK + MINGLE

SCIENCE TRACK

HOBBYIST TRACK

10:15-11:00am

**Dealing with Deadouts -
What to Do With Old Comb**
Dr. Meghan Milbrath,
Michigan State University

**Sustainability in Prisons Project:
Beekeeping in WA State Prisons**
Jennifer Bass,
Evergreen State College

11:15am-12:00pm

**Measuring the Costs & Benefits
of Keeping vs. Replacing Year
Old Queens**
Dr. Katie Lee,
University of Minnesota

**Hive Immunity - Trans
Generational Immune
Priming (TGIP)**
Nathan Reid,
EAS Master Beekeeper

12:00-1:00pm LUNCHBREAK

SAT 10.7 PART 2

12:00-1:00pm LUNCHBREAK

SCIENCE TRACK

HOBBYIST TRACK

1:00-1:45pm

**The Future of Beekeeping:
From New Techniques to
New Technologies**
Dr. Erica Shelley,
CEO/Founder of Best for Bees

**Using Technology
in The Bee Yard**
Jeff Ott,
*WA Master Beekeeper,
Beekeeping Today Podcast*

2:00-2:45pm

**Bee Breeding in the
Age of Genomics**
Dr. Garret Slater,
*USDA-ARS Baton Rouge
Bee Laboratory*

**Producing Queens for
Growing Operations
in the PNW**
Seth Smith
PNW Commercial Beekeeper

2:45-3:15pm BREAK + MINGLE

3:15-4:00pm

RESEARCH PROJECT SHOWCASE
Honey Bee & Pollinator Graduate Students,
Washington State University

4:15-5:00pm

PANEL DISCUSSION
Dr. Meghan Milbrath, Dr. Katie Lee, Dr. Erica Shelley, Dr. Garret Slater,
Dr. Chris Looney, Dr. Tim Lawrence, & Sue Cobey

5:00-6:30pm SOCIAL HOUR & MEAD TASTING

6:30-9:30pm **WA BEEKEEPING AWARDS BANQUET**
Join us in the Hotel Restaurant! DESSERT AUCTION, LIVE AUCTION & RAFFLE

**SEE YOU TOMORROW FOR DAY 2!
SUNDAY 10.8 STARTING AT 9AM**



WASHINGTON STATE
BEEKEEPERS



PACIFIC NORTHWEST BEEKEEPING CONFERENCE



OCT 7-8, 2023

OLYMPIA HOTEL AT
CAPITOL LAKE

RECORDINGS OF SESSIONS WILL BE AVAILABLE TO ATTENDEES FOLLOWING THE CONFERENCE!



SUNDAY, 10.8

8:30-9:15am

WELCOME + MINGLE

SCIENCE TRACK

HOBBYIST TRACK

9:15-10:00am

Giant Hornets After 5 Years - What We've Learned & Hope to Learn

Dr. Chris Looney,
WSDA Entomologist

Bias in Beekeeping

Jerry Hayes,
Editor of Bee Culture Magazine

10:15-11:00am

The Life & Times of Drones: A Review

Dr. Tim Lawrence,
Washington State University

AZ Hives

Debra Langley-Boyer,
WA Master Beekeeper & President, Belfair & Beyond Beekeepers Association

11:15am-12:00pm

The Extraordinary Reproductive Strategies of Honey Bees & Implications for Natural & Artificial Selection

Sue Cobey,
Washington State University

Vitellogenin and Honey Bee Lifespan

Dawn Beck,
President, Puget Sound Beekeepers Association

12:00-2:00pm

All members encouraged to attend!

WASBA MEMBERSHIP MEETING

ANNUAL GENERAL MEETING + BOD MTG