



GREATER CLEVELAND BEEKEEPERS ASSOCIATION

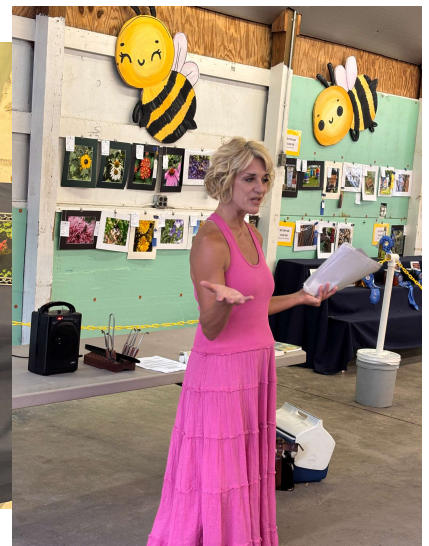
The Honey Bee Times

September 2026

The August meeting was held concurrently with the fair. The speaker was Connie Skolnicki who spoke vaguely about Apitherapy while describing her various trials and tribulations.

The September meeting will be held in the bee yard and the pavilion between the Fair office and the maintenance building on the west side of the fairway. The meeting subject will be Fall/Winter preparations. The meeting will start at 6:30.

***Note the time and location changes due to the Octoberfest event at the fairgrounds.





Best of Show

Congratulations to our own Dave Borling for winning the “Best of Show “ award at the Cuyahoga County Fair this year for his amazing Blackberry Mead. If you haven’t had a chance to sample it, it is really delicious.

Mental Health & Wellness Benefits of Beekeeping

- ♦ **Enforced Mindfulness:** Working with bees requires absolute focus, calm, and slow, steady movements. Because bees react to sudden gestures and cortisol (stress hormones), hive inspections act as a form of "enforced meditation" that clears mental clutter and grounds you in the present.
- ♦ **Sensory Relaxation:** The low-frequency rhythmic hum of a healthy colony and the sweet, earthy aroma of warm beeswax and propolis have a distinct therapeutic effect that can lower blood pressure and relieve anxiety.
- ♦ **Combatting Isolation:** Beekeeping connects you to a passionate global and local community. Joining local beekeeping groups to trade knowledge mitigates feelings of loneliness and builds robust social resources.
- ♦ **Purpose and Stewardship:** Caring for a living colony fosters a deep sense of responsibility, optimism, and accomplishment. It aligns you with natural seasonal cycles, providing an escape from the digital noise of modern life.



This month in the bee yard

August had a few sets of cooler days, so hopefully you were able to treat for mites. Extracted supers should have been put back on the hives for the bees to clean up.

Fall flowers will be starting to bloom. Keep your nose out for the distinctive smell of Goldenrod nectar being brought in. So far the goldenrods are starting to bloom, so hopefully there will be a good flow of nectar from them as well as the Asters and Knotweed

Check every hive and balance weaker hives with brood from stronger ones. Watch for robbing, yellow jackets are going to be at their strongest, so set out traps for them.

Get ready for winter by assessing equipment and replace any that is needed. .

Mites, mites, mites!

Hospitality Corner

Speaking of tasty treats, our meetings are a great way to meet other beekeepers and for socializing. Members are encouraged to bring treats to share. Thanks to Jan (and Joe) Petrek for setting up for the meetings and to everyone who brings snacks or treats!

GCBA Merchandise is available

Check out the GCBA Store at Ryco Sports Lakewood for cool threads that will have you looking great and supporting the GCBA. You can find it on our website under the “More” tab or just click on the link in this article. Several styles are available to compliment your individual look from tees to hoodies.

Ryco Sports is located at 15026 Madison Ave., Lakewood, Ohio 44107 440-427-5828



Honey, Pumpkin Spiced Latte Recipe

by Chef Charles Heaton

YIELD: 6-8 Servings

Ingredients:

2 cinnamon sticks
1 ½-inch piece fresh ginger, sliced
3 whole cloves
1-1/2 cup Water
1 cup canned pumpkin purée
1 14-oz. can sweetened condensed milk
½ cup heavy cream
¼ cup Honey
1 pinch of kosher salt
½ teaspoon vanilla extract
¼ teaspoon freshly grated nutmeg



To Finish:

1 shot of fresh Espresso per portion.
latte type, steamed milk
ground cinnamon (for serving)

Procedure:

1. Combine cinnamon sticks, ginger, cloves, and 1½ cups water in a medium saucepan. Bring to a simmer over medium-high heat and cook, whisking occasionally, until reduced to ~6 oz. , about 10 minutes. Whisk in pumpkin purée, condensed milk, cream, honey, and salt and cook, whisking frequently, until mixture is thick and pudding-like in consistency, about 5 minutes. Stir in vanilla and nutmeg, then strain mixture through a fine-mesh sieve, pressing on solids with a spatula to release as much liquid as possible, into a bowl.
2. For each latte, stir together 2–4 Tbsp. pumpkin spice purée (adjust for sweetness and intensity) and 1½ oz. hot espresso in your favorite mug. Top with steamed milk, froth and a little bit of freshly grated cinnamon.

Enjoy!



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Hospitality Coordinator: Jan Petrek, jpetrek@hotmail.com

Newsletter Editor: Neal Klabunde, beesnplants@dirty-fingernails.com

Fair Committee Chair:

Mission Statement

GCBA Goal: The Greater Cleveland Beekeepers Association supports, educates, and connects both beekeepers and aspiring beekeepers alike through monthly meetings and classes.