

# Lewis County Beekeepers' Association: August 2011 Newsletter

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## *Upcoming LCBA Events:*

- August 10: LCBA Monthly Meeting, 7 p.m., Extension Classroom, Old Chehalis Courthouse
  - Speaker: Bob Harris, "Starting a Honey Business: Learning by Accident"
  - Business Meeting
- September 14: LCBA Monthly Meeting, 7 p.m., location TBA
  - Honey Extraction Workshop – bring your super frames to spin, and if you have extracting equipment to share, please bring it along ☺
  - LCBA Board elections
    - Our Bylaws provide for elections in September. This year, the President, Treasurer, and Mentorship Coordinator offices are open. If you are interested in serving, please contact LCBA Secretary Susanne Weil at 360 880 8130, or LCBA Vice President Norm Switzler at 360 330 1788.

## *Notes from LCBA's July 2011 Meeting*

About 50 beekeepers braved the rain and converged at Rose of Sharon Farm to enjoy Bob and Sharon Harris's hospitality, good food, and good fellowship. Proving once again that beekeepers are resilient folk, several members brought tents to pitch, and we munched and chatted under these shelters till the sun shyly emerged at last, giving children of all ages a chance to explore the farm and meet the critters.

We had a brief business meeting:

- Swarm Removal Update: VP Norm Switzler reported that the “Bee Team” has been busy removing swarms and colonies. Pat Swinth, Gary Selzner, Kent Yates, and Mark Stewart have also given much time and saved many bees from potential extermination. Susanne noted that she gets calls about swarms regularly and asks that anyone who would like her to refer them to callers, and/or to be listed as a Bee Team member in the “announcements” section of our newsletter, let her know.
- LCBA Service Log Form. Susanne presented the new “service log form,” which gives LCBA members the option to record the service they do for our county as beekeepers: swarm removals, bee mentoring, educational talks, etc. WSBA is sponsoring a grant competition for Washington beekeeping groups like ours: if we can document what we do, Susanne will apply for a 2012 grant. If we won the grant, we could help reimburse swarm removal team members for their mileage, for example.
  - Peter Glover noted that the service log form would help the Lewis County Extension office show what LCBA does in exchange for the free meeting space, mailing address, parking, etc. that we enjoy as a member organization.
  - The form is simple – you just fill in your name, the date, what you did, the hours, and mileage if applicable – and give it to Susanne at the next meeting. If you’d like to get the form electronically, just download the attachment to this newsletter. If you have questions, please check with Susanne.
- Observation Hive: LCBA bought the beautiful hand-tooled observation hive that David Sherwood made as a 4H project. The \$200 will go to David’s college fund. The observation hive will be a great display item for LCBA at public events.
- Southwest Washington Fair: the Sherwoods are not running a booth this year since they have closed their apiary business. Heather noted that there was a chance LCBA might be able to get into the wildlife display, and about a dozen members expressed interest in volunteering if LCBA could have a table there. Unfortunately, this didn’t work out, so the club may want to think about applying for a space in advance for the 2012 Fair.
- Gardening For Everyone: LCBA will have a table at this annual Master Gardeners’ event on September 10, in Washington Hall at Centralia College. GFE is free and open to the public. Susanne, Peter, and Bob will be there and other LCBA members are welcome to join in and spread the word about our group and beekeeping in general. If you’d like to help, please contact Susanne.
- August LCBA meeting: Bob will speak about his adventures developing a honey business. Other LCBA members who have experience doing this are cordially invited to chime in too!
- LCBA elections at September’s meeting: our bylaws provide for officers to serve two year terms. These are staggered so that the entire board doesn’t turn over at once. The president, treasurer, and mentorship coordinator are up for election this year. Nominees will be announced at our August meeting.

- President: Bob is “term limited out,” but will remain on the board as past president and will continue team teaching the beginning beekeeping course with VP Norm Switzler. All present thanked Bob warmly for his generous service and for his vision in starting up the Lewis County Beekeepers back in 2008.
  - This means that we need a new president. Susanne, as secretary, and Norm, as VP, are serving as a nominating committee (see contact info above if you would like to serve).
  - Norm noted that now that LCBA is up and running, there’s no wheel to (re)invent, so the president’s job may not be as taxing as it was in the beginning.
  - Bob noted that it’s not necessary to be a master beekeeper to be president: the board and the organization as a whole has plenty of expertise to fall back on. The presidency is a service opportunity for anyone who has ideas about future directions and projects for the group, or just would like to help keep LCBA going.
- Treasurer: Sarah Roebas couldn’t attend the potluck, but sent a message that she is willing to continue as Treasurer. She added that the treasurer’s job is not too taxing and is not only a good way to get involved, but also to share the expertise so that more people in the group know how to manage our finances.
- Mentorship Coordinator: Brandy De Melt is also willing to continue serving, but invited members to consider running for this position, especially if they have outreach ideas.
- Raffle! VP Norm ran the show with the aplomb of a Vegas veteran. Many thanks to LCBA members who offered up prizes – among items given away were bottom boards, gloves, antique head nets and helmets, foundation, mugs, and more.
- Growing Places Farm: Bob announced that GPF needs beekeeping equipment and supplies. If you have gear, especially bee suits and visors, that you can spare, please call Lynn Ford, 360 807 4304, or email [lford@gpfep.org](mailto:lford@gpfep.org).

**Cooking with Honey: August Recipes: thanks again, National Honey Board!**

*Now that we’re finally getting some warm days, some cool drinks with honey might be welcome!*

*Sweet Lemonade (4 servings)*

*Ingredients:*

- 6 Tbs HONEY
- 1 cup lemon juice
- 1 lemon, thinly sliced
- Ice cubes
- 1 quart carbonated water

*Directions:*

- Dissolve honey in lemon juice
- Add lemon slices and refrigerate till ready to use
- Fill 12 ounce glass with ice cubes
- Add ¼ cup lemon juice mixture and fill glass with carbonated water
- Garnish with lemon wedges

***Tropical Tea Cooler (4 servings)***

*Ingredients:*

- 1 pint fresh strawberries
- ¼ cup HONEY
- 1 can (6 ounces) frozen orange juice
- 2 cups brewed green tea, cooled

*Directions:*

- In blender or food processor container, combine strawberries & honey
- Process till smooth
- Add orange juice concentrate & process till well blended
- Stir into cooled tea
- Serve over ice

***For those who like a cocktail, the Honey Board suggests “Honey Buzz Drinks with Honey Simple Syrup”:***

**Honey Simple Syrup:** *Combine 1 part hot water to 4 parts honey & stir*

**Pink Honey Bee:** *Combine 1 ½ oz. vodka (can substitute spiced rum or citrus vodka), 1 oz. Honey Simple Syrup (see above), 2 oz. sweet and sour, and 1 oz. cranberry juice. Shake with ice and strain into a large cocktail or martini glass; garnish with maraschino cherry.*

**Honey Blossom:** *Put ice into a 12 oz. glass and, in order, add 1 oz. rum, 5 oz. orange juice, and 1 oz. Honey Simple Syrup (see above). Stir.*

**Lemon Drop:** *Rim martini glass with sugar. Combine 2 oz. vodka, squeezed juice from one lemon, and ice. Lightly muddle. Strain into a glass laced with 1 oz. honey simple syrup (see above). Serve Lemon Drop with a long lemon twist or thin slices of lemon.*

**REVISED Honey Guacamole (8 servings):** I've been playing with this recipe because the gritty feeling of that chopped cilantro just bugged me, but putting the whole shebang in the blender loses that nice chunky texture. So here's Take Two:

*Ingredients:*

- 2 ripe avocados, peeled, pitted and mashed
- 1 Tablespoon lime juice [gives a bit of kick to balance the honey sweetness]
- 1 Tablespoon HONEY
- 1/3 cup red or Walla Walla sweet onions, finely chopped
- cayenne OR paprika, plus salt, to taste

**Salmon with Honey Balsamic Glaze (6 servings; you can also try grilling this using the glaze to baste the salmon)**

*Ingredients:*

- 6 salmon filets with skin (5 to 6 ounces each)
- ½ cup HONEY
- 3 Tbs balsamic vinegar
- 1 Tb olive oil
- 2 cloves garlic, finely chopped

- 1/8 tsp salt

*Directions:*

- Season flesh-side of filets with salt
- Arrange skin-side down in shallow baking pan
- Roast at 500 degrees F. for 5 minutes
- Make the glaze: mix HONEY, balsamic vinegar, olive oil, garlic, and salt
- Drizzle 1 Tb. of glaze over each filet
- Roast at 500 degrees F for 3 to 5 more minutes
- Put salmon on serving plates and drizzle filets with the rest of the glaze

**Fruit Salad with Honey Yogurt Dressing (4 servings):**

*Ingredients:*

- 1 cup halved strawberries
- 1 banana, sliced diagonally
- 1 fresh pear, cored and sliced
- 1 cup pineapple chunks
- 4 small grape clusters
- 2 Tbs lemon juice
- ½ pint plain yogurt
- ¼ cup HONEY
- 2 tsps lemon peel
- 1 tsp vanilla

*Directions:* Arrange all the fruit on a platter, drizzle the banana and pear with lemon juice to retard discoloration. Combine yogurt, honey, lemon peel, and vanilla; mix well and serve with the fruit.

- *Enjoy!*

## **Special Feature: Bee Poetry**

***LCBA Member Shirley Swinth found a charming old poem about our favorite insect. Below is, first, the original poem, and, next, Shirley's update of this poem for the 21<sup>st</sup> century. Thanks to Shirley for sharing these!***

*Untitled, by Anonymous*

*The Honeybees in rays of sun  
Will toil the days till evenings come  
For fields of bloom they go far roaming  
Returning home in evening's gloaming.*

*Inside the hive there comes a buzzing  
Contented bees they are a humming  
With nurse on brood and guard at door  
They fan the hive and clean the floor.*

*With pollen stored and nectar ripe  
With brood capped the queen may pipe  
They do their chores and work together  
Bounties gleaned from flower and heather.*

*When night has fled and shed its cloak  
The bees will stir for dawn is broke  
And from the hive go forth the scouts  
And so will do till time runs out.*

*"Busy Honeybees," by Shirley Swinth*

*Honeybees are as busy as can be,  
Making delicious sweet honey, you see.*

*Doing endless chores, bees work together,  
Gleaning from countless flowers, and heather.*

*In fields of bloom, bees diligently roam,  
Ever collecting nectar, to fill their comb.*

*They repeatedly go, to their beehive,  
Unloading endless bounties, to survive.*

*While gathering pollen, around their knee,  
Bees digest nectar, to produce honey.*

*Inside the hive, there's a steady humming;  
Contented worker bees, they're becoming.*

*While fanning the hive, and cleaning the floor,  
Bees make the comb, and have guards at the door.*

*With nurse bees on the brood, there's no playing.  
Bees groom and feed the Queen, while she's laying.*

*In an up-and-down-beeline, their swarms fly.  
Female bees defend, by stinging, then die.*

*Male bees can't sting, and are not often seen;  
Drones don't work; they only mate, with the Queen.*

*Honeybees fly, in the warmth of the sun,  
Toiling till evening, when day is done.*

*When the night is past, the bees have woken;  
They stir in the light, the dawn has broken.*

*Then from the hive, flies every working scout,  
And this continues on, 'til time runs out.*

### **LCBA / WSBA News and Announcements:**

**August issue of the Western Apicultural Society Journal:** Fran Bach reports that it's now available - visit [http://groups.ucanr.org/WAS/WAS\\_Journal](http://groups.ucanr.org/WAS/WAS_Journal) & click on the line for the current issue.

#### **Two upcoming conferences for beekeepers:**

***"Bee A Survivor," October 20-23, Vancouver, B.C.***

Allen Garr ([bygarr@telus.net](mailto:bygarr@telus.net)) of the British Columbia Honey Producers wants us to know that their group is mounting an educational conference – 2 days of workshops and lectures - to help beekeepers understand and deal with the problems we are all facing. The meetings are geared for all beekeepers, from hobbyists to commercial. Among the academics that are working in the field and willing to share their experiences with us are UBC's Dr. Leonard Foster, Oregon State's Dr. Dewey Caron, University of California at Davis's Sue Cobey, and Dr. Steve Pernal with the Canadian agricultural research station at Beaverlodge. For more information, visit [www.bcbeekeepers.com](http://www.bcbeekeepers.com).

***Washington State Beekeepers' Association, Annual Conference: October 27-29, 2011,  
Federal Way, SEATAC***

***Theme: "Sustainable Beekeeping: Success for Commercial and Non-Commercial  
Apiarists."***

*This is your opportunity to hear the latest information and research pertinent to bee management in the Northwest. Advanced registration for the conference is recommended; forms will be available at WASBA.org. [FYI: 4 LCBA members went to last year's WASBA conference – Roy Schaafsma, Gary Selzner, Peter Glover, and Susanne Weil – and found it both informative and fun. Check with one of us at our next meeting if you'd like to know more about what you might expect if you go this year, or call Susanne at 360 880 8130. For this year's WASBA contact info, see below.]*

**Accommodations:** Best Western Evergreen Inn & Suites: call 877-574-2464 (local 253-529-4000) and mention WSBA for conference rate (see below for details on rates).

***Speakers and Topics:***

**Headline speaker:** Dr. Dave Tarpy, NC State University: The benefits of colony genetic diversity; commercial queen quality – the good and bad.

***Other speakers include:***

James C Bach, WSBA Secretary, WAS Treasurer – Urban beekeeping with its nuances and issues

Dr. Gloria deGrandi Hoffman, USDA Tucson AZ –Integrated Pest Management in bee colonies.

Kirk Anderson and Mark Carroll, USDA Tucson – Results of their analysis of pathogens in honey bees in the northwest.

Dr. Ramesh Sagili, Oregon State University – Honey bee research at OSU – an update.

Ms. Jackie Park Burris, CA – Commercial queen rearing and the issues

Paul Hosticka, WSBA Treasurer – Small-scale queen rearing for non-commercial beekeepers

Washington State University will provide five speakers including:

Dr. Steve Sheppard, Thurber Professor – Importation of germplasm from Old World sources in 2011

Sue Cobey, WSU Research Associate – Propagation and distribution of novel genetic material to beekeepers

Natalie Boyle, WSU MSc student – Pesticide residues in brood comb

Brandon Hopkins, PhD student – Recent progress in above freezing storage of drone bee sperm

Beth Kahkonen, WSU Apiary and Lab Manager – Monitoring Honey Bee Colony Health

**Room Rates:** The Best Western room rates for a Single or Family room will be \$69 for single or double, \$79 for triple and \$89 for quad occupancy. Standard two queen-bedrooms will be \$79 for a single or double, \$89 for triple and \$99 for a quad reservation. All rooms are plus taxes and any gratuity. There is shuttle service both ways from Sea-Tac Airport in Seattle directly to the Best Western.

***Have questions about this WASBA conference? For more information, contact WASBA Secretary, James Bach: 509-910-6861; [jcbach@fairpoint.net](mailto:jcbach@fairpoint.net) or visit <http://www.WASBA.org>.***

***Puyallup Fair – Honey Contest:*** If you are interested in entering, please contact Louis Matej, WSBA, TacomaBeekeeper@wamail.net or 253-921-5612.

***Growing Places Farm needs beekeeping supplies:*** If you have gear, especially bee suits and visors, that you can spare, please call Lynn Ford, 360 807 4304, or email [lford@gpfep.org](mailto:lford@gpfep.org).

***Need Help With Your Bees? Don't Bee Shy – Contact a Bee Mentor:***

- If you'd like to be connected with a honey bee mentor in your area, call Susanne at 360 880 8130 or email [Susanne.beekeeper@gmail.com](mailto:Susanne.beekeeper@gmail.com).
- If you need help with Mason Bees, check with Kimo Thielges ([kimosabe@compprime.com](mailto:kimosabe@compprime.com)), or Ted Saari ([KNT98632@q.com](mailto:KNT98632@q.com)).

***Would You Like to Volunteer as a Bee Mentor?*** Bee mentors take calls, answer questions, and may visit members' bee yards. If you're interested in serving this way, please call Susanne at 360 880 8130 or email her at [Susanne.beekeeper@gmail.com](mailto:Susanne.beekeeper@gmail.com).

***Free Swarm & Colony Removals by our "Bee Team."*** If you – or someone you know – has bees in a structure and wants them removed but not killed, please call a member of the Bee Team. This service is free, though we accept donations to support our educational programs.

***Can You Help?*** Want to ride along on a removal? It's fun, free, educational, and saves bees from the exterminator! Call us (360 880 8130) or email [Susanne.beekeeper@gmail.com](mailto:Susanne.beekeeper@gmail.com) – it's a great experience!

***Respectfully reported—bee happy!***

***Susanne Weil, LCBA Secretary: [Susanne.beekeeper@gmail.com](mailto:Susanne.beekeeper@gmail.com); 360 880 8130***