

Lewis County Beekeepers' Association:

February 2012 Newsletter

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Upcoming LCBA Events:

February 8: LCBA Monthly Meeting, 7 – 9 p.m.

- (1) LCBA Package Bee Orders (all details, plus order forms, will be distributed);**
- (2) What to do to prepare for arrival of package bees – and to prepare for spring beekeeping in general;**
- (3) Other business**

February 11: Gardening for Everyone, 9 a.m. - 1 p.m., Centralia College, Washington Hall

- Free informational lectures by the Lewis County Master Gardeners. Kimo Thielges will have a display about Mason Bees, and Peter Glover and Susanne Weil, plus any other interested LCBA members, will staff an LCBA table. If you'd like to help with the table, or have any "show and tell" items that you'd be willing to display, please contact Susanne (susanne.beekeeper@gmail.com; 360 880 8130).

March 14: LCBA Monthly Meeting, 7 – 9 p.m.

- *Speaker: Sharette Giese*
- *Topic: Now That You've Got Beeswax, What Can You Do With It?*
- *Business Meeting: Beekeeping Q&A, plus other business.*

April 11: LCBA Monthly Meeting, 7 – 9 p.m.: Dr. Dewey Caron will be back to survey us on bee losses and report on research into the state of honey bees in the Pacific Northwest.

April 25: Beekeeping at Centralia College Lyceum, 1 to 1:50 p.m., Washington Hall 103. Free & open to the public. Dr. Dewey Caron will describe his work in Bolivia, teaching indigenous peoples how to work with Africanized bees for home-grown honey, an alternative to government-controlled sugar from sugar cane.

Notes From Our January 11 Speaker: Tim Giese of the Woogie Bee

Tim wanted us to know that he doesn't really think of himself as a commercial beekeeper. He doesn't have thousands of bees or travel nation-wide. But then he thought it over and realized that he and Sharette have 100 – 125 hives, his father in California has about 300, he trucks bees around the west coast, sells honey, and people like the honey, so maybe he IS a commercial beekeeper after all . . . though he is a self-described "blue-collar beekeeper. . . . no degree, just a D.A.D. after my name." Tim wants to draw on all of our experience rather than lecture about bees: 'we've all been taught by the girls,' he noted. He gave us the story of the Woogie Bee and asked us to contribute as he went along. Tim believes that beekeeping means being an artist: you "sculpt the program that fits you best." There's no foolproof formula for successfully keeping bees. At a previous meeting, Tim discussed splits; today, he brought some to show.

Tim asked whether, in our recent brief warm spells, anyone had gotten into their hives. No one had. Tim said that was o.k.: "no spankings will be administered." Tim has gone into his hives to check, and although the weather was a little cool, he felt it needed to be done. He suggests that if you do open your hive, you should check on their food stores, and if they don't have enough, feed them. If you let them starve out, you'll lose that hive.

Bruce Casaw asked if the patties would help bees get through. Tim is concerned that the season will be like last year, with the cold snap and long wet "spring." Once the queen gears up and starts laying eggs after workers bring food, clustering is abandoned and hive temperature must be maintained or the brood dies. One to one sugar to water feeding, in addition to pollen patties, is intended to stimulate egg laying. Tim believes this is where the, "Artistry of

beekeeping” comes into play. Too soon and you put the hive at risk. Rule of thumb is to feed when store is low so the hive does not starve out.

Ted Saari asked how long last fall’s leftover sugar water in feeders is viable. At what point would it ferment? Tim suggested popping the lid and smelling, tasting to see. Ted did do that, and smelt nothing bad. His bees have been flying. Tim commented that a hive is miraculous and can set fermented sugars right. But Tim said that if you are in doubt, dump that sugar water and start fresh: err on the side of caution.

About sugar water mixtures: Tim said that one to one sugar/water stimulates bees; two to one sugar/water puts bees to bed. Tim said this is the first year he’s ever fed his hives. He had pulled his honey in August, and taken them to his wintering yard in September, where there is a fall bloom and they can normally store more food. But this year they never put any more weight on the boxes. So he had to make a choice: to feed or let them die? They fed. In California, he had access to a warehouse where he had ready access to sugar water and their feeders were filled several times. He was able to put in a few frames of honey as well. Not so here in southwest Washington where only sugar water was available.

Another question to weigh will come up when you receive your package bees: our period is so short, 2 to 3 months, with a brand new hive and no comb pulled, that the bees need support to be ready for winter. Our climate places large demands on a hive. To avoid entering winter with an undersized hive, you must choose in spring whether to feed your bees right away. You also have the option to supplement feed in fall. But there is no by the book rule. If you don’t want to feed sugar water, you should at least check into the situation in August/September.

Bees in winter: bees have the ability to slow their metabolism down to where they live three months instead of three weeks. This is how the hive survives winter. They let their temperature of the overall hive drop; they focus on keeping the queen warm at the center of the cluster. The exterior and interior bees regularly exchange position as a way of helping each other survive.

There was a question about what “weight” means – honey, or the hive itself? Tim said that he was speaking of the hive boxes. He demonstrated hive boxes. If you try to lift the hive and it’s hard to budge, then the hive probably has good food stores. If it’s easy to lift, you need to inspect, because you may have a problem. A past meeting had raised the question of whether, if pollen is being brought to the hive, is that a sign of a strong hive? Tim says that it is possible that pollen can be the exception to the “if it’s heavy, there’s enough food” rule: the nesting chamber could be filled with pollen, not food, and be heavy from that, so inspecting is a good idea – even if a box is heavy, you could still have a queenless hive.

The grease patty can be used to supplement feeding, as opposed to the pollen patty. In spring, if you want to manipulate a hive into starting earlier in our shorter season, begin with a one to two water to sugar mix, plus a pollen patty. This stimulates the bees to start earlier – the

queen will start laying and you may get an additional brood rotation through, which will mean more food supplies and more bees. You either wait till your hive does it naturally when the bloom starts, and they bring the nectar. Then the queen starts to brood the chamber. If you started feeding in March, you'd see that when the nectar flow starts, you'll have more and bigger bees to take advantage of that, which then gives you the honey you need for your personal needs and for your bees themselves to survive.

Tim reminded us that honey bees are not native to this area. Did nature intend the honey bee and the honey to be here? We'll never know. Maybe we need to give the bees some extra help in this environment. In California, the season starts in around mid-January! In fact, the hives are into almond pollination in mid-February, prior to Valentine's Day. From the latter part of October to mid-January is "down time" for California girls. Once they are into pollination, they are pulling comb, storing honey, etc. In the first part of March, Tim brings his bees to the orange groves. That's the same time that up here, in a good season, we are looking at pollinating our fruit trees, so he has to decide whether to go with the orange honey in California or come up here for pollination fees..

Tim noted that pollination is a stressor on bees. If you choose to go from fruit trees to say, squash blossoms, the bees don't get the honey surplus they need to thrive. In Tim's opinion, the commercial pollinators are not helping their bees' health. He goes with the oranges for their health. He and his father devote 400 hives to pollinating almonds – the big draw is the pay for that. He leaves them in the oranges for 6 to 8 weeks. From March to the first part of May, they go through massive broods with lots of honey. In the almonds, they go with 2 hive boxes plus a super. Almonds are pollen heavy, but nectar deficient.

Tim was asked whether he uses queen excluders in his boxes. He does not put in an excluder, on purpose, because he wants to make new hives from his own splits. When the 3rd box is getting half full, he puts on a 2nd super – 2 hive boxes, 2 supers. When #4 is partly full, he goes for #5 (a 3rd super). The bees have to go through a couple of super boxes to get to #5, and they may not want to go that far. Instead of putting the box on top, he "bellies" it, putting the new super in the middle as the new #4. There's incentive for the bees to come up and finish the shake honey that is up there. Shake honey is not capped honey. Shake honey is the honey that's not been capped yet. The old way of checking water content was to shake: if you shook the frame and the honey stayed in the comb, it was ready; if it flew all over the place, it's not ready.

Tim brings his hives back up to Washington in late May to early June, when things are "starting to kick here," and he is bringing in "monster hives" to take advantage of the bloom when it's there. The rest of us are working with puny winter hives at that time. Tim's strategy gives the quantity of honey that they need for their business: the bees are pulling honey instead of focusing their energy primarily on raising babies. Bruce asked about boxes: he thought it was supers on top of two deeps, and that you rotate your deeps in the summer since the bees are working up. Then you put your supers on top of that, and as they fill up, you take a super off and

put another on. Bruce wanted to know if that was right. Tim said he didn't want to tell us what's right or wrong. In T-bar hives, bees will go lateral, not top to bottom, and you open up from the side as needed. Bees adjust to their surroundings. We can decide on our strategy.

Tim questions the need for rotating hive bottoms. He thinks we may mess with bees a little too much. They know where they want their brood chamber. The bottom box is partly empty for a reason: it is where they do their waggle dance and their communicating. Tim's philosophy is that the two bottom boxes are the bees' space to do what they want with. Also, with 400 to 500 hives, Tim's not going to be rotating all those boxes! Tim asked if anybody rotates? Roy Schaafsma said he does and that it's a benefit in that they swarm less: rotating gives them room to expand. They like to move up, and they can expand faster if you rotate them. Pat Swinth asked, don't the bees spend too much time rebuilding? Tim says he thinks the girls know what they are doing.

Tim showed a hive consisting of 5 boxes and asked us to imagine them full. They use a boom lift to move it because it's so heavy. He puts a fume board sprayed with bee acid (Bee-Go) and the bees run down. Under the metal lid is a felt layer, and that's what holds the bee acid spray. Butric acid is what it's called. The Bee-Go smell – as we all experienced first hand, especially those sitting up front - is noxious. Tim leaves the box on cockeyed, not flush, till the bees go down – till you don't see a large number of bees buzzing around the top. By the time he moves box #3, he'll have a big beard of bees on the front of the bottom box. The bees do go down, but that doesn't mean some bees aren't still flying around him while he's doing all this. You try to keep things covered as much as you can. Then Tim takes off that top box and puts the Bee-Go cap on #4 box; meanwhile, he checks the honey in #5. He wants the bees to be able to come out and beard the front because he's going to go down to two boxes. He does the same process with box #4.

There was a question about queen excluders and brood in the supers. Tim said that if a super box has eggs or capped pupa, he'll set it in another location, another box, because he'll use that to make splits. When he finds brood in a super it can be anything from brood ready to hatch to new eggs. Let's say he's set aside 5 brood frames from his super. Eventually you'll get a surplus of eggs and cap in the box for the split. He wants to set up 3 frames in the middle of eggs and capped, some between the inner frames and outside frames with partial, eggs and shake, and then the outside frames empty. You're trying to set up some eggs with it, some of the rest of the brood, some honey for food, and he puts frames with pulled comb that has been extracted in the outer ends of the split box. Then he puts the excluder on the original bottom boxes to keep the queen, who will have gone down with the others, out of harm's way. Then he'll put on the previously prepared split box, and puts on his lid. Then he comes back in 1-2 days, and the nurse bees will have come up to take care of the brood. The queen isn't getting past the excluder, but the nurse bees do. Then you pop the lid and take the split off and set it on another hive bottom that has frames with pre-pulled comb. He puts an entrance plate across fully blocking the entrance so that the girls won't come out while he transports them. Meanwhile, he places

another super on the original hive ready to be pulled. All that's missing out of the new split is the queen. They can make their own queen, and if it is early enough in the year, they can catch up to be ready for the winter, or insert a purchased queen. So, in essence, you have made your own package: 3 to 5 pounds plus a queen.

Pat asked if he pulls the excluder off the original hive then, and Tim said he does pull it since there's now no need to keep the queen out of that top box. Tim was asked if he lets them make their own queen, and he said sometimes; it takes about 16 days to hatch a queen, then she has to be mated, so it's about a month before there can be any brood action. Taking time into consideration is what you need to do; you may want to buy and introduce a queen to save time. Another way to look at what Tim does is that he's making a manual swarm. If there are queen cells in the brood, then you could take advantage of those.

Tim's father's business takes bees from almond to citrus to squash to cotton back to squash and to a wintering yard. Tim goes almond to citrus to a honey pull, makes splits, and then extracts honey, and transports matures and splits to WA. One yard is a berry yard outside Chehalis which is also an organic beef and hay farm. He has another bee yard in Boistfort with Boistfort Valley Organic Farms. This type of farming benefits the bees by having access to multi-crop pollination, including berries, fruit trees, and planted flowers. Helsing Junction Farms outside Independence is another community supported organic farm that the Woogie Bee supports. He doesn't charge for the pollination, but gets the honey, and the farms sell his honey for him, so it is a win/win, and he gets to support organic farmers. Later, in August, he does another honey pull, but not splits at that point, because there's not enough time for a new split to get prepared for winter. He only takes what honey is surplus. He doesn't weigh his hives and go into the second box; he sometimes doesn't even take from the third box. That way he can usually avoid feeding sugar water and the bees get to winter on their own honey, which is best for them.

If you have late-collected swarms, Tim suggested that you have to feed to be sure they are ready for winter. Feeding should be considered a tool that we decide whether or not to use. It's easy to be a beekeeper in California, relatively speaking, because of their more favorable climate; we have to be more judicious. A full box is about 60 pounds. Peter Glover noted that if you tried to raise your own queen up here, you have no control over the insemination of the queen - so, is drone supply an issue? Bruce suggested that you can make a grown hive by having a queen that has been fertilized and let her lay eggs in a nuke to make a mass amount of drones that you can then release into the heavens and hope the odds are in your favor. Tim said that you can raise queens using artificial insemination, a complex process. Tim has a queen rearer that he is comfortable with.

Tim noted that he does have losses: "the girls have been teaching us quite a bit." The girls teach us more than the books can, in Tim's view. His father can make \$80K on pollination. On the first year Tim gets great splits from down there and brings them up here, but in the fall

they are not necessarily as big as he thinks they will be. Some frames were not pulled quite the way he expected. That first year, he had about 30% loss because of having to consolidate. Not only were they trying to get the food supply, but pull the comb, etc. The second year, it was better – he could make the splits again, but not with bare frame – he had frames with pulled comb for them, and that was the first year he had a honey surplus. That was his two year mark.

That first and second year, Tim was uneducated about mites, etc. His father showed him that his bees had deformed wing virus, so he had to medicate them or lose them, and he researched treatments and treated them. Sharette said that they lost many because they chose to go on the organic side and were as conservative as possible in treatment; they skipped the last treatment and inadvertently gave the mites a leg up. There was no chance to knock the mites down enough and they had about 60% loss. The first year, it was equipment; 2nd year, mites. That 2nd year is when the mites reach a critical mass and can compromise your hive. As a hobbyist your exposure to mites are limited, but working 400-500 hives mites are an issue that must be addressed. After year two, he had to bite the bullet and medicate regularly.

What does Tim use to medicate their bees? There's everything from Apistan, which you can use if you rotate it, to Formic acid and Thyme gel release (Apiguard), which are natural treatments that are available at a reasonable price to low hive numbers beekeepers. You can try the powdered sugar. The intention is not to kill all the mites; if a few weak ones survive, then you won't get medication-resistant mites. He treats in spring and in fall: this hits the mites' cycle. The following year we elected to try increasing the mite medication concentration, and was shown how newly made splits have a tendency to abscond. The negative hive condition got to the point where the splits chose to leave. Half of the hives were on the ground in groups when I returned in the late afternoon. Splits do tend to leave: Sharette said they lost almost 80%.

In Tim's third year, his father helped him to get more hives. But Tim wasn't aware that the beekeeper making the hives used plastic frames, all plastic, and Tim wasn't happy with those. The hives were made with Australian bees and plastic frames. There was a large initial die off and after two years, there were no hives left. He burned those frames and started again. He's now doing about 100 splits a year. Last year they came back with 125, which is what they built back up to. Tim was asked by Kathryn Saari: if you were to plant the perfect plants for the bees, what would those be? Sharette said it's best to have a variety – they had a lavender farm that they had bees pollinating, but even that farm has so much organic and natural variety in it that the bees get greater food value. Tim doesn't think that planting is the issue here because of the diversity of plants and because of the berries in Washington - the challenge is to be sure the bees are ready to go when the bloom happens.

Question: after a hive has died out and you've stored the boxes what should you do to clean them up? Tim says that he distributes the boxes and frames among his girls for them to clean them up. But he has many hives to use for this. The hive that dies from starvation won't have anything left; the hives that have had mildew are the ones that are hard to clean. But he lets

the girls clean unless disease was involved. Something else to discuss: Tim notes that in the brood chamber, the pulled comb is black and hard, and that is for a reason – we don't have to rotate new fresh frames into the brood chamber area until after several years. The bees initiate a technique which darkens and hardens the comb, which is the way they like it!! "Sometimes in our desire to help we just get in the way. Trust your bees!!"

Another question – with the pesticides sprayed on tree farms here, is there a safe distance to have hives away from tree farms? Tim said that is not his expertise. One member had all his bees sprayed when a neighbor who started a tree farm sprayed pesticides and didn't notify him. Tim noted that commercial tree farms and other farms are supposed to give notice of spraying, if you have reported to the county where your bees are. Possibly the neighbor can be fined.

Another question – with so many frames, does Tim use a different technique to harvest honey? Tim says he puts super boxes into a room at about 90 degrees, then uses his uncapping hot knife, puts the frames in his extractor, and away he goes. Question about uncapping the comb: the questioner damaged comb with his scratcher. Tim noted that going slowly with the heated blade leaves very little damage to the comb. There will still be some, but the bees will clean it up.

Question: how long do you have to wait before putting the extracted frames back into a hive? Tim says you can put the frames back the very next day. In dearth season, with little or no nectar flow, restrict the opening to the hive to help minimize robbing. Duct tape can be used too. It's a lot easier for the girls to rob than to find food in a dearth time. Wasps, parasites, disease, etc.: that's why the queens lay hundreds of eggs a day.

What happens when a hive dies out? If you have 5 of 50 hives die out, the survivors will rob it – and if mites were a factor in the death of the hive, the robbers will bring mites back to the healthier hives. You have to pay attention to this and decide about medicating. You'll see holes in your brood where they've removed brood before hatching – nurses identify bad ones and pull them out – could be a sign that a mite issue is getting serious or a failing queen. Mites are supposed to live about 3 weeks – but they do not die out in winter. They have an amplifying cycle of building up and dying off, with more left at the end of each cycle.

UPDATE: "It is the first of February and the hives are slated for almond pollination. Now is the moment of truth. Out of approximately 80 hives, we had 2 die outs and 70 of pollination size. WOOT WOOT. Let's hope the learning curve is flattening out. See you soon and Good Luck. Tim and Sharette Giese....THE WOOGIE BEE."

Tim's question and answer ran for almost an hour and a half, so we moved right to the business meeting after thanking Tim for a great informational talk.

Notes from LCBA's January 11 Business Meeting:

Very unfortunately, our President, Norm Switzler, remained laid up with a badly injured back. Members expressed wishes for his quick and full recovery. In his absence, Vice President Ted Saari led our discussion.

Package Bee Order Update: Our top business item was the update on package bee orders. Originally we intended to finalize orders at this meeting, but Past President Bob Harris was ill and had not heard updated details from Ruhl Bees. Susanne will email the group with the update as soon as it is available.

Got Nukes? Pat Swinth asked if anyone had heard information about ordering nukes this year. It was reported that Robbins last year sold them for \$85 apiece and he isn't doing it again this year. Susanne will check with Bob about whether Ruhl's will have nukes.

The Scoop on Buckfast Bees: Gary Stelzner updated us on the pros and cons of ordering Buckfasts. Gary has learned that Buckfast bees are expensive and have problems, so it might be a good idea to have fallback options with Italians. The only U.S. suppliers of Buckfasts are in Texas, a climate markedly different from ours. Although only a small percentage of the genetics of the Buckfasts are Africanized, somehow those dominant genes make them aggressive. More aggressive bees can be better foragers and better yellow jacket fighters, but the only way to keep them gentle is to requeen each year; on mating with other bees, they get meaner. Gary talked to a fellow in Maryland who said that meanness of the bees rather than climate adjustment was the big issue. They are ankle biters: they go to ground, then nail you down below. Besides, they can breed with local drones – after that, you have hybridized bees. Unless you have a very controlled environment, it's very hard to keep a pure strain. Shipping and importation of these bees from Ontario, Canada, costs over \$200 a package, so Gary is rethinking Buckfasts.

Beginning Beekeeping Classes: Ted noted that while some LCBA members are very experienced, others are relatively new to beekeeping. Ted has taken both the Lewis County Extension class taught by Bob Harris and President Norm, and Tim Weible's class at the Honey Hut/Centralia Deli. He commented that both are great basic classes and that everyone who teaches knows different and interesting things. Tim was present and would be interested in giving a class again; he would like to coordinate with Bob and Norm about this. Susanne will work on that coordination. Ideally there will be a beginning beekeeping class this spring.

Methodiners: Monday, February 13, is the Methodiners meeting at the Chehalis Methodist church – Ted asked whether anyone from the group might be interested in doing a 30 to 40 minute presentation on beekeeping. If you are interested, please email Ted at kz@tds.net.

LCBA Webpage? Everyone agreed that we need to get a webpage up and running. Susanne is short on time and expertise for this. Gary suggested asking at the college. Kimo suggested that Susanne contact Jim Daniels.

LCBA Name Badges? Susanne will follow up with Bob on name badges.

The Back-Burner – items for future discussion:

Southwest Washington Fair? Brandy will report back on possible locations, whether LCBA can get a break on booth rental as an educational nonprofit group, whether LCBA members staffing a booth can get free passes and/or vendor rate tickets, and whether we can get any break on parking tickets.

Other Summertime Fairs? Should LCBA have a booth at the other summer and autumn fairs (Mossyrock Blueberry Fest, Chehalis Garlic Fest, Onalaska Apple Fest, etc.)? We have plenty of display materials and the Observation Hive. Anyone interested please contact Susanne at susanne.beekeeper@gmail.com or 360 880 8130.

Bees & Honey In the News:

Zombie Flies – a New Parasitic Threat to Bees: Gary Stelzner and Marie Panesko forwarded a fascinating *Scientific American* article about the Zombie Fly, a newly discovered honey bee parasite. The complete article is online at <http://news.yahoo.com/zombie-fly-parasite-killing-honeybees-230200867.html>; the article contains links to the full scale research study, published by scientists at San Francisco State University. Thanks to our sharp eyed members for passing this along!

The Beauty of Pollinators: Kimo Thielges sent this link to a stunning YouTube video featuring spectacular film footage of pollinators in action - hummingbirds, assorted insects, bats, butterflies, and, of course, our friends the Honey Bees! Click on:

<http://www.youtube-nocookie.com/embed/xHkq1edcbk4?rel=0>

. . . and spend 4 minutes and 24 seconds celebrating what pollinators can do! Thanks, Kimo.

The February issue of the Western Apicultural Society Journal is available at:

http://groups.ucanr.org/WAS/WAS_Journal

Just click on the line for the current issue, as directed. Thanks to Fran Bach for passing this on.

LCBA / WSBA News and Announcements:

Need Help with Your Bees? Call LCBA bee mentors!

- 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.
- If you need help with Mason Bees, check with Kimo Thielges (kimosabe@compprime.com), or Ted Saari (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.*

Free Swarm & Colony Removals: Can You Help In 2012? Swarm/colony removal is a free service that LCBA, as a nonprofit educational organization, offers the public. Swarm season is over (let's hope!!), but if you're interested in riding along when it all begins again next May, give LCBA Secretary Susanne a call (see # above): it's free, fun, educational, and it saves bees from the exterminator!

Need a Local Source for Beekeeping Supplies? Visit Honey Hut at Centralia Deli Steakhouse & BBQ, 708 Harrison Avenue in Centralia. Call Tim Weible, 736-1015, for more information about supplies and prices. Tim has pretty much everything you may need by way of supplies in stock: suits in small to XX, gloves, boxes assembled or unassembled, supers, wax and plastic foundation, frames, tops, bottoms, smokers, tools, and books. The Honey Hut also sells local honey, and even mead, in addition to serving generous & delicious BBQ.

Growing Places Farm needs beekeeping supplies: If you have gear, especially bee suits and visors, that you can spare, please email lford@gpfep.org.

Calling All Cooks! Do You Cook With Honey? *It was suggested at our open Board meeting that in 2012, we'd like to invite LCBA members to send their favorite recipes that involve honey. Would you like to share a recipe? Please send it to Susanne at susanne.beekeeper@gmail.com. Thanks!*

Respectfully reported—bee happy!

Susanne Weil, LCBA Secretary: susanne.beekeeper@gmail.com; 360 880 8130