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January 2018 LCBA Newsletter

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Questions? Suggestions? Resources you'd like to share, stories you'd like to tell? Please contact LCBA Secretary Susanne Weil: secretary@lcba.community or call 360 880 8130.

UPCOMING EVENTS

Thursday, January 11: LCBA Monthly Meeting

Speaker: Antony Richfield of Silver Cat Farm ~ Mead-Making

Where: Centralia College, Washington Hall 103; 701 W. Walnut, Centralia, WA 98531

When: Social Time, 6-6:30 pm; Speaker, 6:30 – 7:30 pm; Business Meeting, 7:30-8:45

Details: Antony Richfield will share his methods for making mead from honey – he will also share his mead with LCBA members in a tasting! Antony trained in wine-making in Europe and is now hoping to make his mead from locally sourced honey. He will also touch on the licensing and legalities of mead-making. The tasting will take place after the talk; by Centralia College regulations, minors may not be present for the tasting.



Above, "2 Kinds of Finnish Mead," by Mako, Flickr via Wikimedia Commons, CC License 2.0.; https://commons.wikimedia.org/wiki/File:2_kinds_of_finnish_mead

January 13, 20, 27, February 3, 10, 17, 2018, 9 a.m. to noon:

LCBA's Beginning Beekeeping Class: "Your First Year of Beekeeping"

Where: Centralia College, Washington Hall 103, 701 W. Walnut, Centralia

LCBA's class is designed for beginners and focused on keeping bees successfully in southwest Washington's unique conditions. Topics include: basic bee biology/behavior, equipment & apiary set-up, seasonal management, identifying & managing parasites & diseases, honey harvesting, over-wintering, & more. Students completing the course earn LCBA's certificate of course completion.

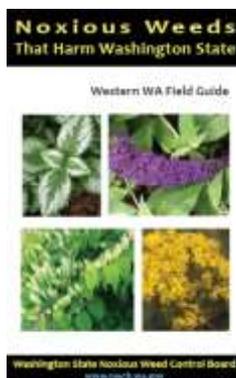
Course Materials: Lewis County Beekeepers' Association's manual lays out basics for beginners; LCBA's PowerPoints & demonstration materials supplement manual with visuals. In-class Q&A welcome; children welcome, too.

Course Instructors & Post-Course Support: LCBA board members with many years of beekeeping experience. LCBA's free Mentor Workshops give hands-on guidance in working

bees. Students who join LCBA are eligible for discounts on spring package / nuc bee orders & free consultations with an individual “bee mentor.”

How to Register: Registration costs \$40 and goes through Centralia College, starting Dec 6, by phone, mail, or in person - sorry, no online registration. First, get a registration form at: <http://www.centralia.edu/academics/cont-ed>; the Course No, C118A; Course Code, 6621. To register by phone with a credit card: call (360) 623-8940, ext. 427 or 623. To register in person, visit Enrollment Services, TransAlta Commons, 2nd Floor, 600 W. Centralia College Blvd.

Questions? Email secretary@lcba.community or call 360 880 8130.



Thursday, February 8: LCBA Monthly Meeting

Speaker: Bill Wamsley: Noxious Weeds & Bee Forage

Where: Centralia College, Washington Hall 103; 701 W. Walnut, Centralia, WA 98531

When: Social Time, 6-6:30 pm; Speaker, 6:30 – 7:30 pm; Business Meeting, 7:30-8:45

Details: Watch for our February 2018 Newsletter!



Christmas Tree, Holiday Light, & Styrofoam Recycling

When: Dec. 26 - Jan. 10: 10 a.m. to 4 p.m. Sun.-Fri.; 9 a.m. to 4 p.m. Saturdays

Where: Lewis County Central Transfer Station, 1411 S. Tower Avenue, Centralia

Details: Please remove all decorations & tinsel; no flocked or artificial trees will be accepted. We reserve the right to refuse trees that do not comply. You may dispose of flocked, artificial or decorated trees at the transfer station where regular fees will be charged (\$10 minimum for 200 pounds or less). Wreaths must be free of ribbon, wire and decorations. No trees or wreaths from commercial operations will be accepted. **Donations Gladly Accepted** to Support: Master Gardener & Master Recycler Composter Programs!!! In cooperation with: WSU Lewis County Extension, WSU Master Gardeners, WSU Master Recycler Composters of Lewis County.

2018 Lewis County Extension Workshops



The WSU Lewis County Extension has a wide array of workshops planned for 2018. Class costs will vary and be announced as class details are finalized. Save the dates to join on any or all of the dates below. The folks at Extension hope to see you there! For details, visit: <http://preservesummer.cahnrs.wsu.edu>. For more information or to register contact Kim Weiland 740-1212 or email kimberly.weiland@lewiscountywa.gov.

Workshop Schedule:

- Jan 26 Food Preservation Basics, location TBD**
- Jan 30 Composting Basics, WSU Meeting room, Old Chehalis Courthouse**
- Feb 3 Spring Grape Care, Borst Demo Garden**
- Feb 7 Worm Composting, Fort Borst Kitchen 1**
- Feb 10 Pruning/Care for Roses, Providence Demo Garden**
- Feb 17 Gardening for Everyone, Centralia College-WA Hall**
- Feb 21 Food Waste Reduction, Fort Borst Kitchen 2**
- Feb 23 Advanced Canning, location TBD**
- March 6 Know Your Soils, Fort Borst Kitchen 1**
- March 10 Grow/Prune/Fertilize Blueberries, Providence Demo Garden**
- Mar 13 Advanced Composting, Chehalis Timberland Library**
- March 23 Fermentation, location TBD**
- April 20 Heritage Cooking, location TBD**

Notes from LCBA's 9th Annual Holiday Potluck ~ Saturday, December 9



Above left, Starla Lago begins her demonstration of making soap with beeswax; right, potluck attendees listen as 2017 Youth Scholarship student Emily Eckland and mentor William Pittman reflected on Emily's first year as beekeepers.

LCBA's 9th Annual Holiday Potluck was a wonderful time. Somewhere north of 70 beekeepers & family members turned out for good food, good fellowship. Some of our highlights follow!

Soap Making Demonstration: To kick things off, member Starla Lago of Misty Meadows Apiary shared her craft of making soap from beeswax with about a dozen members who arrived early to see how it works. Thanks to Starla for a really informative demo! Would you like to try making soap from beeswax? Starla recommends visiting [BrambleBerry.com](https://www.brambleberry.com) and checking out their free "Beginner's Guide to Soapmaking: Cold Process" handout at this site (there's also a video): <https://www.brambleberry.com/cold-process-soaps.aspx>. If you would like the soap without the labor, you can find Misty Meadows Apiary online at www.mistymeadowsdesigns.etsy.com.



Above left, some of Starla's scented soaps, including "12th Man," in blue & green! Right, blending the soap mixture and watching for the soap to form in traces.



LCBA members watching Starla's soap-making demonstration prior to the potluck.

Youth Scholarship Program: After dinner, our 2017 Youth Scholars and their mentors shared reflections on Rylie, Emily, and Adam's first year as beekeepers. All three thanked the membership for the opportunity, as well as the gear and bees, to learn the craft. They are hoping that their bees make it through the winter and planning to continue as beekeepers in 2018. Best wishes to all three, and special thanks to Gottfried Fritz, William Pittman, and Cody Warren for sharing their knowledge and time as youth mentors this year!



Above left, Gottfried Fritz and Rylie Powell; right, Emily Ecklund and William Pittman (photos by Marc Toenyan); below, left, members listen as youth scholars share their 2017 experiences; middle, Adam Claridge and Cody Warren; right, Adam with VP Bob Harris.



2018 Youth Scholarship Program: President Kevin Reichert announced that the board had received eight applications for 2018 – the most we’ve ever had – and that we are awarding four new youth scholars in 2018. The winners are: Cassidy Armstrong, a 7th grader from Rochester, who will be mentored by Steve Howard; Carmen Cleveland Barrera, a 10th grader from Onalaska, who will be mentored by Peter Glover and Susanne Weil; Austin Nelson, an 8th grader from Chehalis, who will be mentored by Dan Maughan; and Caleb Smith, a 7th grader from Winlock, who will be mentored by Mel Gregorich. The new youth scholars will take LCBA’s Beginning Beekeeping course; we can look forward to seeing them at our meetings and workshops in 2018.

2018 Youth Scholarship Drawing at the Potluck - thanks to those who donated items! LCBA thanks the vendors from our community who have supported us by donating gift certificates or items: Beeline Apiaries; John Edwards of Ruhl Bee Supply/Brushy Mountain; Jeremy's Farm to Table; Reichert's Choice Meats; Kaija's Garden & Pet; The Farm Store of Chehalis; Reichert's Distributing; The Tiki Tap House; Shakespeare & Company coffeehouse & bookstore; Copy Depot/Precision Printing. Thanks, too, to our dedicated members, who donated many cool bee themed items (see the photos bee-low). Dan Maughan donated a cedar deep and medium that he made himself, as well as a robbing screen and box of HopGuard II; Harold Mullins donated one of his ingenious screened boxes for administering oxalic acid treatment; Gottfried Fritz for getting linden tree gift certificates from Burnt Ridge Nursery; and more. Finally, special thanks to Pamela Daudet & her husband Tom, who donated the bee-autiful stained glass bee window by Lisa Dippon Green, and to Nancy and Marc Toenyan, who bid on it and took it home!



Above left, Nancy Toenyan holds the gorgeous stained glass bee window that she won in our silent auction. The window was donated by Pamela & Tom Daudet and made by Sonoma artist Lisa Dippon & Green; right, Dan & Larissa Maughan won a Beeline Apiaries gift certificate. More photos below the business meeting summary.

Treasurer’s Report: Treasurer Rick Battin reported that LCBA has \$5,000.14 in savings; \$2979.47 in the checking account; and, with the \$794 raised at our potluck drawing (details below), the Youth Scholarship Fund closes out the year at \$2,297.65.

2018 Elections: Susanne reported that as no nominations were received by the nominating committee by November 15, the following board directors are de facto elected: Kevin Reichert will serve a second term as our president; Rick Battin will serve his third term as our Treasurer; Dan Maughan will serve as our Community Outreach Coordinator; and Cody Warren, chair of our Apiary Committee, joins the board as our new Mentorship Coordinator. Many thanks to all four for their hard work! Board directors are volunteers who receive no compensation.

Only 16 members cast ballots for the proposed bylaws revisions (see our December newsletter for the full text of these); there were no votes against any of the proposed provisions, though one person abstained from voting on one of them. The revisions were therefore adopted; the complete revised bylaws are linked on the homepage of LCBA's website:

http://lewiscountybeekeepers.org/home/constitution_bylaws.

Thank You to Our Potluck Committee: Finally, special thanks to our potluck committee, who set everything up. Steve and Cheryl Howard brought the cedar boughs & ornaments for table toppers, Stevan Mayer brought the water & pop, Bob Harris brought wood for the fireplace that made the atmosphere so cozy, Kevin & Jeanne Reichert made the meatballs, Susanne Weil glazed & baked the hams, and Steve, Stevan Mayer, Harold Mullins, and Ron Black set up the room. Thanks, too, to everyone who pitched in on cleaning up Borst Kitchen #1!



Above left, LCBA President Kevin Reichert carves one of the potluck hams; right, Harold Mullins won one of the two nicely made bee-themed garden stepping-stones (William Pittman and family won the other). Who made these? Please let our secretary know!

Cold Weather Bee Care Reminders!

Keep Entrances Open & Free of Dead Loss

As our bees gradually reach the end of their natural lives and die off through these winter months, it's important now & then to check that hive entrances are open. If a build-up of dead bees block those entrances, the rest can't get out to make cleansing flights, & then poop in the hive boxes can help promote disease. It's a good idea to sweep off the bottom boards with a twig; it also helps to flip entrance restrictors so that the opening is not flush with the bottom board, giving live bees easier access to the outside if there is a buildup of detritus.

Are You Using a Moisture Control Box? Check Those Chips!

Every month to six weeks, it's a good idea to lift the telescoping cover on your hives and stick a hand into those cedar chips (or whatever material you are using to absorb moisture). If the materials are wet, you can change them out – maybe the burlap, too. We're heading into a rainy spell, and this will help keep moisture off your bees.

Hard Candy Supplements

If you feed your bees in winter, checking every month or so to see if they still have hard candy or winter patties is another way to help them survive. It's counterintuitive, but true, that in cold snaps, bees will stay clustered rather than move up and over to full honey frames farther in the hive box.

Winter Projects

With our bees in bed for the winter, some beekeepers turn their creative minds and hands to making new gear for the coming beekeeping year. Here is a humorously painted hive, done by Diana Settle of the Women in Beekeeping Facebook Group: thanks for permission to reproduce this image!



Honey Cough Syrup

Recipe courtesy of Nurse Practitioner Barbara Dehn, RN, MS, NP

The National Honey Board asks: “Is the stress of the busy holiday season catching up to you in the form of a nasty winter cold? Honey not only flavors your tea, but it can also help relieve a sore throat caused by that pesky cough. When you get ready for bed, try a spoonful of our Honey Cough Syrup to help calm your cough and get some much-needed rest.”

Ingredients:

zest of 2 lemons (approx. 1 1/2 T)
 1/4 cup ginger peeled, sliced,
 or 1/2 tsp. of ground ginger
 1 cup water
 1 cup honey
 1/2 cup lemon juice



Directions:

In a small saucepan, combine lemon zest, sliced ginger and 1 cup of water. Bring mixture to

a boil, simmer for 5 minutes, then strain through into a heat-proof measuring cup.

Rinse the saucepan out and pour in 1 cup of honey. On low heat, warm the honey, but do not allow it to boil. Add the strained lemon ginger water and the lemon juice. Stir the mixture until it combines to form a thick syrup. Pour into a clean jar with a lid. Note: This can be refrigerated for up to 2 months.

For children ages 1 to 5, use 1/2 to 1 tsp. every 2 hours. For children ages 5 to 12, use 1 to 2 tsp. every 2 hours. For children 12 and older and adults, use 1 to 2 T every 4 hours.*

* Remember, honey is recommended for children after the age of one –not before.

Nurse Barb's Honey Lemon Coughsicles Recipe

Ingredients:

1/2 cup Special Honey Cough Syrup
 1 1/2 cups water

Directions:

Mix together 1/2 cup of Nurse Barb's Special Honey Cough Syrup and 1 1/2 cups of water. Pour into your favorite popsicle molds or a small plastic container to freeze.



RECIPES OF THE MONTH ~ Starring *HONEY*

Spinach Salad with Honey Bacon Dressing

Ingredients:

6 oz. fresh spinach leaves
 5 slices bacon (about 4 oz.)
 1/4 cup red wine vinegar
 3 Tb honey
 Topping: cherry tomatoes, red onions, mushrooms

Directions:

Wash and dry spinach thoroughly. Place in large bowl.



Cook bacon in a large nonstick skillet on each side until crisp. Place bacon on paper towels and remove skillet from heat. Pour bacon fat into a heatproof cup and measure 2 T back into the skillet. Let bacon cool, then crumble into 1/2-inch pieces. In a small bowl, mix honey and vinegar. Heat the 2 Tb of bacon fat in the skillet over medium-high heat and carefully add honey-vinegar mixture. Cook for 1 minute, stirring constantly. Add salt to taste. Remove from heat and cool 2 minutes. Pour dressing over spinach and toss well. Add salt and black pepper to taste. Add bacon pieces to spinach and mix. Serve immediately.

Swirled Fruit and Honey Smoothie

Ingredients For Smoothie (yield: 24 oz):

2/3 cup mango or peach nectar
 2 cups frozen unsweetened peach slices or pieces
 2 cups fresh mango pieces sliced or cubed
 2 tsp. honey

Ingredients For Topping (yield: 12 oz):

1/4 cup 2% milk or whole milk
 6 oz. nonfat vanilla yogurt
 1 1/2 tsp. flax seed meal
 2 tsp. honey
 1 frozen ripe banana peeled and quartered



Directions: For smoothie: Place ingredients for base into a blender in the order listed; secure lid. Select the lowest speed and slowly increase to high, blending for 45 seconds to 1 minute or until mixture is smooth. Divide among serving glasses. **For topping:** Place ingredients for base into a blender in the order listed; secure lid. Select the lowest speed and slowly increase to high, blending for 45 seconds to 1 minute or until desired consistency is reached. Pour over mixture in glasses. Swirl with a honey stick. *Recipe courtesy of Chef Bev Shaffer - Manager, Recipe Development at Vitamix*

BEES IN THE NEWS

“January 2018 U.S. Honey Crops and Markets Report” from American Bee Journal: Interested in how honey production around the U.S. fared in 2017? Here’s a link to ABJ’s in-depth coverage: <http://mailchi.mp/americanbeejournal/december-20-2017-january-2018-us-crops-and-markets-report?e=e9ff21e0bb>



Tallow - Credit: Wikimedia

“Tallow Under Threat: Southern States May Lose Major Nectar Source”: *American Bee Journal*, January 4 2018: ABJ passes on Louisiana Beekeepers Association’s concern about potential introduction of “the non-native flea beetle, *Bikasha collaris*, as a biological control for the Chinese tallow tree (*Triadica sebifera*). The introduction of this beetle and control of Chinese tallow would result in the loss of a major forage source for honey bees and other pollinator species. This would directly affect these important pollinators, exacerbate the already disastrous Colony Collapse Disorder (CCD), and lead to very serious economic impacts for beekeepers and farmers on a national scale.” To read the story, visit: <http://mailchi.mp/americanbeejournal/january-4-2018-tallow-under-threat-southern-states-may-lose-major-nectar-source?e=e9ff21e0bb>

“Wintering Sheds: Why are more North American beekeepers overwintering their bees in cold storage?” *BeeInformed Partnership blog*, December 5, 2017:

“More and more US beekeepers are starting to place their bees in sheds for the fall, for indoor wintering. While beekeepers in Canada have done this for decades, the popularity of the practice in the US is more recent. Beekeepers began by using structures already built for onion and potato storage in Idaho to house their bees in the fall. These beekeepers then remove the bees in January, and bring them to California for almond tree pollination. Many beekeepers are still using old potato and onion sheds in Idaho, but as the popularity of this practice has increased,

some beekeepers have built sheds just for the purpose of overwintering bees. These sheds are far from the dirt floor, onion and potato sheds of Idaho. They are clean, new structures with air filtration and ventilation systems, vacuums, Carbon Dioxide and Oxygen monitors, temperature monitors, and cooling systems. Why are more beekeepers choosing to use cold storage and winter their bees indoors?” To read the rest of this story, visit:

<https://beeinformed.org/2017/12/05/wintering-sheds-why-are-more-north-american-beekeepers-overwintering-their-bees-in-cold-storage/>



Bees in overwintering shed at Stepler Farms, featured in the BIP Blog, above.

ANNOUNCEMENTS

JANUARY is LCBA dues month: Members are invited to bring 2018 dues (\$40 per individual) to our January 11 monthly meeting. The form is on our website (<http://lewiscountybeekeepers.org/home/membership>) and hard copies will be available at our January meeting. Please don't forget to fill out the "hold harmless agreement" on the back of the membership form – thank you!



MITE BUSTERS – Dr. Danny Najera & his students at Green River Community College are raising funds for their Apiary & research program. Their "Mite Busters" Patch is ready to sew on

your bee suit! To order, visit this URL, make your donation, & - very important! - put "mitebuster" patch in the comments: <https://www.greenrivercollegefoundation.org/honeymoney>. Also, give your mailing address to send it to. It's \$5 for one patch, \$10 for the two patches, etc. If you want to help out GRC Grcc Honeybees with their mailing costs, you can donate an extra \$1. Keep MITE BUSTING!!

Do You Sell Wax? If you are an LCBA member and would like to be listed on LCBA's Buy Local Honey page, please email secretary@lcba.community with your contact information, prices, and a photo if possible.

Western Apicultural Society Newsletters: http://groups.ucanr.org/WAS/WAS_Journal. Click on the line in the paragraph on the right as directed. If you're still getting the old issue, click on "empty cache" in your browser or "refresh" or "reload" under VIEW in your menu bar.

WASBA Newsletter: Pick up your copy of this bimonthly online at www.wasba.org: click on "Newsletters." The July Newsletter's cover story is LCBA's Youth Scholarship Program!

That's all for now ~ take care, & bee happy!

~~ Susanne Weil, LCBA Secretary (Secretary@lcba.community; 360 880 8130)