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Barnstable County  
Beekeepers Association

## **buzzwords**

<http://www.barnstablebeekeepers.org>

**February 2019**

### **Upcoming Meetings**

**7:30 pm at the West Barnstable Community Building on Route 149.**

And keep those snacks and nibbles coming!!

**Tuesday, February 12  
Dr. Robert Brucker**

Dr. Brucker will be updating us on his research and bee lab work.

**Tuesday, March 12  
Dr. Robert Geger**

Dr. Geger will talk about the causes and consequences of bumblebee decline. Rob will discuss bumblebee ecology and behavior and focus on the issue of bumblebee decline. Will also learn to recognize bumblebees their lifecycle, and information on some citizen science research opportunities.

**Tuesday, April 9  
Dr. James Crall from Harvard**

Dr. Crall has done research on the [effects of neonicotinoids on bumblebees](#).

**Tuesday, May 8  
Mary Beers**

Mary is an educator who will present on native pollinators.

**Tuesday, June 11  
Cape Bee**

The Cape Bee team will be presenting on varroa destructor.

### **Bee School**

**West Barnstable Community Building  
2377 Route 149, West Barnstable (large room)  
7:30 to 9 pm**

Thursday, February 7th – Occupants of the hive

Thursday, February 21st -Spring and Summer Management

### **Bee Club at Falmouth High School**

Last year, the Falmouth Education Foundation awarded a Farm-to-Table grant to several teachers at FHS. This was the first step towards building a farm program at the High School that will educate students about healthy eating by providing fresh food to the school cafeteria, and will provide an educational ground for students to learn on the different approaches to growing their own food. The grant included the purchase of equipment for a greenhouse, several raised beds and material for starting a beekeeping club.

The idea of having a Beekeeping Club was very well received by students and there is good deal of excitement about it (although I have to say their main question is whether they will be wearing a suit). We currently have two Warre hives (read below), built by the school woodwork students under the direction of Mr. Brooks, and one more hive is being built, as a backup up for possible splits. We have purchased 2 packages of Italian bees, which if all goes well will get a club-raised queen or a carniolan queen.

A Warre hive is probably the hives that most resembles an empty tree trunk. The boxes are smaller (15 in x 15 in) than those for a Langstroth hive, and it has room for 8 top bars. A standard hive has 2 or 3 boxes. On top, there is a a quilt and a roof. The quilt has moisture absorbent material, such as wood chips, separated from the hives by a layer of cloth; the roof has two eaves, with an eaves vent and a ridge vent. This design creates a tube-shape hollow hives with a constant air flow from the bottom entrance to the roof. The main concern people have about Warre hives is that the colony grows from the top down, just like in a real tree trunk. When more spaces is needed, new boxes are added to the bottom of the hive (this action is called nadiring) which requires removing the boxes, placing the new one at the base and place the boxes on top. To me, this is an opportunity to inspect the hive, and because of the smaller size, the boxes are not as heavy and I can easily lift them even when fully loaded with honey.

At home, I only have Warre hives. They are smaller and lighter to handle, and they use top bars (no frames frames or foundation, cheaper, I

can build my own and I don't need an extractor). Bees in Warre hives grow the combs straight, in contrast to horizontal top bar hives that have a tendency to have combs across bars (in my opinion, this is because horizontal hives have a very poor air flow so the combs are angled to allow the air to flow more freely: when I added an entrance to each end of my top bar hives the angling of the combs got corrected to some degree).

The students are excited about working with bees; I'm excited about working with kids working with bees.

Miguel Zamora

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## How to Wash Beekeeping Clothing

Most beekeeping suits and jackets are machine washable, except for the veil portion which is in danger of being bent or snagged by the main body's zipper and closures. That's why it's important to purchase a suit or jacket with a fully detachable veil.

Why should you wash your bee jacket or suit?

And finally, and perhaps most importantly, the garments. First, it's a good idea for your own comfort, because a stinky garment stiff with accumulated sweat is an unappealing start to a day of bee work. And in hot weather the fabric becomes less breathable, making bad conditions feel worse.

Secondly, the garment's fabric will be prematurely damaged by a build-up of grime within the fibers.

will, over time, begin to accumulate bee alarm and sting pheromones from previous days' work. Nearly imperceptible to humans, these remain potent - and disturbing - messengers to bees. Simple airing may help disperse these chemicals, but washing is even better and will protect the garment's fibers while making it more pleasant to wear at the same time.

How often should you wash your gear?

Wash it whenever it gets dirty, or soaked with sweat. And after you have had a particularly contentious day with bees, when the fabric will have been marked by lots of sting pheromones.

Don't believe the old tale that washing bee gear riles the bees up. It's simply not true. That being said, it is better to avoid using highly-scented washing products. Who knows what bee-provoking chemical odors may be in them?

### Steps for washing your bee gear

1. Remove (unzip) the veil portion from the main body. Tip: Before completely disconnecting it, it's helpful to mark the ends of the two zippers so you can easily see which ends go together when reassembling them. A couple of small dots with a laundry pen will do the trick. The veil portion needs to be washed separately, by hand. See below for veil-washing instructions.
2. Empty the pockets, including the debris that gets caught down in the corners of pockets.
3. Pre-treat stains, if present:
4. Wax: Scrape off any that you can, then pour very hot water through the garment from the back of the fabric. Do this outside where the wax can disperse without going down the drain.
5. Propolis stains: These are never completely removable, but they can be reduced by careful use of a product like KrudKutter or Charlie's Soap.
6. For grass stains, ground-in dirt on cuffs, and body soil: A good pre-treater combined with a pre-soak in a product like Oxy-Clean will work.
7. Mate up the hook-and-loop (Velcro®) closures, fully loosen up any elastic cord tighteners and zip all the zippers. Use safety pins at the top and bottom (and if needed in the middle) of the main front zippers to make sure they will stay closed during the wash.
8. Wash according to the care-tag instructions, using the warmest temperatures allowed. The garment should not be washed with other kinds of clothing. The load should be made up of only bee clothing to avoid transferring any remaining wax and propolis or traces of bee venom to street clothes.

### Forage

[Catch The Buzz – Make Sure The Workers Are Fed, And They'll Take Care Of The Queen.](#)

[The Science Behind Honey's Eternal Shelf Life](#)

[Over the next few months, Cornell will be releasing booklets for small fruits and veggies. All booklets will be free and downloadable.](#) These are useful guidelines of what can be used in your gardens against pests and diseases but still protect our pollinators.

[More From Sammy Ramsey, Phd](#)

Check out the BCBA Facebook page for shared links, photos, and questions/answers! Join the conversation!  
<https://www.facebook.com/groups/BarnstableCountyBeeA/>

9. Use a small dose of detergent with little, or no, fragrances. Do not use bleach or any fabric softeners. If you need a rinse aid, use plain white vinegar.
10. Hang the garment to dry. Unzip all the zippers and loosen hook-and-loop closures before drying to speed up the process.

### **Veil washing instructions**

1. Pre-soak the veil using an Oxy-clean type of product, if needed.
2. Add a small amount of detergent to the sink and allow the garment to soak for 15-20 minutes.
3. Gently swish the water through the fabric and netting; scrub the hat band with a soft brush to remove body soil.
4. Rinse in clear water several times until the suds are gone.
5. Hang to dry.

THANKS TO BETTERBEE, NY FOR THIS INFORMATION!

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## **SEASONAL TIPS**

There are about 7 weeks of winter left (groan!) but we must admit, the weather has been relatively kind to us to date. On the upper Cape, since the new year began, we have experienced 6.56 inches of rain fall covering just 7 days. No appreciable snow has fallen and but a few days of really, really, really cold weather blanketed the area. The bees seem to be doing well as best reported on Facebook or by emails. Yes, those with very small clusters have not survived the cold and some have probably starved due to error on the beekeeper last fall. One in the yard has a very high nosema count based on a current test and is very perplexing as it is an overwintered 2017 nuc and requeened in August of 2018. A number of dead have accumulated on the front stoop but the cluster remains excitedly a good size. Next nice day (high 40's to 50 deg), we will nudge in a sugar brick laced with Honey B Healthy.

With these thoughts in mind, there is little that can be done except to check the weight of your hive and add sugar very close to the cluster on windless, sunny days. Pouring sugar on the inner cover is useless as the bees will not break cluster to reach the treat. Keep the entrance clear of dead bees so there is plenty of ventilation and IF, IF we get any amount of snow, clean off the stoop again for ventilation and make sure your top entrance is open for cleansing flights on balmy days. A few feet of snow is really good insulation but not counting on that this winter.

How is your equipment? Need to replace some deep brood frames? The club has a new shipment of wax arriving soon and can be purchased in packs of 10. And if you are replacing that wax, remember that it is a good idea to paint the 2019 queen color on those frames to give you an idea just how old that wax is. Our queens for 2019 will be sporting a GREEN dot.

Wishing an early spring for all!!

Claire Desilets

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## **A Good Winter Project**

What better way then to spend a chilling (6 deg) winter morning melting and cleaning burr comb and cappings from extracted honey.

All precautions must be taken as beeswax melts below 140 deg and can ignite if careless. Using a Presto fry pot with a spigot, it is easy to control the temperature.



Burr comb scraped from frames, inner covers or spaces left in error by the beekeeper. Only use new yellow comb for best results. Water should be close by.

And 20 minutes later, this is what you find once out of melting pot. Noticed the band of yellow wax? Well, that is all you get but it still has to be strained. The dark bottom is water and sludge. The jug can be cut and water drained. Wax will be remelted with a cup of water and strained through stainless steel screen or some use paper towels. Very hot so use great caution!



This pot represents a few hundred pounds of extracted honey and the remaining drained cappings. A couple of cups of water was added to facilitate the melting and “washing”.

Claire Desilets

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And here is what you have left. There is just over 2” of wax in this gallon jug with sludge and yet to be strained for purity. Not enough for but a few votive candles but pure local wax for those lip balms and creams you might like to try. Tip: dedicate pans and utensils for this project as once used, they are impossible to clean.



And after all that effort, this is the final product! A gorgeous piece of local beeswax totaling 30.35 ounces. No, it is not for sale but will be used to coat top bar frames.

## Recipe

### Peanut Butter-Oat Bites

- 1/2 cup peanut butter
- 1/3 cup honey
- 1 tsp vanilla
- 1-1/4 cups shredded unsweetened coconut
- 1 cup rolled oats
- 1/4 cup semisweet chocolate pieces
- 1/4 cup snipped dried cherries, apricots and/or raisins

In a bowl, stir together peanut butter, honey and vanilla until well mixed. Stir in 1/2 cup of the coconut, chocolate pieces and dried fruit. Cover and chill for 30 minutes.

Place remaining 3/4 cup coconut in food processor. Cover and pulse until chopped.

Shape peanut butter mixture with hands into 30 balls each about 1". Roll balls in chopped coconut to coat. Cover and chill another 30 minutes. Stores well in airtight container in fridge for one week. 111 calories per bite!

Better Homes and Garden, WeekNight Easy Recipes.

### No-Bake Honey Cheesecake Cups

These No-Bake Honey Cheesecake Cups don't require an oven making them the perfect dessert to whip up when you're on a time crunch. With only a few ingredients and a mixer needed, this delicious dessert will hardly require any effort but will taste like you spent hours on it!

For the crust:

- 1 package of graham crackers, crushed
- For the cheesecake
- 1/4 cup Honey
- 1 cup custard yogurt, vanilla flavored
- 2 packages of low-fat cream cheese, softened
- 2 teaspoons lemon juice, freshly squeezed
- 2 teaspoons vanilla extract
- pinch of kosher salt
- For the garnish
- low-fat whipped topping, tinted pink
- strawberries, 1 for each individual cheesecake cup

### Directions

- Place all cheesecake ingredients in a mixer bowl and beat until the mixture is smooth, scraping down the sides of the bowl as necessary.
- Place dishes on tray.
- Place 1/4 cup crushed graham crackers in the bottom of each individual dish.
- Spoon cheesecake mixture onto the graham crackers in each dish.
- Refrigerate, uncovered, for 2-3 hours or until set.
- Garnish with a dollop of whipped topping and a fresh strawberry.

### Raspberry Chocolate Truffles

- 3 tablespoons Honey
- 2 1/2 cups oats
- 2 1/2 cups raw cashews
- 2 cups raspberries
- 2 teaspoons vanilla extract
- dark chocolate for dipping
- freeze dried raspberry crumb, shredded coconut or chopped nuts for topping

### Directions

- In a food processor, grind up the cashews and oats. Add the raspberries, honey and vanilla extract and blend for a few minutes until you get a smooth pink mixture.
- With your hands, roll the mixture into rough small balls (try wetting your hands a little bit so the mixture does not stick) and place them on a sheet of parchment paper.
- Place them in the freezer for 15 to 20 minutes, until they are firm.
- Once they are firm and not sticky, take them out and roll them into even, round balls.
- Melt the chocolate in a bowl and dip each of the balls in it, completely covering each of them. Place them back on the parchment paper and sprinkle your topping of choice onto each one while the chocolate is still warm.
- Place them back in the freezer for another 20 to 30 minutes or until the chocolate is completely dry and firm.
- Serve and enjoy!



## RESOURCES

The following officers and directors are a great resource to answer questions and requests for assistance.

<b>Officers</b>		
<b>President</b>	Michael D. Smith	<a href="mailto:michaeldgetsmail@gmail.com">michaeldgetsmail@gmail.com</a>
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Kathy	Clobridge	<a href="mailto:clobridge@comcast.net">clobridge@comcast.net</a>		Brian	O'Donnell	<a href="mailto:bjmdod98@gmail.com">bjmdod98@gmail.com</a>
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Claire	Desilets	<a href="mailto:beekeeper@gmail.com">beekeeper@gmail.com</a>		Miguel	Zamora	<a href="mailto:zamorasmiguel@gmail.com">zamorasmiguel@gmail.com</a>
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