

NEXT CLUB MEETING

APRIL 4, 2022
7:30 to 9:00 pm

Hosted via Zoom Meeting

An email will be sent with a meeting invite. This will include a meeting ID # and a password.

In advance of the meeting, please download and install the free Zoom app to your computer, phone or tablet. If this is new technology for you, perhaps you can do a test meeting with a friend.

<https://vimeo.com/616977404>

Hello Beekeepers.

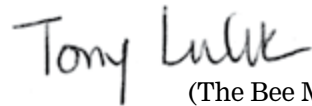
Has Spring has sprung? Maybe or maybe not! Keep an eye on your hives during these cold days and colder nights. We are not out of the woods yet. April showers are *supposed* to bring May flowers, but April showers can turn into snow storms.

Aside from that, Bee School is wrapping up its last class next week. I can't believe how time has flown by. Soon we will have about 75 new beekeepers with mentors embarking on an endeavor that will change their lives. Congratulations to our (almost) graduates!

Every year I enthusiastically plan to do "Hive Dives" all season long, but life gets in the way, and I never get to do any many as I hoped. I encourage all of you to *host* hive dives this coming season. Post to the Google group and let people know where and when you plan to go into your hives. If even just a small group of beekeepers does this, it would be incredibly helpful to new and seasoned beekeepers. Most often, it's usually just a few people who show up, but it is a great opportunity for everyone involved. If you have any questions, let me know, but I highly encourage all beekeepers to offer at least one or two hive dives a season.

I am looking forward to seeing everyone at the May meeting. It's a plant/seed sale so bring your items for the raffle.

Happy Spring!



(The Bee Man)

NCBA to Ban All Bee Puns and References

NCBA President Tony Lulek has announced that for the remainder of 2022, the club would ban all bee puns and references.

According to Lulek, "I believe down to my bottom board that while honey bees have given society so much, the puns have waxed too much. Bees have mangled the way we talk, and it must stop."

But not all members are so sure. NCBA Vice President Dana Wilson claims, "It's still possible for most of us to string together a sentence without making a bee reference. I nosema any problem.Damn."

Stung by the pushback, Lulek tried not to brood, claiming

that it was entirely propolis to instute a ban. "A dearth of puns is what we mead!" Some members swarmed to his defense. "Comb through the old newsletters, they're buzzing with metaphors!"

Jenna Tibbetts was having none of it. "You guys just drone on about this, but I hive no problem with it; just let it bee!"

Deb Spielman caste a sideways glance, "You mite want to cap this, and wonder if you've all been framed."

"That would be super! Let's just mind our own beeswax!" Concluded Lulek with a smile, 'Happy April Fouls(brood) Day!



News from the Landing Board

The April 4th Meeting Agenda

April: Splits, Splits, and Splits! That hive you are so happy about surviving the winter will now do one of three things: 1. swarm, 2. swarm, or 3. swarm. The best way to make the most of this soon-to-be windfall of new queens is to do the swarming for the bees; that is: split the hives.

Join us for a panel of NCBA experts as they provide a straight-forward presentation on the basics of splitting, what to expect, and how to avoid some of the pitfalls (such as secondary swarms).

A look ahead... Future Meeting Agendas

May: Deb Tricket: Pollinator Garden Whilst most gardeners choose plantings for shape, color, and interest, beekeepers garden with an additional agenda. Nectar load, pollen, timing of blossoms, and an anticipated honey crop are all part of the equation. Join us for our first hybrid meeting to learn how to make your gardens bee-friendly. And, speaking of gardening, the May meeting is the tradition NCBA Plant Swap. Bring from seedlings or cutting to swap!



NCBA BOARD MEMBERS

2020-2022:

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Tony Lulek

VICE PRESIDENT

Dana Wilson

TREASURER

Stephen Green

RECORDING SECRETARY

Edward Rock

CORRESPONDING SECRETARY

Kevin Keane

MEMBERS AT LARGE

Carin Cohen, Joel Richards,
and Jenna Tibbetts

NCBA BEE SCHOOLS:

INTRODUCTORY SCHOOL DIRECTOR

Tony Lulek

INTRODUCTORY SCHOOL ADMINISTRATOR

Dana Wilson

INTERMEDIATE SCHOOL DIRECTOR

Ed Szymanski

INTERMEDIATE SCHOOL ADMINISTRATOR

Marian Szymanski

NCBA TECH GURU

Greg Rushton

APPAREL

Lauralyn Smith

DOOR PRIZE/RAFFLE

Kara Sullivan

HOSPITALITY

Rose Thornton and Carin Cohen

EXTRACTORS

Brianda Younie

MEMBERSHIP/FACEBOOK/GOOGLE

Rose Thornton

Deb Spielman

LIBRARIAN

Michael Simone

PROGRAMS

Ed and Marian Szymanski

NCBA Slate of Board Officers

The NCBA Nomination Committee puts forward the following Candidates for Club Officers. This slate of officers will be voted at the May meeting:

President.....	Tony Lulek
Vice President.....	Mohamad Kahlil
Treasurer	Stephen Green
Recording Secretary	Ed Rock
Corresponding Secretary	Kevin Keane

Other committee positions that are not voted on, but you should know work very hard on the Board are:

Programs	Ed Szymanski
Intro to Bee School.....	Tony Lulek and Dana Wilson
Intermediate Bee School	Ed and Marion Szymanski
Extractors	Brianda Younie
Librarian.....	Michael Simone
Door Prizes	Kara Sullivan
Website	Greg Rushton
Membership/Facebook/Google	Rose Thornton and Deb Spielman
Bee Apparel	Lauralyn Smith
Calendar Committee.....	Jenna Tibbetts

Mentoring Program really, extremely, and very successful



I would like to thank all those who signed up to be a mentor this year. Every year the response from club members is amazing. So many of you stepped forward so quickly; willing to share your time, experience, and expertise. There were 48 households that requested mentors this year and all were assigned a mentor. Some these requests were even in other counties and they were able to be covered. Thank you.

Incredibly, all of those who did step forward were not able to be chosen. The main reason being there is no mentee who lives in close proximity of where the potential mentor lives. The effort every year is to give one or two mentees to each mentor and have the mentee live in the same town or very close to the mentor.

Mentors play a vital role in the continued education of the Bee School Student. These students learn so much. Once the students receive their bees there are many issues that might arise and some of the material learned in bee school is forgotten. This is where the mentor steps in, reassuring the student that all is ok, and explaining how the issue will be dealt with.

If you haven't volunteered to be a mentor you should give serious consideration next year to taking advantage of this opportunity and sign up. The mentor-mentee experience is a tremendous learning opportunity for both parties.

Dana Wilson
Bee School Administrator

My Mentor Helped My Success

I wanted to write the article to express my gratitude to my mentor from last year. She helped in so many ways.

One of the first things my mentor taught me is to understand that hive inspections actually started before you even opened the hive! A lot can be learnt from just observing the bees around the hives.

Bees can have bad days too so it's in your best interest to find out what kind of day they're having before you start taking apart their homes!

They teach you all the foundations to becoming a great beekeeper in bee school but don't count on remembering all of that while standing in front of thousands & thousands of bees. My mentor reminded me some of the basic techniques and what was important. She pointed out eggs, (boy are they hard to see at first), the difference between capped brood and capped honey, how to gently open the hive box so as to

not agitate the bees, how to hold the frames properly, and made sure I tested and treated for varroa mites.

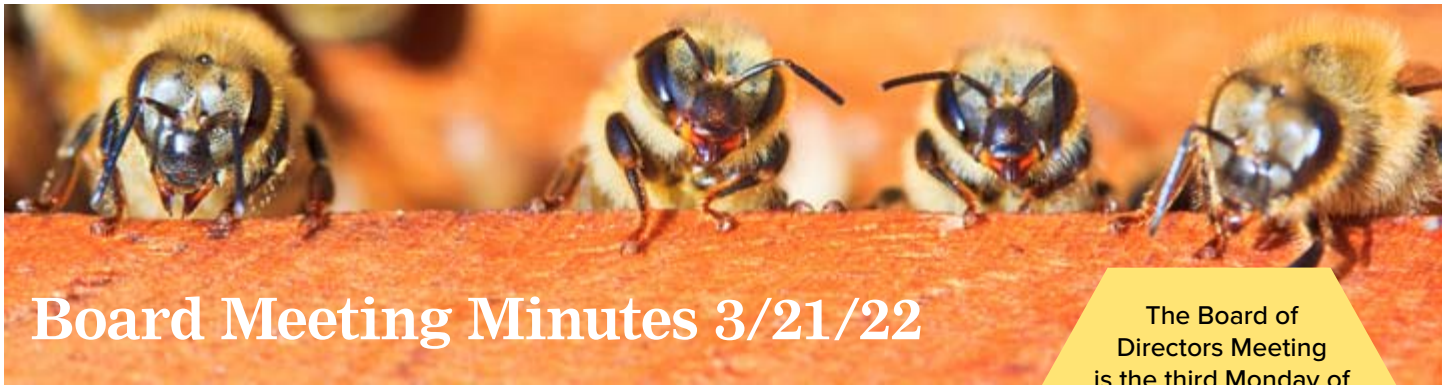
It's impossible to say just a couple of sentences about my mentor! Between her job, family responsibilities and commute, she was understandably super busy but still found the time to respond back to all of my concerns I had about my hives! I really appreciated having a mentor especially during a time where shutdowns, isolation and quarantines was common.

I credit Bee School and my mentor for having overwintered all three hives successfully my first year. Could I have had a successful year without my mentor? Possibly. However, I don't believe it would have been as successful it weren't for my mentor.

Thank you NCBA!!!

Mohamad Khalil
Bee School Class 2021





Board Meeting Minutes 3/21/22

The Board of Directors Meeting is the third Monday of each month.

It's held at 7:00pm via a Zoom Video Meeting.

All members are welcome and encouraged to attend.

NCBA BOARD MEETING

MARCH 21, 2022

7:09 to 8:00 pm

Attending:

Tony Lulek
Dana Wilson,
Stephan Greene
Ed Rock
Michael Simone
Joel Richards
Ed Szymanski
Greg Rushton
Jenna Tibbetts
Mohamad Khalil
Deb Spielman

President's Update – Tony L

- Old & New Business
 - In honor of Jan Daniels – Donation of \$360
 - Nominating Committee is in process for the slate of officers – All offices have candidates, we're awaiting a candidate for Vice President
 - Norfolk Aggie High School Student Scholarship (NCBA typically provides (2) \$1500 scholarships – motioned and approved
 - NCBA Member Student Scholarship – Award stays at \$1000 per awarded applicant.
 - One Queen Class Scholarship – Mohamad Khalil received \$150 scholarship at Wetlands
 - Cornell Master Beekeeper Class Scholarship each a \$300 Scholarship (Joe Jankowski 2023 and Michael Simone 2022)
- Some ideas (Mo Khalil) – building small informal mentor groups with “group leaders”. This might be small groups with hive dives. Also do some small honey jar tastings / comparing different flora. Next steps are to formalize a bit and see if there is any club interest in these social circles.

Vice President's Update – Dana

- Nothing new.

Treasurer Update – Stephen

- Bank balance \$46,111 as of 3/21/2022
- \$1800 (approximately) income and expense for soap making was discussed
- Three financial reports accepted.
- Carolyn Keene sent a very nice

thank you note to the club for her scholarship

Recording Secretary: Minutes – Ed R

- Meeting notes accepted

Corresponding Secretary – Kevin Keane

- Nothing new – new newsletter material due 3/25/22
- Notes to highlight in the upcoming Newsletter
- Plant & Seed Raffle and Bee equipment Raffle at the May meeting
- Bee signs are now available for \$10 each – contact Tony L
- Add request for Club Vice President candidate from NCBA membership
- Note to NCBA membership for their college bound students (only member's students) to apply for the NCBA Student Scholarship

Committees:

• Programs – Ed S and Marion

- April Meeting program/panel on Splits, reducing from 2 to 1 brood box
- May 2nd, 2022 Club Meeting will be in the Aggie Cafeteria (over 50 club members have said they'd attend in person. Possibly Deb Trickett doing a pollinator garden presentation. Ed R. will coordinate web access with Aggie.
- NOTE that we'll have a Plant and Seed raffle at the May meeting

(Continued on page 7)

Helping honey bees and other pollinators meet their nutritional needs

(while providing benefits for their keepers too)

by Ed Szymanski



Spring has finally arrived - what better time is there to think about providing good food for our beloved honey bees? And in the process, we can also provide nutrition for a variety of other pollinators.

Bees and flowers have a special relationship. Bees need plants for food – pollen provides proteins to support development of brood into healthy adults and helps the bees build the strong fat bodies they need for winter survival. Nectar gets converted to honey, for energy, winter heat generation, and production of brood food. Many flowers need bees to transfer pollen so the plant can reproduce. This directly influences the quantity and quality of many of our food crops.



There are 10 essential amino acids (proteins) needed for proper development in honey bees. All of those amino acids are not provided by any one flower pollen. This is why

monoculture is not the best thing for bees, and in some cases is detrimental to their health and development. Bees need a diverse selection of food sources, all through the year. There are usually “wild” food sources available, like trees and wildflowers, but as these sources disappear with ever-expanding roadways and housing developments, we need to plant to provide our own food sources for our pollinators.



What can we do? We can leave areas of our yards more natural to provide habitat for native pollinators. Bees basically relearn how to get nectar and pollen from each plant they visit.

We should grow patches of flowers, 10 sq. ft. or more, or shrubs, or trees, so that groups. A diverse selection of flowers growing over the entire growing season is the goal. As beekeepers, we have a vested interest in a long period of nectar flow. We like a good honey crop for our own use and we also want the bees to have good stores of honey to get them through the winter. As farmers/gardeners, we want to have a large force of foraging bees to pollinate our crops. Truly a win-win situation for all.



What to plant? Start with trees. Trees provide large amounts of floral real estate on a relatively small footprint. Willows are a significant early pollen source and maples provide the first real

nectar flow in the spring. Different varieties of maple bloom at slightly different times, so there's good early food available for the first few weeks of spring. Later in spring, redbuds and fruit trees such as peach, pear, and cherry are strong food sources for honey bees. Black Locust and Linden are significant early summer nectar sources. Bee-bee tree (Evodia) and Seven-sons flower tree are later-blooming favorites.



Trees can take many years to develop into significant sources of nutrition for pollinators, so a quicker way to get a good number of flowers available is with shrubs.

Witch hazels are a wonderful example. With a few different species, witch hazels are often both the earliest and latest food sources available to bees. There may be snow on the ground covering the early spring bulbs, but as long as it's warm enough for bees to fly, there's witch hazel pollen available above the

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surface of the snow. Sumacs (smooth and staghorn) are a great early summer nectar source and Clethra (aka Sweet pepperbush) is a honey bee favorite in damp areas. Some parts of Massachusetts realize of the greatest nectar flows of the season when the clethra bloom.



DiPasquale et al (2013) found that one of the most nutritionally complete pollens is that of the Rubus family, what we know as brambles. Planting blackberries and raspberries is a great way to provide healthy food to both bees and humans. We grow several varieties of brambles in our

garden to supply bee food from May to August and fruits from July to October. The flowers of the blackberry are particularly attractive, resembling wild roses.

Other berries, such as currants, gooseberries, and blueberries also provide pollen and nectar to pollinators and fruits to people.

Spring bulbs can provide early pollen just as brood rearing is starting. We recently discovered Pushkinia, or striped squill (not Siberian Squill) and planted a quantity of the bulbs. They started blooming mid-March and provided pollen for 2 weeks. We'll be getting more. Grape Hyacinths bloom from mid-April into May and provide both pollen and nectar. Other significant spring bulbs are Crocus, Snowdrops, and Chionodoxa (Glory-of-the Snow)



How about herbs? People have been using herbs in cooking and in healing for centuries, and there's a lot of recent research that suggests that herb plants provide health benefits to bees through their pollen and nectar. Erler and Moritz

(2016) found that honey bees selectively forage based on antimicrobial qualities when they are needed, and that they selectively feed nectar and bee bread from herbs to diseased larvae. Aromatic herbs like mints and borage are rich in beneficial nectar. Mint, thyme and a few other herbs produce secondary metabolites that have shown to be antimicrobial and may be effective against European Foulbrood and other bacteria-associated diseases. Ashley Adamant, in her blog Practical Self-Reliance, wrote "when

you grow herbs, you help the bees and heal yourself". Oregano, chives, garlic chives, basil, anise hyssop, and calendula are other examples of herbs pollinators are attracted to. Echinacea has long been known to have many healing benefits for humans. Bees and butterflies love the flowers during their long summer bloom time. You would think that these flowers provide beneficial pollen to these pollinators as well.



And then there's flowers. There are so many, it's hard to narrow down to few favorites. Sunflowers have been shown to provide healing compounds to many species of bees. It is said that bees will forage on sunflowers when they know that they are ailing, a sort of self-medication. Milkweeds are a favorite of honey bees, they forage for nectar on them in the

late afternoon. Most importantly, milkweeds are a larval host plant for monarch butterflies. Ironweed and Culver's root are great native pollinator plants. Veronica, poppy and mountain mint are staples in our summer gardens. Mountain mint is particularly loved by honey bees, and being in the mint family, likely provides health benefits to them. Sedum, aster, goldenrod, and wingstem are great fall bee plants. Coming in when pollen and nectar sources are on the decrease, these plants provide much-needed nutrition for winter preparations.

By providing a diverse selection of high-quality food plants for your bees and other pollinators, you can help to ensure that they are always getting the nutrition they need to raise strong healthy young, to reduce the stresses caused by viruses and pesticides, and to give them a fighting chance of survival through our harsh winters.





More News from the Landing Board

NCBA Student Scholarships

The club offers two scholarships. One is for NCBA members college-bound students. The scholarship is for \$1,000. Members and their students should apply online. The other scholarship is for a Norfolk Aggie High School student. NCBA typically provides (2) \$1500 scholarships.

More NCBA Scholarships

Congratulations and best wishes to the members who received NCBA scholarships:
One Queen Class Scholarship – Mohamad Khalil received \$150 scholarship at Wetlands
Cornell Master Beekeeper Class Scholarship - \$300 each (Joe Jankowski 2023 and Michael Simone 2022)

They Keep Bees Queen School

Ang Roell of *They Keep Bee Apiary* is offering a Pay-What-You-Can Queen School this summer. Over four weekends they will offer loads of speakers and plenty of hands-on experience working educational hives. Check out the link for the syllabus and registration information: <https://www.theykeepbees.com/beekeeping-classes>

(Board meeting minutes, continued from page 4)

- June meeting – Suggesting folks go to Mass Field Day – and NCBA will just hold a June evening meeting – we’ll anticipate a hybrid meeting in June.
- **Intro to Bee School** – Tony & Dana
 - Everything is rolling along well
 - Paul Tessier is presenting 3/22 on MDAR
 - All who requested a mentor have been assigned
 - Dana and Tony are willing to continue on for the next year’s school
- **Intermediate Bee School** – Ed & Marion
 - In week #3 and everything is good
 - Have 131 students this year
- **Extractors** – Brianda
 - No updates

NCBA looking for a Scholarship Czar

The club is looking for a volunteer to coordinate our many scholarship programs (Norfolk Aggie College Scholarship, Club Members’ College Scholarship, Club Members’ Cornell Master Beekeeper Scholarship, and the Subsidized Queen Program). Any interested members can reach out to Tony Lulek for more information.

Mass Bee Field Day

Mass Bee Field Day will be on Saturday, June 11. Visit Mass Bee website to check out the agenda.

In honor of Jan Daniels

Jan Daniels, a club member and bee school alum, recently passed away. It was requested that in lieu of flowers donations be made to NCBA. Thus far \$360 has been received. The Board will decide how to appropriately use this money once donations have finished being received. Our thanks to Jan’s family for their generosity, and we extend to them our deepest sympathies.

- **Library** – Michael Simone
 - No inquiries currently
- **Door Prizes** – Kara
 - Reviewing number of door prizes and door prize size
- **Website** – Greg
 - Nothing big
- **Membership** – Facebook – Google Groups - Rose & Deb
 - Deb is cleaning the rolls
 - 573 membership
- **Bee Apparel** - Lauralyn
 - Nothing New
- **Calendar Committee** – Jenna Tibbetts
 - Dates being updated for intermediate bee school
 - Adding the MDAR events to the calendar
- Meeting was adjourned at 8:25PM



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Package Bees & Nucs 2019

We have *three* delivery dates for packages this spring. Multiple pick-up locations and delivery available for convenience!

5 Frame Nucs available in deep frame and medium frame options.

Pick-up expected late May!

Hive Starter Kits

Assembled & unassembled complete hive kits available for new beekeepers and beekeepers adding a hive!

We also have:

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Slatted Racks Completely assembled, glued and nailed. This gives the bees more room in the hive on rainy days and when they are all in for the night making them less likely to think about swarming due to crowding.

Supers Made out of pine; with pre-drilled finger joints, and handles cut into boards, comes unassembled. Deep, Medium and Shallow available.

Inner Cover Ventilated, wooden inner cover.

Outer Cover covered with Tin Made from 3/4" exterior plywood, completely assembled, glued and screwed. Cover comes with tin cover to protect from outdoor elements.

Complete Hive Setup Includes screened bottom board, two deep supers, 20 frames with wax foundation, inner cover and outer cover.

Hive Frames—Deep, Medium, and Shallow Wooden frame, made out of pine, held together with 10 nails. (Does not include wire or foundation).



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The Late-Season Nuc Program is coming!

Think about signing up.

Classes and prep will begin in June!



*ARE BEEKEEPERS
SUPER SMART?*

*NOT REALLY,
THEY'RE
B(EE)
STUDENTS*

