GEORGIA BEEKEEPERS ASSOCIATION NEWSLETTER

# Spilling The Honey

AUGUST 2022

NEWSLETTER EDITORS:
KATHY BOURN & PETER HELFRICH

## PRESIDENT'S MESSAGE

**GINA GALLUCCI**
*President,*
Georgia Beekeepers Association

GBA's 2022 Fall Conference (September 22 - 24) is fast approaching. Please read **Linda Tillman**'s four profiles our conference keynote speakers – **Dr. Mohammed Alburaki, Dr. Lewis Bartlett, Melanie Kirby** and **Dr. Sam Ramsey** – in our conference preview section (pages 3 - 7). Judging by the number of registrations we have so far, this is going to be a well attended fall conference. *Don't miss it!* **Register today.**

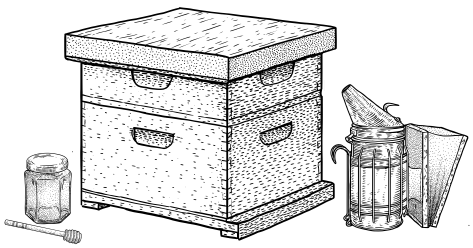
Additionally, if you plan to enter the honey show, pay close attention to the GBA Honey Show rules when preparing your entries. *Our judges follow the rules exactly*. **Rules can be found on our GBA website.**

We will be voting for officers and directors at this conference and in order to vote, you must use the email address and password associated with your online GBA membership within our Wild Apricot software. Please make sure you know your information.

All are welcome to join GBA volunteers in helping between conference sessions. Please let me know if you have a skill and might enjoy helping.

2022 FALL CONFERENCE

SEPTEMBER 22 - 24
GAINESVILLE, GA



**Honey Bee Genome Project Supported By License Plate Proceeds**

Sales of our *Save The Honey Bee* tag continue to do well and grants allocated by our License Plate Proceeds committee are flowing to local clubs. For example, you can read about the very worthy genome project for which **Julia Mahood** was awarded grant money and is leading on behalf of GBA and Georgia bees **(see Page 8)**. If you haven't done so already, please ask friends and family to get a *Save The Honey Bee* plate for their vehicle(s)!

– Gina

Post-it
for Local Club Presidents

# Has Your Club Applied For GBA License Plate Funds?

*What are you waiting for?* GBA is bringing in well over $100,000 a year from license plate sales. When Gail Dean started working with the legislature to bring about this bill, the GBA officers and the legislative committee wanted to get these funds to support beekeeping education in Georgia.

***The best way for that to happen is if local clubs ask for the money to support their projects!***

What can you ask for? Just about anything that supports the education of your members.

1. **APPLY to get your club speaker fees paid with license plate funds -** this is the most direct educational application of the funds
2. **APPLY to start a beekeeping training program -** to support your club's Beekeeping 101 course or to support a junior beekeeping program.
3. **APPLY to set up a club apiary** for the training of your members through ongoing hive inspections or to educate the public about bees.
4. **APPLY to support the purchase of equipment to make your educational meetings run more smoothly -** a computer and projector for your club meetings, a Z-kit to allow you to have speakers from far away speak to your club using a GBA Zoom account.
5. **APPLY to help your club put on any kind of program or project that will help to educate your members to be better beekeepers.**

***AND APPLYING is EASY.*** Dan Long who has applied for many grants for his Eastern Piedmont club says, "Applying takes only about 15 minutes and is really easy."

The form is a Wufoo form that you fill out online. **Here is a link to the form.** The questions are simple and quick to answer. You do have to answer some important questions to support your request.

These are:
1. Who will benefit from this grant?
2. What are the educational benefits of this grant?
3. Provide an itemized list of the costs

Aside from your name and address, that is about it. We encourage your club to come up with projects that can be funded by the license plate and APPLY, APPLY, APPLY. There is no limit as to how often you can apply and the funds are there for GBA to use.

To apply, **click here and follow all of the instructions.**

## YOUR GBA LPP COMMITTEE

Sophia Price, *Chair*

- Gina Gallucci
- Derrick Fowler
- Luke Ellerman
- Georgia Zumwalt
- Bob Binnie
- Katie Goodman

*If you were at this year's Young Harris Beekeeping Institute you may have passed the plate – the license plate table that is. Virginia Webb (above) and Kaska Miskolczi helped answer questions and deliver information about the ever popular GBA Save the Bee license plate.*

# 2022 FALL CONFERENCE

# PREVIEW

GBA's 2022 Fall Conference takes place next month, **September 22 - 24,** at the **Ramsey Conference Center** in Gainesville, GA. Attendees will hear presentations by keynote speakers: Dr. Mohammed Alburaki, Dr. Lewis Bartlett, Melanie Kirby and Dr. Sam Ramsey. The conference will also feature break-out sessions for you given by Lewis Bartlett, Paul Berry, Bobby Chaisson, Bill Dunn, Victor Halbgewachs, Cindy Hodges, David Hollomon, and Linda Tillman. And GBA webmaster Jonathan Hayes will speak to all of us to teach us how to use best some of the newly implemented functions and features of our GBA website. The conference begins with a board meeting on Thursday and includes a dinner on Friday night with Bobby Chaisson as the featured speaker.

To register for GBA's Fall Conference,
**click here.**

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2022 FALL CONFERENCE PREVIEW

# Dr. Mohammed Alburaki, Ph.D.

*By* ***Linda Tillman***

While many of us discover beekeeping as adults, Dr. Mohamed Alburaki grew up with beekeeping. His father was a beekeeping researcher and, in order to work on his own Ph.D., moved the family from Syria, where Mohamed was born, to France. Even his grandfather was a beekeeper, so Dr. Alburaki has always been around bees and beekeeping.

His own journey has also been very international. Dr. Alburaki received his Ph.D. in France and did postdoctoral work in Quebec, Canada. Then he moved to Knoxville, TN, where he did a second postdoc at the University of Tennessee. And, always getting more education, he did a third postdoc at the University of Southern Mississippi. Now Dr. Alburaki is at the Bee Research Lab in Beltsville, MD with Jay Evans, who spoke to GBA several years ago.

Most of Dr. Alburaki's research is about biotic and abiotic stressors on bees. If you don't know what that means (I didn't), an abiotic stressor might be climate change or a drought, while a biotic change, a living component of the ecosystem, might be the effect of the varroa mite on bee health. He also looks at the factors behind queen failure.

On a personal level, Dr. Alburaki likes karate and is a karate coach. He also reads extensively.

To read an interview with Dr. Alburaki written by Jay Evans in *Bee Culture,* **click here.**

To see him at his postdoc at University of Tennessee, **here is a two minute video about a study looking at neonicotinoids.**

At the GBA Fall Conference, Dr. Alburaki will give two talks:

- ***Newly Designed RFID Unit to Track Queen Behavior***
- ***Genetic Diversity of the US Honey Bee Populations***

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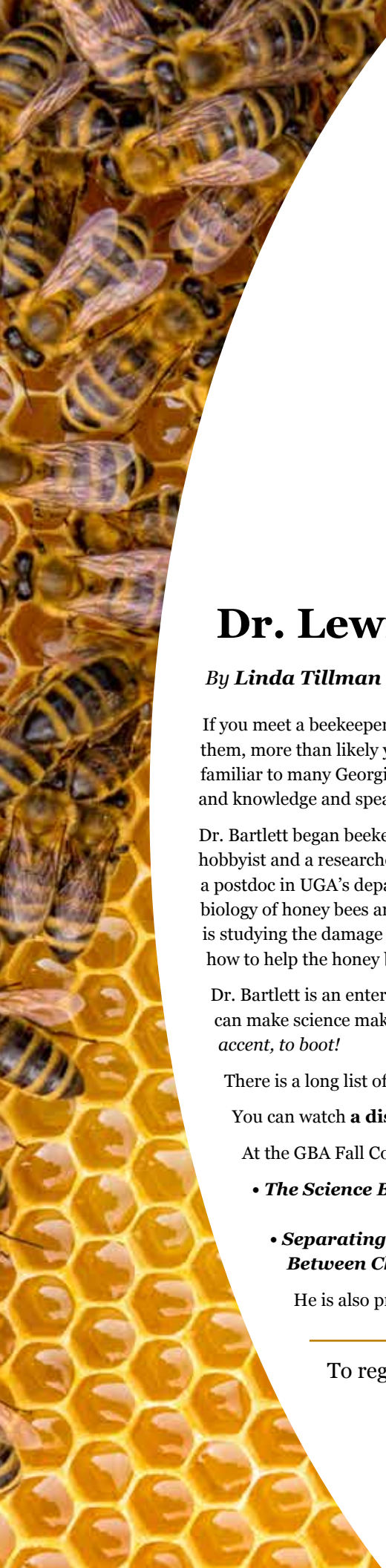
To register for GBA's Fall Conference, **click here**.



# 2022 FALL CONFERENCE PREVIEW

## Dr. Lewis Bartlett, Ph.D.

*By **Linda Tillman***

If you meet a beekeeper wearing bright yellow shoes with bees all over them, more than likely you are talking to Dr. Lewis Bartlett. Lewis is familiar to many Georgia beekeepers in that he is generous with his time and knowledge and speaks to many of our local bee clubs.

Dr. Bartlett began beekeeping about a decade ago in England as both a hobbyist and a researcher. He moved to the US in 2016. He is currently a postdoc in UGA's department of ecology. His interests marry the biology of honey bees and the ecological systems in which they live. He is studying the damage done to bees by diseases and parasites as well as how to help the honey bee handle these threats.

Dr. Bartlett is an entertaining, passionate and enthusiastic speaker who can make science make sense in English – *and with a lovely English accent, to boot!*

There is a long list of his publications **here.**

You can watch **a discussion he had with Bob Binnie and Jennifer Berry** on varroa treatment **here.**

At the GBA Fall Conference, Lewis will give the following two keynote talks:

- ***The Science Behind Linking Queen Health, Pesticide Exposure, and Nutrition***
- ***Separating the Good, the Bad, and the Ugly: Understanding the Differences Between Chemical Exposures to Our Bees***

He is also presenting a breakout talk on ***New Inventions for Small Hive Beetle Control.***

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To register for GBA's Fall Conference, **click here**.

2022 FALL CONFERENCE PREVIEW

# Melanie Kirby

*By **Linda Tillman***

In gardening, seed saving is a way to propagate species of plants that people treasure for their viability and other good characteristics. Melanie Kirby is the seed-saver of bees. She has been working for years to sort out the good seeds and to propagate them by finding good strains of honey bee that can survive and thrive in the environmental stressors of today.

She first met the honey bee as a Peace Corps volunteer in Paraguay. She helped the people there catch swarms and use the bees to support the development of farm crops. After the Peace Corps, fascinated by the honey bee, Melanie studied queen breeding in Hawaii. When she finally returned to her home state of New Mexico, she was well-prepared to work with the honey bee. She talks about how she is drawn to the honey bee in this **three minute video from Slow Food.**

In 2005, she founded **Zia Queen Bees Farm and Field Institute,** where she practices chemical-free beekeeping and raises genetically strong queens which can survive in today's world. She now shares her quality stock of queen bees with beekeepers through her business, Zia Queen Bees.

She has done research, while working on a graduate degree at Washington State, studying honey bee mating, and she was a 2019-2020 Fulbright-National Geographic Storytelling Fellow in 2019 - 2020.

If you'd like to hear Melanie tell stories about her journey from the Pueblo Nation to Zia Queen Bees, you can hear two talks from her at the GBA Fall Conference:

- ***Bees as Seeds***
- ***It Takes a Community***

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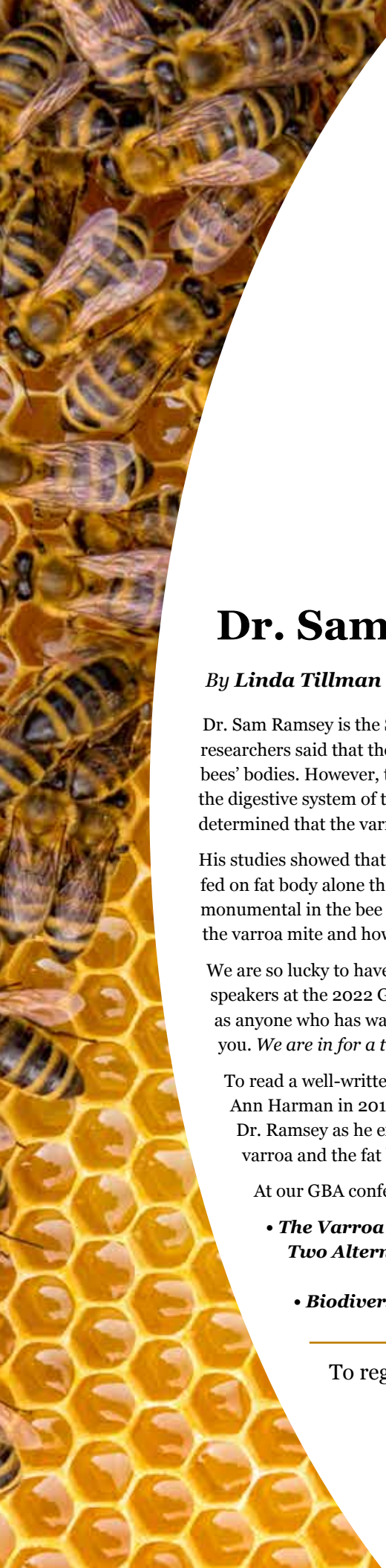
To register for GBA's Fall Conference, **click here**.



2022 FALL CONFERENCE

PREVIEW

# Dr. Sam Ramsey, Ph.D.

*By **Linda Tillman***

Dr. Sam Ramsey is the Sherlock Holmes of beekeeping. For years researchers said that the varroa mite feeds on the hemolymph in the bees' bodies. However, through his extensive study following clues in the digestive system of the bee and in the excrement of the bee, Ramsey determined that the varroa mite in fact feeds on the fat body of the bee.

His studies showed that mites fed on hemolymph died, while mites fed on fat body alone thrived and laid lots of eggs. This discovery was monumental in the bee world, changing the way beekeepers think about the varroa mite and how they manage their bees.

We are so lucky to have Dr. Sam Ramsey as one of our keynote speakers at the 2022 GBA Fall Conference. He is an engaging speaker, as anyone who has watched one of his YouTube presentations can tell you. *We are in for a treat!*

*Photo Credit: Montee McMillan*

To read a well-written piece about Dr. Ramsey, written by the late Ann Harman in 2018, **click here.** To see an entertaining video of Dr. Ramsey as he explains in only three minutes his dissertation on varroa and the fat body, **click here.**

At our GBA conference this fall, Dr. Ramsey will give two talks:

- ***The Varroa Mite Feeds on Bee Blood and Two Alternative Facts***
- ***Biodiversity and Diversity in Bio: What's the Point?***

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To register for GBA's Fall Conference, **click here**.

# 23andBee:

# Georgia Honey Bee Genome Project

## Seeks To Map The Genetic Diversity Of Our State's Bees

At the Young Harris Beekeeping Institute this year, Brock Harpur of the Purdue Bee Lab presented his group's work integrating genomics into beekeeping. A goal of his group's work is to sample colonies from each state in the US to get a snapshot of the genetics of honey bees regionally. Those taking part in the survey receive a genetic description of their colonies (*e.g.* a "23andMe" for bees). Here's a statement from Dr. Harpur:

*"The honey bee genome has been available since 2006 and in that time has yet to be leveraged for the beekeeping community. In part, this has been because of the exceptional cost of sequencing genomes: early techniques cost $10,000 per sample. Today, a single honey bee genome can cost as little as $50. At this price, it becomes feasible for beekeepers to incorporate genetics into their management practices. For example, we can quantify how much genetic diversity exists within an apiary (and ask if it is enough), from what subspecies does a honey bee colony come from (is it Italian, African, Russian, or something else), do colonies have mutations that are predictive of traits (is that sample Varroa resistant), and from where should I purchase my next colony (*e.g.*, to maximize genetic or trait diversity).* ***To truly begin using genomic techniques in beekeeping, we need to have broad sampling of colonies representative of the genetic diversity present in our stocks.*** *Our goal is to sample colonies from every US state in partnership with beekeepers to understand patterns of genetic diversity and differentiation. This data will serve as the foundations for future efforts to bring genomics into the industry. By partnering with beekeepers, we can provide them with estimates mentioned above and help them*

**GBA's License Plate Proceeds Committee has approved funding for genome sequencing of 100 honey bee colonies to record the genomes in Georgia and to include our beekeepers in on-going genomics studies!**

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*more deeply understand their colonies."*

At this point, no bees have been submitted from Georgia, despite our sizable beekeeping industry.

GBA's License Plate Proceeds Committee has approved funding for genome sequencing of 100 honey bee colonies to record the genomes in Georgia and to include our beekeepers in on-going genomics studies! Beekeepers will benefit directly from this work and we will be contributing to the future of beekeeping in this country and around the world. On the latter, we will be mapping the genetic diversity of Georgia's honey bees – one of the foremost beekeeping states in the US and a major provider of colonies nationwide. This resource will allow researchers to identify how and where Georgia's bees are transported and where their genetics perform best. The beekeepers who provide bees for sequencing will get a report of the genetic makeup of the submitted bees. They will get a report on how likely colonies are to be defensive, a report on where their colonies likely originated, and identification of which colonies are likely to be Varroa resistant. Georgia is at the forefront of beekeeping in the nation and this will help us keep that reputation as beekeeping enters the 21st century.

GEORGIA HONEY BEE GENOME PROJECT

## COSTS

If one were to mail a single sample of bees to the Purdue lab, the cost of sequencing that sample would be $70. Dr. Harpur is offering GBA the price of $50 per sample if 100 samples are mailed to him at one time. (Should there be additional interest beyond 100 samples, he has offered to extend the $50 pricing, if members would like additional colonies sampled.) This is the portion that the GBA license plate funds will cover. There are other costs: collection containers, alcohol and shipping. Participating beekeepers will contribute $20 to cover those materials and shipping.

In order for Dr. Hapur to receive all the samples at once, participating beekeepers will ship their samples to Julia Mahood, who will freeze them until all are collected, then ship all of them at once to Purdue.

## HOW TO PARTICIPATE

**You can register now by filling out this form and paying the $20 fee.** This form will ask you questions about the colony you are sampling.

At the fall meeting on September 23-24 participating GBA members will be given the "kits" consisting of a postage-paid mailer with a leak-proof container filled with 70% isopropyl alcohol. You will be required to sample your colony (one third cup of bees placed in the supplied container covered with alcohol) and take the mailer to the post office on the day you sample. They must be taken to the post office on or before Thursday, October 6, so you will have 12 days to sample your colony.

GBA covers the sampling cost paid to Purdue for one colony. If you would like to get additional colonies sampled at the GBA rate of $50, please reach out to Julia Mahood via email.

If you aren't going to be at the GBA meeting and would like to participate, you can either have a friend pick up your kit, or contact Julia **(julia@mahoodstudio.com)** to see about shipping your kit to you.

How exciting it is to have available a "23andBee" through this program! **Click here to be a part of finding out more about your bees than we ever thought possible.**

Many thanks to everyone who has a Georgia **Save The Honey Bee license plate** and the **GBA License Plate Proceeds Committee** for granting funds for this Honey Bee Genome research project! *(Learn how you can apply for funds: See page 2)*

# Plants for Bees: Summersweet

*by **Jimmy Gatt,** president, Metro Atlanta Beekeepers Association*

Summersweet *(Clethra alnifolia)* is a native, deciduous shrub, also called "sweet pepper bush." The pink specimen, shown here in my front yard, is about four feet tall, though this plant can grow up to 10 feet tall given the correct growing conditions. This plant normally grows in wet, forested areas throughout the southeast, and thus prefers partially shaded areas, even the edges of streams, where it can help prevent erosion. You can pair this plant quite well with your buttonbush *(Cephalanthus occidentalis)* if you are already a fan of that native plant.

This plant smells sweet and amazing. If you have several of them (and you should, if you want your bees to visit them), then they will fill the area with a sweet, almost cloying, smell. The reason why this plant has not gained much traction in horticulture is because it "leaves out" much later than other plants — oftentimes waiting until May before finally growing leaves. I'm not growing this plant solely to look good, though. I am growing it because it blooms in late summer, when bees need nectar most desperately. Yes, this is another dearth-slaying plant. As of July 23, ants and tiny bees have found this specimen of summersweet. The particular cultivar at right has pink flowers. Other cultivars of summersweet have white flowers (below).

## A REMEMBRANCE

# JOHN TACKETT, BEEKEEPER

*by **Susan Wells,** Beekeepers of Gilmer County*

"Susan, you're a beekeeper. Can you come get the bees out of the porch column on this old house before we tear it down? *Please*." My dear friend, Mark Moore, an Englishman living on 40 acres near Mineral Bluff, was on the phone. Mark owned an HVAC company and had grown up on a farm in England, but beekeeping was beyond him. I had never even caught a swarm, much less done a removal of an established colony from a structure. But I knew John Tackett would know what to do.

"Give me a minute, Mark. I'll call my friend."

"What can I do for you, honey?" John said when he answered. I described the situation and gave him Mark's number. He stopped to pick up a new Gilmer beekeeper, Chris Curtin, and they drove to Mineral Bluff.

John took some of the ancient equipment he was famous for and boxed up those bees on the spot (while negotiating with Mark for a bee yard on his property). Over the intervening 10 years, the Brit and the beekeeper became fast friends, and John maintained six to eight hives on Mark's land. Before he died, John asked me to take over that bee yard because he knew that I had learned a lot more about bees, much of it from him, in the meantime.

To know John Tackett was to know he would do anything in his power to help you if he possibly could, especially when what you needed involved bees. He helped so many people start beekeeping. He always encouraged people to keep going, despite the setbacks. He taught every beekeeper his tips and tricks.

John Tackett, 84, died June 10, 2022 of pancreatic cancer. He was preceded in death by his beloved wife Annie and son Joseph. Survivors include his daughters Judy Dawson and Janet Schnell, and son John R. Tackett, Jr., four grandchildren, 10 great grandchildren, and two great great grandchildren, along with his eight siblings and a host of nieces and nephews. He was buried in the Georgia National Cemetery in Canton with the Navy providing military honors.

John's daughter Judy, with whom he lived the last several years of his life, said he had learned beekeeping as a youngster working alongside his father in Oklahoma and later in Washington state where he grew up with his eight siblings.

John lived for many years in Jacksonville, FL, where he served in the Navy. He was on each of the ships that picked up the Apollo 11 and the Apollo 12 astronauts. He retired from the navy in 1972. By 1975 he had moved to Canton, where he took up beekeeping again. He lived there until he died.

John was famous as a swarm catcher. Daughter Judy said he could find them anywhere. When he spotted one from his truck, he'd pull off the road to catch it. Curtin tells a story of catching a swarm with him that was clumped on the ground in tall grass.

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*John Tackett at the Georgia Junkies event in Cartersville selling his hive products and displaying the GBA banner.*

## A REMEMBRANCE

# JOHN TACKETT, BEEKEEPER

***Continued from previous page***

She was trying to scoop the massed bees up with her gloved hands when the swarm took off, including the queen. Chris panicked, but John said, "Don't worry. I'll get her." He started flapping his hands in the air. Pretty soon, he batted the queen out of the air into the box. Then they watched all the bees march in behind her.

He was a founding member of the Beekeepers of Gilmer County, and was a member of several other clubs around north Georgia, including Jasper, Canton and Blairsville. Despite the long drive to Ellijay from his home in Canton, he served several terms as president. The Gilmer County club named its apiary after him, as well as giving him a lifetime achievement award. He was an indispensable resource for just about every member of the club. He often attended Georgia Beekeepers Association conferences.

Kelley Burns, another Gilmer club member, said John had "a minute to minute total love of life. He was all in for whatever was on his plate that day."

"John had a depth of knowledge about bees, not just book learning, but hands-on, in-the-bee-yard knowledge," said Curtin.

Mary Hawkins, another member of the Gilmer club, said, "But it wasn't only bees that thrilled John. He loved his frequent fishing trips to Alaska." His friends, family, and bee club members were the beneficiaries. He would cook halibut and salmon to share at our holiday gatherings.

The current president of Beekeepers of Gilmer County, Russell Evans, said, "John was the most enthusiastic and passionate beekeeper I have ever met."

His "Georgia Mountain Honey" bottles were famous in Ellijay, where they appeared for sale in just about every small business and at many craft shows and fairs.

Mary Lou Blohm, who with John and Chris Curtin, founded the Gilmer club and later served as its president, said, "John never tired of talking about honey bees. He was full of stories and personal experiences and was generous in sharing his knowledge."

Blohm, a relatively new beekeeper at the time, became passionate about the new club and did the work of composing bylaws, calling meetings, and establishing the apiary, while John did a lot of teaching and storytelling. Each year he brought queens and package bees from South Georgia where he kept dozens of hives. Beekeepers old and new were drawn to the club, which has grown and matured over the years. A few years ago, Gilmer County hosted a series of classes culminating in the certified beekeeper exam sanctioned by the University of Georgia. John taught a number of those classes.

"He will be missed," said Blohm. Indeed.

*(Thanks for much help with this article from Chris Curtin, Mary Hawkins, Kelley Burns and Mary Lou Blohm and the Beekeepers of Gilmer County.)*

# THE BIRDS **OR THE BEES**

*by* ***Kathy Bourn***

Once you start looking for honey bees, you not only see them where you never noticed them before, but you also notice the activity of other pollinators. I have a building next to my garden that is a catch all. It is a garden shed, summer kitchen, storage building, honey house and chill out spot. It has a front porch that has a collection of items including bird houses. About a month ago, I noticed that one of the bird houses is now a bee house.

Several bumblebees come and go on a regular basis and they have created quite the cozy little dwelling. This from the Bumblebee Conservation Trust: "Inside a bumblebee nest will be a queen, who lays almost all of the eggs. Around her, she will have a number of worker bees, who help to look after the nest, collect food, and raise new offspring. Unlike the distinctive honey bee nest, which has tightly packed hexagonal cells for raising offspring and storing honey, the inside of the bumblebee nest can appear quite messy and disorganized".

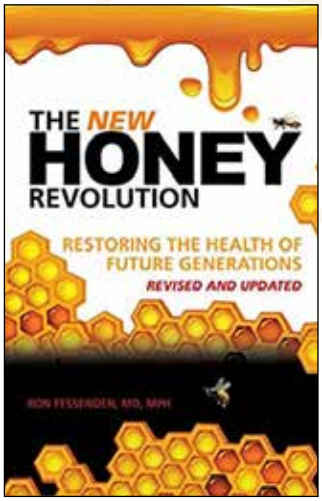
On hot days, I sometimes catch them fanning the entrance like our honey bees do. I also see a collection of males hanging around trying to get the attention of the queen. Bumble bees are annually social; their colonies die each winter, with only mated queens left behind to hibernate in the soil or leaf litter. They will start new colonies of their own the following spring. If I leave their new house alone, perhaps a new queen may take a liking to it next year. I don't know my bumblebees all that well, but they look like the Bombus auricomus, a species of bumblebee known by the common name black and gold bumblebee.

For more information on bumblebees, see: **https://gapp.org/pollinators/apidae**

# *The New Honey Revolution: Restoring the Health of Future Generations*

## Ron Fessenden

*Book review by* ***David Hinton***




This is the first book that I've reviewed where I recommend that everyone buy a copy to keep at home. Why? If you've read many of my reviews, you know that I am a lifelong honey lover. I am a beekeeper for the love of honey, pure and simple. But except for the common folk wisdom that local honey is good for dealing with allergies, I've never been aware of the tremendous health advantages to be gained from eating honey. This book was an eye-opener for me. And, for those who commercially market honey, this book should give you some excellent ideas for marketing from the health angle.

The author, Ron Fessenden is a medical doctor (M.D.) and also has a Masters in public health. This book is his fourth in a series titled *The Honey Revolution*, hence the fourth edition's "New" in the title. As Dr. Fessenden writes in his Introduction to the book, "This book is about honey — a wonderful, miraculous, natural food. It is not a diet book. It is a book about how regular consumption of honey will reduce your risks for many diseases and medical conditions, help you sleep better, improve your immune system functions, and help you experience better health as you age."

Dr. Fessenden supplies overwhelming medical and scientific support for the claims he makes which I will allude to in this review but not attempt to repeat. The book isn't just medical explanations. Fessenden also supplies case studies from real people such as "Becky's Story" about a woman with a stressful job and chronic low blood sugar.

Here are some of the health benefits that Dr. Fessenden documents in his book (direct quotes):

1. Honey stabilizes (regulates and controls) blood sugar levels. In other words, honey lowers blood sugar as well as prevents low blood sugar.

2. Honey consumption results in a lower insulin response… thus delaying or preventing the development of insulin resistance.

3. Honey consumption reduces intracellular inflammation associated with diabetes and aging.

4. Honey consumption reduces metabolic stress thus reducing the risks for many of the diseases and conditions associated with the metabolic syndrome, including obesity, diabetes, and cardiovascular disease.

5. Daily honey consumption will lower triglyceride and cholesterol levels and increase HDL (good) cholesterol. The fructose in honey actually protects against triglyceride formation.

6. Honey consumption improves memory and cognitive ability by reducing the amount of cortisol released during metabolic stress.

7. Honey improves immune system functioning, which is how it helps alleviate allergy symptoms.

8. Honey consumption before bedtime promotes restorative sleep and improves sleep quality and duration. Restorative sleep reduces risk for hypertension and other metabolic conditions and diseases.

Number eight particularly intrigued my wife Dolly and me – that honey can be a natural sleeping pill? Dr. Fessenden devotes an entire chapter ("The Benefits of Honey for Sleep") on using honey to enhance sleep and debunks the popular thinking (shared by some medical professionals) "that because no physical activity occurs during sleep, sleep is a process that uses little or no energy." Fessenden argues the exact opposite, that the brain requires significant energy during sleep and "requires an adequate stock of glucose throughout the night."

The following paragraph indented and in bold at the end of his honey and sleep chapter could be used as a powerful marketing tool for selling honey:

***"The simple strategy of consuming a tablespoon or two of honey before bedtime will provide an adequate supply of fuel reserve for the brain throughout the nighttime and ensure that sleep is restful and uninterrupted by metabolic stress."***

While hardly scientific proof, my wife and I tried it and the results were positive. Again, I recommend that all beekeepers get this book and study its analyses and recommendations.

***David B. Hinton*** *is a history professor and the author of two books. He and his wife Dolly Carlisle are urban beekeepers in Nashville, TN.*

# THE BEEKEEPER'S WORKBENCH:

# Honey Tasting Holder

by **Kathy Bourn**

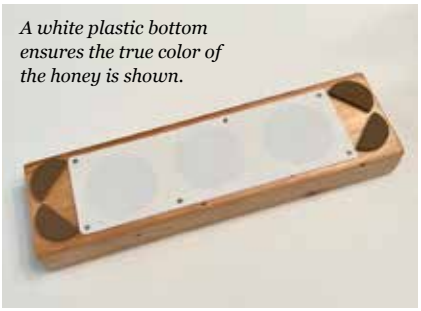
Setting up a honey tasting system, either for sample tasting or for a honey show, can be messy. Holli Kircher came up with a clever little honey holder that not only cuts down on the mess, but shows off her honey in the best light.

She took a 2 x 4 block of wood and drilled three holes in it that are just the right size to hold little plastic cups. These little sample cups have lids and the rim of the cup sits on top of the wood. This keeps the cup from tipping over and creating a honey headache.

When asked what inspired this idea Holli said,"I like the cups because they are so easy to use but also wanted a more substantial and secure base for them to sit in. I saw people drill holes in wood to hold tea light displays and thought that the same idea might work great for the honey sample cups". She uses the holder as part of her honey selling display. It allows her customers to easily sample Holli's honey while keeping the stray bee away.

The clever part is that she attached a piece of white plastic to the bottom. She just cut it out of the plastic lid from an old container. The result is that no matter the color of the surface it sets on, the true color of the honey is shown. She tested it out at the new Hartwell Railroad Flea Market.

She stained and sealed it with some polyurethane so she can wipe honey off of it. Holli's honey holder even has anti-skid grips on the bottom. She also uses the little cups to put bite-sized cut comb in as a gift to people who buy her honey.



*A white plastic bottom ensures the true color of the honey is shown.*

Post-it
for Local Club Presidents

# It's Time to Update Your Club's Information

**CLICK HERE for the Google form that GBA is asking club presidents to complete to update their club's information. Please use this form to update club officers, club meeting location and times.**

## Useful links for local club presidents:

- To request a Zoom meeting using the GBA Zoom accounts, **CLICK HERE.** *(You may use Zoom for club meetings, board meetings, hive inspections, discussion groups, meetings with your director, etc.)*
- To see the "card catalog" of videos available to show to your club to use as a program when you don't have a live speaker, **CLICK HERE.**
- To learn how to request funds from GBA's License Plate Proceeds committee for educational projects, **CLICK HERE.**
- To find out how to get a Z-kit for hybrid meetings with some people in-person and others on Zoom, **email Jonathan Hayes.**
- To update your club's monthly meeting plans and speakers, **CLICK HERE.**

## Please...

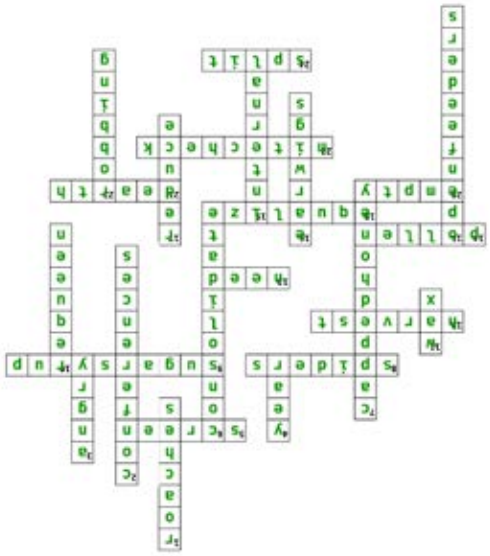
### Share Your Club's Meeting Plans

Many clubs have not met over the past year due to the pandemic. As club's return to monthly programming, ***we need updated information about how and where your club is getting together.***

**PLEASE FILL OUT THIS FORM (CLICK HERE).**

Tell us your speaker's name and topic, and when and where you'll be meeting. Please note if the meeting is virtual, in-person, or hybrid. Thank you!

## Crossword Buzzle Answer Key:



## *Let us know what's buzzing with you!*

**Please continue to share your stories and photos with us. We appreciate your articles and updates on all your club activities. Thanks for taking the time to contribute to *Spilling the Honey*!**

Kathy Bourn

Peter Helfrich

*– Your Editors*
gbanewsletters@gmail.com

# Club News

*Please help us by sending your meeting information updates through* **the Wufoo form** *(that's the who, what, when, where and why of your upcoming monthly meeting).*

*Send the news about your club (description of a speaker's talk at your club's meeting, short course announcement, photos, events, etc.) to* **gbanewsletters@gmail.com**

## Eastern Piedmont Beekeepers Association

At our July meeting, UGA's **Dr Lewis Bartlett** spoke on the biology of *Varroa destructor* and its effects on the honey bee. He also talked about current and upcoming treatments and their efficacy against the mite. It was an evening of hard science and practical advice for beekeepers. During mentoring time before the meeting, **Dan Long** demonstrated the alcohol wash method for monitoring infestation levels.

*Dr. Lewis Bartlett*

## Heart of Georgia Beekeepers Association

Heart of Georgia Beekeepers met Tuesday, July 19th at the Argene Claxton Canning Plant in Perry. Our program consisted of a hamburger/hot dog cookout and our annual Swap Meet. Those in attendance discussed bees while club president **Jonathan Hayes** grilled. Due to the rain, the grill was pulled under the covering and unbeknownst to us, there was a smoke detector there. *The firefighters were very understanding and went back to the station with a couple of bottles of honey!* Our next meeting will be August 16th. The mentoring session begins at 6:30 PM and the regular meeting begins at 7:00 PM. We look forward to seeing you! Check us out on Facebook and at **www.hogba.org.**

## Henry County Beekeepers Association

The Ellenwood branch of the **Henry County Public Library** system has established a pollinator garden and asked the Henry County Beekeepers to provide a colony of honey bees. The bees will be put on the grounds of the garden to provide pollinator services. We will have a storyboard to explain various bee behaviors that people might observe. A fence will be erected to keep the public at a safe distance along with signs reading "Keep Out, Honey Bees At Work." Another sign notes that the bees are provided and maintained by HCBK. Inside the library, we will also post the dates and times of hive inspections so interested people can observe.

On May 20th, HCBK participated in the career day at **Stockbridge Elementary School**. Members of the club, **Carolyn and Clark Runion, Luther Walker, Howard Emory** and **Danny Harvey**, staffed a booth at the school (below). The kids were totally enthralled with the observation hive and had really great questions.

## Your GBA Officers, Directors & Board Members

| OFFICERS | TITLE | EMAIL | PHONE |
|---|---|---|---|
| **Gina Gallucci** | President | *Gabeepresident@gmail.com* | 404-519-4141 |
| **Derrick Fowler** | Vice President | *Gabeevp@gmail.com* | 678-449-6203 |
| **Georgia Zumwalt** | Secretary | *gabeesecretary@gmail.com* | 770-595-4187 |
| **Luke Ellerman** | Treasurer | *gabeetreasurer@gmail.com* | 334-540-1102 |
| **DIRECTORS** | **REGION** | **EMAIL** | **PHONE** |
| **Bobby Chaisson** | Northeast Georgia | *blueskyhoney@live.com* | 706-540-4166 |
| **Kelley Campbell** | Metro Atlanta | *Kelleygirl53@hotmail.com* | 678-230-4860 |
| **Mike Conner** | Metro Atlanta | *mike.a.conner@gmail.com* | 770-815-3046 |
| **Brutz English** | Central Georgia | *brutzenglish@gmail.com* | 770-843-2110 |
| **Emily Heath** | Southwest Georgia | *Emilyheath@windstream.net* | 478-951-0879 |
| **Karen Palmer** | Southeast Georgia | *honeyplease007@gmail.com* | 912-678-2144 |
| **Monica Sheppard** | Northwest Georgia | *monicashep@comcast.net* | 706-767-7779 |
| **BOARD MEMBERS** | **TITLE** | **EMAIL** | **PHONE** |
| **Peter Helfrich** | Newsletter Editor | *peterghelfrich@yahoo.com* | 404-642-2923 |
| **Kathleen Bourn** | Newsletter Editor | *kathleenbourn@gmail.com* | 404-219-7200 |
| **Jonathan Hayes** | Webmaster | *webmaster@gabeekeeping.com* | 478-396-7228 |
| **Linda Tillman** | Past President | *gbapastpresident@gmail.com* | 404-447-1943 |
| **Jennifer Berry** | Ex-Officio Director | *jbee@uga.edu* | 706-247-2575 |

# Club News

*Please help us by sending your meeting information updates through* **the Wufoo form** *(that's the who, what, when, where and why of your upcoming monthly meeting).*

*Send the news about your club (description of a speaker's talk at your club's meeting, short course announcement, photos, events, etc.) to* **gbanewsletters@gmail.com**

## SOWEGA Beekeepers Club

The SOWEGA Beekeepers Club hosted its **2nd Annual Kids' Bee Day** on Saturday, July 16th. After the Wee Bees Class, kids painted bees on canvas backpacks, planted bee-friendly flowers, colored bees on kites, and took pictures with Happy Bee at the photo booth. All the kids took home a bee-ology kit, gift bag with seed bombs and other bee-related goodies. A large toy basket was raffled off to one lucky winner. Drinks and snacks, including honey bee cupcakes, were served. Winner of the SBC T-Shirt Design Contest, Ms. Sims was presented with a $25 gift card for her "Team Honey Bee" design. This event was made possible by grants from Abraham Baldwin Agricultural College and Georgia's Rural Center, sponsors, the SBC School Dean, Stan Okon and so many incredible volunteers.

# Club Meetings*

***Many clubs have not met over the past year due to the pandemic. As club's return to monthly programming, we need updated information about how and where your club is getting together. Please fill out this form (CLICK HERE).***

| Club | Location | Schedule | In-Person/Virtual | Date | Topic & Speaker | Email | County |
|---|---|---|---|---|---|---|---|
| **Altamaha Beekeepers** | Episcopal Church Parrish Hall, 1512 Meadows Lane, Vidalia, GA 30474 | 1st Monday, 6pm | | | | *grnhousecrazy@yahoo.com* | Toombs |
| **Amicalola Beekeepers** | Dawson County Extension Office 298 Academy Ave., Dawsonville, GA 30534 | 3rd Tuesday, 6:30pm | | | | *marcushvac2@gmail.com* | Dawson |
| **Appalachian Beekeepers** | Pickens County Extension Office (Chamber of Commerce Bldg.) 502 Veterans Memorial Bldg. Jasper, GA 30143 | 2nd Thursday, 7pm | | | | *pickensbeekeepers@gmail.com* | Pickens |
| **Augusta Beekeeping** | CSRA Regional Commission 3626 Walton Way Ext., Suite 300, Augusta, GA 30909 | 4th Thursday, 6:30pm | | | | *Augustabeekeeping@gmail.com* | Richmond |
| **Bartow County Beekeepers** | Olin Tatum Agricultural Bldg 320 W Cherokee Ave, Cartersville, GA 30120 | 3rd Tuesday, 7pm | | | | *arron_rob@me.com* | Bartow |
| **Beekeepers Club of Gwinnett County** | Hebron Baptist Church 202 Hebron Church Rd., Module G, Dacula, GA 30019 | 2nd Tuesday, 7pm | | | | *gwinnettbeekeepers@gmail.com* | Gwinnett |
| **Beekeepers of Gilmer County** | Gilmer County Recreation Center 1561 S. Main, Ellijay, GA | 2nd Monday, 7pm | | | | *Beekeepersofgilmercounty@gmail.com* | Gilmer |
| **Beekeepers of Madison County** | Trinity Baptist Church, 2411 US-29 Danielsville, GA 30633 | 4th Monday, 6pm | | | | *beekeepersofmadisoncounty@gmail.com* | Madison |
| **Brier Creek Beekeepers** | Burke County Office Park, main auditorium | 2nd Thursday, 6pm | | | | *tjsturdivant61@gmail.com* | Burke |
| **Cartersville Beekeepers Guild** | 241 Douthit Ferry Rd Cartersville, GA 30120 | 3rd Wednesday, 7:45pm | | | | *cartersvillebeekeepersguild@gmail.com* | Bartow |
| **Chattahoochee Valley Beekeepers** | Locations alternate: Oxbow Meadows Environmental Learning Center, 3535 South Lumpkin Rd. and GA and the UGA Cooperative Extension office, 420 10th St, Columbus, GA | 2nd Monday, 6pm | | | | *beekeeperluke@gmail.com* | Muscogee |
| **Chattooga County Beekeepers** | Chattooga County Agricultural Bldg 40 Middle School Rd, Summerville, GA 30747 | 2nd Tuesday, 7pm | | | | *beemaster@chattoogabeekeepers.com* | Chattooga |
| **Cherokee Beekeepers Club** | Canton Moose Family Life Center 278 Moose Loop Rd Canton, GA 30114 | 3rd Thursday, 7pm | | | | *weeksworks@gmail.com* | Cherokee |
| **Clark's Hill Beekeepers** | Kiokee Baptist Church Fellowship Hall 5701 White Oak Rd Appling, GA 30802 | 1st Monday of even months, 6:30 p.m. | | | | *clarkshillbeekeepers@gmail.com* | Columbia |
| **Coastal Empire Beekeepers** | Oatland Island Wildlife Center 711 Sandtown Rd, Savannah, GA 31410 | 2nd Monday, 6:30pm | | | | *CEBA.OIWC@gmail.com* | Chatham |
| **Coweta Beekeeper Association** | Coweta Extension Office 255 Pine Rd, Newnan, GA 30263 | 2nd Monday, 7pm | | | | *cowetabeekeepersassociation@gmail.com* | Coweta |
| **East Metro Beekeepers** | The Church of Jesus Christ of Latter Day Saints, 1275 Flat Shoals Rd., Conyers, GA 30013. | 4th Tuesday, 6pm | | | | *eastmetrobees@gmail.com* | Rockdale |
| **Eastern Piedmont Beekeepers** | Athens-Clarke County Extension 275 Cleveland Rd Bogart, GA 30622 | 1st Monday, 7pm | | | | *EPBAPres@gmail.com* | Oconee |
| **Effingham County Beekeepers Assoc** | Fellowship Bible Church 841 Old Dixie Hwy Springfield, GA 31329 | 2nd Thursday, 6:30pm | | | | *EffinghamBees@gmail.com* | Effingham |
| **Ettowah River Beekeepers** | Clayton Homestead Canton, GA 30114 | 2nd Thursday, 7pm; weekly Bee Babble | | | | *etowahriverbeekeepers@gmail.com* | Cherokee |
| **Forsyth Beekeepers Club** | University of North GA 300 Aquatic Circle, Cumming, GA 30040 | 4th Thursday, 6:30pm | | | | *Kelleygirl53@hotmail.com* | Forsyth |
| **Heart of Georgia Beekeepers** | Argene Claxton Canning Plant 1701 Houston Lake Rd., Perry, GA. 21069 | 3rd Tuesday, 7pm (mentoring, 6:30pm) | | | | *heartofgabeekeepers@gmail.com* | Houston |
| **Henry County Beekeepers** | Farm Bureau Office 117 Racetrack Rd, McDonough, GA 30253 | 2nd Tuesday, 7pm | | Sept. 13 | Annual Honey Show | *henrybeebuzz123@yahoo.com* | Henry |
| **Lake Country Beekeepers** | Hancock County Library 8984 East Broad Street Sparta, GA 31087 | 3rd Thursday, 6:30pm | | | | *lakecountrybees@gmail.com* | Hancock |

***Please note:** Due to the COVID-19 outbreak, it is advisable to check with each local Club with regards to their meetings and events.*

*(continued on next page)*

# Club Meetings* *(cont'd)*

***Many clubs have not met over the past year due to the pandemic. As club's return to monthly programming, we need updated information about how and where your club is getting together. Please fill out this form (CLICK HERE).***

| Club | Location | Schedule | In-Person/Virtual | Date | Topic & Speaker | Email | County |
|---|---|---|---|---|---|---|---|
| **Lake Hartwell Beekeepers** | Hart County BOE AgriScience Center 1951 Bowman Hwy, Hartwell , GA. 30643 | 1st Thursday, 7pm | | | | *lakehartwellbeekeepersassoc@gmail.com* | Hart |
| **Little River Beekeepers** | Cook County Ag Extension Adel, GA 31620 | 4th Tuesday, 6:30pm | | | | info@littleriverbeekeepers.com | Cook |
| **Macon Beekeepers Association** | The Wellness Center in Macon 3797 Northside Dr, Macon, GA 31210 | 1st Thursday, 6pm | | | | ganofs@cox.net | Bibb |
| **Metro Atlanta Beekeepers** | Peachtree Road United Methodist Church, Heritage Hall, 3180 Peachtree Rd, NE, Atlanta, GA 30305 | 3rd Tuesday, 7pm (mentoring, 6:30pm) | hybrid | Aug. 16 | Sam Comfort, Anarchy Apiaries | president@metroatlantabeekeepers.org | Fulton |
| **Mountain Beekeepers** | North Georgia Technical College Campus 121 Meeks Ave., Blairsville GA 30512 | 1st Tuesday, 6pm | | | | ableTinker@windstream.net | Union |
| **Northeast GA Mountain Beekeepers** | North Georgia Technical College - Dining Hall Annex, 1500 Highway 197, Clarkesville, GA 30523 | 2nd Thursday, 6pm | | | | officers@negabeekeeping.com | Habersham |
| **Northwest Georgia Beekeepers** | Walker County Agriculture Center 10052 US 27, Rock Spring, GA 30739 | 2nd Monday, 7pm | | | | kaizen.thornberry@gmail.com | Walker |
| **Ogeechee Area Beekeepers** | Fordhams Farmhouse Restaurant, 23657 Hwy 80 E, Statesboro, GA 30458 | Last Thursday, 6pm | | | | secretary@oabees.com | Bulloch |
| **Oglethorpe County Beekeepers** | Farm Bureau Building 925 Athens Rd, Crawford, GA 30630 | 3rd Monday, 7pm | | | | ocbcbeeclubcommunications@gmail.com | Oglethorpe |
| **Paulding County** | Dallas Primitive Baptist Church 227 Legion Rd, Dallas, GA 30132 | 2nd Monday, 7pm | | | | victor@makinhoney.com | Paulding |
| **Pine Grove Middle Beekeeping Club** | Pine Grove Middle School Valdosta, GA 31601 | | | | | bethbaker@lowndes.k12.ga.us | Lowndes |
| **Polk County Beekeepers Association** | Cedartown High School 167 Frank Lott Dr Cedartown, GA | 2nd Thursday, 7pm | | | | polkcountybeekeepers@gmail.com | Polk |
| **Potato Creek Beekeepers** | Spalding County Extension Office 835 Memorial Dr, Griffin, GA 30223 | 3rd Thursday, 7pm | | | | potatocreekbeekeepers@gmail.com | Spalding |
| **Rome Floyd Beekeepers** | ECO Center 393 Riverside Parkawy NE, Rome, GA 30161 | 1st Thursday, 6pm | | | | monicashep@comcast.com | Floyd |
| **Southeast Georgia Beekeepers** | Lake Verne | Annually in January | | | | – | Clinch |
| **SOWEGA** | 105 Chehaw Park Rd Albany, GA 31701 | 2nd Thursday, 6pm | | Aug. 11 | " Pesticide Risk Related to Bees" – Elizabeth McCarty, Forest Health Specialist, Warnell School of Forestry and Natural Resources | sowegabeekeepersclub@gmail.com | Dougherty |
| **Tara Beekeepers** | Reynolds Nature Preserve, 5665 Reynolds Rd, Morrow, GA 30260 | 3rd Monday, 7pm | | | | tarabeekeepers@gmail.com | Clayton |
| **Three County Beekeepers Club** | Bleakley County Extension Office 165 Peacock Street Cochran, GA 31014 | 1st Tuesday, 7pm | | | | threecountybees@gmail.com | Bleckley, Dodge, & Pulaski |
| **TriCounty Beekeepers** | Gillsville City Park, 7864 County Line Road Gillsville, GA 30543 | 2nd Monday, 7pm | | | | info@tricountybeekeepers.net | Hall |
| **Tri-State Beekeepers** | UGA Extension Office 114 Pace Dr Trenton, GA 30752 | 3rd Monday, 7pm | | | | tristatebeekeepers1@gmail.com | Dade |
| **Troup County Association of Beekeepers** | LaGrange UGA Extension Office 144 Sam Walker Dr, LaGrange, GA | 3rd Monday, 7pm | | | | troupcountybees@yahoo.com | Troup |
| **Twin Rivers** | Ware County Library 401 Lee Ave, Waycross GA 31502 | 2nd Monday, 6:15pm | | | | twinriversbeekeepers@gmail.com | |
| **Walton County Beekeepers** | Loganville Baptist Church 132 Church St. Loganville, GA 30052 | 3rd Tuesday, 7pm | | | | waltonbees@yahoo.com | Walton |
| **West Georgia Beekeepers** | American Legion Post 145 6449 Bankhead Hwy, Douglasville, GA 30134 | 3rd Thursday, 7 p.m. (mentoring, 6:30 p.m.) | | | | bjpete7731@att.net | Douglas |

***Please note:** Due to the COVID-19 outbreak, it is advisable to check with each local Club with regards to their meetings and events.*

# Crossword Buzzle

# August Beekeeping Challenges

You can also work this month's crossword "buzzle" online at: **crosswordlabs.com/view/august-beekeeping-challenges**

Stumped? The answer key is on **page 15.**

**ACROSS:**

5. used to keep robber bees out
8. These can also be found under the hive cover - watch out
9. (two words no space) We feed this to the bees
12. In August if there is excess honey on your hive, you can still do this. If you plan to treat, you must do this.
13. You should only feed your hive if there is a _____
14. Some beekeepers feed their bees this _____ substitute. If we do it in Georgia, we invite the small hive beetle to a banquet!
18. You should do this if most of your colonies are really strong but one or two are weak
20. If there is a box in this condition on your hive, it should be removed
21. Means there is no nectar available for the bees
23. (two words, no space) To determine if your hive has a problem you may need to treat, you should do this
24. If there are still plenty of drones, you can do this really early in the month, but you should have done this in July.

**DOWN:**

1. These can be found under the hive cover in August
2. Good education can be gained by registering in August for one of these in the fall
3. your bees are hungry in August and opening the hive typically makes them _____
4. Bob Binnie among others considers August to be the beginning of the beekeeping _____
6. name given to the process of removing empty supers from the hive to give the bees less space to protect.
7. (two words, no space) Your hive needs enough of this to make it through the winter
10. If you have a hive with particularly difficult bees, it is still not too late to do this.
11. If robbing has occurred, and you use a screened bottom board, you'll see flakes of this all under the hive
15. If you feed this way, put them far away from your hives to avoid invitation to robbing
16. These strange insects are quite a sight, running around the top cover
17. your entrances to avoid robbing
19. Feeding in August should not be done with a Boardman feeder. Instead you should use an _____ feeder
22. bees without honey attack your bees to steal their stores