



the BEELINE

LONG ISLAND BEEKEEPERS CLUB, INC.

Keeping Bees on Long Island Since 1949

OCTOBER-NOVEMBER 2023

Volume 32
Edition 9

It's a "wrap".



by our education director

Grace Mehl



Fall seems to have finally settled in. The bees are quieting down, although they are still flying when the sun is out and it is warm enough. I started taking the robbing screens off a couple of hives, just as a test, to see how much build up of debris was behind them and how the bees acted. I put on the entrance reducers with the smallest opening. Most times, I don't need to use metal mouse guards, as my hives are raised off the

ground and the grass is kept low around them. I do watch the entrance reducers though, and if I see chew marks, I will put a mouse guard on that hive. A mouse can squeeze through a really small opening. But, they like it bigger if possible. So, you will see chew marks if they are even thinking about getting in there. I haven't found any mice in my hives here at home, but, have seen them in hives in more remote locations.

Visit the club web site at

WWW.LONGISLANDBEEKEEPERS.ORG

Check your account on the website every month to access this newsletter!

MARK YOUR CALENDARS

the next meeting

Sunday, November 26th,
1 - 3pm

@ Sisters of St. Joseph
Brentwood

LONG ISLAND BEEKEEPERS CLUB

honey tasting contest

SPEAKERS:

Moira Alexander

'The Year in Review'

Grace Mehl

'What's Happening in the Hive?'

upcoming events

LIBC Holiday Party Dec 3

No other meeting in December.
Details on Page 11

Beginner Jan 13

Beekeeping Class

at the Unitarian Universalist
Fellowship in Huntington
Details on Page 10

Intermediate Feb 3

Beekeeping Class

at the Unitarian Universalist
Fellowship in Huntington
Details on Page 10

There are all kinds of mouse guards. The robbing screens from Betterbee have a build-in mouse guard. This is a little screen at the bottom with a nail through it. You can pull the nail and flip the screen over and it will act as a mouse guard. There are mouse guards made of a piece of metal bent in an “L” shape, with holes punched in it and a slide to help fit the space. But, the easiest and cheapest mouse guard is a piece of ¼ inch hardware cloth (metal screen) bent in an “L” and tacked or stapled over the entrance. Bees have ventilation and mice can’t get in.

It is important to get the mouse guard on before the mouse moves in...which I take a risk on having happen. Probably should put one on every hive. But, I have been lucky so far. Once the mouse moves in, it can stay all winter, eating pollen/bee bread, honey. It makes a mess of the combs by using the hive as a bathroom as well. The mouse makes a nest and hides in it during the day when the bees might be active, thus avoiding stings. Then, has freedom to roam and pillage at night while the bees are clustered due to the cold.

Feeding syrup should be just about done. It is still possible as long as the feeder is such that it doesn’t burp on the bees when the temperature swings. But, if you fed early enough, you should be done around now anyway. You can still take a peek on a warm day to see what the stores situation is in the top box or so. But, major inspections should be pretty much done for the season too. The queen will

stop laying this month if she hasn’t already.

Since the queen stops laying in November, after Thanksgiving is the time for the last mite treatment. An Oxalic Acid treatment during the first week of December is my choice. By then, there is little or no brood left. Oxalic Acid doesn’t kill mites under the brood, only those on the adult bees. No brood, means all the mites are exposed.

Oxalic Acid can be used as a vapor or as a dribble. The dribble is easiest for most hobbyists to do, as it only takes the syrup solution, a syringe, and gloves. Goggles or safety glasses are recommended. Mix 35 grams of Api-Bioxal into 1 liter of WARM 1:1 sugar syrup. If you try to mix it into



cold syrup, not all of the crystals will dissolve. Use a large syringe to apply about 5 ml of this mixture to each seam of bees (bees between the frames) in each brood box, using a maximum of 50 ml per hive (this means you have to plan ahead to spread it out if there are more than 10 seams of bees). Why do I say Api-Bioxal Oxalic Acid? Because that is the one packaged and approved for use on Honey bees. It is formulated for the right dosage. If you buy any other Oxalic Acid, the formulation is not necessarily the same, and it is not labeled for use on Honey bees. The label is the law. But, mostly, I don't like to risk my bees over a few dollars difference in price.

If you choose to do the Oxalic Acid Vaporization, follow the directions on the package and also on your vaporizer. Make sure you are wearing the proper respirator! It should be an Organic Acid Respirator. 3M makes one with pink cartridges, but, it makes other pink cartridges as well. So, check the specifications! The cartridge number I have is 60926, which fits either the half face or full-face respirator. Amazon sells them and the price has come down in the last few years.

Insulating hives is something else to think about. The most important insulation is at the top. Making sure the top of the hive is insulated will help ensure condensing moisture doesn't drip down on the bees in their cluster. Foam board, shavings, newspaper, all help. I put a shim (bee

shim, which is a very shallow box used for feeding, etc.) over the inner cover and then put newspaper on the inner cover. I use the equivalent of an entire Newsday paper. Then, I put on the outer cover. This provides something to absorb excess moisture and also creates a dead air space inside the shim. There are many ways to insulate the top of the hive. This one works for me.



Wrapping hives is not necessary on Long Island. That said, I do it and it can help if your hives are in a windy location. It does help stabilize the internal temperature and act as a wind break. Again, many different wraps are available, from cheap to expensive. Tar paper works. All the other wraps work too. Put them on after your last mite treatment if you are going to use them.

Ventilation is something else you will hear discussed. I don't use any upper ventilation. My bees

need the moisture they exhale and they can't go out and get more water. So, they re-use what is in the hive. As long as the top is insulated, it doesn't seem to be a problem at all. If you really insist on providing upper ventilation, then put it at the bottom of the upper box on the same side as the bottom entrance, so there is not a draft across the bees. This also leaves a place at the top for the heat to rise and be trapped. The more heat the bees lose, the more they have to make, and the more they have to eat for the energy to make that heat.

They only heat the cluster. But, the air movement over the cluster will carry away any heat that escapes. Trapping the heat in the hive helps the bees be more efficient. You can make heat by shivering too! But, closing the windows and doors is much more pleasant. Honey bees can be very efficient if they are well insulated.

Feeding solid food such as candy boards, fondant, winter patties, or sugar, is an emergency feeding method. Hopefully, your bees have a solid top (Medium box or more) of stores. By stores, I mean honey either capped or uncapped, or syrup in combs. If so, they will cluster below that. I only feed my bees emergency food

(fondant etc. as stated above) when they come through that top of stores and are at the inner cover hole. Putting food at the top, such as fondant or winter patties, can draw them to the top of the hive above their stored food. Once they pass stores, they often don't go back down to them. You might have to feed them all winter, when they have stores right below them. Then, in the Spring, you can end up with frames filled with sugar syrup that you fed in fall. Once the nectar flow starts, they won't usually eat that. What are you going to do with it? Just something to think about.



MASTER BEEKEEPERS LIST

Moira Alexander

Smithtown
631-265-8249

Peter Bizzoso

Manorville
631-874-4750

Rich Blohm

Huntington
631-271-7812

Steve Chen*

Holbrook
646-625-9910

Carl Flatow

Oceanside
516-510-6227

Walter Goldschmidts

Lloyd Harbor
301-613-0001

Nick Hoefly

Astoria
352-875-5642

Chris Kelly

Mattituck
631-275-5786

Deborah Klughers

East Hampton
631-377-1943

Ray Lackey

Caledonia, Michigan

Joan Mahoney

N. Babylon
631-667-5339

Grace Mehl

Smithtown
631-724-5053

Fred Munzer

Dix Hills
631-243-3512

Marianne Sangesland

Smithtown
631-680-5895

Walter Scott

West Hills (Huntington)
516-428-1063

Miguel Valentin

Ronkonkoma
631-588-6102

Wayne Vitale

Setaulket
631-675-0302

Laurie

Volel-Wilkowski
New Hyde Park
516-643-6011

Neal Wechsler

Lindenhurst
631-957-7136

*** EAS and Cornell Master Beekeepers Program:** Master Beekeepers are certified beekeepers who have a detailed knowledge of honey bee biology, expertise in the proper practices of beekeeping, and can present this information to the beekeeping and non-beekeeping public in a detailed, accurate, clear and authoritative manner. Master Beekeepers provide education and assistance to beginning beekeepers and serve in other capacities in the community as experts in beekeeping. The Master Beekeeper program was developed by Dr. Roger A. Morse at Cornell University and has been expanded by the Eastern Apicultural Society of North America to other areas.

You can learn more about the Master Beekeeper Program by visiting the Eastern Apicultural Society website:

<https://easternapiculture.org/programs/master-beekeepers/master-beekeepers-certification-program/>

honey judging contest

WINNERS!

As you know, our annual Honey Show was held in October this year. Congratulations to all of our amazing honey and hive product presenters! Without further ado, here are our winners for 2023:

EXTRACTED HONEY

Light Honey

1st Place: Diane Miller
2nd Place: Ireneusz (Eric) Szczesny
3rd Place: Linda Gibbons

Light Amber Honey

1st Place: Don Pelchuck
2nd Place: Diane Miller
3rd Place: John Most (*not pictured*)

Amber Honey

1st Place: Carolyn Alex
2nd Place: Erika Crabb

Dark Honey

1st Place: Don Pelchuck
2nd Place: Joe Bertoni

COMB HONEY

One package of cut comb 4" square or one circular section of comb honey

1st Place: Diane Miller

HONEY COOKERY & GADGET

Baked Goods (made with at least 50% honey as sweetener, including, but not limited to cookies, brownies, cakes, bread, rolls, muffins, and pies)

1st Place: Meagan Eren (Cheesecake)

Arts & Crafts

1st Place: Conni Still (Gift Basket)

Photography

1st Place: Patty Raffloer (Montage)
2nd Place: Conni Still (Honey Bee on Crepe Myrtle)
3rd Place: Jennifer Peters (Honey Bees)





photos from the
LONG ISLAND BEEKEEPERS CLUB
Honey Judging Contest





photos from the
LONG ISLAND BEEKEEPERS CLUB
Honey Judging Contest



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LONG ISLAND BEEKEEPERS CLUB

Honey Judging Contest



NY Bee Wellness FALL SURVEY 2023

We would like to assess how 2023 was for NON-migratory New York State beekeepers and their beehives. Information may help to determine trends in honeybee health and enable beekeepers to see these trends.

Please complete [the survey](#) as best as you can and write any comments you feel that can add to future surveys and improve the NY Bee Wellness program. Only some questions are required.

The survey usually takes about 10 minutes.

Please click on this button below:

All info is confidential, and general results of the survey will be shared and posted on [NYBeeWellness.org](https://nybeewellness.org) in January 2023.

For the results of previous surveys, please see [the website](#). Remember, results are broken down by regions within New York State.

Fall 2022 Survey results:

<https://tinyurl.com/y8y27e9j>

Here is the Survey Link:

<https://www.surveymonkey.com/r/3RCG-PC7>

Thank you for your participation!

Questions? Contact:

survey@nybeewellness.org



the LIBRARY CORNER

Your club library continues to add varied honey bee related books through both donation and purchase. There is sure to be something of interest for everyone.

Fall Activity:

- 9 Books were returned by 8 members
- 1 Book loan was renewed
- 10 Books and 1 DVD were borrowed by 7 members

Special thanks to Charles M for sharing his hand-made book marks which were very popular...

! Library Policy Update:

Books can be expensive, and keeping them so others can't access them does not make for good hive management. As such, the board has decided to list delinquent book borrowers in the newsletter. Please make sure to return books after 2 months. If you are unable to bring back what you borrow within the allotted timeframe, please notify librarian@longisland-beekeepers.org to make alternate arrangements.

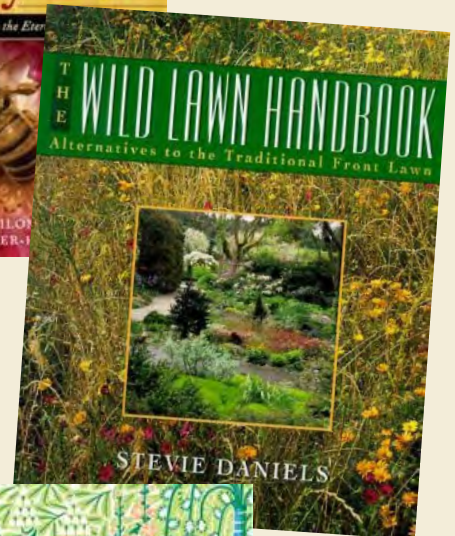
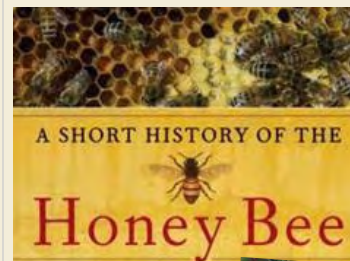


Delinquent Borrowers:

Keith McCarthney
 Donna Vedrin
 Bob Linekin
 Jessica Chitty

The LI Beekeepers Club Library encourages reading and allows members to sign out two books at a time to be returned the following meeting. Donations are gladly accepted, as are suggestions for purchase. Emails can be sent to librarian@longislandbeekeepers.org.

Books added to the library since September:



LIBC Beekeeping Classes

Want to learn about beekeeping or review before next season? Do you have a family member or friend who is interested in becoming a beekeeper? Beekeeping classes given by the LIBC in 2024 are now scheduled. Register for yourself or maybe give the seat to a family member. Bee School makes a great Christmas gift for someone deciding whether or not they want to get into Beekeeping and also is a great way to review, even if you are taking another class or have been at it for a season or two. The one day classes are fast paced and give an opportunity to ask questions of different instructors.

BEEKEEPING 101

Saturday, January 13th, 2024

A class designed for new beekeepers with limited to no experience. Topics will include: Members of the hive, Honey bee biology and life cycle, Package bees vs. nucleus colonies and how to install them in equipment, Bee diseases and pests, Record keeping, and the Good neighbor policy. The book provided is The Beekeeper's Handbook and it is included in the price. Instructors are Long Island Beekeepers Club members. There will be time allotted to ask questions in the "break out" sessions. (If you already have the book, you can get a discounted price by contacting Grace)

The class will be held at the Unitarian Universalist Fellowship in Huntington, 109 Browns Rd, Huntington, NY 11743. Doors open at 8:00 and instruction will start at 8:45 AM with the day ending approximately 2:00 PM. Coffee, bagels and water will be available, or you can bring your own with you. Bring a bag lunch if you desire. Class price is \$60.

Attendees must be members of the Long Island Beekeepers Club. Dues are \$35 per year.

Sign up for either class on the website and pay by PayPal using this link:

[Classes – Long Island Beekeepers Club](#)

BEEKEEPING 102

Saturday, February 3rd, 2024

A class designed for beekeepers with at least 1 or 2 years of experience but, who want to further their education. Topics include: Spring Management/Readiness, Varroa Monitoring and treatment, Swarm prevention and bait boxes, Queen evaluation and replacement, Making splits and nucs, Supering for nectar flow and honey harvesting, and Why did I lose my hive? The recommended book for this class is Honey Bee Biology and Beekeeping by Dewey Caron. This book is not provided and not mandatory, but recommended to further your beekeeping knowledge. Instructors are Long Island Beekeepers Club members. There will be time allotted to ask questions in the "break out" sessions.

The class will be held at the Unitarian Universalist Fellowship in Huntington, 109 Browns Rd, Huntington, NY 11743. Doors open at 8:00 and instruction will start at 8:45 AM, with the day ending approximately 2:00 PM. Coffee, water and Bagels will be available. You can bring your own food and beverage if desired as well. Class price is \$40.

OR contact Grace to sign up and then Send a check made out to LIBC to our treasurer: Suzanne Cahill, 30 Meadow Glen Rd, Northport, NY 11768

LONG ISLAND BEEKEEPERS CLUB

Ho Ho Ho, Holiday Party!

The Holidays are coming up fast! Sign up now!

**Please join us this year
in celebrating!**

**Sunday, December 3rd
1:00 – 4:00 PM**

**at the Elks Lodge/Blueblinds Mansion
120 Edgewood Ave., Smithtown, NY 11787**

Member cost is \$30 per person (*Club is picking up the additional cost*). Catered by Husk and Vine of St. James

There will be a BEE GRAB BAG!
Bring a bee related item (valued at \$20-25), NO HONEY please, and hold onto it for the “bee swap game to exchange gifts.

The “Welcome” will start at 1pm to 1:45 in the lounge area where there will be a cash bar with appetizers provided.

There will be Awards, Door Prizes, and Raffles. Honey Bee Carols will of course be sung with gusto!

Dinner will be served in the Ball Room, and will be buffet style with servers with the following choices:

- Chicken Francais
- Steak and Mushrooms
- Pasta w/Brocoli, oil and garlic
- Shrimp Oreganata
- Eggplant Rollatini
- Roasted Potatoes/String Beans
- Salad
- Rolls and Butter
- Coffee and dessert

You can make your reservation & pay by:

Paying JOAN MAHONEY by check or cash in person at the November 26th club meeting

—— OR ——

Texting JOAN MAHONEY at 631-316-6284 to reserve a spot, and mail a check made out to the LIBC, to Suzanne Cahill, 30 Meadow Glenn Rd., Northport, NY 11768

—— OR ——

Online with the PayPal Button at <https://longislandbeekeepers.org/events/libc-holiday-party-2023/>

DEADLINE: Money must be received by the **November 26th Meeting**. Tickets will be limited, so please make your reservations early and understand that late reservations may not be available.



please participate in the

Monthly Beeline Poll



Thank you to everyone who participated in last month's Beeline Poll! We appreciate you sharing information on your apiaries and helping us learn about our membership! A few reminders about our Monthly Poll:

- We hope the poll can shed some light on what's happening in our apiaries, as a collective entity, our club as a whole.
- This Beeline Poll will be included monthly along with the results of the previous month's poll.
- The poll is short (max 2-question). Topics will vary month to month.
- The poll is completely anonymous.
- The more people who respond, the more informative these polls are! <nudge, nudge. wink wink.>

If you haven't participated, please do. It will only take 1 minute of your time. Thanks in advance for participating. We're excited to learn about you and your bees!

There isn't a poll for this month.
Enjoy your holiday!

the results are in

Here are the results from September. We got **30 Responses** this month! Thanks everyone.

- 1) What's one good piece of advice you've gotten from a beekeeper?

Some lucky beekeepers received some great tips! Check out the responses!

Understand that mistakes will be made those first years.

– **Sheryl-lyn**

If they can, The bees will fix your mistakes. It's not the end of the world

– **Anonymous**

Make sure you get yourself a good bee-suit and smoker!

– **Tom McCaffery**

Use all Medium Boxes

– **Anonymous**

Move slowly when visiting your bees

– **Anonymous**

Keeping calm when inspecting a hive.

– **Erika Crabb**

Log Regular Inspections.

– **Laurie Wills**

CONTINUED ON NEXT PAGE >



Monthly Beeline Poll

What's one good piece of advice you've gotten from a beekeeper?

Some methods and timing for switching from deeps to mediums. After the bees have moved up during the winter, the bottom deep(s) can be cycled out in early spring. The deep boxes can then be cut down to mediums or used for bait hives.

– **Kevin Raffloer**

Don't sweat the small stuff, they are smarter than us.

– **Anonymous**

Use top box tray feeders for sugar water.

– **John Pelkonen**

Don't worry about finding the queen, just look for evidence of the queen.

– **Jessica**

Always hold the frame you are inspecting over the open hive until you find the queen, in case she should be on that frame and she drops off. She will fall into the hive and not the ground.

– **Anonymous**

Start with two colonies

– **John**

Keep inspecting and learn how to interpret well so that you can respond appropriately.

– **Marc Lapinel**

Stay ahead of the bees

– **Anonymous**

Keep learning and growing and making mistakes - and keep on trucking!

– **Dave**

Test after treating for Varroa

– **Anonymous**

Make the inspections quickly during a dearth so to not attract robber bees.

– **Janet Seals**

Keep your camera handy! You never know when you will spot a queen laying an egg, or a bee emerging from her cell. Also a good way to identify disease and record it.

– **CONNI STILL, BEEKEEPER FOR 37 YEARS!**

Test and treat for mites!

– **John Mantagas (This was a popular one as Jim Sheehy, Jordan Pincus and Kevin Kispert were advised the same)**

Have a plan before you open the hive

– **Kathleen Nugent**

Thank you to everyone who participated and shared advice with our club members! Stay tuned for next month's poll. **Happy Thanksgiving!**

Sunday, November 26th

Location: Sisters of St Joseph,
1725 Brentwood Road, Brentwood, NY 11717

Time: 1 - 3pm (Doors open at 12:30pm)



LONG ISLAND BEEKEEPERS CLUB
**honey tasting
contest**

will happen at this meeting.
Please see the next page for
details and requirements.

The meeting will take place in Building #2, which is the building with the green dome on the roof. Follow the yellow BEE MEETING signs.

SPEAKERS: **Moira Alexander:** “The Year in Review”; **Grace Mehl:** “What’s Happening in the Hive this Month”.

VOLUNTEERS NEEDED

- Kathy and Toni can always use help **setting up the hospitality table**, and of course, **donations** of cake or cookies and the like are always welcome!
- **We also welcome donations for our door prizes.** A little something that you have hanging around that you are willing to share with other club members to brighten their day!

ANNOUNCEMENTS

- **If you are entering the honey tasting, please arrive before 12:45 to check in your entries.** The jars can be any size and do not have to be wrapped or taped up. No labels or marks of any kind please on the jars. You may enter only one jar per family, either light or dark. There will be water and crackers to clear your pallet after each tasting as desired.
- Club t-shirts and sweatshirts available for purchase.
- **The Library will be open** for lending and returning books. If you know of a good book to add to the library, please speak to Lorraine. The new policy is in effect, whereby you will be able to take books out and return them the next month as usual. If you fail to return the books after 2 months then the name of the borrower will be listed in the “**Delinquent Borrower**” section of the Newsletter.
- This meeting is the last day to sign up and pay to attend our **HOLIDAY PARTY on December 3rd** at the Blue Blinds Manor (Elks Club) in Smithtown. Money and reservations will be taken by Joan Mahoney at the meeting.
- **If you didn’t pick up the FONDANT you pre-ordered already,** it will be available at this meeting. If you can’t pick it up, please make an arrangement for someone else to pick it up for you or speak with John Most.
- **Birds and Bees Protection Act is on Governor Hochul’s desk to sign.** The bill number is A.7460/S.1856-A. Please consider sending her your feelings about this act. Her address is: The Honorable Kathy Hochul, NYS State Capitol Building, Albany, NY 12224. Post cards will be available at the meeting. You can also contact her online by going to: <https://www.governor.ny.gov/content/governor-contact-form>

WHO'S GOT Long Island's Best-Tasting Honey?

Our Annual Honey tasting is in **November** at the monthly meeting. Every club member is invited to participate. You have to enter to win for the 2023 best tasting honey on Long Island title. There will be two winners, one for light honey and one for dark honey.

Here are the rules:

- You can only enter **one jar per family**
- Decide if you want to be in the **Light Honey or Dark honey** competition and bring one jar of that honey.
- There will be a table where the entries will be checked in by Joan Mahoney and **you will be given a matching number** for your entry.
- Jars **must be unlabeled** with no markings of any type on them.
- **Jars can be any size**, but typically an 8 oz jar is entered as about 20 people will taste it.
- Any jar is OK, but, please ensure it has a **wide-ish mouth** so it is easy to dip into.
- Members attending will be the **tasting judges**.
- Each member will be **assigned to a table/color to taste**.
- Crackers/pencils/water/tasting sticks will be provided.
- No double dipping please.
- You will have **one voting sheet** where you can keep notes.
- You will ultimately put just **ONE number on your ballot** for your choice for best tasting honey of your table.
- The jars that receive the most votes on each table will be tasted by a **panel of 3 beekeepers** for the final taste off.
- **The winner** of 2023 Best Tasting Light and Dark Honey will be announced at the end of the meeting.

Good luck to all!





program's director:
DAWN SCHMITZ

In the Spring of 2022, **Dawn Schmitz** our **2024 Program's Director** spoke with a friend who was a member of the Unitarian Universalist Fellowship of Huntington. He shared the goals of the UUFH's Grow to Give Garden, G2GG, which was to grow organic produce for donation to the Harry Chapin Food Bank at Long Island Cares. Dawn was looking for a way to give back to the wider community and a partnership was born.

Permission was granted to install hives on the UUFH campus, in close proximity to the G2GG. And, a native plant garden. Dawn's leadership included educating the UUFH membership about the science of bee-keeping. Her efforts

have broadened understanding of bee society and care amongst adults and children. Her efforts have resulted in a more ecologically sustainable landscape at UUFH; one that fosters the unique inter-relationships between native plants and pollinator species of insects and birds. This year she harvested about 75 pounds from the new hives! Through the generous efforts of the congregation, all of the honey was sold and \$1046 was raised and donated to Long Island Cares, Harry Chapin Food Bank.



Honey & Diabetes

If you are diabetic or pre-diabetic, you've probably heard pretty often that eating sugars including natural sugars like honey is a big "NO".

Well, I have some good news about honey I'd like to share with you. As you may remember from past articles about honey in this newsletter, honey functions differently in the body than regular sugar, and we mentioned previously how honey is the only sugar that improves your oral biome (increases good bacteria, decreases bad bacteria), whereas regular sugar feeds bad bacteria and harms your teeth and gums.

HONEY—unlike regular sugar—is a natural, bio-active substance chock full of anti-inflammatory substances, flavonoids, and polyphenols that are high-powered antioxidants. Honey has been consumed for thousands of years by primitive hunter-gatherer groups who enjoy its health benefits. Even today, some primitive tribes, like the Hadza, consume large amounts of this golden sweetener and are considered super healthy, lean, and fit.

Let's dig into some of the latest research on honey, health, and diabetes...

In one study I reviewed, study subjects were fed honey or regular sugar for 52 weeks. The long-term honey feeding decreased levels of HbA1c levels and increased HDL cholesterol (the protective type).

Another study showed that a diet that con-



tained honey showed a significant decrease in triglycerides, leptins, body weight, and body fat. And still other studies showed that consuming small amounts of honey increased the effectiveness of diabetes medications.

Natural Honey and Blood Sugar—the Results are in...

In a Journal of Medicinal Food study, researchers found natural honey lowers blood glucose levels in healthy, diabetic, and hyperlipidemic individuals. In the diabetic group, honey caused a significantly lower rise in blood sugar than other types of sugar.

This study also showed that honey helped to increase natural levels of insulin, which helps remove glucose from the blood.

Honey and Cholesterol Looks Pretty Sweet

One other study showed honey had a positive effect on cholesterol, and lowered C-reactive protein and homocysteine—both inflammatory

markers for heart disease. Honey's powerful antioxidant properties have a lot to do with its positive effect on those with diabetes.

Is Honey a Health Food?

Although honey does contain natural sugars, honey is a REAL food with LOADS of powerful nutrients in it. Honey contains over a hundred different beneficial compounds including minerals, amino acids, vitamins, and antioxidants. You can definitely say honey is MORE than just sugar--it is actually a health food!

Honey Heals

One other great fact about honey: Honey has powerful antibacterial properties and is known to help heal wounds and infections. Honey has been shown to be effective against several antibiotic-resistant bacterial strains. Honey also inhibits the growth of H. pylori, the bacteria that causes ulcers.

Honey for Diabetics

Bottom line is, yes you can have honey if you are diabetic. Although honey can raise blood sugar slightly and temporarily, it also improves insulin sensitivity, lowers cholesterol, helps with weight management, healthy Thyroid levels, and lowers inflammation.

Always consume RAW, unfiltered, natural honey. If you can find local honey, it's even better. Always AVOID the conventional honey that comes in the little plastic bears (or anything not labeled raw), as often this is 'fake' honey from countries like China, and may be nothing



more than sugar syrup or corn syrup with honey flavorings. Your doctor will call you a “model” patient for this...Researchers have found a hidden **blood sugar “switch”** inside your body that controls your blood sugar level.

In fact, a recent study shows that **a whopping 95.2%** of the participants who flipped ON this switch achieved “near-perfect” blood sugar within days.

They also lost 24.4 lbs on average!

Some experts believe this breakthrough could make drugs like metformin completely **obsolete**. And the best part is, you can do it yourself at home for less than **60 seconds a day**.

If you're looking for a **safe, natural alternative** to prescriptions for controlling your blood sugar... You owe it to yourself to give this a shot.



Get More Health Tips - WellDaily.com

Spotted Lantern Fly.

An invasive species.

I received a call from a club member that the invasive Spotted Lantern Fly was clustered all over the Bee Bee tree in his yard. He was killing them the best he could and looking for eggs to scrape off. He wanted to let me know, so the word would get out to other beekeepers. I ran right out and looked at my Bee Bee trees and sure enough, there they were. I sprayed them and they were dropping off the tree as I watched.

If you have a Bee Bee tree, check it. This is not listed as a favorite host tree. Their favorite is the Tree of Heaven, another invasive species.

The Spotted Lantern Fly also makes the sap run down the trees from their damage and this is reported to make nasty honey... another reason to keep them in check.

The pictures below are after I sprayed them. You mostly see the brown spotted wings when they are just sitting there, like the bottom picture, although those are DEAD, and I picked them up off the ground.

My bees weren't flying when I sprayed and they have no interest in the trunks of these trees, so I don't see any impact on them.





**As of January 2024,
Annual dues will be \$40.**

PLEASE send a check payable to LIBC to Conni Still at 82 Stephen Road, Bayport, NY 11705, or go to the club website Longisland-beekeepers.org.

Any member who does not pay their dues will not receive future newsletters nor have free advertising in future newsletters, Also please update your copy for your ads. Send your information to Moira Alexander at ramoi@aol.com and put LIBC Classified Ads in the subject line.

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CLASSIFIED ADS DO NOT CONSTITUTE ENDORSEMENT BY THE CLUB. THEY ARE SHARED AS INFORMATION ONLY.



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