AMERICAN BEEKEEPING FEDERATION

QUARTERLY

VOL. 82, NO. 1, 2024

Nutrition - The Very Latest

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2024 American Honey Show Winners

The Buzz on the Trend: Honey + Garlic

The Bee Practical Award Winners

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Our journey began as *Hawaii Island Honey Company*, key cooperators in a breeding program to further develop and enhance the VSH trait. A company lab was built near Hilo, Hawaii to take our VSH breeding to the next level. The project originated with the USDA Bee Lab in Baton Rouge and later, VSH Pol-line was incorporated into the program.

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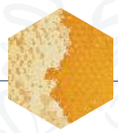

PARADISE IS VARROA UNDER CONTROL

While we may never fully get away from chemical mite treatments, reducing the industry's reliance on these products is a crucial step in the right direction. Our VSH genetics can help you take back the power in the fight against Varroa mites.

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AMERICAN BEEKEEPING FEDERATION
QUARTERLY

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WELCOME

PATTY SUNDBERG, ABF PRESIDENT

Hello Members of ABF,

It is an honor to have been elected as your 2024 ABF President. The ABF has a strong foundation of 81 years, and those of us on the board plan to continue to act on behalf of the beekeeping industry on issues affecting the interests and the economic viability of the various sectors of the industry. Many ask why should I be a part of the American Beekeeping Federation? The answer is simple – because you are a part of beekeeping. No matter your interest in honeybees and pollination, there is a special place for you with ABF!

My husband Lance joined ABF when he got his first hive from Sears and Robuck in 1971. He began a 4-H and FFA project with beekeeping. He wanted to find good sources of information, so he purchased First Lessons in Beekeeping, subscribed to the American Bee Journal, and joined the American Beekeeping Federation. All have been a solid base for our now successful commercial business. Since you are reading this, I can assume you are currently a member, and I thank you. I encourage you to check the website, www.abfnet.org, to see all our resources for you. I encourage you to attend the yearly conference. Attending our first conference was scary; conferences are expensive and always have been. I can tell you we have always had the investment returned from either learning about a new treatment, establishing a business relationship with a supplier or another beekeeper, learning about the research reports, meeting honey packers, and so much more. Attending conferences also brought me to where I am today in the organization. I have had the opportunity serve ABF in many ways. I chaired the American Honey Queen program and have worked with the amazing marketing promotion program that you as a member are supporting. I served as a Montana state delegate, on the Board of Directors, on many committees, and through many trials and successes.

As I mentioned in the February E-buzz, beekeepers don't give up. Why? We cannot afford to! We are a small industry and must make sure we make our presence known in our states and the USA. We must continue to support and seek out funding for honeybee research, programs that are working to help establish more healthy habit for pollinators, push for a standard of identity for honey, keep existing programs that are available to beekeeper for loans and assistance, keep access to public lands available to beekeepers, keep in touch with H-2A labor laws as they are ever changing, keep bees listed as agriculture with the Department of Transportation, and so much more. These are all things that you as members of ABF help support through your membership and contributions.

With communication and transportation capabilities always at our fingertips, it becomes more important for us to keep track of the international world of beekeeping. What is affecting beekeeping in every continent and our neighboring countries of Canada and Mexico all affects what is happening with the USA bee health. North American bee health needs to be a focus for us, and many people are realizing that. ABF has two representatives at the table serving on a newly formed group called the North American Bee Strategy. There are also two representatives from the American Honey Producers Association, the Canadian Beekeeping Federation, and the Canadian Honey Council. Apiary Inspectors of American have with one representative each from the USA and Canada. Another representative is from USDA. Matthew Mulica, Senior Project Manager, Keystone Policy Center, is the group's moderator. One topic among many will be monitoring the progression of the Tropilaelaps mite.

Those of us in California are busy getting our bees out of the almond orchards and on to their next destination, making up dead hives from the winter, and making nucs for ourselves and to sell to others. Many of you are just taking a peak at your hives to see if they have survived the winter. Queen breeders are moving into full swing production and hopefully people are busy buying USA honey. As spring arrives, may each of your days bring you many blessings.

Patty Sundberg, President

Debbie Seib,
ABF VICE PRESIDENT

BEING PART OF AN INDUSTRY

What is an industry?

As defined in the article by David Gorton, 'An industry is a group of entities that are related by primary business activities…Manufacturers or businesses that produce a particular kind of goods or services. Some examples would be:

- The textile industry designs, fabricates, and sell cloths.
- The tourist industry includes all the commercial aspects of tourism.
- The automobile industry makes cars and car parts.

What Does the Beekeeping Industry Do?

- Keep Bees (Beekeepers)
- Honey Producers and Packers
- Pollinators
- Equipment Manufactures/ Dealers
- Queen Producers
- Organizations: Local/State/ Regional/National

How would we define the Beekeeping Industry? We raise and sell bees, gather and sell honey, produce other hive products, and provide pollination services. The two major product categories in the Beekeeping industry are honey and pollination services.

The Beekeeping industry includes all aspects of beekeeping.

In 2023, the USDA report released the number of colonies in April 2023 was 2.71 million hives. This survey was conducted of beekeepers with five or more colonies. I discovered a state association had about 1,900 members. They estimated that only 25% of the beekeepers in that state belong to the association so they would estimate about 7,600 beekeepers in that state. Their Facebook page had 3.6 thousand followers.

In comparison to the American Beekeeping Federation which has approximately 950 members, yet we have 44 thousand Facebook followers.

Why are these numbers important? Think of it as Purchasing Power. We are facing unprecedented challenges on all levels of beekeeping and only as an industry, can we influence changes that need to be made.

The American Beekeeping Federation includes programs that assist beekeepers and those that desire to be beekeepers. The 4-H Essay and the Scholarship program funded by the Foundation of the Preservation of the Honey Bee. Our Education programs provide webinars for Small Scale to Commercial Beekeepers. We support Research and host an annual conference and tradeshow partnering with the American Association of Professional Apiculturists and the Apiary Inspectors of American. We have a Legislative Committee that works on all issues that are affecting our industry.

How can you help? Get Involved, Get Your Beekeeping Friends Involved, Have Them Become a Member of ABF, Stay Informed and Support Your Industry.

You are not just a beekeeper, you are a part of an industry.

MEMBER MILESTONES

for January - March 2024

30 *YEARS*

Andrew Card

20 *YEARS*

Ray Olivarez, Jr.
Sandra Rea
Jerry Tate
Ty Tobias

15 *YEARS*

Brent Barkman
Damaris Lorenz
Rick Sutton

10 *YEARS*

Steven Cook
Chris Hansen
Frank Keller
David Litoff
Kevin Nixon
Daniel Winter

5 *YEARS*

Paige Bennett
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Proverbs 16:24

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2024 American Honey Show Winners

Congratulations to All Our Winners!

The American Honey Show showcases the best examples of honey and beeswax. It includes 18 classes: 12 for honey, five for beeswax, one for beeswax art and the gift box class. The gift box theme for 2024 was "As Good as Gold".

Class A: Water White Honey
Sponsored by Sioux Honey Association
1. Amanda & Jeff Lee, Creston, BC, Canada

Class B: Extra White Honey
Sponsored by Dutch Gold Honey
1. Nick Thill, West Bend, WI
2. Robert Preator, North Ogden, UT
3. Karen Belli, Wadsworth, IL

Class C: White Honey
Sponsored by Barkman Honey
1. Nick Thill, West Bend, WI
2. Stephanie Slater, Elkhorn, WI
3. Karen Belli, Wadsworth, IL

Class D: Extra Light Amber Honey
Sponsored by Winter Apiaries
1. Dan Piechowski, Redgranite, WI
2. Charles Lorence, Aurora, IL
3. Annessa Bachman, North Ogden, UT

Class E: Light Amber Honey
Sponsored by Ashurst American Honey
1. Karen Belli, Wadsworth, IL
2. Charles Lorence, Aurora, IL
3. Glenn Clayton, Jr., Shipman, VA

Class F: Amber Honey
Sponsored by Winter Apiaries
1. Annessa Bachman, North Ogden, UT
2. Monica Siwiak, Richmond, TX
3. Karen Belli, Wadsworth, IL

Class G: Dark Honey
Sponsored by May's Honey Farm/Sunny Hill Honey
1. Karen Belli, Wadsworth, IL
2. Charles Lorence, Aurora, IL

Class H: Chunk Honey
Sponsored by Gene Brandi Apiaries
1. Charles Lorence, Aurora, IL
2. Monica Siwiak, Richmond, TX

Class I: Round Comb Sections
Sponsored by Gunter Honey Farm
1. Jim Rodenberg, Wolf Point, MT
2. Monica Siwiak, Richmond, TX
3. Karen Belli, Wadsworth, IL

Class J: Comb Section Honey
Sponsored by Tuckerbees Honey
1. Jim Rodenberg, Wolf Point, MT
2. Karen Belli, Wadsworth, IL

Class K: Cut Comb Honey
Sponsored by Ross Rounds
1. Mark Sundberg, Fergus Falls, MN
2. Dan Piechowski, Redgranite, WI
3. Charles Lorence, Aurora, IL

Class L: Creamed Honey
Sponsored by Mann Lake Ltd.
1. Amanda & Jeff Lee, Creston, BC, Canada
2. Karen Belli, Wadsworth, IL
3. John Piechowski, Redgranite, WI

Class M: Beeswax Block
Sponsored by Dadant & Sons, Inc.
1. Monica Siwiak, Richmond, TX
2. Charles Lorence, Aurora, IL

Class N: Artistic Beeswax
Sponsored by Texas Insurance & Financial Services, Inc.
1. Monica Siwiak, Richmond, TX

Class O: Beeswax Candles
Sponsored by Ellingson's Inc.
1. Deborah Klughers, Hampton Bays, NY
2. Derald Kettlewell, Greenfield, WI
3. Ana Heck, Williamston, MI

Class P: Artistic Beeswax Candles
Sponsored by Bee Culture
1. Virginia Webb, Clarksville, GA
2. Monica Siwiak, Richmond, TX
3. Ana Heck, Williamston, MI

Class Q: Beeswax Art
Sponsored by Bee Culture
1. George Hansen, Colton, OR
2. Monica Siwiak, Richmond, TX

Class R: Honey Gift Box
Sponsored by Gunter Honey Farm
1. Monica Siwiak, Richmond, TX
2. Niki Canotas, Campbell, CA
3. Michael Ryan, Campbell, CA

BEST OF SHOW: HONEY
AMANDA & JEFF LEE, CRESTON, BC, CANADA (CREAMED HONEY)

BEST OF SHOW: RELATED PRODUCTS
MONICA SIWIAK, RICHMOND, TX (HONEY GIFT BOX)

Nutrition - The Very Latest

Image courtesy OSU

By Dewey Caron

Just in time for our 2024 season decision making on what is best to feed our bees is the latest release from the Honey Bee Health Coalition Honey Bee Nutrition Guide . https://honeybeehealthcoalition.org/nutritionguide/ The guide reviews the basic of bee nutrition and serves as a manual for supplemental feeding in bee hives. It is a straight-forward, uncomplicated coverage of the complex and nuanced world of honey bee nutrition. It was prepared by Dr Priya Basu, Assistant Professor at Mississippi State University. A distinguished group of reviewers including Dr Ramesh Sagili of Oregon State University, Russ Heitkam and George Hansen were among a dozen reviewers.

“Understanding honey bee nutrition is no simple task, given the intricate social structure and diverse needs within a colony,” said Dr. Priya in a review for a recent ABJ Extra blog. “The Honey Bee Nutrition Guide addresses these challenges head-on, providing practical insights for beekeepers to navigate the seasonal variations and colony requirements effectively.”

The Honey Bee Nutrition Guide serves as a resource for beekeepers to understand and help them meet, when advantageous to do so, the colony’s nutritional needs now into critical spring buildup and throughout the beekeeping season. Spring begins for the colony as older-aged foragers source and carry home the floral resources of pollen and nectar. In the absence of these natural resources or weather irregularities keeping foragers from their duties, supplemental feeding can be an essential management. Leaving bees to the mercy of the season is irresponsible in bee colony husbandry.

This new comprehensive Guide delves into the various considerations beekeepers must take into account when deciding if supplemental feeding will be helpful. Such decisions usually will need to include the colony's brood status, seasonal nutritional needs, and availability of food reserves within hives as well as resource availability in the landscape. While pollen diets in lab or field tests have a higher nutritional value owing to the various macro and micronutrients present in pollen, artificial protein supplements cannot currently replace bee collected pollen. Bee colony care can be complicated nutrition-wise. Nutritional stress is increasing recognized as one that leads to poor bee health.

The guide has an introductory section on the history of supplementing colonies. Beekeeper supplemental diet interventions dates back centuries. The guide traces this history, highlighting pivotal moments from the first recommendation of supplementing bees (1655), Amos I. Root's tests with various supplements (1875), the foundational research of Mykola H. Haydak from the 1930sto 50s , advanced in the 1970s by Dr Elton W. Herbert, Jr. jointly at the University of Maryland and USDA, Beltsville. Dr Herbert tragically passed away in his prime research years and his efforts at developing

More NUTRITION, page 12

NUTRITION, from page 11

an artificial diet, on which he was making some progress, was discontinued.

The guide compares the current supplemental proteins and emphasizes the importance of understanding the limitations of artificial supplements compared to the nutritional richness of natural pollen. George Hanson, past president of ABF of Foothills Honey Co, Colton, OR, a Guide reviewer, is quoted on the ABJ Extra Blog "With practical insights, historical context, and a focus on sustainability, the Honey Bee Nutrition Guide aims to empower beekeepers to make informed decisions for the well-being of their colonies…..This essential resource will undoubtedly contribute to the advancement of sustainable beekeeping practices."

The Guide includes an overview of micro- and macronutrients as well as carbohydrates. A table gives details on 18 commercially available diets. The section on sugar Supplementation details the various sugars we might feed and the types of sugar feeders. There is a section on pre and probiotics. There is a table that helps guide management decisions on feeding (one for protein one for carbohydrate) by seasons. In 3 appendix sections, there is literature reviews of studies on commercial proteins supplements, there are interviews with six commercial beekeepers who each outline what works for them when providing supplemental feeding to their honey bee colonies throughout the year and an extensive listing of relevant literature.

A recent review of studies on probiotics might also be of interest. Probiotics are live microorganisms (mainly bacteria but also yeasts) that, when administered in adequate amounts, confer a health benefit on the host. You may be a practioner for your own health, taking one or more dietary supplements. Finding and using the right ones can be a puzzle for us and for our feeding to our bees. In bees as well as humans, the gut's microbiome—the community of assorted microorganisms residing there—is in many ways unknown territory. This is especially true when it comes to the impact of probiotic supplements. Author Thompson says "Some products work, some do not. For most products it's 'take our word for it'."

The review demonstrtes that there is substantial evidence from in vitro laboratory studies that suggest beneficial microbes could be an effective method for improving disease resistance in honey bees. However, colony level evidence is lacking . To this point the authors point out there is urgent need for further validation via controlled field trials experimentally designed to test defined microbial compositions against specific diseases of interest.

The new HBHC Nutrition Guide has something for all level of beekeepers from beginners to commercials and those with more experience. It should become part of your resources on bee nutrition. It joins popular HBHC guides, all free downloads, such as Best Management Practices for Hive Health, Tools for Varroa Management, Guide to Varroa Mite Controls for Commercial Beekeeping Operations and Best management Practices for crop production that includes corn, soybeans, apples and canola.

Probiotic Reference

Rodríguez, Maria, Leticia A Fernández, Brendan A Daisley, Francisco J Reynaldi, Emma Allen-Vercoe, and Graham J Thompson. 2023. Probiotics and in-hive fermentation as a source of beneficial microbes to support the gut microbial health of honey bees. Jour Insect Science, 23 (6). https://doi.org/10.1093/jisesa/iead093

Save the Date

Kids and Bees 2025

The annual Kids and Bees educational event will be held on Friday, January 10, at the 2025 ABF Convention in Reno, NV. Volunteers will be need to make this event a success. More details coming this summer.

Image from Shutterstock

THE BUZZ ON THE TREND: HONEY + GARLIC

By National Honey Board

You may have seen the newest cold and flu trend making its rounds on the internet and the news cycles – of, course we're talking about fermented honey and garlic. The #HoneyGarlic has millions of views, but is there any science to back up the claims of the power of this DIY remedy? Today we're digging into the topic by exploring the health benefits of both garlic and honey and if they are, in fact, more powerful together.

Like honey, garlic has been used for flavoring and medicinal purposes for centuries, dating back to the dawn of historical records. According to WebMD, "[a]ncient medical texts from as far afield as Egypt, China, India, Greece, and Rome discussed the medical uses of garlic." Fun Fact: like honey, garlic was discovered in the tomb of King Tut1! So, what is it about this potent member of the lily family (another fun fact – garlic is a member of the lily family and is related to such famous plants as hyacinths, tulips, onions, chives, and leeks)2 that makes it a go-to for home remedies? Let's find out!

Benefits of Garlic

Good for more than just keeping away vampires (or your neighbors, if you eat too much…), garlic's sulfur-containing compounds also have immunity-boosting benefits. While not providing much in terms of protein (0.19 g per clove, per USDA), and basically nothing in terms of fiber, sugars or fat, garlic is a source of vital nutrients like vitamins C and K, iron, potassium, zinc and magnesium3. In addition, garlic is also a source of antioxidants and prebiotics, contributing to both gut and overall immune system health4. Now, it's hard to talk about the benefits of garlic without talking about its powerhouse compound, Allicin.

More GARLIC, page 14

GARLIC, from page 13

Simply put, allicin is the compound that gives garlic its instantly recognizable taste and smell and may help to ease inflammation and block free radicals. Now, a little food science – in addition to the aforementioned nutrients, garlic also contains the amino acid alliin and when you chop or crush a garlic clove, you activate an enzyme called alliinase, which then converts alliin into allicin and seems to make all kinds of magic happen. This allicin is touted for its antiviral, antifungal and antiparasitic properties1 and is even considered to be a broad-spectrum antibiotic2. It also appears that allicin may help to combat antibiotic resistance by enhancing effectiveness when taken with another antibiotic2.

Now, when considering the form of your garlic, it is said that raw is more beneficial than cooked garlic, but that supplements are the most effective1. Of course, it is recommended that you talk to your doctor before starting any kind of supplement regimen, especially if you are currently taking anticoagulants as garlic does have blood-thinning properties. If you are going to cook your garlic, there are still benefits to be had and you can maximize them by letting your chopped/crushed garlic rest for 10 minutes and adding it near the end of cooking to preserve the allicin2.

Benefits of Honey

So, why are people pairing garlic with honey? Well, honey is a bit of a superfood in its own right. In fact, research has shown that honey is a natural source of a wide array of trace amounts of vitamins, minerals, amino acids, and antioxidants! Flavonoids and phenolic acids, which act as antioxidants, are found in honey, although the amount and type of these compounds depend largely on the floral source (check out more about honey's nutritional profile). On top of that, honey may have positive effects on health including improved cardiovascular risk factors, glucose tolerance in healthy people and in people with diabetes, symptoms of cough and sleep quality in children with URTIs, prebiotics helping aid in digestive health, and other health benefits. Despite its sugar content, more health benefits for honey have been observed than null or negative effects, which suggests that honey has many benefits as part of a healthy diet5.

Now that you know the benefits of garlic and honey as individual ingredients, let's revisit the trend that brought us here and answer the question – can fermenting garlic in honey prevent or treat your cold? Short answer – there is no scientific evidence to back up the claim. While much research has been done on each ingredient individually, we are currently unaware of any studies focused specifically on fermenting garlic in honey. Much like the idea that local honey can treat/lessen your reaction to local allergens, most of these claims are anecdotal and not scientifically backed. Of course, if you would like to give it a try, you should remember to consider any underlying conditions you may have and your medications, particularly anticoagulants and anti-diabetes. If you have any concerns, please speak to your doctor.

Even though we don't consume large amounts of garlic in our everyday cooking, that doesn't mean that it can't still be a beneficial – and delicious – addition. Head over to honey.com to find a variety of honey + garlic recipes to inspire your next dish.

SOURCES:

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4 Ldn, I. V. R. (2023, December 27). What happens to your body when you eat garlic regularly. EatingWell. https://www.eatingwell.com/benefits-of-garlic-8418100

5 Palma-Morales M, Huertas JR, Rodríguez-Pérez C. A Comprehensive Review of the Effect of Honey on Human Health. Nutrients. 2023; 15(13):3056. https://doi.org/10.3390/nu15133056

QUEEN Committee Report

by: Anna Kettlewell, *American Honey Queen Program Committee Chairperson*

We are kicking off 2024 with many new experiences for the American Honey Queen Program, and we are eager to have our newest representatives visit your state in the upcoming months.

Many of you met our 2024 American Honey Queen Kaelyn Sumner at the ABF convention in New Orleans. Kaelyn applied through our traditional application process and earned the title of American Honey Queen based on her knowledge of the industry, her participation in our interview process at the ABF convention, which consisted of writing samples, multiple presentations, including a marketing/sales presentation on bee venom, evaluation of her interaction with members and the public, as well as a panel interview. The ABF application process is intense and helps us to find capable, driven young women to serve as the American Honey Queen and Princess.

This year, our 2024 American Honey Princess Lainey Bell, came to us through our alternate candidate process, post-ABF convention. Due to candidate withdrawals prior to the ABF convention, the American Honey Queen Committee continued the search and interview process to select another spokesperson for our 2024 promotional year. After meeting with several potential candidates, Lainey completed a full application to the American Honey Queen Committee, including writing samples, and completed a panel interview and gave a marketing/sales presentation, also on bee venom. The Queen Committee recommended Lainey for the position of American Honey Princess, and she accepted! We are grateful to have two excellent, knowledgeable spokespersons this year who bring unique talents to our organization.

These two women will learn and have already learned much from last year's spokespersons, Selena Rampolla, 2023 American Honey Queen, and Allison Hager, 2023 American Honey Princess. These ladies provided passionate, enthusiastic promotional and educational work for the American Beekeeping Federation. Selena kicked off our program's expansion of our application process, not having served previously as a state honey queen, and proved to be a successful promoter! Allison brought her passion for agriculture to every promotion, tying our industry's message to every event and classroom she visited. Collectively, Selena and Allison reached 29 states (10 on repeat occasions), participated in media interviews valued at nearly $250,000 of free publicity for our industry, and spoke directly to over 12,000 students nationwide, including in New Orleans during the convention, in grades PK-12 about honeybees, pollination, and the importance of commercial beekeepers. The return on our investment in these two women was great. We wish them much success as they both make their way into the professional world, seeking employment opportunities in their respective fields.

Your American Honey Queen Committee is filled with a variety of people with a wide range of skills and talents, and we are always looking for additional people to serve on our committee and to help us with various activities. The Committee is presently seeking someone to help with our American Honey Queen Quilt Raffle. Contact me if you are interested in making a quilt for this raffle or helping with raffle logistics. We are also looking for individuals interested in helping us with the Kids and Bees Program, which we are planning to return from an in-school format that we utilized in 2024 (reaching over 600 students in local New Orleans schools) to a traditional on-site event in 2025. Planning is underway for both these functions, but we can always use additional volunteers throughout the year. Contact me to learn more!

Our American Honey Queen and Princess are eager to promote on our behalf, and the Queen Committee is working to develop a robust schedule for each of them. We are especially looking to add promotions in the Spring and early Summer months, along with expanding our reach during National Honey Month. We would love to schedule an event in your area this year, so please contact me soon to schedule your events! Queen Kaelyn and Princess Lainey have received their presentation and media relations training and are excited to promote alongside you this year! You may reach me at honeyqueen99@hotmail.com or 414.545.5514 to talk about promotional opportunities. Happy 2024 promoting!

AMERICAN HONEY

Queen Report

by Kaelyn Sumner

Good day, members of ABF!

I am excited to work with you during my year as the 2024 American Honey Queen. I am Kaelyn Sumner, the 21-year-old daughter of Robert and Traci Sumner in Cecil, Wisconsin. I began beekeeping seven years ago and quickly became passionate about the honeybees and all the products and services they provide. I am a senior at Kansas State University, majoring in Agricultural Education, with minors in Food Science and Entomology. After I graduate, I plan to teach agriculture classes at the high school level. I also served as the 2023 Wisconsin Honey Queen before coming to ABF. I am excited to serve you this year as your Queen, and I began promotions shortly after the ABF convention.

Queen Kaelyn and Princess Lainey taught Wisconsin students about how bees produce honey in February.

From February 8-12, Princess Lainey and I participated in annual Honey Queen training in Wisconsin. Training began with image training and how to best present ourselves for television interviews. We also developed our key messages for our work with the media and our presentations, along with goals for the year. The goals that Lainey and I are working together to achieve this year are to encourage more applicants to use the direct application process to the American Honey Queen Program and to increase the number of followers on the American Honey Queen Program's Instagram account by 20%. We worked hard on our various social media platforms, including Facebook, Instagram, the Buzzing Across America children's blog, and YouTube. Personally, this year, I will strive to present to 25 career and technical education classes to increase their appreciation for the honeybee and increase honey consumption. Much time was spent polishing our school presentations with the help of the training team. The training session concluded as we presented to nearly 100 students in the area in joint and separate presentations. The students were excited to learn about pollination and the queen bee and asked many questions about the products of the beehive. Thank you to the Honey Queen Training team, including Anna Kettlewell, Kim Kester, Angie Lundeen, Danielle Dale, Louann Hausner, Emily Brown, Amy Blakeney, and Rachel Bryson, for guidance during training.

My first major promotion was February 22-26 in New Jersey. Straight from the airport, I went to the New Jersey State House to meet with the Assistant Secretary of Agriculture, Joe Atchison, and we discussed the importance of beekeeping and its impact on many New Jersey crops. New Jersey is truly the Garden State, ranking in the top 10 states for production of blueberries, cranberries, cucumber, tomatoes, and squash! The following day, I attended the New Jersey State Beekeepers Association's Winter Meeting. There were 125 beekeepers in attendance from across the state, and many were interested in my position as the American Honey Queen. I spoke to attendees about how the American Honey Queen Program works to increase the consumption of American honey and other products of the hive through classroom presentations, fairs,

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AMERICAN HONEY

Princess Report

by Lainey Bell

Hello ABF! My name is Lainey Bell, and I am thrilled to be your 2024 American Honey Princess. I am originally from Winslow, Maine, and I go to the University of Southern Maine where I am studying political science and am part of the accelerated pathway program with the Maine School of Law. I hope to one day work in politics or as a prosecuting attorney. At USM, I am a part of the field hockey team as a goalie. I was not a state honey queen, and I am honored to be the first Honey Queen or Princess from the wonderful state of Maine! I have worked for Maine's largest apiary, Swan's Honey in Albion, Maine, for the last three years. I have lots of experience working in the commercial beekeeping industry. From the bottling room to the storefront, I have interacted with many customers buying both honey and beekeeping tools and products. This experience has changed my life and given me a much greater appreciation for the work that honeybees do! I applied for this position because I have become very passionate about honeybees and their importance in our ecosystem. I wanted to speak to many different people about how incredible bees are, as well as how important beekeepers are to helping agriculture across the United States.

Princess Lainey practices in studio television interviews with 2008 American Honey Princess Rachel Bryson and 1996 American Honey Princess Louann Hausner.

After being named American Honey Princess on January 31, I set out for Wisconsin for Honey Queen Training from February 9-13. It was incredibly hard work, but Queen Kaelyn and I came out of it with so much knowledge and experience! We practiced many different kinds of media interviews, including television, radio, and newspaper. We learned how to answer questions, push out key messages and goals, as well as how to project the best image for ABF on camera. Another thing that the training committee discussed with us was how to give a variety of presentations. From schools and civic groups to beekeeping organizations and government officials, we learned how to give a variety of informational presentations as well as cooking and product demonstrations. This is especially important to me because one of my goals as Honey Princess is to give at least 25 presentations to government officials or bodies this year, and I hope to speak to government groups when I visit your state! These pieces of training are crucial to the jobs that Queen Kaelyn and I do!

At the end of training, we were given an amazing tour of the facilities at Henry's Honey Farm, which gave me another perspective on commercial beekeeping in the United States. We also received a lesson in queen clipping and queen marking. Many thanks to Dan, Gina, Jalyn and Larissa Piechowski for giving us a place to stay and train, as well as the tour, queen lesson, and honey. Also, thank you to the many trainers who met with Kaelyn and me in person and virtually throughout our training session!

Before we finished our training weekend, we had our professional photos taken. We had a wonderful experience

Princess Lainey and Queen Kaelyn learned about commercial beekeeping during tour of Henry's HoneyFarm in Redgranite, WI, in February.

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festivals, and media interviews. To conclude my trip to New Jersey, I visited several schools. New Jersey first graders were learning about their State Insect, the honeybee, throughout the state, and I spoke to some of these students! I presented in five classrooms across three schools in Millville, reaching nearly 140 students. These students all had the opportunity to view an observation hive in their classrooms that was provided by the State Apiarist, Meghan McConnell. Thank you to the Medina family for hosting me in New Jersey and Meghan McConnell for planning my promotions while in the state.

I am looking forward to meeting many of you during my travels this year! Next month, I will visit Kentucky and Florida. To schedule an appearance from me, please contact Anna Kettlewell at 414.545.5514 or honeyqueen99@hotmail.com. Also, be sure to follow us on our social media @AmericanHoneyQueenProgram on Facebook and Instagram and @AmericanHoneyQueen on YouTube.

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posing for pictures and trying on different outfits to see what looked best for our brochures and press releases. Special thanks to Shannon Fischer at Shannon Rose Photography for taking the time to do this with us.

Thank you so much for your support! I am so honored to be serving as the 2024 American Honey Princess and I truly appreciate all of the encouragement. I am ecstatic for my upcoming promotions in Texas and Florida. We are still scheduling promotions, so if you would like to schedule me to come to your event, please contact Anna Kettlewell at honeyqueen99@hotmail.com. Thank you and I hope to be seeing you soon!

Image by PollyDot from Pixabay

Image from Shutterstock

THE BEE PRACTICAL AWARD WINNERS ANNOUNCED

The American Beekeeping Federation (ABF) offered four awards of $500 to a beekeeper with a practical beekeeping idea that is relevant to other beekeepers. Below are the winners of this year's award.

James Lee: Sustainable Beekeepers Guild of Michigan

In Michigan, the Sustainable Beekeepers Guild (SBGMI) has launched the Northern Queen Initiative (NQI) involving a quartet of queen producers from the Southern Lower Peninsula of Michigan. This initiative is designed to bolster the availability of superior bee queen stocks tailored for mite resistance and endurance in northern weather conditions. The NQI operates on several premises, chiefly that enhancing the use of resistant strains among beekeepers correlates with increased hive survival. This, in turn, facilitates further refinement for traits suited to overwintering in harsh climates.

However, current access to mite-resistant stock within Michigan is scarce and inadequately verified. To tackle this, the NQI will emphasize maintaining inheritable qualities in queens through scientific assessments, educating keepers on identifying healthy traits using uniform grading systems and techniques like Harbo and UbeeO assays or mite-wash procedures.

An additional aim is to enlarge the pool of quality queen suppliers for local and wider markets. By integrating with SBGMI's network and championing the NQI approach at clubs and workshops, the initiative seeks to boost queen accessibility and encourage area-specific practices.

The clear revenue model incentivizes producers with sales revenue while allowing queen stocks to be marketed by NQI in exchange for royalties, thereby assuring sustainability beyond initial funding. Ultimately, Michigan's beekeepers will benefit from a well-established market promising stock that is not only mite-resistant but also highly

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productive and adapted to cold environments. Although focused on meeting Michigan's unique conditions, the stock will be available for non-local clientele as well.

Charlene Bost: The Use of Bufoxin in Beekeeping

An intriguing hypothesis posits that bees may incorporate bufotoxin, a toxin secreted by toads, as an important substance to target honey bee pathogens. Noticing toads in a bee-watering station and hypothesizing about the toxin's collection by bees, further research is aimed to determine if bufotoxin is present in bee colonies and its potential use against honey bee pests, pathogens, and diseases. If proven, this substance could be used to combat honey bee pathogens, potentially reducing the need for antibiotics or other chemicals.

David Miller: The Multiple Hive Varroa Mite Checker

The Multiple Hive Varroa Mite Checker introduces a non-lethal way for beekeepers to assess mite infestations across several hives quickly. This device improves upon traditional methods by including a compartment that accommodates an Oxalic Acid vaporizer's nozzle. Bees from different hives are temporarily kept in screen-topped mason jars while Oxalic Acid vapor is released. The vapor kills mites without harming the bees, allowing their safe return to their colonies. Beekeepers can easily track the mite fall using a transparent window and a sticky board, which may be oiled to facilitate mite counting.

Optimal usage of the checker occurs within a specific temperature range of 100 to 110 degrees Fahrenheit, possibly requiring extra heating in cooler climates. Beekeepers can look forward to future versions potentially featuring thermostat-regulated heaters, ensuring consistent temperature and efficient mite management.

This system negates the need for bee shaking or alcohol washes and supports the option for repeated testing with negligible impact on bee health or hive efficiency. Confirmatory tests from alcohol wash remain available if desired.

In summary, this checker signifies a significant development in apiculture, offering an efficient, gentle means of monitoring and managing Varroa mites in bee populations. With its streamlined protocol of collecting bees, dispensing vapor, monitoring results, and reuniting bees with their hives, this tool is poised to become invaluable for safeguarding bee health while facilitating effective hive management.

Kirk Kirksey: New Methods to Target Small Hive Beetle

The Small Hive Beetle (SHB), scientifically known as Athena tumida, poses significant threats to bee colonies in North America by causing serious damage within hives. This initiative aims to disrupt the beetle's life cycle by targeting its pupation stage outside the hive. The method involves saturating the surrounding soil with a mixture of vinegar and salt safe for bees, affecting the SHB's development.

Commercially available insecticides containing Permethrin, marketed for similar purposes, can kill honey bees due to their toxicity. While increased soil salinity has been proven detrimental to certain earthworm species, its effects on SHB larvae remain unexplored.

This project was previously trialed over six weeks with 33 hives across three states as part of the University of Montana Master Beekeeping program. While indications were positive, the limited duration, determined by the academic timetable, did not allow for comprehensive findings. A full-season study is advocated for conclusive results. The research will engage small scale beekeepers in North Central Texas with a systematic approach including randomized hive selection and SHB trapping for baseline data. Post-treatment trapping will occur every 10 days with subsequent reapplication of the vinegar-salt solution after one month. The project is set to span from the Winter solstice until mid-November, aligning with local frost data.

Image by Hans from Pixabay

STATE DELEGATES

Each state having ABF members may appoint a state delegate to serve as a liaison between ABF and its state association and local clubs. Each state delegate acts as a membership and legislative coordinator — communicating important membership and legislative information between ABF and the state and local clubs.

Let's grow together! Don't miss this opportunity to publicize your state meetings. Let us know if you want your state more involved with the membership and legislative happenings and consider becoming a state sponsor of the ABF.

By Stephanie Slater

On Wednesday, January 10, 2024, the State Delegates Assembly meeting and luncheon was held during the American Beekeeping Federation annual conference and tradeshow. Of our total 86 state delegates, 50 of them attended the luncheon representing 32 states, along with nine additional board members. Our guest speakers were Fran Boyd, our legislative liaison, and Brett Adee, from the Pollinator Stewardship Council.

In accordance with our bylaws, we elected two new ABF Board of Directors representing the State Delegates Assembly:

- Susan Collins – Hawaii
- Debbie Seib – Indiana
- Lisa Ghezzi – Maryland (alternate)

Robert Duffy (Indiana) and Stephanie Slater (Wisconsin) are directors in the second year of their term.

Iowa is one of our newest platinum sponsors. For their sponsorship, they receive the benefits shown in the chart, including two individual registrations for the annual conference and tradeshow. Tyler Holton serves as Iowa's state delegate and attended the luncheon. The Iowa Honey Producers Association was organized in 1912. They have a strong mission of coordinating the interests of the beekeepers of Iowa, sponsoring legislation for the benefit and protection of the beekeeping industry, educating the public about the value of pollination and hive products, and supporting efforts to promote the advancement of the beekeeping industry. To learn more about IHPA, visit their website: https://www.iowahoneyproducers.org/. Thank you to Iowa and our other 26 state sponsors for your continued support!

State Association Sponsorship Level	Bronze	Silver	Gold	Platinum
Annual Contribution	$100 – $249	$250 – $499	$500 – $999	$1,000 +
Sponsorship Benefit per Year				
Organization recognition and website link on ABF website	Yes	Yes	Yes	Yes
Organization recognition at ABF Conference & Tradeshow	Yes	Yes	Yes	Yes
Recognition on ABF Conference & Tradeshow badge	Yes	Yes	Yes	Yes
Meetings promoted on upcoming events calendar	Yes	Yes	Yes	Yes
Members receive *ABF E-Buzz* newsletter	Yes	Yes	Yes	Yes
Permission to play recorded webinar(s) at meeting	1	2	3	4
Permission to reprint ABF articles in newsletter		Yes	Yes	Yes
Assistance in identifying presenters by topic and expertise			Yes	Yes
President receives ABF legislative updates			Yes	Yes
Virtual presentation(s) facilitated by ABF			1	2
Two adult registrations to ABF Conference & Tradeshow				Yes

Signage was on display during the conference listing all state sponsors and their levels. Buttons were available for attendees to wear showing their state pride.

We'd also like to thank all our

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Hewitt Museum Fund Donation to The Foundation for the Preservation of Honey Bees

FOUNDATION FOR THE PRESERVATION OF HONEY BEES, INC.

By Gene Brandi

The Foundation for the Preservation of Honey Bees received a generous donation from the Philomen J. Hewitt Museum Fund of Connecticut last year. Ted and Becky Jones, long time ABF members from Farmington, Connecticut, who also served as members of the Hewitt Museum Fund Board, were instrumental in facilitating this donation. The proceeds from the investment of this donation will be restricted to funding research.

Philomen J. Hewitt, Jr. was a Connecticut beekeeper who valued research and education. Upon his passing, a group of friends and fellow beekeepers established the Philomen J. Hewitt Museum Fund for the purpose of building a museum which could house the beekeeping books, bee equipment, and other bee related memorabilia Mr. Hewitt collected over his lifetime. The museum could also serve as a venue for beekeeping education where aspiring beekeepers could learn more about the art and science of keeping bees successfully. Sadly, the museum was never built, so the funds which had been reserved to build it have now been dispersed, including this generous donation to the Foundation.

The Foundation for the Preservation of Honey Bees was established by the American Beekeeping Federation to help preserve the honey bee as well as the practice and the profession of bee-keeping through education and research. The Foundation is managed by a Board of Trustees comprised of beekeepers, scientists, and members of the education community.

Many thanks to Ted and Becky Jones for their role in securing this generous donation to the Foundation!

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state delegates that helped us achieve many of our 2023 goals. We had a successful year!

On January 18, 2024, our committee met to set more goals:

- Maintain 100% of states having at least 1 delegate and 85% of states having the total allowed number of delegates
- Increase the number of platinum sponsors and maintain the current level of gold, silver, and bronze sponsors
- Have 40 delegates attend at least one bi-monthly Zoom meeting
- Write articles for each Quarterly magazine and monthly e-Buzz newsletter
- Increase visibility for our state sponsors

If you would like more information about the State Delegates Assembly, or if your state would like to move up a level or become a new sponsor, contact Debbie Seib at seibshoosierhoney@yahoo.com.

Image by Maria Maltseva from Pixabay

FOUNDATION FOR THE PRESERVATION OF HONEY BEES, INC.

FOUNDATION
4-H ESSAY CONTEST

2024 4-H Essay Contest
Varietal Honeys

For this essay, a 4-H student should answer these questions: What makes a varietal honey? What are some unique varietals? How are some of the valuable varietals confirmed to be authentic (e.g., Manuka honey UMF and MGO)? What are some culturally or economically important varietals and why are they important?

Eligibility: The 2024 National 4-H Beekeeping Essay Competition is open to active 4-H Club members only.

Any 4-H Club member who placed first, second or third in previous years of the national competition is NOT eligible to win in 2024; however, state competition winners remain eligible to enter the national competition. Essays entered must encompass the designated topic only. There will be no exceptions.

Competition Rules & Essay Requirements: Any 4-H Club member interested in writing an essay should contact their local 4-H office for competition details. The state selection process must be completed through the 4-H system.

Failure to meet any one of the essay requirements will result in disqualification.

Essay Requirements for National Judging:

- Essays must be typewritten or computer-generated on single-sided pages and formatted following standard manuscript format using double-spaced type and 12pt font in a legible font face.
- Essays must encompass the designated topic in 750 to 1,000 words. Word count does not include sources, works cited, or the writer's biographical statement.
- All factual statements and interview references must be cited in a "sources" or "bibliography."
- Essays will be judged on (a) scope of research, 40%; (b) accuracy, 30%; (c) creativity, 10%; (d) conciseness, 10%; and (e) logical development of the topic, 10%.
- On a separate page, please include a brief biographical statement of the writer including mailing address, email address, and phone number.

The deadline for national submission is May 1, 2024.

National winners will be announced: June 15, 2024

Each state may submit only ONE entry.

National competition entries may be submitted for judging via mail to the address listed below or email to abfnet.org@gmail.com. Use "4-H Essay Entry from <State>" as the subject line. Or mail the entry to:

Foundation for the Preservation of Honey Bees

480 Town Center St. N, PMB #253

Mooresville, IN 46158-1379

Decisions made by the trustees of the Foundation for the Preservation of Honey Bees during national judging are final. All national competition entries become the property of the foundation and may be used as it sees fit. No essays will be returned.

Awards:

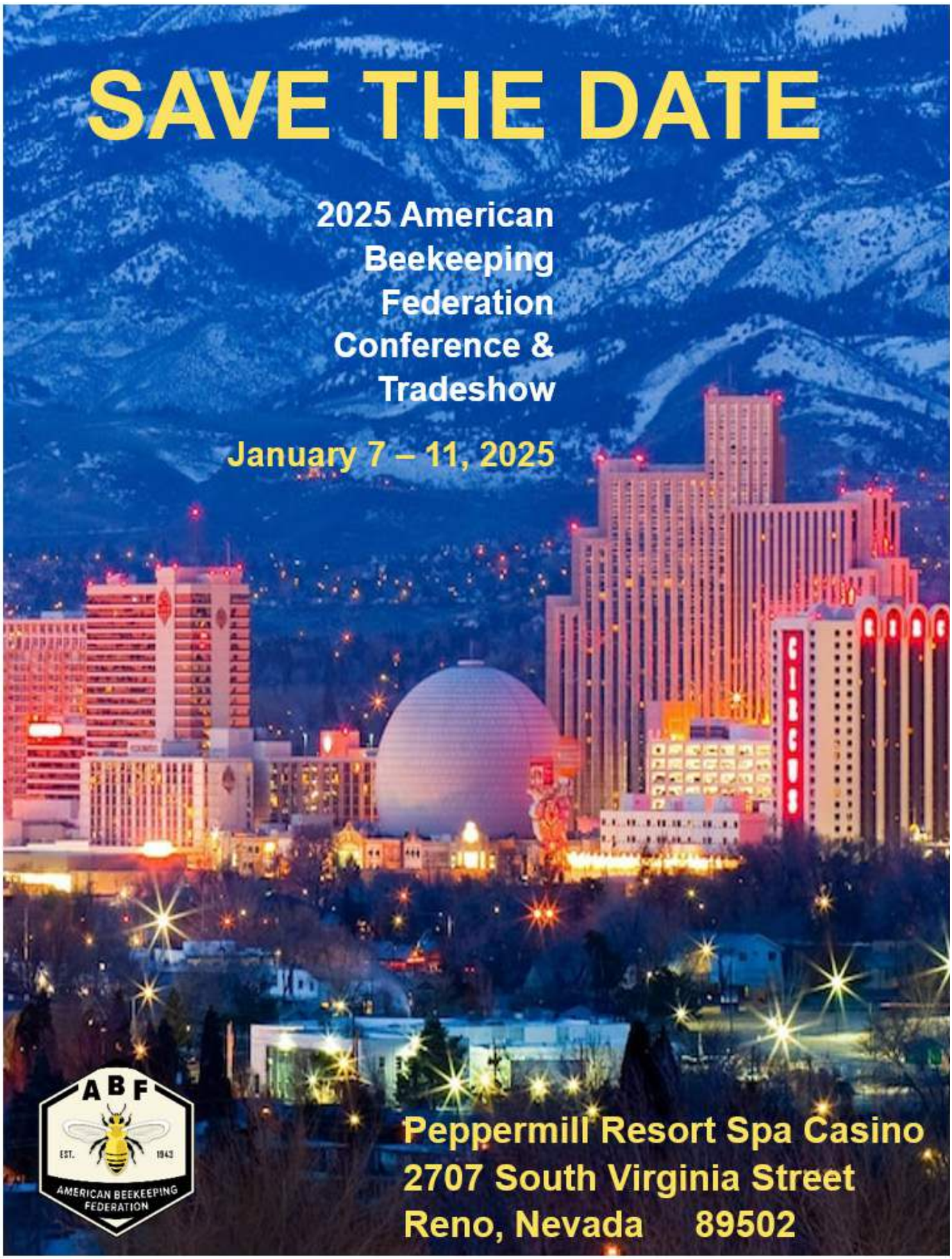
Three cash prizes will be awarded in the 2024 National 4-H Beekeeping Essay Competition. The author of the highest-scoring essay will win first prize. The author of the second-highest scoring essay will win second prize. The author of the third-highest scoring essay will win third prize.

First Prize: $750

Second Prize: $500

Third Prize: $250

The three prize-winning essays will be published in ABF Quarterly, the magazine of the American Beekeeping Federation. All authors of essays submitted to the national competition will receive a relevant book on honey bees, beekeeping, or honey.


SAVE THE DATE
2025 American Beekeeping Federation Conference & Tradeshow
January 7 – 11, 2025
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