

Partnering with Hope

Story By: Timothy S. Edwards



The West Plains Beekeepers Association is partnering with Project Hope Spokane to introduce beekeeping to the youth of Spokane's West Central District in the Spring of 2017.

This partnership will help the nonprofit organization expand their ever growing job opportunities program for youths that are at risk of gang involvement in the community also known as "Felony Flats."

"Everyone thinks we should keep bees," said Jenifer Priest, Development Director, Project Hope Spokane. "It is a really good fit."

Project Hope started out as a commitment to re-launch an initiative in West Central called God's Gym at the Salem Lutheran Church on west Broadway. It was formalized as a nonprofit organization the next year as an initiative for environmentally sustainable jobs. The idea was to create environmentally friendly and restorative jobs for at risk youths, those at risk of gang involvement. This concept of "green pathways out of poverty" led to the Riverfront Farm and West Central Lawn Care Programs.

The program is designed to train the area youth in the summers. This provides them with structured programs that are missing in the summer months, provide job skills, instill a sense of pride in themselves and their community and show them that they can make changes in their community.

"The kids build pride in their work and become invested in their neighborhood," stated Priest. "Also when members of the neighborhood see the kids working and being productive, they begin to see the kids in a different light.

"I was contacted by one participant's social worker this fall," Priest continued. "They said that she was chronically late or absent in the past. After participating in the program over summer,

her behavior changed completely. She learned an education would be better for her."

Since its conception, Project Hope has expanded to include several farm lots throughout the neighborhood, developed West Central Marketplace, and expanded the lawn care service to include low-income and commercial properties. It has expanded to include the spring and fall seasons, allowing youth leadership training.

"We started with one garden plot," Priest stated. "We now have 7 plots."

It hired 49 participants last summer, ranging from 11 to 18 years of age. Participants are selected based on applications and interviews. They are assigned to mentors with a ratio of 8 participants to 1 mentor. Many of the spring and fall participants, between 14 to 18 participants, become youth leaders for the summer program, providing examples for their peers. A number of the participants have also been asked to become members of Project Hope's board of directors.

The participants of Project Hope learn a variety of skills from basic farming practices to business skills. They learn to test and amend the soil, to construct and irrigate beds and planting rows, plant seeds, tend the plants, cooking techniques, how to interact with people, soft job skills such as showing up on time and working as a team and to convert unused space into thriving gardens.

According to Priest, not only do the participants learn skills that will prepare them for future jobs, they also earn a wage or a volunteer stipend in the case of the younger kids. About half of last summer's participants were children between the ages of 11 and 13. Additionally, 50 to 60 percent of the youth come from families who are racial minorities or immigrants.

Many of these gardens started as overgrown plots filled with rocks and weeds. Now they produce vegetables, fruits and herbs. These new gardens have also given the community better access to fresh fruits and vegetables.

"This last year we had over 8,000 pounds of produce. Most was sold at Farmers' Markets in the area," according to Priest.

Beekeeping fits well with these current projects, according to Margo Buckles, an Apprentice Beekeeper with the West Plains Beekeepers Association. Bees greatly increase the productivity of gardens through pollination assistance.

Buckles have done a site survey of the 7 plots and found that 4 are ideal and one that is okay for beekeeping.

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According to Priest, a number of the participants genuinely have a passion for gardening. “When they have a passion for something such as gardening and bees it can enrich their life. It also allows them to step away from life’s challenges that they face every day.”

If you are interested in more information or want to assist in the program, please contact Jenifer Priest at 1-509-270-2603 or jenifer@projecthopespokane.org.

Pilot Project Notice



The Washington State Weed Board is looking for willing land owners to participate in a multi season pilot project. This project will work towards replacing pollinator-friendly noxious weeds with native pollinator-friendly plants that share the same bloom succession. The weed infestation should be known to be beneficial to European honeybees and other pollinators.

The land owner must have an infestation between 0.1 – 1 acre, and be willing to work with guidance from the County Noxious Weed Board to achieve control as soon as Spring 2017. The land Owner will then be supplied the native seeds for planting.

The Sites will be selected by the State Weed Board’s Pollinator Forage Committee.

If you are interested and would like more information, contact Emily Walston at emilyannwalston@gmail.com.

Beekeeping Reminders

1. West Plains Beekeepers Association meeting. The Meeting goes from 6:00 p.m. to 8:00 p.m. at the Medical Lake Pizza Factory, 123 S. Broad St., Medical Lake. This month’s guest speaker will be Professor Charles Herr from EWU. He will be discussing the bee research he is doing.
2. Beehive registration deadline is April 1.
3. Bee Packages are available for preorder. Expecting delivery in the second or third weekend in April.
4. Remember to check the feed in your hives on a day when it is warm (50ish) with no moisture and no wind. Add solid feed if necessary. There will usually be a day in late January or February.

“The Association has also provided a wish list (everything that they could want for beekeeping with emphasis on the necessities) to Project Hope,” Buckles said. “A number of members have also offered to help by donating hive bodies and swarms.”

Priest originally approached Buckles about beekeeping when a grant for it had become available. Unfortunately, according to Priest, the grant fell through, but they are still moving forward with adding beekeeping to the program.

“Keeping bees will help the kids be mindful of the environment. It gives them (participants) another opportunity to see how the natural world works,” Buckles stated. “It gives them the chance to see where honey comes from and how it is produced.”

According to Priest, it is another product that they can learn to produce while getting experience caring for another living creature.

The adult mentors will be attending the Association’s March Beginning Beekeepers class. According to Ellen Miller, President of the West Plains Beekeepers Association, “As far as the class for the kids, we will need to bring the class to them and we won’t know who the kids are until perhaps May. So the plans for that class are still not developed. We are hoping to also have some neighborhood adults attend the class for their information. We will probably not do a certification class, but more of an introductory class to give basic skills.”

The initial group of mentors will include a couple of mentors and 8 kids.

“We will have a couple of adults get certified as apprentice beekeepers to work as mentors for the kids,” Priest explained. “The association will provide abbreviated training for the kids and further mentor support for our mentors.”

To help alleviate concerns with bee stings, one of the members of Project Hope Spokane’s board of directors is a physician and will help set up a protocol for dealing with medical concerns.

If the beekeeping portion of the program goes well, Priest said that they may expand it to include honey extraction, which is limited for the beekeeping community in the area. There is also the chance of expanding to other neighborhoods through a partnership with the Zone Project.

“Project Hope Spokane believes that all youth have gifts to develop and share with their community,” according to their website.

Bee Keeper Spotlight: Lincoln Marsh

Story By: Timothy S. Edwards



An earnest and thoughtful young man, 10-year-old Lincoln Marsh has been keeping bees for approximately 1.5 years. He originally started keeping bees by helping his grandfather, Joseph Miller.

"My grandpa asked if I wanted to start (working with bees) and I said sure," Marsh explained. "Then it got more serious."

A year and a half later, Marsh is working toward becoming a Journeyman beekeeper. This is no small thing for someone of his age. While his peers are playing video games, he has created his own lesson plan for Basic Equipment for Beekeeping, which he has now taught to 2 classes, worked two sponsored beekeeping booths, created his own label for his honey that contains all information required by law, and maintains a beekeeper's journal documenting the hive activities and what he needs for the coming year.

"I want to become a journeyman beekeeper," he said. "It would allow me to teach more classes, host more events and keep more hives."

Keeping more hives is a key reason for Marsh to become a journeyman since he would like to have a hive at his house. This would give him direct access to the hive and more responsibility working with the bees.

Marsh currently works with the hives that his grandfather has set up. He checks on the hives once or twice a week when his grandfather picks him up from school.

"We check for brood, check on the queen and on the honey," Marsh explained about the checkups he performs. If a hive is weak he will try to help strengthen it by moving some brood and honey from a strong hive.

Keeping a hive strong is very important to him since he just lost a hive, most likely to the cold.

"It is a challenge keeping the hives alive," he explained. "We have lost one hive this year and one hive last year. It is hard to prepare for everything winter can do to your bees. All beehives take a lot of work."

It is not all just hard work though. According to Marsh the fun part of beekeeping is the honey harvest, which most people find to be one of the harder parts of the beekeeping.

"We take all the (honey) frames out of the hives and take them to the "Bee Room," Marsh explains why he likes the honey harvest. "While we extract the honey we get to talk and have fun. Afterward, we can sell and eat the honey."

Marsh sold over 60 jars of honey from this last harvest. The money he made from the harvest is split fifty-fifty to his college fund and reinvesting back into beekeeping.

He admitted that he was and still is a little afraid of the bees.

"I was afraid of the bees. I still am actually. I do everything I have to do, but it is a little nerve racking being around all the buzzing bees."

He has yet to get stung, though he knows it will happen eventually.

"I just know I have the suit on," he said, explaining how he overcomes his fear of the bees. "I rely on my suit to do what it is supposed to."

According to Miller, who is allergic to bees, Marsh often reminds him to wear his bee suit.

Despite the work and his mild fear of bees, he said he would encourage anyone that asked to try beekeeping.

"If someone asked me about beekeeping, I would tell them it is really fun and they should try it."

It isn't all work for this productive young man. Marsh has added Pop Warner Football to his list of activities this fall and has been playing soccer in the past.



Building the Apiary

Story By: Timothy S. Edwards

Twenty students completed the West Plains Beekeepers Association's Beginner Beekeeping Class on November 19, 2016.

This class provides the participants with a curriculum that follows state regulations and assists students to attain a Washington State Beekeepers Association apprenticeship certification and meets the requirements for certification as an Apprentice Beekeeper as required by the City of Spokane while continuing the association's mission to promote effective beekeeping through education of members and the general public.

These classes are spread over 3 Saturdays, 4 hours each day for a total of 12 hours. These classes are held once in the spring and once in the fall. Periodically, additional classes will be held on four consecutive weekdays for 3 hours each day.

"We have 20-30 participants per class," said Marilyn Geiger, West Plains Beekeeper Association's Chair of the Education Committee. "We have had up to 40 in the past but the room we use (at the Medical Lake Pizza Factory) can get a bit crowd with the larger classes. We usually have more participants in the spring than the fall and less at the weekday classes than the weekend ones."

The association's classes consist of ten main lessons following the WASBA Master Beekeeper's Certification Program and includes a copy of the Apprentice Beekeeper Handbook. The lessons include Honey Bee Biology, Beekeeping Equipment, Starting Beekeeping, Spring Management, Swarming, Summer Management and Honey Production, Fall Management, Diseases and Pests, Honey Bee Mites, and Pollination, Queen Rearing, Marketing, and how to be a successful beginning beekeeper in this region. The instruction includes a combination of lecture with PowerPoint presentation and physical presentation by experienced beekeepers that are approved by the WASBA to be instructors.

"I loved hearing from a variety of beekeepers," stated Emily Sherman, a student from the Eastern Washington University's Office of Sustainability. The University will be starting hives this Spring and her boss suggested she take the class to be better informed before they receive their bees.



"We teach the basics and follow the guidelines of the state," Geiger said. "We put a little more emphasis on pollination and bee biology though. People want to know what flowers work best for the bees and what grows in the area, and people want to know how bees operate."

"How we teach the classes is also dependent on the participants," she continued. "Each class is different and responds differently to the material. We have to adapt to better teach each class. For example, this last class was very attentive and stayed on top of their studies."

The association provides mentors for participants who want one. Mentors can provide a lot of one on one instruction that will help new beekeeper to be successful. And there are additional hands on classes in the spring and summer to help refresh what was learned in

the classes as well as helping new beekeepers to be comfortable with what they are doing with their bees.

In addition to the Beginner Beekeepers class, the WPBA offer a number of other educational opportunities to its members and the community.

According to Geiger, the association and its members offer classes to schools, work with 4H clubs, provide additional hands on classes, work with a program at Eastern Washington University, give education talks at the county libraries and a one-day intro on bees up at Priest River. These activities help to draw people in and build interest in bees. It also educates the community on who and where they can go for information on bees and beekeeping.

"The more research I did, the more fascinated I became with bees and beekeeping," Emily said. "I also had the opportunity to visit Miller's Homestead and listen to Jim Miller's experience with beekeeping. I've always considered myself an environmentalist and as I continue to learn more about bees and their role in our ecosystem the more I want to become involved."

With the recent increase in journeyman level beekeepers in the association, there is also the possibility for the association to expand the classes to include a formal Journeyman Class. According to Geiger this would provide an additional level of advancement and many more opportunities for the associations members.

Recent Graduates from the November Beginning Beekeeper Class



Lily Dietzel
Ericka Edwards
James Edwards
Kevin Edwards
Timothy Edwards
Tomi Gilbert
Kathryn Grover
Anthony Harbolt
Brian Kinney
June Kinney
Steve LaRue
Eva LaRue
Todd McLaughlin
David Millikan
Bob Scarfo
Craig Schwyn
Penny Schwyn
Emily Sherman
Nicholas Taylor
Leo Walters

Recipes from the Apiary

Old German Honey Cookies

Shared by: Lincoln Marsh



Ingredients:

½ cup	White Sugar
1 cup	Butter
1 ¼ cup	Honey
2	Eggs
1 teaspoon	Vanilla Extract
1 teaspoon	Baking Soda
4 cups	All-purpose Flour
1 teaspoon	Ground Cinnamon

Directions:

1. In a saucepan over low heat, melt together sugar, butter and honey. Let cool.
2. Mix together eggs, vanilla, baking soda and cinnamon. Gradually add the cooled honey mixture.
3. Slowly add 4 cups of flour to mixture. Stir until well blended. Drop by teaspoonful onto cookie sheets about 2 inches apart. Bake at 350 degrees F (180 degrees C) until golden (about 12-15 minutes)

Honey Caramels

Shared by: Marilyn Geiger



Ingredients:

1 tablespoon	Flour
½ teaspoon	Salt
½ cup	Half & Half
1 cup	Honey
1 teaspoon	Vanilla
1 cup	Chopped Walnuts
4 tablespoons	Butter

Directions:

1. Mix flour, salt and half and half together in a heavy saucepan.
2. Mix in butter and honey.
3. Place on direct heat and stir constantly until temperature reaches 258° or until the syrup, when dropped in cold water, forms a firm ball (about 15 min).
4. Stir in vanilla and nuts.
5. Pour into buttered 8x8 pan.
6. When cool, cut into squares and wrap in waxed papers or candy wrappers.

Options:

1. You can dip the caramels in chocolate if you wish
2. You can use cream instead of half and half however, you will probably need less flour when you do this.
3. Add a layer of parchment paper in the dish for easier removal.

January 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	1 New Year's Day	2 <i>Bee Package Order for April Delivery</i>	3	4	5	6	7
2	8	9 <i>Bee Package Order for April Delivery</i>	10	11	12	13	14
3	15	16 <i>Bee Package Order for April Delivery</i>	17	18	19	20 <i>Association Meeting</i> <small>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m</small>	21
4	22	23 <i>Bee Package Order for April Delivery</i>	24	25	26	27	28
5	29	30 <i>Bee Package Order for April Delivery</i>	31				

February 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
5				1 <i>Hive Registration</i> <i>Deadline: April 1</i>	2 <i>Bee Package Order for April Delivery</i>	3	4
6	5	6	7	8 <i>Hive Registration</i> <i>Deadline: April 1</i>	9 <i>Bee Package Order for April Delivery</i>	10	11
7	12	13	14	15 <i>Hive Registration</i> <i>Deadline: April 1</i>	16 <i>Bee Package Order for April Delivery</i>	17 <i>Association Meeting</i> <small>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m.</small>	18
8	19	20 Presidents Day	21	22 <i>Hive Registration</i> <i>Deadline: April 1</i>	23 <i>Bee Package Order for April Delivery</i>	24	25
9	26	27	28				

April 2017

N°	Sun	Mon	Tue	Wed	Thu	Fri	Sat
13							1 <i>Deadline for Hive Registration</i>
14	2	3	4	5	6	7	8
15	9	10	11	12	13	14	15
16	16	17	18	19	20	21 <i>Association Meeting</i> <small>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m.</small>	22
17	23	24	25	26	27	28	29
18	30						

May 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
18		1	2	3	4	5	6
19	7	8	9	10	11	12	13
20	14	15	16	17	18	19 <i>Association Meeting</i> <small>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m.</small>	20
21	21	22	23	24	25	26	27
22	28	29 Memorial Day	30	31			

June 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
22					1	2	3
23	4	5	6	7	8	9	10
24	11	12	13	14	15	16 <i>Association Meeting</i> <small>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m.</small>	17
25	18	19	20	21	22	23	24
26	25	26	27	28	29	30	

July 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
26							1
27	2	3	4 Independence Day	5	6	7	8
28	9	10	11	12	13	14	15
29	16	17	18	19	20	21 Association Meeting <i>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m.</i>	22
30	23	24	25	26	27	28	29
31	30	31					

August 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
31			1	2	3	4	5
32	6	7	8	9	10	11	12
33	13	14	15	16	17	18 <i>Association Meeting</i> <small>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m.</small>	19
34	20	21	22	23	24	25	26
35	27	28	29	30	31		

September 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
35						1	2
36	3	4 Labor Day	5	6	7	8	9
37	10	11	12	13	14	15 <i>Association Meeting</i> <i>123 S. Broad St.,</i> <i>Medical Lake</i> <i>6:00 p.m.-8:00 p.m.</i>	16
38	17	18	19	20	21	22	23
39	24	25	26	27	28	29	30

October 2017

N°	Sun	Mon	Tue	Wed	Thu	Fri	Sat
40	1	2	3	4	5	6	7
41	8	9 Columbus Day	10	11	12	13	14
42	15	16	17	18	19	20 <i>Association Meeting</i> <small>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m.</small>	21
43	22	23	24	25	26	27	28
44	29	30	31				

November 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
44				1	2	3	4
45	5	6	7	8	9	10	11 Veterans' Day
46	12	13	14	15	16	17 <i>Association Meeting</i> <small>123 S. Broad St., Medical Lake 6:00 p.m.-8:00 p.m.</small>	18
47	19	20	21	22	23 Thanksgiving	24	25
48	26	27	28	29	30		

December 2017

Nº	Sun	Mon	Tue	Wed	Thu	Fri	Sat
48						1	2
49	3	4	5	6	7	8	9
50	10	11	12	13	14	15 <i>Association Meeting</i> <i>123 S. Broad St., Medical Lake</i> <i>6:00 p.m.-8:00 p.m.</i>	16
51	17	18	19	20	21	22	23
52	24	25 Christmas Day	26	27	28	29	30
1	31						
