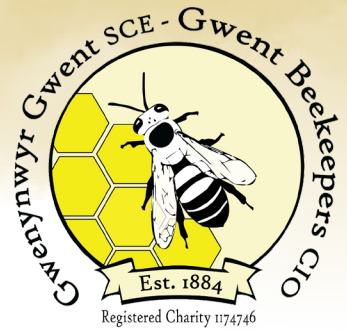


# Newsletter

Winter 2022



Merry Christmas and a Happy New Year from all of us at Gwent Beekeepers' CIO. We wish you, your bees and your family all the best for a safe, happy and joyous holiday.

(Page 1 of 9)



Gwent Beekeepers CIO  
The Holden Apiary & Study Centre  
Llanfair Kilgeddin  
Abergavenny  
NP7 9DY

Secretary@gwentbeekeepers.co.uk  
Membership@gwentbeekeepers.co.uk  
Newsletter@gwentbeekeepers.co.uk



## In this newsletter;

- Merry Christmas.....(Page 1)
- Support local.....(Page 2)
- Our New Treasurer.....(Page 2)
- Season's To Do List.....(Page 2)
- Wanted: Apiary Manager.....(Page 3)
- An easy cheeky Christmas Cocktail.....(Page 3)
- Ceri's Clever Bees.....(Page 4)
- The Bee Shop - Monmouth.....(Page 5)
- Honey Fig Christmas Cake.....(Page 6)
- Dates for your Diary.....(Page 8)
- Contact the Committee.....(Page 9)

## Support local;

In this newsletter, we've highlighted some of the best local bee goodies that our beekeepers have to offer.

By supporting local beekeepers, you're supporting passionate bee lovers who take care to provide balanced beekeeping methods, that work in harmony with our local environment.

## Our New Treasurer;

Welcome to our new Treasurer, Wendy York. She has the vital task of helping us sort through your kind Gift Aid donations, and membership and magazine subscriptions.

If you'd like to say hi, you can email Wendy at [treasurer@gwentbeekeepers.co.uk](mailto:treasurer@gwentbeekeepers.co.uk)



## This season's to do list;

### **Wrap up warm**

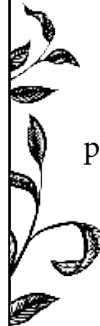
Provide extra insulation on the sides and the tops of your hives.

If done correctly, this greatly reduces condensation and prevents mould, providing your bees with the best chance of survival.

### **Keep them dry**

If possible, try to cover your hives as the shorter days mean less sun to help dry out your hives from morning dew or melting frosts.

Keep entrances open however, as your bees will still take short trips out on warmer days to stretch their wings!



(Page 2 of 9)



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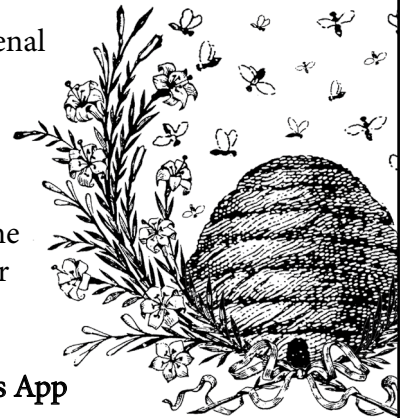


## Wanted: Apiary Manager;

Our wonderful and brilliant Apiary Manager, Miriam Knight will be stepping down from her huge role. She has done an absolutely phenomenal job and she's ready to hand it over to Howard Kirkman, who is eager to learn while providing the best care for our bees.

Being Apiary Manager isn't necessarily someone who has the most experience and knowledge about beekeeping, it's about wanting to do the best you can for bees, and sharing your excitement and passion with our members and visitors about how amazing and important our bees are.

Would you like to provide support? Please join the Apiary Teams Whats App groups which you can find by logging into [www.gwentbeekeepers.co.uk](http://www.gwentbeekeepers.co.uk)



## An easy cheeky Christmas cocktail;



There's a drink I'm so excited to share with you that I hope you'll try for Christmas.

If you love cocktails but if you're like me and aren't too good with how complicated they can be, try this simple Salford Honey Rum cocktail, paired with a splash of lime and as little or as much Gosling's Ginger Beer as you like.

Beautifully sweet with an almost creamy finish, this will provide you with a new appreciation for honey rums!

If you try it, send me some pics! I'd love to hear your thoughts on it at [newsletter@gwentbeekeepers.co.uk](mailto:newsletter@gwentbeekeepers.co.uk)



(Page 3 of 9)



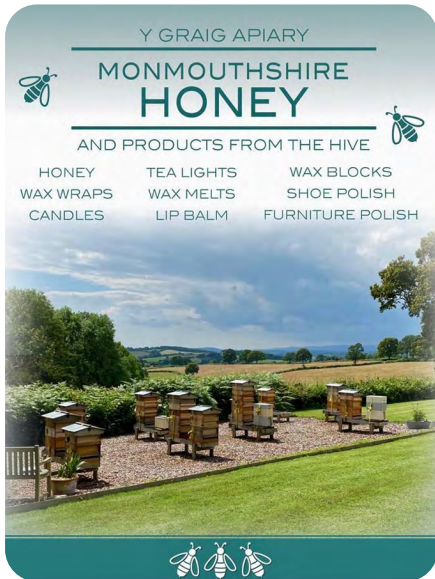
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## Y Graig Apiary - Ceri's Clever Bees;



Beekkeeping since 2016, and growing her apiary to 16 colonies situated between Ragland and Monmouth, Ceri has been producing honey for sale since 2018.

She's also recently expanded her range to make use of the amazing capping and comb wax to produce other products from the hive.

You can purchase her Wax Wraps, Tea Lights, Candles, Wax Melts - Rosemary and Bay, Sweet Orange, Lavender - Furniture Polishes, Shoe Polishes, Sweet Orange Lip Balms, Wax Blocks from the Bees for Development Bee Shop in Monmouth or Little Green Refills in Abergavenny.

Ceri makes all the bits in her kitchen at home - it's a hobby not a business, with all the proceeds going back to the bees!

[Ygraiapiary@gmail.com](mailto:Ygraiapiary@gmail.com)







## Bees for Development - The Bee Shop, Monmouth;

Bees for Development support beekeepers in some of the world's poorest communities. Buying your bee goods here enables this work to continue.

They're proud to sell some of the finest handcrafted gifts available; when you shop for essentials and gifts here, you can be reassured that you are buying high quality goods from the most ethical sources they can find.

Choose from a wide variety of honey, supplied by local beekeepers in Wales and the Wye Valley as well as from places around the world where they work. Try honey sourced from the forests of Zambia or Ethiopia. They have something to suit every taste!

Don't forget, you can also get your Thornes' orders delivered there for convenient pickup, give them a ring on 01600 714848.



(Page 5 of 9)



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## Honey Fig with Cream Cheese Christmas Cake;



If you're looking for a showstopping Christmas Cake this year and you'd like to use some of your own honey or local honey, then have a look at this cake!

From [thewoodandspoon.com/honey-cake-with-figs-whipped-cream-cheese](http://thewoodandspoon.com/honey-cake-with-figs-whipped-cream-cheese)

Author: Kate Wood  
Cook Time: 45 mins  
Serves: 9

Prep Time: 40 mins  
Total Time: 1 hr 25 mins

(Everything below is converted to british measurements)

### For the Cake;

170g unsalted butter, at room temperature  
170g honey  
200g sugar  
2 teaspoons vanilla extract  
3 large eggs, at room temperature  
280g all-purpose flour  
2 teaspoons baking powder  
 $\frac{3}{4}$  teaspoon salt  
120g buttermilk, at room temperature

### For the Cream;

170g cream cheese, at room temperature  
60g sugar  
360g heavy whipping cream  
2 tablespoons buttermilk (optional)

### Candied Walnuts;

1 tablespoon unsalted butter  
 $\frac{1}{2}$  teaspoon vanilla  
60g cup brown sugar  
 $\frac{1}{4}$  teaspoon cinnamon  
 $\frac{1}{8}$  teaspoon salt  
200g chopped walnuts

### For the Topping;

Figs, or another chopped fruit of your choice  
Extra honey for drizzling  
Candied Walnuts (as above)

Continued next page.



(Page 6 of 9)



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## Honey Fig with Cream Cheese Christmas Cake;

Preheat the oven to 165c and grease the bottom of a light-colored 9” pan, lining the bottom with a round of parchment paper.

In a large bowl or the bowl of a stand mixer, cream together the butter, honey, sugar, and vanilla extract. Start on low speed to combine and then increase to medium-high for 6 minutes, or until light and fluffy.

Scrape the sides of the bowl and add the eggs one at a time, stirring on low after each addition to combine. Scrape the sides of the bowl. In a small bowl, stir to combine the flour, baking powder, and salt.

Add half of the dry ingredients to the butter and honey mixture, stirring on low to almost combine. Scrape the sides of the bowl, stir in the buttermilk, and then add the remaining dry ingredients, stirring only until incorporated.

Spread the batter into the prepared pan and baking in the preheated oven for about 40 minutes or until a toothpick inserted just barely comes out clean.

Allow to cool completely before topping with the whipped cream, figs, and walnuts.

You can also drizzle additional honey as desired. Serve immediately.



**For the whipped cream:** In a large bowl, beat the cream cheese and sugar until smooth. Slowly drizzle in the whipping cream a tablespoon at a time until it is all incorporated. Scrape the sides of the bowl as needed. Increase the speed on your mixer and whip on medium-high speed until stiff peaks form. Give the mixture a taste- if you would prefer it to be a little bit tangier, add in about 2 tablespoons of buttermilk. This will thin the mixture out a bit but will add yummy flavor. Spread on top of the cake and serve immediately!

**For the walnuts:** Combine the butter, vanilla, sugar, cinnamon, and salt in a medium, non-stick over medium heat until the butter has melted. Add the nuts and stir regularly using a rubber spatula until the nuts have toasted and the sugar has begun to melt, about 5 minutes. Remove from heat and spread out the nuts to cool on a sheet of parchment paper.



(Page 7 of 9)



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## Dates for your Diary (2023);

**12th January | The role of swarm control in Beekeeping | Online @ 7pm**

Link available soon from Welsh Beekeepers Association website below. We will also host his talk on the big screen at the Holden Apiary so if zoom is not your thing, then pop along and let us present it on the big screen. Please arrive at 7pm for a 7.30pm start.

Sign up here: [wbka.com/wbka-webinars/](http://wbka.com/wbka-webinars/)

**25th January | Are all plant species pollen good for bees? | Online @ 7pm**

Cambridgeshire Beekeepers' Association are delighted to welcome Professor Geraldine Wright to talk to us about her research into the diet of bees. Pollen is composed of protein and fats which are essential components of honeybee diets. Research on the chemical composition of plant pollen indicates that most plant pollen does not have the ideal profile of all nutrients for bees.

Sign up here: <https://bit.ly/3hyoLLL>

**9th February | Nature-based Beekeeping | Holden Apiary & Study Centre @ 7pm**

Dr Nicola Bradbear and Monica Barlow from Bees for Development will present an alternative view to beekeeping. Doors open 7pm for 7.30pm.

**9th March | Spring inspections for disorders and diseases" | Holden Apiary & Study Centre @ 7pm**

Dan Baxter, who is a seasonal Bee Inspector will talk about what disorders you should be looking out for when you do your first disease inspection of the year. Doors open 7pm for 7.30pm start.

**17th April 2023 | How Sustainable is Beekeeping in London | Online**

Investigating the relationship between urban beekeeping, pollinator forage quality and wild bee populations; By Mark Patterson an ecologist and beekeeper in London and an active recorder of wild bees.

Sign up here: [bit.ly/3SkF0DI](http://bit.ly/3SkF0DI)

**18th May 2023 | Bees, Flowers and Pesticides on Farmland | Online**

Using The National Honey Monitoring Scheme to Understand the Risks Posed to Bees in Farmlands, Ben Woodcock has worked on trying to get biodiversity back into agriculture for 20 years. How can we support farmers to produce food while minimizing the impacts that these production systems have on native wildlife?

Sign up here: [bit.ly/3vyciVS](http://bit.ly/3vyciVS)

To stay up to date with events, follow us on Facebook at [facebook.com/gbkcio](https://facebook.com/gbkcio)

To add your event, email us at [newsletter@gwentbeekeepers.co.uk](mailto:newsletter@gwentbeekeepers.co.uk)



(Page 8 of 9)



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## Thank you for being a part of Gwent Beekeepers CIO;

We've grown to nearly 250 members, covering all areas of Gwent. Thanks to your continual support, we're able to do so much for our honeybees and we're training and educating more and more people of all ages.

How can you contribute to GBK? We'd love to see your pictures, hear your beekeeping experiences or enjoy your tea-making skills at our next events. Please get in touch with us at [newsletter@gwentbeekeepers.co.uk](mailto:newsletter@gwentbeekeepers.co.uk). Thank you!

## Contact the Committee;



Chairman | **Dave Barrell**  
[Chair@gwentbeekeepers.co.uk](mailto:Chair@gwentbeekeepers.co.uk)

Vice-Chairman | **Peter Maloney**  
[vicechair@gwentbeekeepers.co.uk](mailto:vicechair@gwentbeekeepers.co.uk)

Treasurer | **Wendy York**  
[treasurer@gwentbeekeepers.co.uk](mailto:treasurer@gwentbeekeepers.co.uk)

Membership Secretary | **Deborah Clarke**  
[Membership@gwentbeekeepers.co.uk](mailto:Membership@gwentbeekeepers.co.uk)

Secretary | **Lorraine Flower**  
[Secretary@gwentbeekeepers.co.uk](mailto:Secretary@gwentbeekeepers.co.uk)

Apiary Manager | **Howard Kirkman**  
[Apiary@gwentbeekeepers.co.uk](mailto:Apiary@gwentbeekeepers.co.uk)

Events Officer | **Graham Evans**  
[grahamjevans@gmail.com](mailto:grahamjevans@gmail.com)

Beginners Administrator | **Eva Lindhe**  
[Beginners.admin@gwentbeekeepers.co.uk](mailto:Beginners.admin@gwentbeekeepers.co.uk)

Website Administrator | **Dave Barrell**  
[Webadmin@gwentbeekeepers.co.uk](mailto:Webadmin@gwentbeekeepers.co.uk)

Newsletter Officer | **Cyrene Dominguez**  
[Newsletter@gwentbeekeepers.co.uk](mailto:Newsletter@gwentbeekeepers.co.uk)

