

# CONNECTIONS

**MEMBER NEWSLETTER**

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*Inside the Hive: Exploring the Roles of  
Bees and the Art of Honey Making*



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*This fresh fruit salad is tossed in a delicious honey lime dressing. Try the combination of fruits here or add other (285600) fruits that are in season. It's the perfect side dish or healthy dessert!*

#### **INGREDIENTS**

- 1 pound red grapes, or green grapes, about 3 cups
- 2 cups chopped fresh pineapple
- 1 pound fresh strawberries, about 2 cups sliced
- 6 ounces fresh blueberries, about 1 cup
- 6 ounces fresh blackberries, about 1½ cups
- 3 kiwi, peeled and sliced

#### **FOR THE DRESSING**

- Zest of one lime
- 1 ½ tablespoons lime juice
- 2 tablespoons honey

#### **INSTRUCTIONS**

- Wash and dry the fruits well. Peel, core and chop the pineapple, slice the strawberries and peel and chop the (758003) kiwi. Combine all fruit in a large bowl.
- In a small bowl, whisk together the lime zest, lime juice and honey. Pour over the fruit and toss gently to combine. Serve immediately.
- If making fruit salad ahead, wait and add the dressing no more than an hour before serving. If you are preparing the fruit ahead, it is best to wash, dry and chop it no more than a few hours before you plan to serve it.

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YOUR ACCOUNT NUMBER  
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**If you see your account number published  
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30, 2024, to receive a \$25.00 credit on  
your bill. Your account number can be  
found on your billing statement.**

**GOOD LUCK!**





# Inside the Hive: Exploring the Roles of

## Bees and the Art of Honey Making



By:  
Jill Copeland  
Manager of Member  
Services and Communications

*I was recently gifted a jar of locally sourced honey from my coworker, Craig Magruder, and it inspired me to write about the honey-making process and how local honey can help with allergies, has antibacterial properties, and is beneficial to the environment. This is a hobby for Craig and he enjoys the “sweet” reward that comes with beekeeping.*



Honey has been collected in Louisiana long before it became a state in 1812. In the 19th century, some of Louisiana's big plantations produced thousands of pounds of honey each year. Today, thousands of pounds of honey is collected each year in Louisiana, and queen bees bred in Louisiana (1819701) are sent all over the United States to raise new bee colonies.

You don't have to be a beekeeper to know that honey is the main appeal of beekeeping. You shouldn't keep honey bees unless you want to eat (or sell) the delicious and nutritious honey they produce. Anyone who thinks raw honey and regular honey are the same has never tried a sweet, golden spoonful of the former.

### **How is honey made?**

Female honey bees, called worker bees, travel out from the hives to the surrounding areas in search of plants and flowers. The bees then land on the inside of flowers, where the pollen and nectar are ready for collection. Remember not to get the nectar confused with pollen. With the hairs all over their bodies, they collect the pollen and create small pollen stacks on the back of their two legs. These are called corbiculae (kawr-BIK-yuh-lee). Bees collect the nectar through their proboscis (pruh-BAH-sis), similar to a straw. The proboscis is extended to the middle of the flower where the nectar is, and the bee then uses this to extract it from the plant.

Once the nectar is extracted, it is stored in the bees “honey stomach.” This is different from the stomach, where they store food, and is designed purely to store the nectar they collect from flowers.

### **The journey back to the hive.**

Once the worker bees have a full load of both pollen and nectar, they return to their hives. The bees will roll the pollen with saliva and some nectar to ensure the corbicula, sort of “saddle bags” of pollen, stick to their bodies, ready for the flight home. Bees can carry up to a third of their (1822200) body weight in pollen, not including the nectar. If a worker bee finds a flower with a lot of nectar, she will do a dance to signal to the other worker bees to come and help her collect more.

### **Returning to the hives.**

Back in the hive, other female bees are the house bees. Their job is to taste the nectar and help unload the worker bees' forage. Worker bees will pass the nectar to the other bees through their mouths, and all bees will replicate a ‘chewing’ method which reduces the moisture of the nectar, turning it into honey. Once the bees have worked together long enough to reduce the moisture of the nectar to a honey-like consistency, they then store the substance in the small wax holes in their hives. These are better known as honeycombs.





### ***What happens to the pollen?***

The pollen collected by the worker bees is turned into “bee bread.” This is a mixture of their saliva, some honey, and pollen. It is extremely high in protein, and the bees use it as a source of food. They seal the ‘bread’ in the honeycomb holes, in the same place where they store the honey, and they feed on it after their work is done.

Nurse bees in the hive consume the most bee bread as it helps them produce Royal Jelly to feed the growing larvae. The Royal Jelly gives them all the nutrients they need to become strong and healthy young worker bees.



### ***The Queen***

While worker bees are fed Royal Jelly, the growing queen of the hive is floating in it.

The queen bee is the largest and longest-living type of bee – she can survive for up to six years. The queen bee, as the only sexually developed female in the colony, lays eggs all day long to spawn the next generation of bees. There is usually only a single queen in a hive. If the queen dies, workers will create a new queen by feeding one of the female larvae exclusively “royal jelly.” This elixir enables the worker to develop into a fertile queen. Queens also regulate the hive’s activities by producing chemicals that guide the behavior of the other bees.

Usually, a week after a new queen emerges from her cell, she goes on several flights to mate with as many as 20 male bees which are called drones. After the queen bee returns (1934905) to lay her eggs, she will rarely leave the colony. The queen bee lays between 1,000 and 2,000 eggs a day inside the hive. If the queen bee fertilizes the egg, that egg will become a female – a worker bee or a queen bee. However, if the queen bee does not fertilize the egg, it will become a male drone bee.

The worker bees keep a close eye on the queen bee to make sure she is up to her job. If she doesn’t lay enough eggs, the workers will start developing a new queen to replace the old one.

Honey bees play a vital role in Earth’s food chain. They pollinate (transfer pollen from the male part of a plant to the female part of the (2224300) plant, allowing fertilization to take place) most flowering plants, including many of the top human food crops, such as blueberries and cherries. In fact, honey bees are so important that farmers often have bee hives brought to their farms to ensure their crops are pollinated.





## Annual Meeting Drawing Winners



**Caroline Bueche**

St. John High School  
Iberville Parish



**Marley Glosup**

Catholic Of Pointe Coupee  
Pointe Coupee Parish



**Ethan Monson**

Port Allen High School  
West Baton Rouge Parish



**PC Electric**

**SCHOLARSHIP  
WINNERS**

## Essay Scholarship Winners



**Hunter Blair**

St. John High School  
Iberville Parish



**Elise Doucet**

Catholic Of Pointe Coupee  
Pointe Coupee Parish



**Keren Santos**

Port Allen High School  
West Baton Rouge Parish



Honeybees have hairy eyes!

Honeybees have 5 eyes: 2 large compound eyes with hexagonal facets and 3 small, simple eyes.

The honeybee's brain is sophisticated even though it is the size of (2403000) a grain of sugar.

Female bees can sting, but male bees cannot sting.

Honey Bees Can Fly Between 15—20 Miles per Hour.

A Colony Can Contain Up to 60,000 Bees.

A Worker Bee May Visit Up to 2,000 Flowers per Day.

There are over 20,000 species of bees worldwide.

Honeybees live in highly organized colonies.

The sole role of a male bee (worker bee) is to mate, after which they typically die.



## HURRICANE SEASON IS HERE

Hurricane Season starts on June 1st and ends on November 30th.

Don't wait to prepare when the storm is just days away. Prepare now and be ready.

Find out all of the ways you can prepare and care for loved ones who may rely on medical equipment on our website at [www.pcemc.org](http://www.pcemc.org)



Did you know ceiling fans can help you save energy? Ceiling fans create a windchill effect on your skin to make you feel a few degrees cooler. Raise the thermostat (115601) a few degrees and turn on fans to reduce air conditioning costs. Set fan blades to rotate counterclockwise during summer months and clockwise during winter months. Remember, ceiling fans cool people but don't actually lower the indoor temperature. Turn them off when you leave the room.

## Employee Milestones

**MAY**

Philip Myer - 16 Years  
Lisanne Labatut - 9 Years  
Catherine Goldman - 3 Years

**JUN**

Myron Lambert - 8 Years  
Shane Johnson - 27 Years  
Pam Bergeron - 26 Years