

All the Buzz About Beekeeping

By Paul Dienhart



Paul Dienhart tends to one of the hives behind his garage in Minnetonka.

It's all my wife's fault. About eight years ago she gave me a birthday gift of the Beekeeping in Northern Climates class at the university. Thus, started another hobby.

I was slightly ahead of the curve. These days, you can find beehives at haute cuisine restaurants, on the roof of the Minneapolis Institute of the Arts and in urban back yards. The beekeeping class I took tends to fill up rapidly. The allure is partly a desire to help essential pollinators endangered by pesticides and mites, a fascination with the complex society of the hive and, finally, the ability to capture some of that miraculous product bees transform from nectar.

Keeping bees isn't like having a pet, but neither are they mere insects. I feel a certain proprietary thrill sitting on the patio in the afternoon and mesmerized as I watch "my" bees swirl and glint in the sunlight as they take training flights to become foragers of nectar and pollen.

Most municipalities have become open to beekeeping, partly thanks to concern about

the bees' imperiled status and education that bees actually are quite gentle and do

not sting unless harassed. Some places might require contacting neighbors (not a bad idea, in any case). Minnetonka, where I live, will intervene in beekeeping only if neighbors complain.

My neighbors think it's neat that I have bees, and they are very appreciative of the occasional jar of honey -- a taste of the neighborhood's flowers. Once, at a block party, a neighbor several doors down was alarmed to discover that I kept bees, saying her kids were allergic to bee stings. When she learned her kids had been walking past bee hives for five years without being stung, she calmed down.

I wouldn't say that beekeeping is simple. I'm still learning things after eight years -- but

Cargill Cares

Alumni Newsletter
Fall 2019

that's part of the fun. There are also social opportunities, such as joining the Minnesota Hobby Beekeepers Association (MHBA), which meets on the St. Paul campus. A west side beekeeping club meets monthly at Otten Brothers Nursery in Long Lake. MHBA

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Submit volunteer hours on Spark by no later than September 30th to earn a turkey certificate!

Any Cargill alumni with 20 or more volunteer hours between October 1, 2018 and September 30, 2019 qualifies for a free Honeysuckle White® turkey certificate. (Limited to one turkey per household). You must record your volunteer hours in the Spark system to qualify. The easy way to do this is to send your hours to the Cargill Alumni office staff by emailing them at CargillCaresAlumni@cargill.com. Or, you can record the hours yourself at: cargill.benevity.org/user.

Instructions for how to use the Spark system are on the Cargill Cares Alumni website: CargillCaresAlumni.com. Whatever method you choose, act before September 30 to qualify for this year's certificate.

Community Service Hours Submitted in Spark**

Organization	Fiscal year '19	Fiscal year '18	Fiscal year '17
Independent Volunteer Activity	11,473	9,456	14,090
Second Harvest	3,261	2,327	1,434
Habitat for Humanity	1,968	1,986	2,291
CCA - Support	1,456	2,173	2,601
Feed My Starving Children	621	441	308
The Food Group	425	423	394
Bridging	288	227	374
Sandwich Project	257	186	229
Hope Academy	199	553	147
Salvation Army Bell Ringing	149	194	146
Prodeo Academy	104	88	81
Three Rivers Park	75	25	33
Store to Door	57	237	623
Loaves and Fishes	11	9	50
Cargill Event - Little Hands	6		
Get Out the Vote			24
	20,349	18,325	22,822

** We rely on CCA members to report their time. Please sign in to Spark and input your volunteer hours. If you are having trouble logging into Spark, you can send your information to CCA admin and they will enter it for you. Include volunteer organization and hours by month and year.





PRESIDENT'S CORNER

By John Keefe

First of all, a huge thanks to Ceal for serving as CCA President this past year. Her leadership, along with outstanding efforts from the entire board made this past year a highly successful one! And on behalf of the entire board, thanks to Lindsey Kaufmann for her tireless efforts on our behalf. She continues to be a tremendous asset to our team and an important part of our success.

CCA Board Business Update:

The Executive Board, consisting of Ceal Regnier (immediate past President), Mary Kurth, Colleen Porter, Bill Swift (Vice President), Dave Braden and myself held a meeting following the June Board meeting.

We reviewed the status of our Strategic Intent and condensed it into four areas from the original eight.

The four areas are now:

- Website/Database being led by Colleen Porter and Connie Hauswirth. They will be helping determine the needs/wants list, evaluating potential suppliers and hopefully getting us set up with a new Website/Database .
- Membership led by Bill Swift, Phil Deeney and Terri Tapper. They will continue promoting CCA via brochures, by attending 25 Year Club celebrations and attending employee seminars.
- Engaging members by providing them with volunteer options (Colleen Porter), social activities (Carolyn Goodger and Ceal Regnier) and educational seminars (Mary Kurth and John Keefe).
- Succession preparation, documentation and on-boarding for new Board members, led by Mary Kurth.

In addition: We have formed a new partnership with the Cargill Foundation and are looking forward to a mutually beneficial relationship.

If you have any suggestions for additional volunteer opportunities, social events or educational seminars, please contact one of the Board members. Remember we are here for all of you.

Have a great fall!

John Keefe
CCA President 2019-2020

Cargill Cares Alumni 2019 Twin Cities Habitat for Humanity Build

Each year Cargill employees and CCA members dedicate a month to build a home for a family in need of affordable housing. This year's site is 6310 Irving Ave., Richfield; the official build spans 5 weeks from September 9 to October 11, with work continuing through November.



Long-time Habitat volunteer, Roger Wherry (third from the left), is heart and soul of the CCA team. He has helped build Humanity homes for over 28 years. Since his retirement in 2010, he has devoted an average 110 days per year, totaling over 900 hours in 2018 alone.

The CCA team is already at the panel plant preparing walls. CCA's project leader, Tom Sasman, also is working to round up the CCA volunteers needed each day. All skill levels are welcome - no matter if you are a master craftsman or not able to swing a hammer. Contact Tom at tomsaman@gmail.com if you would like to be included on the email announcements.

John Keefe, President | Bev Youness, Editor

The CCA newsletter is published quarterly in spring, summer, fall and winter, and is distributed to Cargill retirees and other alumni throughout the Twin Cities metropolitan area. Submit items of interest to the CCA office (Corporate Affairs/50).

For additional information about CCA volunteer opportunities, social events and educational opportunities, view the CCA on the website: CargillCaresAlumni.com.

CCA – TC Board

Shirley Boyd	Gene Gross	Mary Kurth	Tom Streit
Dave Braden	Connie Hauswirth	Christl Larson	Bill Swift
Phil Deeney	Greg Hehman	Colleen Porter	Terri Tapper
Terry Garvert	John Keefe	Ceal Regnier	Bill Trunnell
Carolyn Goodger			

Alumni E-Mail Directory

If you are not currently receiving email updates from the Cargill Cares Alumni office and would like to be added to the CCA Email Directory, please call the CCA office at 952/742-6188 or send your name and email to CargillCaresAlumni@cargill.com.

HR Direct – 1-877-366-9696

In Memory

- James C. Mickus, 85, 30 years at Cargill
- Thomas Benjamin "Tom" Wright, 86, 37 years at Cargill
- Clifford "Cliff" Paulsen, 95
- Elpidio F. "Pete" Tolentino, 81, 42 years at Cargill
- Jeffrey Bruce Stanley, 72, 33 years at Cargill
- James R. Rutherford, 72
- Ernest E. Goldenman, 87, 29 years at Cargill
- Berthol E. "Bert" Ryberg, 97, 39 years at Cargill

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members man the honey and bee education booth at the State Fair.

Then there's the opportunity to "go pro" and sell honey, beeswax, pollen and other bee-related products at farmers' markets or to your neighbors. If you've seen prices, you know honey is what Cargill might refer to as a high-margin commodity.

As far as time, beekeeping isn't too bad. It might involve checking the hive once a week during late May and through June and a couple times a month the rest of the season. You put your bees to bed in their winter hive come November and pretty much forget about them until April. (Convenient for snowbirds.) To my astonishment, my bees survived the Polar Vortex last winter while the bush next to the hive perished. A cluster of vibrating bees can generate 90F temperatures in a winter hive.

The biology of these insects is fascinating in itself. The queen, for example, makes the characters in "Game of Thrones" look like members of a church choir. Created by royal jelly, the queen emerges from her cell and immediately goes to other queen cells in the hive to kill sisters who have yet to emerge. Then the queen goes on her mating flight, copulating madly with drones, whom she kills following the act.

When the queen returns to the hive, her worker sisters attend her slavishly, feeding her and keeping her warm, while the queen becomes an egg-laying machine. But if the workers detect that the queen is deficient, they will raise a successor whose first task is to kill the old queen.

Like most hobbies, beekeeping involves some expense. (But unlike buying the latest fiberglass driver for golf, the hobby offers the chance to recoup some expenses.) A very basic starter kit for bees runs about \$200 from Mann Lake in Hackensack (www.mannlakeld.com). I'd budget more like \$500. Otten Brothers stocks some bee supplies, as well as Nature's Nectar in Stillwater.

When I need new bees to start a season, it costs about \$150 to get a plastic cage of 10,000 worker bees. The queen is housed in

a separate little coffin in the cage, allowing the workers to get used to her scent and accept her. Once the workers are "bonked" (the actual term) into my hive, I do the delicate procedure of releasing the queen. I generally order my packages from Nature's Nectar.

The Nature's Nectar blogspot is a great source of practical advice and how-to videos on beekeeping. The best way to get started is taking that beekeeping course at the U (www.beelabumn.edu).

So, have I been stung? Not much lately, but more in the first couple years. It was a little hard in the beginning to calmly and methodically tend the hive while enveloped in a cloud of bees buzzing furiously. Slow and steady movements, a good bee suit and puffs of calming smoke are the ticket.

I actually got intrigued about beekeeping because of my interest in different kinds of honey and their use in making mead. But that's another hobby. And, yes, that's my wife's fault, too.

Have Honey? Try Making Mead

If you get into beekeeping, or even if you just buy honey at a farmers' market, try using some of the honey for mead. It's easy to make mead in an hour, and appropriate tending with modern mead-making techniques means it can be ready to enjoy in a month or less.

Basically, mead is a honey wine. It can be nothing more than honey and water, or you can add spices, herbs or fruit. Equipment to make mead is simple and fairly inexpensive: a food-grade fermentation bucket, a bottling bucket with bottling wand, a plastic fermentation airlock, a long spoon, bottle caps and a bottle-capper. You can make life easier by adding an "auto-siphon" and a wine degasser (a propeller on a stem that fits into your electric drill). Everything can be found at local home-brewing shops, such as Midwest Supplies, for \$50 to \$80.

Meads were once notorious for taking years to mature. These days they can be nicely drinkable in a month or less. The trick is making nutrient additions during the first six days, along with vigorous daily stirrings that make yeast happy by removing CO2 and adding oxygen.

Here's a recipe to give you an idea. It proved very popular when I served it at the "Brew for Good" charity home-brew festival in June. For more information, I recommend "The Complete Guide to Making Mead" by my friend and local author Steve Piatz.

Lime Ginger Mead

2.5 gallons

- 4 pounds of honey (a quart is 3 pounds)
- 3 limes
- 0.25 pound of ginger
- one packet of Lalvin "Narbonne" dry wine yeast
- yeast nutrient (DAP)
- yeast energizer

Add honey and top up with water to 2.5 gallons. Zest the limes and freeze the zest. Remove pith and add sliced limes. Add peeled and shredded ginger. Add first of four nutrient additions (1 teaspoon of DAP and 1 quarter-teaspoon of energizer). Hydrate dry yeast 20 minutes in a cup of 100F water and add. Temperature should be 65-68F. Stir and whip vigorously or use a wine degasser to mix and add oxygen. Attach cover with airlock.

For the next six days, stir or degas once a day. Repeat nutrient additions 2, 4 and 6 days following initial mixing. On day four, add the reserved lime zest. After day 6, leave the mead alone for a week or two, allowing yeast and solids to settle and fermentation to complete, then siphon off of solids into a bottling bucket and bottle. The mead will be about 7 percent alcohol.

CCA Board Welcomes Two New Members

Shirley Boyd started working for the Cargill Law Department in June of 1982 and retired from there in October of 2018. Her “love of Cargill and its people” and the many volunteer opportunities CCA and Cargill offer, drew her to accept a board position.

Once CCA made the commitment to organize volunteers to help with the 2019 United Way Action Day, Shirley eagerly agreed to lead the effort stating, “I think there is a great opportunity to partner and leverage CCA and Cargill volunteers in charitable efforts; the CCA Board is where that action can get some traction”.

Shirley’s current retirement activities include: travel, running (training for her third Twin Cities marathon and coaching Girls on the Run), acting as client lead and project manager for 3 Partners in Food Solutions (PFS) projects in Ethiopia (woman-owned business that wants to launch the first fortified biscuits in Ethiopia) and volunteering (Best Prep, Arboretum, Second Harvest, Greater Twin Cities United Way and Beacon Hill assisted living facility). She also finds time to swim three times a week, works on crossword and jigsaw puzzles and does quite a bit of reading!



Terry Garvert worked for Cargill for 39 years, joining the company right out of Kansas State University with a Dual BS degree in Feed Technology and Chemistry. He retired in May of 2016. With the exception of 2 years in Cargill Flour Milling in Albany NY, the balance of his career was in various cash grain trading and merchandising and supply management positions inside Grain and Oilseed Supply Chain...mostly centered around wheat.... locations included Tranquility, CA., Amarillo, TX., Portland, OR., Kansas City, MO and Minneapolis, MN.

When asked why he make the commitment to serve on the CCA Board, he said “I want to continue to volunteer and give back to the local community and embrace, or enhance Cargill’s philanthropy in the local community”. Terry accepted an assignment to the New Projects team replacing Larry Gray and will continue to volunteer time in Habitat-4-Humanity, FMSC and 2nd Harvest Heartland.

Terry’s hobbies include a lot of golf, working with Minnesota FFA Chapters, consulting work with Partners For Food Solutions and visiting his children and grandchildren!



October Volunteer Opportunity

Submitted by Lindsey Kaufmann

On Thursday, October 10 in the Office Center Auditorium, an event is happening as part of the North America Employee Giving Program. The event will highlight Cargill’s focus on employee volunteering and giving back to the community. We will be packing potatoes with the organization Society of St. Andrew. This food rescue opportunity will involve packing potatoes from surplus pallets into smaller bags. They will later be distributed to local food shelves, served by Second Harvest Heartland, one of our corporate and Foundation partners. The volunteer activity is targeted to employees due to convenience of location but Alumni are invited to attend.



Two volunteer shifts are: 1:00-2:00 pm and 2:45-3:45 pm. Spark link: <https://cargill.benevity.org/volunteer/3479>

ANNUAL TULIP PULL

Several Cargill employees and alumni volunteered to assist grounds staff in the “annual tulip pull” at the University of Minnesota Landscape Arboretum in Chaska, Minnesota. Hard work but fun too!



CCA Enhances Opportunity for Educational Achievement



In June, six CCA volunteers spent 88 hours prepping Hope Academy students for the ACT exam. The exam is an important hurdle for students to demonstrate that they are academically ready for college. CCA tutors have proven to impact scores positively; this helps the students be more competitive for scholarships and better prepared for success in college.

Update on Second Harvest Heartland - New Volunteer Center

The Brooklyn Park Volunteer Center closed July 17 for reconstruction. CCA members will experience a new best-in-class center at its first event on September 10. Some of the new volunteer amenities include:

- A large coat and locker room
- An enormous community café with ample seating for coffee breaks
- A spacious, well-lit volunteer packing area
- Updated technology and communication tools



If you have been a Second Harvest regular, you will enjoy the new center! If you have not been to Brooklyn Center site yet, join us at an organization that helps end local hunger! For questions, contact CCA Volunteer Leader, Joe Fournier at fournier_joe@hotmail.com

Ongoing Work at Feed My Starving Children

CCA volunteered at FMSC's Chanhassen site in June and July. Cargill has been a core supporter of FMSC for over 15 years. In 2018, 55 CCA volunteers devoted 467 hours to reduce the number of starving children throughout the world.



United Way Backpack Action Day

Submitted by Donna Moores, Major Gifts Officer, Greater Twin Cities United Way



We so appreciate your support and hard work to make United Way Backpack Action Day possible. The backpacks are being given out to children and youth across the nine-county metro area. The location for next year's Action Day is the Allianz Field and I am sure the number of backpacks will increase until we accomplish the goal of reaching all 100,000 children who need supplies to start their school year fully prepared.

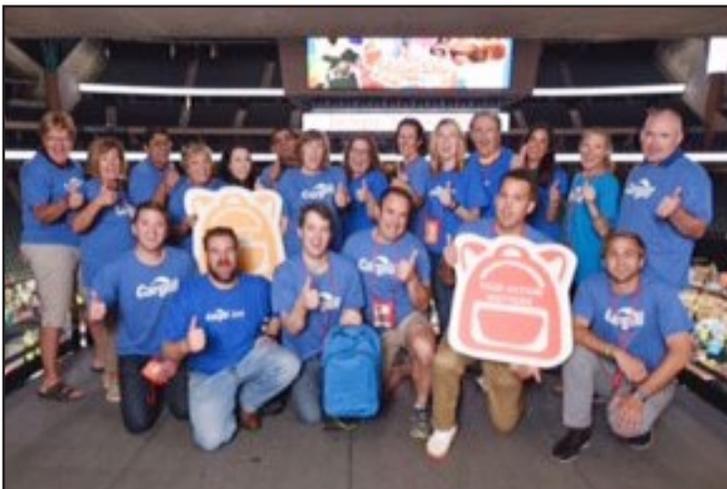
Highlights:

- 40,000 backpacks were packed for children (K-12) which was 60% more than last year's total of 25,000
- 4,600 volunteers participated (vs. 3,000 last year) and many are new to United Way
- 84 non-profits and school districts distributed the backpacks (vs. 52 last year)
- We received strong media coverage. Here are three examples of the many stories that ran

Star Tribune: <http://www.startribune.com/greater-twin-cities-united-way-grows-action-day-event-collecting-school-supplies-for-students-in-need/523692332/>

KSTP: Ran at 5 p.m. and 6:30 p.m. on Friday: <https://kstp.com/news/volunteers-pack-thousands-of-backpacks-with-school-supplies-for-students-in-need/5452679/>

MSP Business Journal: <https://www.bizjournals.com/twincities/news/2019/08/09/united-ways-annual-action-day-prepares-school.html>



CHANGE IN THE COMMUNITY STARTS WITH YOU

Are you interested in making a difference in your community? Consider becoming an AmeriCorps member. ServeMinnesota brings together the people power of AmeriCorps (the domestic Peace Corps) with the evidence of what works to create real social change. Each year across Minnesota about 2,000 people of all ages – new grads, career changers and retirees – commit to a transformative year of service as they engage with the needs of their community. Our programs focus on education, employment, addiction recovery, environmental protection and affordable housing.

Our work is research based and data driven. For example, our strategic initiatives, Reading Corps and Math Corps, focus on closing the opportunity gap in schools and early childhood learning centers. Annually, Reading Corps helps nearly 30,000 struggling students get ready for Kindergarten and succeed in reading by the end of grade 3. If you're ready to be part of the change for struggling students, adults searching for jobs,

people in recovery, or families in need of housing, we'll provide all the training you need!

Retired pediatrician Peggy Decker found joy working with preschoolers through AmeriCorps. She said, "AmeriCorps has provided a structured way for me to explore something new and different." She encourages others to try it: "For anyone who is thinking about a career change or ending a career, AmeriCorps is a great bridge."

There are tangible perks, too: you'll get a small stipend paid every two weeks, health insurance, and money for tuition or to repay student loans (or if you're 55+, you can pass this benefit on to your children and grandchildren).

We are currently recruiting members to start in September, October and January; applications will remain open until filled. We hope you join us by contacting serve@serveminnesota.org or call 612-333-7740. Learn more at: <https://www.serveminnesota.org/>.



Winona River Cruise

On August 21st, 35 Cargill Alumni boarded a bus and journeyed to Winona. They then enjoyed a 90 minute cruise on the mighty Mississippi, amidst the natural beauty and wildlife of the river valley. After lunch at the Signatures Restaurant at the Bridge Golf Club, a final stop was made at Nelson's Cheese Shop, Nelson, WI before returning home.



CPR AED Seminar

On July 24 we had three fortunate survivors of sudden cardiac arrest answer the following questions and demonstrate how Hands Only CPR and the use of an Automated External Defibrillator (AED) can increase the survival rate for sudden cardiac arrest (SCA).

- Why is the survival rate for a heart attack greater than 90% and for sudden cardiac arrest less than 10%?
- Do you know the difference between a heart attack and sudden cardiac arrest?

Gene Johnson, President of the Minnesota Sudden Cardiac Arrest Survivor Network,

Kevin Whipple (Cargill employee and SCA survivor) joined Bruce Wizik for the presentation.

The Minnesota SCA Survivor Network is a non-profit organization whose mission is to support SCA survivors and their families. SCA is affiliated with the Sudden Cardiac Arrest Association whose mission is to prevent loss of life from sudden cardiac arrest.

Pictured here are attendees practicing the techniques taught during the seminar. What they learned could one day save a life!



Financial Seminar

Submitted by Mary Kurth

On June 19th, Susan Stiles, CFP®, founder of Stiles Financial Services, Inc., located in Edina, presented an educational and informative session entitled "Step Up Your Financial Retirement Game". A variety of topics were covered including some basic concepts about risk management, asset allocation and the differences among investment options such as mutual funds, individual securities and annuities. The 2018 tax reform act was reviewed in the context of estate planning strategies, favorable charitable gifting methods by: setting up a donor advised fund, giving direct from your IRA if you are over 70 ½ and "bunching", in order to recognize a tax-deductible impact from your gift. Examples and cases were shared with the group which stimulated thoughtful questions from the audience. There was additional conversation around how professional partnerships can lead to better planning decisions that can make a difference now, and into the future for families and heirs. The powerpoint presentation is on our CCA website.



Summertime Means Baseball in Minnesota



Education Seminar Internet 101

By Gene Gross

A learning session on the Internet was held on Aug 13. The presentation was made by Jackie Strait, a Cargill employee. It was a lively meeting as lots of questions were posed which helped the 13 attendees understand the basics of the Internet.

Subjects covered included browsers such as Chrome, Safari, Firefox, Internet Explorer & Edge. Then the different search engines such as Google, Bing, & Yahoo were discussed.

Other subjects included cookies, passwords, favorites, backup, social media and the Cloud. Jackie also told us her favorite weather app on her iPhone was WeatherBug which I have now obtained and I agree it is a much better app than the standard iPhone weather. She also told us how to do a screen print on your iPhone. I found that to be new to me as well so we all learned some new things. Thanks Jackie!



"Thirty alumni enjoyed a great time at The Minnesota Saints game on July 16th where they hosted the Kansas City T-Bones. Down 7-5 in the bottom of the 9th with 2 outs and bases loaded, Jay Allen hit a grand slam home run for an exciting walk off 7-9 win for the home team!"



On June 18th, Cargill Alumni and guests toured the stadium and gathered to watch the Minnesota Twins battle the Boston Red Sox. The game went a remarkable 17 innings and our team won by one run! The final score: Red Sox 3 – Twins 4





Cargill Cares Alumni
MS 50
Box 9300
Minneapolis, MN 55440
CargillCaresAlumni@cargill.com
952/742-6188

CCA Events:

Contact the Cargill Cares Alumni admin office for more information at 952-742-6188 or email CargillCaresAlumni@cargill.com.
View the full calendar and find additional event information, project descriptions and registration forms at cargillcaresalumni.com

Upcoming Events:

Habitat for Humanity

Fall build daily Sept. 9 – Oct. 11 at 6310 Irving Ave., Richfield, 8:30 a.m. – 4:00 p.m. Contact Tom Sasman at tomsasman@gmail.com

363 Sandwich Project

October 11 - 9:00–11:00 a.m., Prince of Peace Church, 7217 W. Broadway, Brooklyn Park
Contact Eugene Becker @ 763-742-7827

Feed My Starving Children

October 14 – 9:30–11:00 a.m.; Coon Rapids site, 401 93rd Ave. NW, 55433
Contact Larry Knutson @ 952-934-2613

Health Insurance Options Seminar

October 15 – 10-11:30 a.m. Office Center, MC4

Old Log – A Gentlemen's Guide to Love and Murder

October 23 – 11:00 a.m. Lunch seating followed by play at 1:30 p.m.

Seminar – Helping Haiti (A volunteer's perspective)

October 15 – 10-11:30 a.m. Office Center, Aud. A

Ongoing Events:

Bridging

Bloomington and Roseville
4th Tuesday of each month 12:30-3:30 p.m.
Contact Jim Little @ 612-338-1872 or
Gene Van't Hof @ 612-877-0533

The Food Group

New Hope, 1st Wed. each month 9:00-11:00 a.m. Contact John Tschumperlin at 952-472-4465

Second Harvest Heartland

7101 Winnetka Ave. N., Brooklyn Park,
2nd and 3rd Tuesday 9:00 a.m. – noon;
last Wednesday each month 9:00-11:00 a.m.
Contact Joe Fournier at fournier_joe@hotmail.com

Prodeo Academy

September through May, last Wednesday of the month, 9 a.m. – 12:00 p.m.
Contact Dave Braden at dbbraden@gmail.com

Golf Schedule

Continues Thursdays through October
Contact Joe Fournier at fournier_joe@hotmail.com