

# SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

Volume XXIII, Issue 5

May 2007

P.O. Box 15014, Tumwater, WA 98511-5014  
<http://ssebs.org>

## 2007 MEETINGS

May 11

Board meeting at 6 pm. General meeting at 7 pm

**Please make a special effort to attend the May 11th meeting. It's important that we have a discussion about the direction SSEBS will be taking.**

## THE SSEBS NEWSLETTER

I have decided to resign as the newsletter editor following the June 2007 issue. I have been editor for so many years that I can't even remember how many, and I think it's time to turn it over to new blood. It's getting harder and harder to put together a newsletter that will be interesting, readable, and worthy of your dues. In addition I have family and other personal issues that require a lot of time, so after considering everything, resigning as editor of the newsletter is my most logical decision.

If you are interested in taking on the newsletter editorship, please contact President Leslie Simpson (360-426-3708).

## A REMINDER: NO BIRDS AT MEETINGS

Our contract with the Olympia Center requires that we follow their rule of no animals or birds at meetings unless a speaker brings a bird(s) as part of his/her program. This affects the SSEBS insurance policy, so let's please keep the rule in mind.

## WHEAT GLUTEN IN BIRD FOOD?

Is contaminated wheat gluten, one of the suspect ingredients in many recalled cat and dog foods, found in bird foods? It may be or it may not. A partial search found the following:

- **Kaytee** (<http://www.kaytee.com/home/>)  
"KAYTEE products are NOT involved in the PET FOOD RECALL. Wheat gluten & rice protein concentrate are not used in the Avian or Small Animal Products; corn gluten and other corn ingredients are grown and processed in the USA. The wheat gluten listed in fish products distributed by KAYTEE is not sourced in China."
- **Lafeber** (<http://www.lafeber.com/AboutUs/letter.asp>)  
"... There is no wheat gluten in Lafeber foods..."
- **Topper Bird Ranch Feed** (<http://www.topperbirdranch.com/>)  
Their "Total Diets", "Large Hookbill", "Small Hookbill", "Budgies", "Finch Standard", "Canary & Super Finch", "Canary 55 (Breeder Canaries)", and "Baby Formula (Hand Feeding)" are all listed as containing "wheat gluten".

## ROSTER FOR REFRESHMENTS AND DOOR PRIZES

Month	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Refreshments	-----	-----	-----	-----	Pegg	Barbara	Sherylle	Picnic?	Linda	?	?	Holiday Party?
Door prizes	-----	-----	-----	-----	Smiles	Linda	Theresa	John G.	Sherylle	?	?	

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## PSITTACINE BEAK AND FEATHER DISEASE VACCINE SOON AVAILABLE

Psittacine beak and feather disease, an untreatable disease which is transmissible from bird to bird but isn't contagious to humans or other pets, attacks a bird's ability to properly grow feathers, beaks and claws. It readily infects more than 40 species of free-ranging and companion birds, especially lovebirds, cockatoos, eclectus parrots and African gray parrots.

Dr. Branson Ritchie and other scientists and researchers at the University of Georgia College of Veterinary Medicine have been seeking a vaccine since the 1980s. Their efforts have been aided by many financial grants over the years-- from bird clubs all over the United States to businesses such as PetSmart (\$300,000).

Now that laboratory work has been completed, the University of Georgia Research Foundation has begun the licensing and registration process for the vaccine. That process could be completed by the middle of 2008, and includes manufacturing a vaccine and testing it.

According to Dr. Ritchie, "The vaccine will not only greatly improve the ability of companion birds to live long and healthy lives, it might also have applications in the field to help protect endangered species of susceptible birds." Furthermore, it will ease the minds of people all over the world who keep companion birds.

[http://home.businesswire.com/portal/site/google/index.jsp?ndmViewId=news\\_view&newsId=20070502005103&newsLang=en](http://home.businesswire.com/portal/site/google/index.jsp?ndmViewId=news_view&newsId=20070502005103&newsLang=en)

<http://www.cnw.ca/fr/releases/archive/May2007/02/c4001.html>

<http://www.newswire.ca/en/releases/archive/May2007/02/c4001.html>

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## ANTI-MICROBIAL HERBS

by Shauna Roberts

Historically many herbs have been used to treat bacterial infections. Many herbs do indeed have strong antibacterial qualities. Plants are also much more complex than conventional antibiotics. One example is garlic which has at least 35 constituents, where as penicillin has one. Even so, plants do not always achieve the desired results. Antibiotics when used correctly have and can saved lives, so it's important not to forget their importance and to use them when needed, and realize any limitations of using plants. Our responsibility is to help promote healing and not get stuck in personal beliefs in such a way that it could endanger our birds such as refusing antibiotic treatment for a sick bird.

Researching advice and learning about any herbs you may use is an important responsibility. It can also be important not to fall into the trap of advice such as "my bird had that and this is what worked for him" or companies who may promise a cure for everything, selling less than quality products. Birds all have individual health needs and may respond differently to medications they receive, including herbs. They aren't any different than people in that way....what works for me, may not be the right medicine for you. Anytime you use herbs it can be of extreme importance to find a quality herbal source since herbs are not regulated. You should also research what form of herb to use: tincture, tea, powdered, raw. Some quality brand tinctures are made by Gaia, Herbpharm and Eclectic Institute. Glycerite base tinctures are preferred but they also do not keep as long and should have expiration dates on them. If alcohol tinctures are used, be sure to treat alcohol will dissipate by adding 3 drops boiling water to every 10 drops of alcohol based tincture and letting it sit for 7 minutes.

Herbs used correctly can help to strengthen the body, help the body recuperate from illness and/or use from antibiotic treatment, and also boost and strengthen immune response.

The following is a list of plants, some which may be safe for birds, and others which may not be. It is important when using ANY herb for medicinal purposes that you educate yourself on its properties, proper use and dosage, and also what are safe or unsafe herbal combinations. Also research if an herb is to be used internally or externally.

### Anti-microbial Plants

**Aloe** *Aloe barbadensis*

External use for healing skin, short term use. Can help fight staphylococcus, pseudomonas aeruginosa.

*Alternatives* to Aloe external use may be echinacea and/or St. John's Wort.

<http://www.uthscsa.edu/opa/releases/nrel06apr98.htm>

**Cayenne** *Capsicum minimum*

*Contradictions:* Do not use if there is a problem with liver or sluggish liver.

<http://www.healthy.net/scr/article.asp?ID=1629>

[http://www.life-enthusiast.com/index.php?Q1=Ingredients&Q2=Plants&Q3=Capsicum\\_and\\_Cayenne](http://www.life-enthusiast.com/index.php?Q1=Ingredients&Q2=Plants&Q3=Capsicum_and_Cayenne)

**Echinacea** *Echinacea spp.*

For internal use, glycerite base tincture.

For: Staphylococcus aureus, Streptococcus spp., mycobacterium, abnormal cells

Help for healing external wounds due to its ability to correct tissue abnormalities, use whole herb and steep a tea.

*Side effects:* This is an immune stimulant so should not be used unless there is a need. Continued immune system stimulation can result in immune depletion, setting one up for serious illness in the future.

*Possible alternatives are:* calendula for skin.

[http://www.findarticles.com/p/articles/mi\\_m0860/is\\_n2\\_v52/ai\\_8540085](http://www.findarticles.com/p/articles/mi_m0860/is_n2_v52/ai_8540085)

<http://www.healthy.net/scr/article.asp?ID=1886>

### **Elecampane** Inula helenium

Respiratory infections.

<http://www.healthy.net/scr/article.asp?ID=1889>

[http://holisticonline.com/Herbal-Med/\\_Herbs/h235.htm](http://holisticonline.com/Herbal-Med/_Herbs/h235.htm)

*Caution:* extra caution may be needed

### **Garlic** Allium sativum

Crushed and minced raw garlic in small amounts, such as 1/4 clove for a large bird, mixed into food : Staphylococcus aureus, pseudomonas aeruginosa, candida albicans, escherichia coli, streptococcus spp., salmonella spp., Campylobacter spp., both gram negative and gram positive bacteria

*Side effects:* Nausea, vomiting. If too much is given, toxicosis and death has been reported in one bird.

[http://meded.ucsd.edu/isp/2003/thomas/herb\\_garlic.html](http://meded.ucsd.edu/isp/2003/thomas/herb_garlic.html)

### **Ginger**

[http://www.medwellonline.net/ijmmas/1\(4\)05/411-417.pdf](http://www.medwellonline.net/ijmmas/1(4)05/411-417.pdf)

### **Golden Seal** Hydrastis canadensis

Has shown to be active against: Staphylococcus aureus, Streptococcus, pyogenes, shigella spp., Candida albicans, escherichia coli, Klebsiella pneumoniae, Salmonella typhimurium and S. paratyphi, Corynebacterium diphtheriae, tuberculosis, Giardia lamblia and others

*Side effects:* May cause abdominal cramping, nervous tremors and excessive drying of mucous membranes have been reported by clinicians

<http://www.healthy.net/scr/article.asp?ID=1906>

### **Myrrh** Commiphora mol-mol

*Contradictions:* Do not take in large amounts over a long period of time without taking a break

<http://www.life-enthusiast.com/index.php?Q1=Ingredients&Q2=Plants&Q3=Myrrh>

<http://www.healthy.net/scr/article.asp?ID=1547>

### **Osha** Ligusticum porterii

Anti-viral with broad spectrum immune stimulating properties against pathogenic organisms.

*Caution:* Use weak dosages. May lower blood pressure.

### **Pau d' arco** tabelbula impetiginosa

*Caution:* may cause anemia with long term use.

<http://health.enotes.com/alternative-medicine-encyclopedia/pau-d-arco>

### **St. John's Wort** Hypericum perforatum

Tincture for use orally. Whole herb steeped in tea and cooled for external use.

[http://www.herbalgram.org/default.asp?c=st\\_johns\\_wort](http://www.herbalgram.org/default.asp?c=st_johns_wort)

[http://holisticonline.com/Herbal-Med/\\_Herbs/h20.htm](http://holisticonline.com/Herbal-Med/_Herbs/h20.htm)

### **Sage** Salvia officinalis

May fight: Streptococcus pneumoniae, Staphylococcus aureus, Haemophilus influenzae, Pseudomonas aeruginosa, Escherichia coli, Candida albicans, Klebsiella pneumoniae, Salmonella spp.,

*Caution:* do not use oil. Know to have hypoglycemic effects.

[http://www.floridata.com/ref/S/salv\\_off.cfm](http://www.floridata.com/ref/S/salv_off.cfm)

### **Usnea** Usnea spp.

Glycerite base tincture for internal, steeped tea using whole herb for external.

Active against: Tuberculosis, Oneumonococcus spp., Staphylococcus aureus, enterococcus, Streptococcus spp., Trichomonas, Candida spp., Various fungal strains. Generally not active against gram-positive bacteria. Not supposed to be effective against gram negative bacteria but has been shown effective in some cases.

*Caution:* Has been shown to be toxic in some animals. Important to know your source as not to get usnea that has absorbed heavy metals from the environment. Also of importance is to make sure you use Usnea barbata and not other potentially toxic usnea's.

<http://www.herbaled.org/THM/Singles/usnea.html>

### **Links with more information**

[http://www.scielo.br/scielo.php?script=sci\\_arttext&pid=S1517-8382200000400003&lng=pt&nrm=iso&tlng=en](http://www.scielo.br/scielo.php?script=sci_arttext&pid=S1517-8382200000400003&lng=pt&nrm=iso&tlng=en)

[http://altmedicine.about.com/od/herbsupplementguide/a/herb\\_mistakes.htm?nl=1](http://altmedicine.about.com/od/herbsupplementguide/a/herb_mistakes.htm?nl=1)

This article is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If your bird has, or you think it has a condition which requires medical attention, you should promptly seek qualified healthcare with your bird's veterinarian.

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Deanna Shafar, DVM



**All Bird Clinic LLC**

253-983-1000

2505 South 80th Street • Tacoma, WA 98409  
www.allbirdclinic.com



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**SUPPORT YOUR CLUB:**

SSEBS offers our special stainless steel rods useful for making toys, hanging chunks of food, etc. Call President Leslie Simpson.

**For Sale, Trade, or Wanted**

Free "For Sale, Trade or Wanted" bird-related advertisements are available to members with current SSEBS Memberships. Ads must include a name and telephone number. Please give copy for ads to the newsletter editor at the General Meeting or provide to the editor before the publication deadline date. Your ad will be run once in the next newsletter. The editor must be notified if an ad is to be rerun. The South Sound Exotic Bird Society will not knowingly accept advertisements for hybrid birds.

**FOR SALE:**

Budgies. Variety of colors.	Each	\$ 10
Timneh greys. Male and female. Starting to talk!		\$650
Female DYH Amazon. Talks, laughs, sings.		\$800

Smiles: sgermeau@yahoo.com or 360-736-3973 evenings

**FOR SALE:**

PETS and BREEDERS

**GOODHART BIRD FARM**, Shelton Washington 98584  
360-426-6375 kegdhart@hctc.com

**PET SITTING:**

**Pet sitting** services offered. Home visits for birds, dogs, cats, and small rodents. Price to be discussed depending on how many pets you have, how many visits per day you want, and your location.

Please contact - **Sherylle** at 360-455-0697 or email goffin90@ yahoo.com

**FOR SALE:**

Beautiful, proven pair, 5 yr old Rainbow Lorries, plus baby in nest. \$400.00

**Linda James** 360-491-3216 jamesgang@thurston.com

**COMMERCIAL ADVERTISING**

Each commercial membership includes one business-card sized advertisement in the newsletter. Commercial members may also purchase additional ad space at the following rates:

one half page	\$ 50.00
full page	\$ 87.50

Non-members may purchase ad space at the following rates:

business card size	\$ 40.00
one-half page	\$100.00
full page	\$175.00

All ads run for a 12 month period. Send camera-ready artwork or neatly printed ad copy to SSEBS, P.O. Box 321, Olympia, WA 98507-0321. Copy and payment received by the third Thursday of the month will appear in the following month's newsletter.

Copy change during the current period will be considered on a case by case basis and additional charges - if any- determined at the time of request. All ads must be paid in full prior to being published. The SSEBS Board of Directors reserves the right to refuse any advertising it deems inappropriate.

Questions? Contact Carol Frink, Editor: 360-352-9792 or tbird861@comcast.net

**As a Society, SSEBS does not endorse the products or services advertised in its newsletter. SSEBS is not responsible for advertisers' claims or products.**

**RECIPE BOX**

**SPINACH BREAD**

Follow the directions on a bag of cornmeal for the cornmeal base. Add one small box of frozen spinach, 2 eggs and shells, 1/2 c. all natural peanut butter, 1 1/2 c. of fresh chopped carrots, corn, broccoli, 3-4 jars of baby food vegetables. Mix 1/2 c. chopped pecans and 1/2 c. chopped almonds into above mixture. If it is too dry add a small amount of unsweetened juice or unsalted V8 juice. Place in a greased pan and bake about 30 min. in an oven preheated to 400 degrees F. Cool and freeze in daily size portions.

**SSEBS is proud to be associated with:**

- **NORTHWEST EXOTIC BIRD SOCIETY**  
9594 First Avenue NE,#352, Seattle, WA 98115  
http://NWExoticBirdSociety.org info@NWExoticBirdSociety.org  
Meetings on the third Thursday of each month.
- **THE WASHINGTON BUDGERIGAR SOCIETY**  
2126 Bedal Lane, Everett, WA 98208-2439  
http://mysite.verizon.net/resom1a2/WBS1.htm, swanson28s@verizon.net  
Meetings on the first Sunday of every month.
- **THE BIRD LOVERS SOCIAL CLUB**  
Dimmitt Middle School, 12320 80th Avenue South, Seattle, Washington 98178  
(Renton Area)  
For information, contact: President Julie Corwin, 206-772-1730  
blconnection@hotmail.com, birdloverssocial@yahoo.com  
http://www.geocities.com/bird\_lovers\_club/  
Meetings on the third Friday of each month.

**ANNOUNCEMENTS**

**Necropsies and DNA sexing available:**

Avian Health Laboratory  
A. Singh Dhillon, D.V.M., Ph. D.  
Professor, Avian Pathology  
Washington State University  
7613 Pioneer Way East, Puyallup, WA 98371  
253-445-4536; Fax: 253-445-4544; e-mail: asdhillon@wsu.edu

**Send any suggestions for meeting topics  
or specific speakers or programs  
to any Board member.**

**SSEBS Officers and Committees**

President	Leslie Simpson	360-426-3708
Vice president	Linda Morgan	360-705-0141
Secretary	Sherylle Orr	360-455-0697
Treasurer	Pat Hill	360-357-7865
Members-at-large	Jackie Cottrell	425-210-4036
	Barbara Ann Smith	360-491-2387
	VACANT	
Membership	Linda Morgan	360-705-0141
Public Relations	Carol Frink	360-352-9792
Publications	Carol Frink	360-352-9792
Ways and Means	Leslie Simpson	360-426-3708
Education	VACANT	
Affiliated Organization Representatives:		
AFA	VACANT	

**RECIPE BOX**

**CHICKEN BREAD**

Mix 2 eggs and shells with finely chopped boiled chicken, 1 cup cooked beans (use a variety that has been soaked overnight and cooked the next day), 1/4 c. wheat germ, 1/2 c. Cheerios, 1 c. oatmeal, 1/2 c. natural peanut butter and unsalted vegetable juice until well mixed. Add finely chopped carrots (or 1 jar baby food), 1/2 cup chopped nuts and 2 tblsp. melted butter. Bake in preheated 350 degree oven about 20 min. or until done.

**Do you know someone who is interested in birds? If so, give the editor his or her address, and a complimentary newsletter will be sent.**

The South Sound Exotic Bird Society is pleased to grant permission, upon written request, to other newsletters to reprint articles and features appearing in our newsletter. However, to preserve the integrity of the original article, we must insist that all articles and features be reprinted *in full*, giving credit to the original author and date of publication. Individual authors may reserve the rights for reprinting their articles; please contact those authors for permission to reprint.

**MEMBERSHIP APPLICATION**

New \_\_\_\_\_ Renewal \_\_\_\_\_ Address/phone change \_\_\_\_\_  
 NAME(S) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE(S) (\_\_\_\_) \_\_\_\_\_ - (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
 E-MAIL ADDRESS(ES) \_\_\_\_\_  
 Referred by: \_\_\_\_\_

Membership type per yr. (check one):  
 Junior (under age 18) .....\$ 6.00 \_\_\_\_\_  
 Individual .....\$12.00 \_\_\_\_\_  
 Family.....\$15.00 \_\_\_\_\_  
 Commercial.....\$25.00 \_\_\_\_\_

**Dues payable to:** SOUTH SOUND EXOTIC BIRD SOCIETY (or: SSEBS)  
 (Returned checks subject to service charge.)  
**Mail to:** SSEBS Membership  
 P.O. Box 15014  
 Tumwater, WA 98511-5014

Your avicultural interests (Please check ALL that apply):  
 African Greys     Amazons     Caiques     Canaries     Cockatiels     Cockatoos     Conures  
 Doves     Eclectus     Finches     Lories     Lorikeets     Lovebirds     Macaws  
 Parakeets     Pionus     Rosellas    Others: \_\_\_\_\_

## CLUB INFORMATION

- The first half hour of each General meeting, from 7:00 to 7:30 p.m. is dedicated to socializing. The evening's program will begin at 7:30 p.m., and the regular meeting will follow the program.
- For information call 360-455-0697.
- The SSEBS mailing address is:  
South Sound Exotic Bird Society  
P.O. Box 15014  
Tumwater, WA 98511-5014  
Please use this address for all club correspondence except for items to be sent to the Newsletter editor.
- **Send newsletter correspondence to:**  
**802 Roosevelt St. NE**  
**Olympia, WA 98506-4626**

## 2007 DATES OF SOCIETY EVENTS

### May 11

### Board and general meeting

June 8

Board and general meeting

July 13

Board and general meeting

August 10

Board and general meeting

September 14

Board and general meeting

October 12

Board and general meeting

November 9

Board and general meeting

December ??

Board and general meeting

## IT'S OUR TWENTY THIRD YEAR!

**NOTE:** All Board meetings will now be held at 6 pm, one hour before the general meeting. This will allow our non-Olympia/Tumwater/Lacey Board members to save the cost and time of coming for a second meeting per month.

## SSEBS MEETING PLACE

The SSEBS meetings are held at the Olympia Center, 222 Columbia St. NW, Olympia, WA 98501-8208. From I-5, take the Capitol exit which comes out onto 14th Ave. Follow 14th through the tunnel and turn right at the stoplight after you come out of the tunnel; that will be Capitol Way. Stay on Capitol Way all the way down the hill until you go through the intersection with State Ave. Just past the intersection, the Center is the light-colored 2-story building on the left. The meeting is in room 103, on the first floor in the northeast corner of the building which is next to the intersection of Capitol Way and Olympia Ave.

## SOUTH SOUND EXOTIC BIRD SOCIETY

Carol Frink, Editor

Newsletter address only:

802 Roosevelt St. NE

Olympia, WA 98506-4626

