



JULY 2024

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YOUR AVIAN FLYER STAFF

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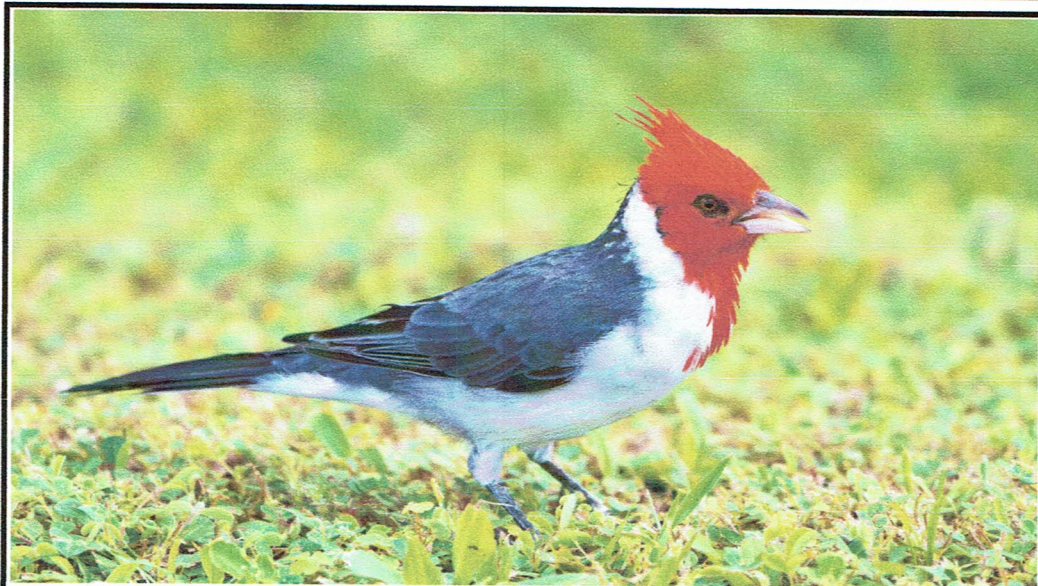
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ARTICLES, ADS AND PHOTOS
ARE WELCOME
AND ENCOURAGED!

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A PATRIOTIC RED CRESTED CARDINAL

A FEW AMAZING FACTS ABOUT BALD EAGLES

The bald eagle became the symbol of the newly formed United States in 1782. They are sizable birds, with females reaching 43 inches long with an eight-foot wingspan and weighing about 14 pounds. Males are roughly 25 percent smaller and top out at about 10 pounds. This makes it easy to determine which bird is the female in a couple.

Because bald eagles often use the same nest for years, continuously adding to them, their dwellings can get up to nine feet wide and 20 feet deep and weigh two tons, though most reach only about half that size.

Eagles are excellent swimmers, though if you see one, you might find them awkward-looking. They use their wings to perform what is essentially a breaststroke. They usually do this when bringing a large fish to the shore.

Eagle calls don't match their visual majesty. Their call sounds more like a high-pitched tweet and chatter than the loud scream people imagine. The hungry eaglet cry gets louder as a parent comes closer with food. In general, they have a call that sounds like a much smaller bird, so moviemakers dub in the sound of red-tailed hawks when they are showing a "screaming eagle" on the screen.

The term "bald" in the bald eagle's name doesn't actually refer to hairlessness. Instead, it comes from an old English word, "balde," which means white. So, the bald eagle is named for its white-feathered head. Its scientific name, *Haliaeetus leucocephalus*, translates to "white-headed sea eagle."

These majestic birds can fly at speeds of 70 kph and cover great distances. However, their most impressive aerial trick is diving at an incredible rate of 160 kph to catch fish out of water. Bald eagles can cover hundreds of miles per day. How do they avoid fatigue? By soaring in the air instead of flying, taking advantage of thermal columns and updrafts along migration routes to conserve energy.



2024 Officers

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THE PREZ SEZ

Summer is here! As I write this, it is supposed to get over 100 degrees today. Feathers are everywhere in my bird room. I assume that is true in yours too. I hope you and your birds are doing well.

Our next meeting will be a short one at our annual Picnic on Saturday, July 20. It will be at the Molalla City park. We will arrive around 11 am to set up and eat around noon. Bring a main dish or salad to share. The club will provide drinks, table setting, and cake for dessert. You might want to bring your own lawn chair. Check this newsletter for more details and directions to the park.

We are still in need of volunteers to fill two positions. Kelly Beaty needs to resign as our secretary, due to health concerns. The secretary serves on the board of directors and takes minutes of our meetings. It is a great way to get involved in the club and be aware of all that is going on.

We also need a Band secretary. This person annually orders the leg bands our club sells to members. They keep a record of the bands and distribute them to the members who order them. Caring for the bands takes place at the start of each year.

If you might be interested in either of these positions, please let me know and I can answer any questions you may have about them.

We will be discussing the show catalog and a few other items of business at our July meeting at the picnic. I hope you can join us.

Dan Pitney



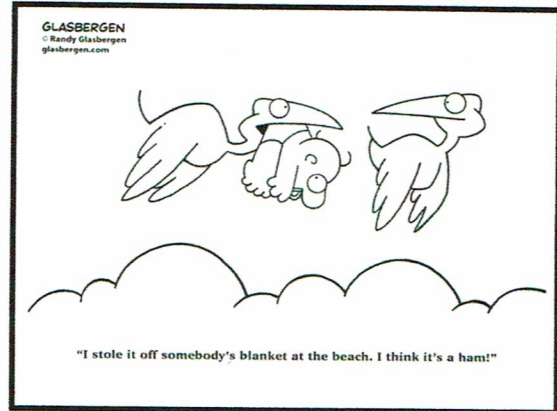
June Treasurer's Report

June 1 Checking Acct. Balance: \$4,980.76
 June 1 Certificate of Deposit: \$7,258.09
TOTAL : \$12,238.05

EXPENSES-None

INCOME- CD Interest-\$29.75

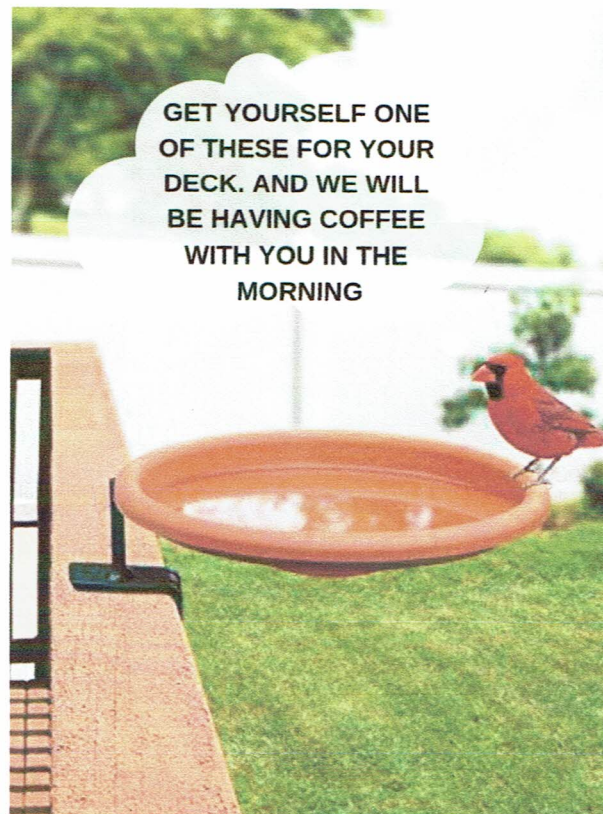
June 25 Checking Acct. Balance: \$4,980.76
 June 25 Cert. of Deposit: \$7,287.84
TOTAL: \$12,267.80



★ Don't forget to ★
 ★ keep those bird ★
 ★ baths full ★

BABY LOVEBIRDS FOR SALE!!

Club member Roftin Reginald has adorable baby lovebirds for sale, all from their own stock. They have a variety of colors available as well, so if you have been thinking about adding some lovebirds to your aviary now is your chance!! \$90 for one but will negotiate if you buy more! They are located in Portland. Contact her at 971-269-9196 or by email at roftin567@gmail.com.



Common Causes of Bird Regurgitation & Vomiting

Regurgitation and vomiting are signs commonly seen in birds. Regurgitation is the forceful expulsion of the contents of the mouth, esophagus, or crop. A bird that is regurgitating will often bob its head and stretch out its neck, and the food does not look digested, e.g., whole seeds are regurgitated.

Regurgitation is usually a normal behavior. Vomiting is the expulsion of the contents of the proventriculus, ventriculus, or intestine. Vomiting is more of a spitting action, and the bird shakes its head from side to side. Vomiting is a sign of illness and should be evaluated promptly. Unfortunately, though it is often difficult to differentiate between regurgitation and vomiting.

What are the causes of vomiting and regurgitation in pet birds?

There are a large number of causes of vomiting and regurgitation ranging from infections, to something the bird ate, to diseases of multiple organs in the body. Some of the common causes are below.

INFECTIONS

Infections with gram-negative bacteria are one of the most common causes and often secondary to stress, another illness, or fecal contamination of food or water, and are one of the major causes in smaller birds; abscesses may form in some cases; *Candida* is also often secondary to another illness or stress; *Trichomonas* is a common cause, especially in budgies; pox virus and tapeworms are more common in imported birds.

Bacterial: *Mycobacterium*, megabacteria, *Pasteurella*, *Salmonella*, and many other gram-negative and gram-positive bacteria

Fungal: *Candida*, *Aspergillus*, *Mucor*

Viral: Pacheco's Disease, polyomavirus, pox virus, papillomatosis, Psittacine Beak and Feather Disease, adenovirus, herpes virus, paramyxovirus

Parasitic: *Capillaria*, *Plasmodium*, tapeworms, *Trichomonas*, *Giardia*, roundworms, coccidia

Other: Proventricular Dilation Syndrome, Macaw Wasting Disease, Neurotropic Gastric Dilatation

DISEASES OF OTHER ORGANS

Heart disease is more common in toucans and mynahs; liver disease, especially hepatic lipidosis (fatty liver) and hepatitis, is a common cause in many bird species - hepatic lipidosis especially in budgies; trauma includes flying into a window or the bite of another animal which may cause internal bleeding or infection.

Heart disease

Pancreatitis

Diabetes mellitus

Septicemia

Trauma

Liver disease

Kidney disease

Peritonitis

Electrolyte imbalances

NUTRITION

Young birds are especially sensitive to the temperature and consistency of the food, and the amount given at one time; abnormal vitamin levels occur over a long period of time; high protein diet is a more common cause in cockatiels.

High protein diet

Hypovitaminosis A

Hypovitaminosis E or selenium deficiency

High iron levels

Formula at wrong temperature or consistency

Overfeeding

Hypervitaminosis D

Food allergy

Change in diet

(CONTINUED ON PAGE 5)

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TOXICITIES

Zinc and lead toxicity are common causes; heated **teflon** such as on frying pans and ironing board covers is very toxic.

Heavy metals: arsenic, copper, lead, zinc

Plants: plants that are poisonous to birds

Foods: chocolate, nicotine, salt, moldy or spoiled foods, avocado, alcohol, cigarettes

Pesticides/insecticides: carbamates, lindane, organophosphate, rotenone, arsenic

Household products: cholecalciferol, rubbing alcohol, chlorine, teflon, detergents, pine oil, aluminum chloride (deodorants), potassium chloride (matches), nitrate, phosphorous, thallium

**GASTROINTESTINAL DISEASE, BLOCKAGE,
OR COMPRESSION**

Conditions which take up space in the chest or abdomen can put pressure on the digestive system; goiter is a common cause in budgies; crop conditions are more common in young and hand fed baby birds; papillomas in the mouth are also common; egg binding is a more common cause in canaries.

Goiter

Ascites

Aerophagia (swallowing air)

Crop conditions: impaction, stasis, crop burn

Egg binding

Gastrointestinal conditions: foreign body, intussusception, volvulus, stenosis, hernia, ileus; grit impaction; ulcers

Esophageal stricture

Neoplastic: papilloma, leiomyoma, adenoma, fibroma

DRUG REACTIONS

Only give these medications to a bird under direct supervision of a veterinarian, and closely follow the directions; contact your veterinarian if your bird is taking any medication and shows new signs of illness.

Antibiotics: doxycycline, polymixin B, trimethoprim/sulfadiazine, sulfadimethoxine, enrofloxacin

Antiparasitics: fenbendazole, praziquantel, levamisole

Anti-fungal medications: fluconazole, itraconazole, or ketoconazole

BEHAVIOR

Courting behavior to other birds, mirrors, toys, or even owners is a common cause.

Motion sickness

Excitement or stress

Normal weaning behavior

**How is the actual cause determined
for a specific bird?**

It can be very difficult to differentiate between bird regurgitation and bird vomit, and even harder to determine an exact cause. The veterinarian will need a complete history, including:

When the condition started

How often it occurs

Other signs of illness noticed by the owners

(CONTINUED ON PAGE 6)

(CONTINUED FROM PAGE 5)

Whether the condition is related to a certain event, e.g.; after eating, while playing with toys, etc.

What the bird is fed

How the bird is housed

The sanitary conditions

Access to potential causes such as foods, household items, toxins, and exposure to other birds

Presence of the condition in other birds

Medications or supplements being given to the bird

Display of any courtship or nesting behavior

Other diseases the bird may have or has been treated for either currently or in the past

The diagnosis requires careful observation of the bird and a complete physical examination. If at all possible, bring the bird's cage along with you to the veterinarian's office, because it can often offer significant clues.

How is vomiting or regurgitation treated?

The treatment of vomiting will vary considerably depending upon the cause. Supportive care in the form of stable temperatures, fluid therapy for dehydration, nutritional management (sometimes withholding food may be necessary) are very important. Depending upon the severity of the illness, the bird may need to be hospitalized. Other therapies may include:

Giving medications to treat infections

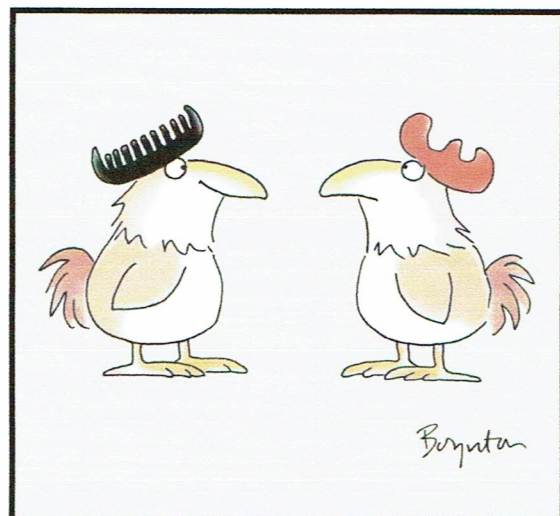
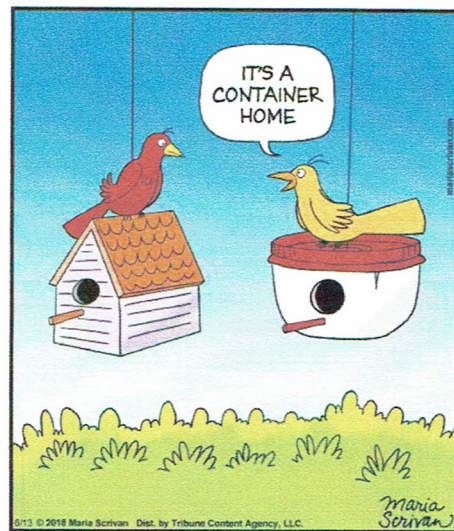
Changing the diet

Providing appropriate therapies for diseases of other organs

Removing the toxic agent from the environment and/or the bird

Performing surgery or endoscopy to remove foreign objects or tumors and to correct other intestinal blockages

If a bird is regurgitating often and the cause is determined to be behavioral, it may be helpful to remove the toys or mirror that are the focus of his regurgitation.



PROTECTING YOUR PET BIRD FROM ENVIRONMENTAL AIR POLLUTION

Can Environmental Air Pollution Affect My Bird?

Yes, environmental air pollution can indeed affect your bird. Birds are highly efficient at absorbing airborne substances, making them vulnerable to indoor air quality issues. In fact, indoor air quality may already be worse than outdoor air quality due to various contaminants present in the home environment, including mold, fungi, bacteria, house dust, feather particles, and powder down.

Understanding Air Quality

Air quality is typically measured in terms of Ambient Particulate Matter (PM). PM consists of fine (PM_{2.5}) and coarse (PM₁₀) particles, which are complex mixtures of microscopic carbon-based particles with adsorbed materials that can be inhaled deep into the lungs. Of significant concern is fine particulate matter (PM_{2.5}), which is a major component of wildfire smoke.

Wildfire Smoke and Air Quality

Wildfire smoke comprises gases and fine particulate matter generated from burning vegetation and materials. This fine particulate matter is especially harmful to both you and your bird. To illustrate, on June 28, 2023, Chicago experienced one of the worst air quality days in the world, with a PM_{2.5} level of 263 (PM_{2.5} 0-50 is considered good while 263 is considered very unhealthy). In the United States you can check your local air quality at [AirNow.gov](https://airnow.gov) if you are concerned.

Protecting Your Bird from Smoke and Air Pollutants

Here are some essential steps you can take to safeguard your bird from smoke and other air pollutants:

- 1. Keep Windows and Doors Closed:** During poor air quality conditions, ensure that all windows and doors are closed to prevent outdoor pollutants from entering your home.
- 2. Use Fans and Air Conditioning:** Utilize fans and air conditioning to maintain a comfortable indoor temperature. If staying cool becomes difficult, consider seeking shelter elsewhere.
- 3. Reduce Smoke Infiltration:** If you have an HVAC system with a fresh air intake, switch it to recirculate mode or close the outdoor intake damper to minimize smoke entry.



Forest fire smoke polluting the air over homes.



Poor air quality in downtown area on a wildfire smoke day.



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PROTECTING YOUR PET BIRD FROM ENVIRONMENTAL AIR POLLUTION

- 4. Upgrade Your Air Filter:** If your HVAC system allows, consider upgrading to a MERV 13 or higher rated filter to trap more fine particles.
- 5. Manage Evaporative Coolers and Window Air Conditioners:** Avoid using evaporative coolers during smoky conditions, as they can bring more smoke inside. If using a window air conditioner, ensure the outdoor air damper is closed tightly.
- 6. Use Portable Air Cleaners:** Portable air cleaners or high-efficiency filters may be helpful to remove fine particles from the air. Run them on the highest fan speed as often as possible.
- 7. Minimize Activities that Generate Particles:** During poor air quality periods, avoid indoor activities including:
 - smoking (never allowed!)
 - using gas, propane, or wood-burning stoves and furnaces
 - spraying aerosol products
 - frying or broiling food
 - burning candles or incense
 - vacuuming (unless you have a vacuum with a HEPA filter).
- 8. Create a Clean Room:** Establish a clean room within your home following EPA guidelines to provide a safe haven for your bird.
- 9. Air Out Your Home:** When outdoor air quality temporarily improves, open windows or the fresh air intake on your HVAC system to help circulate cleaner air.

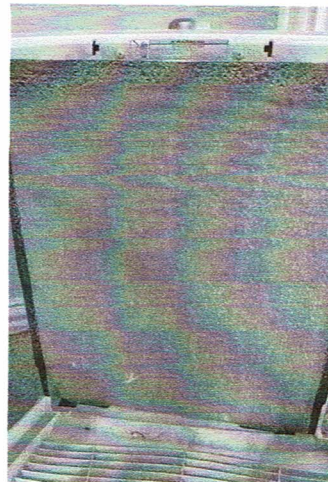
By following these precautions, you not only protect your bird but also promote a healthier indoor environment for yourself and your family. Remember, it's essential to be prepared ahead of time and stay informed about air quality conditions in your area. These suggestions are also beneficial for your respiratory health.

Additional Resources

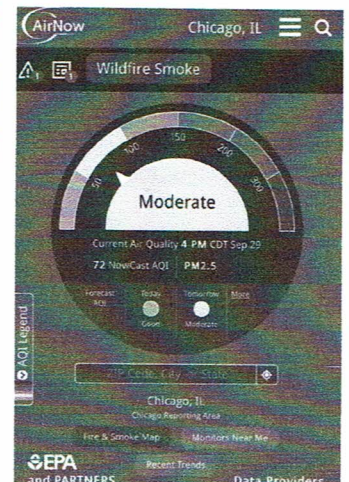
- <https://www.epa.gov/indoor-air-quality-iaq/wildfires-and-indoor-air-quality-iaq>
- <https://www.airnow.gov/>



Employ portable air cleaners or high-efficiency filters to remove fine particles from the air.



Air filter with cockatoo dander. If your HVAC system allows, consider upgrading to a MERV 13 or higher rated filter to trap more fine particles.



In the United States you can check your local air quality at [AirNow.gov](https://www.airnow.gov) if you are concerned.



Air out the house when air quality improves.

JULY MEETINGS

Check page 9 for all the information about the annual picnic this month!! Bring the family and relax with fellow members!!

DIRECTIONS TO CLACKAMAS COMMUNITY CLUB

FROM THE SOUTH: I-205 North to Exit 12 for OR-212 E toward OR-224 E/Damascus/Estacada. Use middle lane to turn right onto OR-212 E. Turn left at the 1st cross street onto SE 82nd Drive. Turn left onto SE St. Helens Street. Turn left onto SE 90th Avenue. Destination will be on the left after a right hand curve. Smaller of the two buildings. (Was once a residence.)

FROM THE NORTH: I-205 South. Take exit 12A to merge onto OR-212 E toward Damascus. Merge onto OR -212 E. Turn left on 82nd Drive. Turn left onto SE St. Helens Street. Turn left onto SE 90th Avenue. Destination will be on the left after a right hand curve. Smaller of the two buildings. (Was once a residence.)

CLACKAMAS COMMUNITY CLUB MAP 15711 SE 90th Ave, Clackamas, Or 97015



Columbia Canary Club
P.O. Box 2013
Clackamas, OR 97015

