

Tee Shirt Round-Up by

Lee Salmon

The theme for next years fair is Expo USA. "A Century of Progress" along with an American Eagle is printed on a red, white, blue and yellow logo. There are two styles to choose from. The \$10.00 shirt has the logo on the pocket and on the back. The \$8.00 model has the logo on the pocket only. Anyone wishing to pre-order ahead of time may do so at the June meeting. Pre-pay is a must, and I will have a sign - up sheet available. Sizes are; small, med., large, ex-large and xx-large. I will pick them up from Penny and deliver them back to you at the July meeting.

Recap of the May Meeting

by Lee Salmon

The May meeting of the P.B.C. Poultry Fanciers Assoc. was held in the Mount's Pavilion on Fri. the 22nd. We were fortunate to have Richard Fore, the Purina sales representative, on hand as a guest speaker. He makes the subject of Poultry feed interesting and fun. Although he has been a previous speaker, I always seem to learn something new whenever he visits, He will be happy to know that he won the baskets at our raffle table and I will leave them at Higgs feed for him to pick up.

We voted to grant Keevy Schwartz her \$100.00 scholarship to 4-H Legislature. She has promised a full report at her return. We have also sent the Fancy Feathers 4-H club \$100 for all their help at the fair. Ruth Barhite has done a great job of reorganizing that club and getting them motivated.

Next up for discussion was the Poultry Handbook. Dennis needs more of our help to get it off the ground.. We talked about a red color, cover, which would make it more outstanding. At any rate, we will have this month to think it over and vote on weather or not to do it at the June meeting.

Arvis gave us a report on the incubators. She has been talking to some experts and they tell us the controls are not large enough to do a proper job. We will possibly, have the option, of selling the old controls, with the money to go into the purchase of new ones. When she finds out some prices I will talk it over with Sandy and see where we go from there. We must do something to get them working properly This Arvis also gave us a report on the plant sale and showed us some pictures which were taken there.

Wakeeta Schwartz is doing the animal exhibit for Pioneer Days at the fair. The Memorial Day week-end was a busy one for the fair as they were also having a flea market and an exotic bird show.

One of our members, Jerry Turner is looking for a serious-minded young person interested in helping with a Bantam Breeding project. You can show your results at next years fair. Interested parties can call Lee for the phone no. (686 4774)

We want to thank Linda Wright for the wonderful array of refreshments she provided for our meeting. They were truly outstanding and delicious. We agreed to carry over the brag box and adjourned around 11:00 PM.

The Egg Diet

by Dennis Hawkins

Is it possible to go on a weight loss diet whereby you can eat unlimited amounts of eggs, meat, and fat? The answer is yes. It is called the Egg Diet and is a variant of the Atkins diet. It sounds almost too good to be true, and has drawn fire from the mainstream diet organizations. "Unlimited fat?", they scoff. Why, because there is a lot of money in the diet business and the Egg Diet doesn't profit anyone except you and maybe your grocer. You see, like the Atkins diet, the Egg Diet is a high-protein, low-carbohydrate diet. It is essentially the same kind of diet that a diabetic is supposed to be on - more or less.

How can something like this work? To answer that question, it is important to review a little basic biology. The first and most important thing to understand is that our bodies burn a very simple kind of sugar called "Glucose" and not fat. You hear the phrase "burning fat" all the time, but it is simply not scientifically correct. While your body does have the ability to convert stored fat into Glucose for fuel, it cannot actually burn fat directly.

The next thing to understand is where the glucose comes from. It can come from stored fat as was stated above, but your body will take it from the easiest source. This means your digestive system. The fat that is stored around your waist was put there for times of famine and your body won't touch it if not necessary. Essentially, the purpose of the digestive system is to process food into Glucose.

Now, remember when I said that Glucose was a "simple" sugar? There are many other forms of sugars that are more complex. The kind of sugar that you have in your pantry is probably Sucrose. Your body cannot burn Sucrose without first converting it into Glucose. Fortunately, your digestive system is really good at that sort of thing and sugar that you eat gets converted into glucose within minutes - sometimes seconds - of being ingested. Therefore, it is important for the sake of this discussion to remember that all sugars are processed by your digestive system very rapidly.

Sugars are in the carbohydrate family - and so are starchy foods like bread, flour, pasta and potatoes. While sugars are the fastest substances that your digestive system can process into Glucose, starches are the next fastest. So fast in fact, that to your digestive system, there isn't much difference. It takes only a few minutes to process certain starches, like bread for example, into Glucose.

Fats, on the other hand, are very complex molecules. Your digestive system has to really work hard to process fat into Glucose. Consequently, a lot of unprocessed fat simply passes on through and never gets converted. Another important thing to understand is that fat doesn't get absorbed directly into the body like a lot of people seem to think. The fat in your body had to have once been Glucose, and through the magic of the pancreas and other organs, got converted into body fat.

Now, knowing this, what kind of food do you want to eat if you are trying to loose fat? Certainly not carbohydrates. With all those easy Glucose molecules coming in from your digestive system, there is

certainly no reason for your body to try to burn any stored fat. Of course, you could simply cut way back on the amount of carbohydrates to practically nothing, but that would mean going hungry if you weren't allowed to eat anything else. In fact, that is exactly how mainstream diets all work - starvation.

Here is where the Egg Diet fits into all of this. If you eat high-protein, low-carbohydrate foods, your digestive system cannot produce enough Glucose for your body to burn. Therefore, it has no choice but to convert the fat stored around your waist back into Glucose. The nice thing about this is that the amount of food isn't all that important just so long as the total grams of carbohydrate is kept down.

Now that you know how the Egg Diet works, you can put it into practice. The diet is simple. The goal is to reduce your carbohydrate intake to practically nothing, but not necessarily reduce your fat and calorie intake. You can eat all you want of high protein foods like eggs, cheese, and meat. You do not need to concern yourself with the amount of fat or calories that you are consuming - they are irrelevant. You can also eat many kinds of vegetables as long as they are not sweet or starchy. This means that a salad with tons of your favorite dressing is just fine, but a baked potato is off limits. In fact, all breads, sweets, pasta, and other starchy foods are off limits. Most processed food is also off limits because it is usually loaded with carbohydrates. When in doubt, you can check the "Nutrition Facts" label on the product.

But there is a catch. You see, after all those years of not having to work very hard, your digestive system is going to have a hard time the first several days on this diet. In other words, you're going to get sick for a few days. You can expect to be extremely weak and possibly start shaking. Although not scientifically accurate, it is almost as though you are addicted to bread and the shakes are your body going through withdrawal. Therefore, it is a good idea to plan the start of your diet around your free time so that you don't have to drive or operate dangerous machinery. In fact, if you don't get sick, you are either very young or you are cheating too much. If it is neither of those, then you need to reexamine the foods that you are eating to make sure that they don't contain more carbohydrates than you think.

Another drawback is the expense. While you don't have to buy special foods from anybody, the quantity of meat that you must eat makes your grocery bill a lot higher than normal. The reason why this is called the Egg Diet is because eggs are allowed in unlimited quantities and don't cost much. A typical breakfast consists of 4-6 fried eggs, 1-2 sausage patties, and a few strips of bacon. (Notice that there are no grits, oatmeal, jelly, orange juice, or toast on that list.)

Another thing to watch out for is meal neglect. For some reason, people who are on this diet become less interested in food and sometimes forget to eat. It sounds silly, but this diet definitely changes your body chemistry somewhat and meal neglect has been observed in more than a few people. It is important to eat at least three meals a day whether you are hungry or not. You should also make sure that you are getting plenty of fluids. Water is the best thing. Milk is acceptable in a pinch.

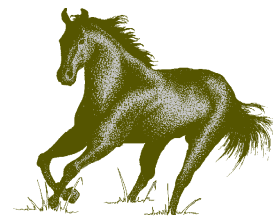
Soda pop is totally off limits - even diet soda. The reason for this is because diet soda contains an

artificial sweetener called aspartame. The Atkins Research Center has discovered that aspartame inhibits your body from converting stored fat into glucose. If you absolutely have to have something sweet to drink, you can mix unsweetened Kool-Aid packets with Saccharin based artificial sweeteners. Saccharin does not block the fat to glucose conversion process. Also, don't let the government cancer warning on the front of every Saccharin based sweetener fool you. The warning was put there by congress in the mid 1970's and not by the FDA. It is there for political reasons and not medical ones. It is a tribute to the corruptness of the lawmakers of the 1970's. Just disregard it. Saccharin has been in use for over a hundred years and nobody has ever gotten cancer from it yet.

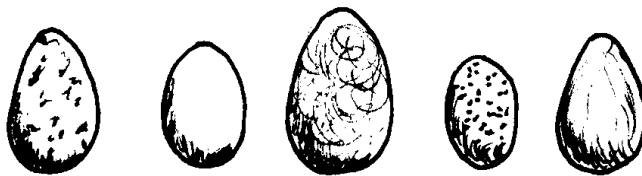
Once you get going on this diet, you aren't going to see any instant weight loss. The best that you will do is about 1-2 ounces a day. This means that it will take about a month to lose just two pounds. If you lost it faster, then you would really just be losing water - which is what actually happens with many mainstream "quickie" diets. All in all, this is probably the best diet ever devised. Who would have ever thought that you could eat as much meat and eggs as you want and still manage to lose weight. I tried it, and it works for me. If you try it, I hope it works for you as well.

Accident

We want to extend our "Get Well Wishes" to Troy Van Heusen. His leg was broken and his ankle dislocated on May 8 when he was trampled by a stallion. Troy, we sure hope you are back on your feet soon.



Katelin, MaryAnn, and the Wild Mustangs 4-H group went with their leader, Barbara Cassidy, to the Central Florida Pigeon Fanciers Association's pigeon exhibit and sale. MaryAnn and Katelin displayed some of their birds and worked the food concession stand.



Meeting Schedule

Normally the club meets on the 4th Friday of each month. However this year, because we have moved our picnic to April, we have made a few changes. It turns out that on the 4th Friday in June, the month that we used to have our picnic, Gene Joyner will be using our pavilion. Therefore, in the month of June we will be having our meeting on the 3rd Friday instead of the 4th Friday.

The Wizard of OZ

Chicken Trivia Contest

Answer the following two questions correctly and you could win up to 10 raffle tickets for use at the next meeting. Write your name and answers on a piece of paper and give them to Lee at the next meeting. If more than one person has the correct answers, a drawing will be used to select the final winner. You must be present to win.

1. In the barnyard scene of the movie, "The Wizard of OZ", which featured Judy Garland as Dorothy, an incubator was being used to hatch what breed of chicks? (Worth up to 5 tickets)

2. In the Disney sequel, "Return to OZ", what breed of chicken took Toto's place and accompanied Dorothy back to the Land of OZ? (Worth up to 5 tickets)

Larger Battery Cages = Trouble

French researchers have discovered that larger Battery style layer cages are not necessarily a good thing. The test was conducted by the researchers as a result of the confused screams of European animal rights groups. Being that most animal rights protestors have never handled a chicken, much less raised one, their demands were, as usual, foolhardy. From the animal rights group's point of view, they figured that increasing the size of a battery cage from 450 square centimeters to 850 square centimeters per hen would be a good thing.

What the researchers actually found out was that the hens aggressive behaviors increased along with the size of the cage. In other words, there was a significant increase in the number of hens in the larger cages that died of cannibalism. There was also four times as many broken eggs in the bigger cages.

When Embryos Become Chicks

from the UF Poultry Letter

About three days before hatching, the embryo changes position in the shell. The beak turns toward the air cell, amniotic fluid decreases, and the embryo prepares for hatching. Day 19, the yolk sac is completely drawn into the body cavity. The embryo goes from the position of head tucked between the legs to a turning-up of the head under the right wing. This position allows the embryo to pierce the air-cell and eventually the egg shell.

The embryo becomes a chick when it breaks the amnion, and starts breathing air in the air cell. "Pipping" is the act of breaking out of the shell. Pipping forms a ring of cracks counterclockwise around the shell. The end of the shell is then pushed away as the chicken emerges.

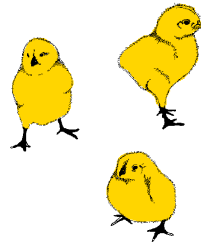
Mini Membership Application

Send your name, address, telephone number, and check (no currency please) for the dues to:

PBCPFA c/o Rose Greggs, Treasurer
8643 El Paso Dr.
Lake Worth, FL 33467-1109

Include the names and ages of your children (if any), your Email address (if applicable), and your full 9 digit zip code (if in USA). The dues for the PBCPFA club are \$12 for families and \$8 for individuals and run from January 1 to December 31. New members joining after June 30 are eligible for an initial half price rate. For existing members, all renewals are due December 31 and are for one year. Non-US members, please add \$8 for postage. Sorry, we can only accept checks payable in U.S. funds.

Refreshments served and a raffle at every meeting!



Classified

Rate: \$1 per line. Members get first three lines free. Send check payable to PBCPFA to Rose Greggs, 8643 El Paso Dr., Lake Worth, FL 33467-1109.

FOR SALE:

PBCPFA T-Shirts, excellent quality, beautiful logo. Assorted sizes are available for \$10.00 Contact Richard Greggs (561) 433-8157. Don't be chicken, get yours today

Rhode Island Red Pullets and Cockerels of various ages. Contact Richard Greggs at (561) 433-8157.

Assorted pure bred young bantams. Must see. Will accept any reasonable offer. Call the Perrymans at (561) 967-6332.

Free Computer Stuff, including a flatbed scanner and monitors. Will be thrown out if nobody wants them. See Hal or Pam Marietta at the next meeting.

Chickens for sale. Various breeds, ages, and prices. We also have live meat birds. Call Richard or Linda Wright at Heavenly Acres: 561-793-5696.

FOR LOAN OR RENT:

Don't let your flock fall victim to predators! The poultry club owns two live animal traps that members may use free of charge. To reserve your time to use one of the traps, contact our Property Manager, Richard Greggs, at (561) 433-8157.

WANTED:

Newsletter articles for the PBCPFA newsletter. The deadline is the fourth Friday of the previous month. Submit articles to the editor by mail, Email, or in person at the meeting.