

# **Northwest Bird Club Newsletter**

## **September 2008**

### **PURPOSE**

**To join together people who share a common interest in keeping and breeding exotic birds in captivity. To educate our members and the general public in the best care, keeping, maintenance, and breeding of their birds. To support bird conservation. Together we can make a difference.**

### **MESSAGE FROM THE PRESIDENT**

For those of you who couldn't attend the annual picnic, you missed out on the chance to meet families of club members, and of course a fantastic spread of good food. Kudos's go to Rainie for picking up the chicken that NWBC supplied. And thanks to all the great cooks for the wonderful salads and desserts. Thank you also goes out to Sharon and her husband Dan for hosting; for the 3<sup>rd</sup> time, this annual gathering at their home. Juli took some great pictures and posted them in our photo gallery on the website. Good going Juli !!! The weather, the scenery, the conversation, couldn't have been any better.

As the days quickly pass by we are drawing very near to the Bird Mart. I urge you to try and volunteer your help. There are lots of things to do to make this a success. If you are unable to help at the mart, maybe you could post some of our flyers, or get donations either for the silent auction or the raffle. If each person could get just one item donated would help.

I hope you and your birds are doing all right with the heat wave we've been having. I have to laugh when I drive down the road we live on. About 3 miles below us someone has just recently made a plywood structure of a snowman. I guess that's supposed to make you feel cooler. Maybe this winter they'll put up a sunshine.

Let's plan on watching the DVD Sabra donated at the next meeting. And if anyone else has a good educational VHS or DVD, bring it. I think I can come up with one. And let's pray that the air conditioning is on at the clubhouse.

Stay well and I'll see you Sept. 7<sup>th</sup> at the next meeting.

President  
Helen Miller

### **REMINDER!!!**

**OUR SEPTEMBER MEETING WILL BE ON  
SUNDAY SEPTEMBER 7<sup>th</sup>,  
DUE TO THE LABOR DAY HOLIDAY WEEKEND**

**REMEMBER OUR ANNUAL BIRD MART!!!  
OCTOBER 4<sup>TH</sup> & 5<sup>TH</sup>  
JOSEPHINE COUNTY FAIRGROUNDS**

## MESSAGE FROM THE EDITOR

Summer is coming to end...it went by so fast! I'm looking forward to Fall...I love the cooler weather. My kids are looking forward to school starting next week. It was nice to have their help with all my birds during the summer months.

The picnic was great this year! Lots of members and their families attended. As usual, the Holscher's were the perfect hosts!

Several of our members went to the bird mart in Roseville this past weekend (Dave Sumerlin, Nancy Ingram, Ann Valencia, Sharon Holscher and Jephson and myself). Lots of birds! There were birds there that I had only seen in books. A couple birds I'd never even heard of! It's always fun meeting new "bird people"...sharing ideas and learning from each other and trading stock to get new blood lines. I always enjoy seeing bird toys that other people make. I met a lady there that had beautiful toys! She makes all of her own toys and sells them throughout the world through a friend. She gave me some great tips. Sometimes I wish that marts would only accept handmade bird toys. It's impossible to compete with vendors who buy in large quantities from China and then sell them at bird marts. At least when toys are handmade you know what safe and what's not.

I got myself a new friend while I was down in Roseville. My new friend's name is Jazz. It's a little 3 month old blue crowned conure. I've been corresponding with the breeder for a couple months...just waiting to see my new "baby". He's all I hoped he'd be! He spent his first night away from his old "family" in a suite at the Hilton in Roseville. He was tired from his long trip to Roseville from Fresno, so he slept most of the time and missed the beautiful room. Now he's at his new home in his big new cage with lots of homemade toys and perches. He seems to be enjoying exploring his new surrounding!

Don't forget to sign up to help at the bird mart! It's only a little over one month away. We need help from each and every able bodied member to make the mart a success. Call Sharon Holscher @ 541)826-8687 to let her know that you're ready and willing to help. We always have lots of fun...it is work, but fun "work". It's fun spending some extra time with your 'bird brained' friends!

So far, only two people have sent entries in for the photography contest! KEEP SENDING IN THOSE PHOTO ENTRIES! The deadline is September 20<sup>th</sup>.

Sabra Scotton  
Editor

[Sabra@northwestbirdclub.org](mailto:Sabra@northwestbirdclub.org) or (541)776-5851.

**Mark Twain once said, "She wasn't refined, yet, she wasn't unrefined...she was the type of woman who had a parrot" (that's me!)**

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## REMINDER!

**THAT THIS WILL BE THE LAST NEWSLETTER  
THAT WILL BE MAILED TO MEMBERS**

**You can read the newsletter on our website.**

**[www.northwestbirdclub.org](http://www.northwestbirdclub.org)**

**If you want to receive the newsletter by mail you must let me know!**

**Contact: Sabra at (541)776-5851 or [Sabra@northwestbirdclub.org](mailto:Sabra@northwestbirdclub.org)**

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# 3<sup>rd</sup> Annual Photography Contest

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Sponsored by  
Northwest Bird Club

Winners will be determined  
by ballot voting on Saturday during the

Northwest Bird Club's Annual Bird Mart  
Being held at the  
Josephine County Fairgrounds  
(Flower Building)

OCTOBER 4<sup>TH</sup> & 5<sup>TH</sup>, 2008

Saturday - 10am - 5pm

Sunday - 10am - 4pm

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There will be winners in 3 categories:  
Pet Bird ~ Wild Bird ~ Game Birds/Poultry  
(Prizes will be awarded in each category)

\* WINNERS WILL BE ON DISPLAY SUNDAY DURING THE BIRD MART \*

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## ENTRY FORM FOR NORTHWEST BIRD CLUB PHOTO CONTEST

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Street Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Category being entered: Pet Bird: \_\_\_\_\_ Wild Bird: \_\_\_\_\_ Game Birds/Poultry: \_\_\_\_\_

Brief description of subject: \_\_\_\_\_

MAIL ENTRIES TO: NWBC Photography Contest  
c/o S. Scotton  
1365 Kings Hwy  
Medford, OR 97501

**\*There is a \$5.00 entrance fee for EACH photo entered in the contest (SIZE: 8"x10")  
(DO NOT MAT)**

**\*ENTRIES MUST BE RECEIVED BY: September 20th, 2008  
(NO LATE ENTRIES ALLOWED)**

**\*Photographs will not be returned (unless self addressed & stamped envelope is enclosed with entry)**

**\*If the winner isn't present at the bird mart - they will be notified by phone/e-mail. They will have 5 days to claim their prize.**

# Northwest Bird Club Classified Ads

## Classified Ad Pricing

(Your Ad will be in the monthly newsletter and on our club website )

( Line Ads are free for members )

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Line Ads for non-members: \$5.00 per month ~ \$27.00 for 6 months ~ \$55.00 for 1 year

BOX AD - Includes a box outline to make your ad stand out from the rest - \$7.00 per month

DEADLINE FOR SUBMITTING ADS FOR THE NEWSLETTER, is the 16th of each month.

(Let me know if items in your ad sold so I can take them out of the classified)

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**DISCLAIMER:** The Northwest Bird Club makes no warrantee as to the health, condition, or availability of any birds advertised in this newsletter.

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I will be at the bird mart October 4<sup>th</sup> and would like to trade Gouldian finches for new blood in my flock. Thanks! Jay Johnson (541)942-1179 (Cottage Grove, OR)\*

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You haven't seen a cage until you've seen a "KING'S CAGE", the best you can buy! Sparkling white, powder coated, scalloped Play Top, gold brass plated casters, easy to move. Two nest box openings, can mount outside or inside, 7" X 8". Bar space 1/2", 43" high, 32" wide, 19" deep. Storage rack. A lovely cage! \$290.00, paid \$500.00. Contact Char, 541-732-1470. \*

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**FOR SALE:** S.I. Eclectus- 1 male, 2 Females - They are sweet pets and cages included for each. 1 pr. bonded Senegal parrots, 1 Blk Headed Caique breeder male, Canaries-varigated colors, Parrot cages-assorted sizes, Looking for a Cordon Blue male finch. Call Cindy for pricing. (541)863-6309. C&N Aviaries\*\*

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**FOR SALE:** (OR TRADE?) Unsexed Bourke Parakeets (Rosey split/yellow- \$75.00 & Normal split/yellow \$ 50.00). I also have 3 HAND FED Bourkes (2 Rosey split/yellow - \$100.00 & 1 Normal split/yellow - \$75.00). Female Scarlet Chested Parakeets \$125.00. Red factor canaries Males \$65.00 / Females \$50.00 each. Contact Sabra @ (541)775-5851 or [Sabra@northwestbirdclub.org](mailto:Sabra@northwestbirdclub.org) \*\*

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**FOR SALE:** 3 healthy, sweet, loveable, hand fed Lilac Crown Amazon babies. Born mid April. Asking \$700.00 each. Call Cyndie @ 530-459-3601 evenings\*\*\*

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**FOR SALE:** American Singer Canaries (yellow & orange). Parents are from California \$40.00 & \$50.00 Call: Dave @ 541)227-3755 \*\*\*

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**FOR SALE:** Male Moustache Parakeet (age unknown). Tame, talks a lot! \$225.00. With cage \$300.00 If interested, contact Sabra at [Sabra@northwestbirdclub.org](mailto:Sabra@northwestbirdclub.org) or 541)776-5851

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**DEADLINE FOR SUBMITTING ADS is the 16<sup>th</sup> of each month**  
(Let me know if items in your ad sold so I can take them out of the classified)

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**REMINDER: If you are a member in good standing your ad will be run in the newsletter for 3 months**  
**The \* at the end of your ad indicates how many months your ad has been listed in the newsletter.**

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### REMINDER

At our monthly meeting we hold a "Raffle"....this has always been a fun part of the meeting. It seems that at each meeting we have fewer items on the table....

This is just a reminder for everyone that attends the meeting to bring an item (new or NICE used) for the raffle table. (It's fun to have bird related items, but anything is great!)

So....before the next meeting look through your closets and find some "treasures" to bring for the raffle!

Good Luck during the raffle!

# TIMELY TIPS FOR BIRDKEEPERS

By Carolyn Swicegood  
Landofvos.com  
WATCHBIRD MAGAZINE  
Volume I 2002

Birdkeepers in general are amazingly devoted to the health and welfare of their avian charges. Many aviary owners devote a great deal of thought and effort into the care of their flock, including their birds diet. Although a few birdkeepers feed their birds only formulated food (pellets), the great majority of aviculturists offer a wide variety of foods in order to cover all nutritional bases and to provide their birds the enjoyment of colors, textures, and flavors in their food. A typical daily offering might include freshly sprouted seeds, grains and legumes; fresh fruits and vegetables; a variety of leafy green foods; cooked mixes of corn; beans and grains; wholegrain breads; cornbread; seed mixes; and other dried foods.

Here are a few tips to make feeding the flock faster and more efficient. Following these tips are some easy guidelines to remind us of those birdkeeping chores that are not a part of our daily routine and therefore, much too easily forgotten.

## FOOD CHOICES

- **RESEARCH** is the first step toward establishing an appropriate diet for each bird species that you keep. Besides inquiring of other established and successful breeders of your birds species as to what keeps their flock healthy, check out all available sources of information about your birds species life in the wild. Looking to Mother Nature is a logical way to arrive at a diet that closely approximates what your birds would eat in their natural habitat.
- Pesticide-free foods are more affordable than one might suppose. Thanks to a report by the Environmental Working Group on the toxicity of produce, it is easier to select foods that minimize the exposure of our flock to toxic pesticide residues. The EWG report outlined the toxicity of the best-known fruits and vegetables. The most toxic fruits and vegetables are strawberries, bell peppers, spinach, domestic cherries, peaches, Mexican-grown cantaloupe, celery, apples, apricots, green beans, Chilean-grown grapes, and cucumbers. The least contaminated produce list includes corn, sweet potatoes, cauliflower, brussel sprouts, domestic grapes, bananas, plums, watermelon, and broccoli. Obviously, the more heavily we feed from the least contaminated foods, the healthier our birds. When feeding foods from the list of most contaminated foods, it is important whenever possible, to choose foods that were grown organically.
- **SPROUTING** is a frugal way to provide organically grown food to our flock. Sprouted seeds, grains and legumes are fresh and inexpensive LIVE foods full of vitamins, minerals, and enzymes. Sprouts cost no more than twenty to forty cents per pound and they grow easily in limited space without soil, sunlight, or fertilizer. The feeding of sprouts can revolutionize our bird feeding routine and make our flock healthier and more productive. It is as easy as soaking seeds overnight and rinsing them a few times the next day and feeding them when they developed short tails. What could be easier? When we "grow our own", we can be sure that there is no pesticide contamination.
- **SEASONAL FOODS** not only mimic Mother Nature's way of feeding birds, but by stocking up when they are available, we can take advantage of the low prices that accompany abundant seasonal harvests and special holiday foods. The day after Halloween, hundreds of pumpkins bursting with vitamin A and tasty seeds can often be taken away by the truckload for free. I always freeze as many bags of baked pumpkin flesh as my freezer will hold. I also dry many pounds of pumpkin seeds. After Thanksgiving, the oversupply of gourds and squashes is usually on sale in supermarket chains. After Christmas, most supermarkets slash prices on the nuts that large parrots like Macaws enjoy so much. By feeding daily the current crop of fruits and vegetables, and preserving the oversupply, our birds will be healthier and enjoy a great variety of foods year round.
- While fresh foods are always the best way to meet our birds' nutritional needs, natural food supplements including wheat grass powder, barley grass powder, carrot powder, beet powder, wheat germ, cranberry juice concentrate, and a favorite of many parrots -- fresh fruit and vegetable juices -- can supply the nutrients missing from foods that are grown in nutrient-depleted soil.

## CLEAN AND DISINFECT PRODUCE

- To reduce the pesticide residue on fresh fruits and vegetables fed to our flocks, the USDA recommends that produce be washed under tap water and that we peel away and discard all outer leaves, skin and rinds. Vegetables like potatoes and carrots should be scrubbed if the fiber-rich skins are to be preserved to feed to our birds.
- Grapefruit Seed Extract (GSE) is an inexpensive and safe disinfectant for cleaning produce. To make a disinfectant soak for produce, add 10 to 15 drops of GSE per gallon of water and submerge the fruits and vegetables for 15 to 30 seconds or more.

## FOOD PREPARATION

- I use my German-made "Boerner V-Slicer" kitchen gadget for chopping, shredding, dicing, and slicing fresh fruits and veggies for my birds. This model has been available for decades, costs approximately \$30, and is indestructible. The one that I'm using now has been in daily service for fifteen years and is still going strong. The blades are still dangerously sharp but I faithfully use the hand protector to guide the carrots, sweet potatoes, squash, apples, pears and other fresh produce over the various blades. I cannot imagine daily bird food preparation without it and it. It is my best kitchen gadget. \*
- Keeping all the utensils and containers for bird food preparation in one place can save minutes daily, hours monthly, and perhaps days when calculated for the year. Whether we use a mandolin system, a grater, a peeler, a favorite knife or all of the above, storing them with a bowl dedicated to bird food preparation, along with any other necessary tools, can save considerable time.
- If you need to prepare bird food the night before due to an early morning, prepare a "salad" for your flock and refrigerate it overnight. Place a layer of any small shape of dry pasta in the bottom of a glass or stainless steel bowl. Over the uncooked pasta, place a layer of berries, then a layer of greens torn into small pieces, then a layer of shredded, chopped, or sliced veggies, followed by a layer of fruit. Then repeat the layers of berries, greens, veggies and fruits. Refrigerate overnight and toss and serve just before feeding. The nutritious juices soak into the pasta and no nutrients are wasted.

## GENERAL FEEDING TIPS

- If possible, maintain two sets of food and water dishes so that they can be rotated daily. One set can be disinfected, cleaned and dried overnight while the other set is in service.
- Organize food supplies such as seeds or formulated diet and keep them as close as possible to the aviaries to save time. Use easy-to-open bins that are clearly labeled with the food they contain. Use appropriate sized scoops and keep them in the bins ready to use.
- A multi-pocket apron is a birdkeeper's dream for saving steps. Rather than walking back and forth to retrieve the various tools needed to service nestboxes, food dishes, water systems, and other aviary systems, why not gather all the necessary tools and place them in the pockets of an easy-on and off apron? Some of the tools that might be included are an egg candler, a flashlight, pliers, scissors, small knife, bag ties, plastic bags, wire, paper towels, rubber gloves, nail clipper and file, small towel, small spray bottle of sterile water, Handi-wipes and disinfectant.

## TIMELY REMINDERS FOR BIRDKEEPERS

It is easier to remember routine birdkeeping checks and maintenance chores if we schedule them for one particular day of the week or month, or schedule them to coincide with bi-annual events such as changing the clocks for standard or daylight savings time, or a yearly event such as New Years Day. Once you decide on the best schedule for you, mark the reminders on your calendar and your important duties will not be forgotten.

### WEEKLY (Choose your lightest work day to schedule weekly chores)

- Check each bird for signs of health problems. (Check visually every day).
- Clean cages and aviaries and check all equipment.
- Replace damaged fasteners, perches, and locks.
- Check for loose strings on swings, ropes, Boings, and rope perches.
- Rotate toys in cages for indoor birds. Most birds lose interest in toys after a week.
- To prevent boredom, maintain four toy boxes, one for each week of the month.
- Add one new toy to each of the four toy boxes every month.
- Replace the weekly supply of newspapers in all cage trays.

### MONTHLY

- Wing and nail clips should be checked and updated if necessary on the first day of each new month to prevent flight-related accidents such as escape into the outdoors or overgrown nails entrapping toes or feet.
- Clean and service equipment such as air filters and humidifiers. The humidifier water tank should be washed and sterilized at least once a month.
- Placing a few drops of disinfectant in the water daily, such as Grapefruit Seed Extract (GSE), will prevent a buildup of bacteria in the tank. Air and water filters should be changed as directed.
- Evacuation plans and the equipment needed to carry out an evacuation due to extreme weather, fire, or other unforeseen emergencies should be checked monthly and updated, especially if birds have been added to the flock.

## BI-ANNUALLY

- Batteries in smoke detectors and carbon monoxide detectors should be checked twice yearly when you reset your clocks for standard time or daylight savings time in the spring and fall.
- Check veterinary, poison control, and hotline phone numbers that should be kept by your telephone and remind all family members and bird sitters what to do in the event of an accident or poisoning.

## YEARLY

- Check all components of your avian first aid kit to be sure that they are state of the art and have not outlived their expiration date. Test electrical equipment, such as heating pads.
- Check your will or other instructions for the care of your birds in the event of your illness or death, and update if necessary. People and situations change constantly so it is important that your instructions outlining your wishes for the future care of your birds is updated yearly.

\*The Boerner V-slicer <http://www.kingmarketing.com/slicer.htm>

**NOTE FROM EDITOR: This article was used with permission from Carolyn Swicegood at landofvos.com (this is a WONDERFUL website!). I wrote to Carolyn several times when I had my eclectus – she always answered my e-mails promptly! She is a great source of information!**

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## 5 Ways to Pamper Your Parrot

by [Taylor Knight](#)

Used with permission from [www.yourparrotplace.com](http://www.yourparrotplace.com)

We are all busy these days and I know it's hard to meet all the demands in your life. But, it's time for a breather. Take an some time with each of your feathered kids and give them the royal treatment. I know some of you out there have multiple birds, so it doesn't have to be all the parrots in the same day! Get into the habit of doing at least a short version of this regularly. Your parrots will thank you! Some birds are more 'social' than others. Two of mine I can pick up and snuggle with without fear of needing stitches. The other one I have to be really careful with. I use a stick as his main form of transport. No matter what level of 'snuggliness' your parrot prefers, you can adjust each step to your parrot's comfort level.

I hope both you and your feathered kids have a great time. Not only is this a great time for your bird, but you get a relax a bit as well. For an added bonus, turn the phone off!

### **Spend some quality one-on-one time**

Just hang out together. Let them help you pick up around the house. My cockatoo likes to help me fold laundry. One of my African Greys prefers to chat in English back and forth. My other African Grey likes to sit on me and get scratches while I lay on the couch.

He runs up and down me, the couch and sometimes perches on my knee and just sits there. You could put on some rainforest or classical music and just sit quietly together for a little bit. There are no rules, the point is just to give your bird your undivided attention.

### **Share a meal**

Fix up some nice vegetables, fruit, pasta or any other bird-safe dish that pleases your parrot's palate. Share with your bird, heck, eat off the same plate. One bite for you, one little bite for them. Of course, remember to give them their own spoon or fork so you don't give them your icky human germs.

### **Interactive Play**

Hand toys like birdie bagels, barbells or marbella shapes; a piece of rope, a popsicle stick, a towel, even a wadded up piece of paper can be really run interactive bird toys.

There are hundreds of safe and fun things to play with. Lighten up and show your bird a good time. One of my African Greys loves to play catch with a wadded up piece of paper. When catch time is over, he loves to shred it up. It doesn't have to be expensive, it just has to be fun!

### **New Toy**

Give your parrot something new to do when hanging out in inside the cage! Remodel a little. Rearrange the toys that are in there and purchase a new one. Parrots get board! Why not buy an extra toy or two for later while you are at it. You could rotate the toys when your parrot loses interest in it. I have a birdie toy box that all my toys go into. Periodically, I pull their current toys out and put some from the box in. The others go back into the toy box for later use. If the toys are damaged quite a bit, see if you can use the parts from several toys to make a new toy. Rotating and recycling toys prevents boredom, saves you money and gives your parrot a change of scenery regularly.

### **Shower**

What pampering session would be complete without a nice shower or bath? Depending on your parrot's preference, let them splash around in the sink or tub. Mist your bird with a squirt bottle or for a finer water spray you could use a birdie mister like Mr. Mister. I use a Mr. Mister for all my parrots, in fact they have their own shower perch. Whatever they prefer, make it fun!

**Check out the other great articles at [yourparrotplace.com](http://yourparrotplace.com)**

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## **GET OUT AND GET THOSE DONATIONS!**

### ***WE STILL NEED DONATIONS FOR THE BIRD MART!***

**The silent auction at our annual bird mart is a large money maker for our club. Without donations there will be no auction. Each member needs to do their share in getting donations! It's not hard, just talk to people! What the worst that could happen? They could say "No" ....but, they might say, "Sure, I'd love too!" I'm always surprised at how willing companies are to donate.**

**When you do get donations, they go to either Donna DeCamp (silent auction) or Rebecca Piquette (Birds for the auction).**

**Please donate NEW items or barely used items that are in excellent condition.**

**If you're donating a bird for the auction we need the following information:**

**Age of bird, sex, handfed/not tame (etc), include a small bag of the food that the bird is used to eating. Also include a care sheet for that type of bird.**

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## **REFRESHMENTS for the Sept 7<sup>th</sup> meeting**

**Debbie Freeland and Rainy Privitera**

**And anyone else that would like to bring goodies!**

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**BIRD MART ~ OCTOBER 4 & 5, 2008**  
**OCTOBER CLUB MEETING WILL BE HELD ON SUNDAY, OCT. 12TH**