

SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

Volume XXIII, Issue 6

June 2007

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

June 8

2007 MEETINGS
Board meeting at 6 pm. General meeting at 7 pm

THE SSEBS NEWSLETTER

This June 2007 newsletter issue is my final issue. I thought about doing a fancy end-of-my-service issue, but then I thought, "No, I don't want to shock anybody nor make my successor think that I'm trying to set the bar higher for her!" Instead, I want to thank those who have assisted me over the years:

- Barbara Ann Smith, who faithfully assisted me with the chore of folding, taping, stamping, and mailing or distributing the completed issues;
- Sherylle Orr, who transcribed Frosty's periodic "interviews" with Society members' birds and occasionally stood in for Barbara Ann;
- Smiles Germeau's vigilance in directing me toward or forwarding interesting topics and articles;
- Pat Hill, who put up with my haphazard bookkeeping when reimbursing me for newsletter expenses;
- And all the other Society members-- officers and general membership-- who have helped and encouraged me.

We are lucky to have a volunteer to be my replacement-- Pegg Bauer. I'm certain she will be an able editor, and I'm looking forward with all of you to reading her issues! Please give Pegg all the support you can, and I'll leave it to her to give you the address/phone number she would like for you to use to contact her.

THANK YOU, EVERYBODY!

**CAROL FRINK
FORMER SSEBS NEWSLETTER EDITOR**

IS FOOD BECOMING LESS NUTRITIOUS?

Courtesy of the University of Texas at Austin and World Science staff
December 6, 2004
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A study of 43 vegetables and fruits suggests their nutritional value has declined in the past 50 years, scientists say. The researchers suggested the decline may result from the fact that farmers have been planting crops designed to improve traits other than nutritional value, such as size.

Broccoli -- a favorite among many mothers, thanks to its alleged nutritional value -- is one of the many garden crops whose nutrient content has been declining in recent decades, according to studies. (Image courtesy Indiana State Department of Health)



The researchers said the study also raises the possibility that similar declines might have affected other food crops, such as grains. More research is required to check whether this is so, said Donald Davis, the study's lead author.

Cont. on next page

The study was designed to investigate the effects of modern agricultural methods on foods' nutrient content.

Davis and colleagues studied U.S. Department of Agriculture data on garden crops, mostly vegetables, but also melons and strawberries, comparing data from both 1950 and 1999. The study is scheduled to appear in the December issue of the Journal of the American College of Nutrition.

Davis, of the University of Texas, said demonstrating meaningful changes in nutrient content over a 50-year time interval was a challenge. The researchers had to compensate for variations in moisture content that affect nutrient measurements, and could not rule out the possibility that changes in analytical techniques may have affected results for some nutrients.

"It is much more reliable to look at average changes in the group rather than in individual foods, due to uncertainties in the 1950 and 1999 values," said Davis, who is also a research consultant at the Austin Bio-Communications Research Institute in Wichita, Kansas. "Considered as a group, we found that six out of 13 nutrients showed apparently reliable declines between 1950 and 1999."

These nutrients included protein, calcium, phosphorus, iron, riboflavin and ascorbic acid. The declines, which ranged from 6 percent for protein to 38 percent for riboflavin, raise significant questions about how modern agriculture practices are affecting food crops.

"We conclude that the most likely explanation was changes in cultivated varieties used today compared to 50 years ago," Davis said. "During those 50 years, there have been intensive efforts to breed new varieties that have greater yield, or resistance to pests, or adaptability to different climates. But the dominant effort is for higher yields. Emerging evidence suggests that when you select for yield, crops grow bigger and faster, but they don't necessarily have the ability to make or uptake nutrients at the same, faster rate."

According to Davis, these results suggest a need for research into other important nutrients and foods that provide significant dietary calories, such as grains, legumes, meat, milk and eggs.

"Perhaps more worrisome would be declines in nutrients we could not study because they were not reported in 1950 -- magnesium, zinc, vitamin B-6, vitamin E and dietary fiber, not to mention phytochemicals," Davis said. "I hope our paper will encourage additional studies in which old and new crop varieties are studied side-by-side and measured by modern methods."

Davis's paper taps into what should be a major and growing concern, according to Chuck Benbrook, science advisor to the Greenfield, Massachusetts-based Organic Center for Education and Promotion.

The paper is "an important contribution," wrote Benbrook in a recent email. But he added that he disagreed with some of Davis' ideas on the reasons for the drop in nutrition. "His sense is that varietal/genetic differences account for most of the change, but I think it is likely that production systems also are major contributors, and sometimes even more important than genetics," wrote Benbrook. In other words, the same variety of plant may have different nutritional values depending on how it's grown, Benbrook added.

RECIPE BOX

BEAN, RICE AND VEGGIE MIX

2/3 cup mixed dried beans (the kind sold for bean soup)
1/4 cup birdseed
1/4 cup cracked corn
1 very large acorn or butternut squash (about 3 cups cubed)
1 small apple
2/3 cup cooked pasta
2-3 large leaves collard greens
1/8 cup almonds
1/8 cup alfalfa pellets
1/3 cup grapes, peaches, or other fruit
1 or 2 tbs chili powder
1 tsp cinnamon
3 tbs parmesan cheese
1 packed cup cooked rice
1 package frozen green peas
fruit juice

Soak the beans, cracked corn, and seed in a bowl of water overnight. Then boil the beans, seed, and corn for 20 minutes or so, until cooked. If you're using the microwave, make sure to use plenty of water. They absorb a lot while cooking. Remove the core and seeds of the apple and cut into a few pieces. Cut the squash into cubes. Squash seeds do not need to be removed; they are very nutritious. Boil the apple and squash for 10 to 15 minutes or until very soft and mushy. The squash skins can be pulled off and discarded.

Combine beans, corn, seeds, squash pulp and seeds, apple, pasta, collard greens, almonds, alfalfa pellets, fruit, chili powder, cinnamon, and cheese in a food processor. This may overflow the food processor and might need to be done half at a time. Process until ingredients are well-mixed and chopped up a little.

Stir in cooked rice and thawed peas. Add fruit juice to achieve a nice consistency. Freeze into serving sized pieces. Makes about 60 ice-cube sized pieces (a good meal size for cockatiels, quakers, small conures, etc).

The squash seems to be the favorite part and also probably the most nutritious.

FEEDING TIP. Once you have your bird taking a couple of different things from your hand start to place these same things (which they are now enjoying) in a bowl or cup (whatever you wish to feed from). Soon your bird will know that whatever you put in there is food.

PARROTS, WAR VETS TEAM UP IN L.A. HEALING PROGRAM

By Jill Serjeant

Thu 31 May 2007 7:16 PM ET

LOS ANGELES, May 31 (Reuters) - A dog may be a man's best friend. But for some traumatized war veterans, parrots are proving even more of a help. Rescued and abused parrots are helping the veterans turn their lives around in a unique program launched officially on Thursday at a Los Angeles Veterans Affairs facility. The parrots -- which sometimes pluck their own feathers when stressed out after years in cramped cages or abandoned by owners -- are thriving too in what organizers say is an exercise in mutual healing. "Both the veterans and the parrots have suffered some kind of traumatic stress. Both are learning to build compassion and empathy together," said Lorin Lindner, the psychologist behind the Serenity Park Sanctuary at the V.A.'s headquarters in the Westwood section of Los Angeles.

After years working with homeless, drug and alcohol addicted ex-servicemen and women, Lindner took some of them on a trip to a parrot sanctuary in Southern California and noticed how well the former Vietnam and Gulf War veterans were responding to the wild birds. The idea for the Los Angeles sanctuary was born, and 14 parrots now live there, fed and cared for every day by a small group of war veterans.

"I am one of those guys who could be on the streets or in prison if it wasn't for this," said Matthew Simmons, 33, who served in the 1991 Desert Storm offensive in Iraq. Simmons entered a downward spiral of nightmares, alcohol and prescription drug addiction that ended in a two-year prison term for assault before he was released and started work on the parrot program a few months ago.

Hanging upside down and squawking angrily at the strangers gathered outside her enclosure, a white cockatoo called Sammy fell silent after being coaxed down by Simmons. "I was isolated and angry. Now everything has changed. The parrots were the catalyst. You have to be open and honest with them. Now I deal with people too in a much more open way," Simmons said.

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ROSTER FOR REFRESHMENTS AND DOOR PRIZES

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

PARROT TEACHES BOY WITH AUTISM TO SPEAK

By Nannette Richford

Published May 22, 2007

Up until recently, Dylan Hargreaves, a 4-year-old boy with autism, had never spoken an understandable word. That all changed when he met Barney. Barney, the family's blue and gold Macaw, apparently was able to reach the boy when humans could not, according to Ananova. Since receiving the bird from Rob Hargreaves in January, Dylan has learned to say several words including "night night", "dad", "hello" and "goodbye". Dylan is even able to say "night night mum" before going to sleep at night.

Every time Michelle, Dylan's 33-year-old mom, taught Barney a new word, Dylan made an attempt to say it too. He is even beginning to utter two syllable words, which he has never attempted in the past. What two syllable word is he trying to master? Why "Barney", of course and rightly so. After all, this bird has brought more to Dylan's life than a simple pet. Barney has brought Dylan the means to begin his journey into verbal communication with the world.

Michelle believes that it is because Barney speaks slower than people do and it allows her son to understand and repeat the words more easily. She says that every time she teaches Barney a new word, Dylan learns it too. "If there's some enjoyment, a child is more likely to learn. And presumably this parrot has attracted the boy's attention," speech therapist Dr Hazel Roddham of the University of Lancashire said, according to Ananova. Barney has brought new hope and joy into the lives of the Hargreaves family.

Autism affects 3.4 out of every 1000 children between 3-10 years of age in the United States and causes significant difficulties with communication and social development. Although autism rates appear to be increasing in recent years, it is unclear if the rates themselves are increasing or if we are becoming better at diagnosing such disorders.

Research continues to be done on autism. Scientists have identified several conditions considered to be on the autism spectrum that range in severity from being almost totally incapable of communication to impairments in understanding the fine nuances of language and social cues, such as; being unable to read body language and facial features.

Sources:

- Parrot teaches boy of 4 to talk. Emma Morton. The Sun. (<http://www.thesun.co.uk/article/0,,2-2007180324,00.html>)
 - Boy Learns Parrot Fashion. ANANOVA. (http://www.ananova.com/news/story/sm_2296371.html?menu=news.quirkies.heartwarmers)
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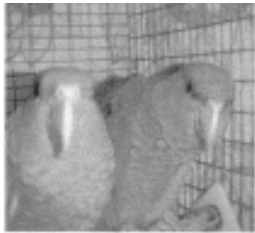
Deanna Shafar, DVM



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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
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FOR SALE:

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360-426-6375 kegdart@hctc.com

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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 15014, Tumwater, WA 98511-5014. 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 Pegg Bauer, Editor

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

HOMEMADE SOAK AND SIMMER

2 parts whole corn or popcorn
1 part whole green peas (use split peas if you can't find whole)
1 part whole wheat berries (look in any health food store)
1 part pinto beans.

Mix all of above ingredients and let the mix soak in room temperature water for about 8 hours or overnight. Soaking will let the mix begin to germinate. Then simmer it for 30 minutes to an hour until the beans and corn are cooked through but not mushy.

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
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Publications	Pegg Bauer	
Ways and Means	Leslie Simpson	360-426-3708
Education	VACANT	
Affiliated Organization Representatives:		
AFA	VACANT	

RECIPE BOX

MASHED SWEET POTATOES

Pierce a sweet potato (or piece of sweet potato depending on how many birds you have) a few times with a knife or fork. Microwave until fork tender. Cut up into chunks, mash with a fork. Option: mix in a tiny bit of peanut butter. (You can add about anything, making it an easy way to add to your birds' diet.) Let cool until just warm then feed. Sweet potatoes are good sources of Vitamin A, which is important to the health of our birds!

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

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 PHONE(S) (____) _____ - _____ (____) _____ - _____
 E-MAIL ADDRESS(ES) _____
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 Family.....\$15.00 _____
 Commercial.....\$25.00 _____

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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.

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 Board members who live outside Olympia/Tumwater/Lacey to save the cost and time of coming for a second meeting per month.

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.

2007 DATES OF SOCIETY EVENTS

June 8

July 13
August 10
September 14
October 12
November 9
December ??

Board and general meeting

Board and general meeting
Board and general meeting
Board and general meeting
Board and general meeting
Board and general meeting
Board and general meeting

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

