

SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

Volume XXIII, Issue 3

March 2007

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

2007 MEETINGS

March 9

Board meeting at 6 pm. General meeting at 7 pm

BEHAVIOR HOMEWORK FOR YOUR BIRD

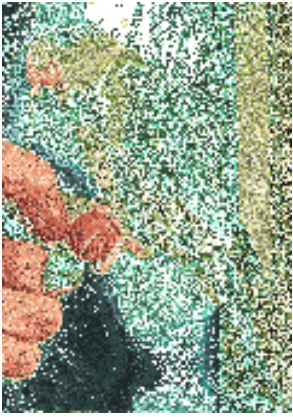
Brian Speer, DVM, ABVP/ECAMS-Avian and Scott Ford, DVM
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Most parrot species spend their time during the day performing daily maintenance behaviors including foraging, social interaction, and feather care. These behaviors are essential for survival for most parrots in the wild, and are also likely essential behaviors for behavioral and mental well-being for parrots in a companion setting. Ideally, a healthy balance of these three categories of maintenance behaviors should be maintained for companion parrots. This balance should be designed in a complimentary manner with the natural biology of the species and should be in a fitting manner with the designated lifestyle of the bird in your home. Feather care and, to a great extent, foraging behavior are instinctual behaviors that are already built-in and require little modification in normal circumstances. It is important, however, to work to enhance these behaviors in order to help balance the overall daily maintenance activity schedule of most companion parrots. Just like people, however, parrots are not born with all the social skills that they need. To compound this built-in need for learning and development, the companion parrot is raised and kept amongst a "flock" of humans – something far from the flock setting and environment in which it naturally lives. In this light, "homework" will be very helpful in guiding your bird towards a healthier and happier interactive lifestyle with you in your home. A three-way balance between foraging activities, social interaction and feather care is very important for behavioral and mental well-being for most birds. The well-trained and adjusted pet bird in the home is less stressed, better nourished, and less likely to develop illness. As an added plus, we also gain enjoyment from our pet birds if they are well adjusted, trained and behave well in our homes.

In general, the "balance" of a normal parrot's lifestyle is viewed as a healthy mixture of foraging, social interaction and feather care. The details of these behaviors and the amount of time needed daily for them vary depending on the species, the season and the housing situation that the bird(s) are in. In an imbalanced situation with specific abnormal behaviors in one of these areas, behavioral guidance is oriented in general towards re-establishing a true balance between these categories again. Should there be abnormal feather care (excessive grooming, picking), generally, we would work to enhance the other two points of the above triangle, social interaction and foraging. Should there be abnormal social interactive skills or behaviors, work would be more focused on enhancement of feather care and foraging behavior activities.

ROSTER FOR REFRESHMENTS AND DOOR PRIZES

Month	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Refreshments	-----	-----	0	0	Sherylle			Picnic?				Holiday Party?
Door prizes	-----	-----	0	Pat H.	Smiles				Sherylle			



GREENBEAN

by Martin Berson

PRELUDE

My name is Martin and I'm from Avon, Connecticut. Very sadly, my pal of 13 years, Greenbean the grey cheek, passed away sometime during the night of September 2nd. He took a big chunk of my heart with him.

My friends feel badly for me, but to most of them he was just a bird. I don't think anyone can really understand except for those who have lived with grey cheeks, which is one of the reasons I am writing this.

Greenbean was by far the most amazing and extraordinary little bird that I have ever cared for. The only Greycheek. Full of life, fire, and mischief.

I mentioned to Gloria, a breeder, that he had a crude metal breeder band on him and she told me he was an import, the last ones coming into the country in 1988. That would make him at least 18 years old, maybe older.

I had no idea he was that old. He always seemed so young, and was full of life even on the night he passed away.

One breeder told me that although he was irreplaceable (not because he was a GC, but because of individuality), and that I might find another little friend who would remind me of him. The more I thought about that, the more profound that became. I understand finding grey cheeks is difficult, but I will still try, and I know one will find and adopt me eventually.

I had an unusual experience 2 days after his passing. I'm a Yoga instructor and had just finished teaching a class at ESPN's employee fitness center. I was walking back to my car and it was a beautiful evening. Perfect temperature, sun just going down. Dry, and about 70 degrees.

I was thinking of Greenbean, and suddenly I felt him circling around my head and then landing on my shoulder. He stayed for a few minutes, and I had the distinct impression that he was saying goodbye since he didn't have the opportunity 2 days before. That happened one time and hasn't happened since.

I'm going to share some of my experiences of Greenbean with you. It is a somewhat lengthy eulogy, and it only scratches the surface of our relationship. I hope it will give you some insight into his personality and you can know him, in a sense, as I did.

My friend who is a therapist says I am anthropomorphosizing (projecting my human emotions onto the bird) but we all know better. Of course people do anthropomorphosize with dogs and cats, but these grey cheek birds are very different.

Grey cheeks definitely have their own strong emotions of joy, pleasure, anger, and much, much, more. They are like little people.

Greenbean completely changed my perception of birds and affected me in ways no one can know. I want to honor him for the 13 years of joy and laughter he gave me.

GREENBEAN'S EULOGY

13 years ago I was in a pet store called the Exotic Feather, a magnificent bird store (now out of business after 20 years, thanks to Walmart and Petco).

I was buying seed for two cockatiels, a grey and a white. When I went to pay, this beautiful little green bird with iridescent green feathers, cobalt blue underpinnings, a turquoise top head and grey on the sides of his face was on a perch next to the cash register. He looked up at me with bright and shiny eyes. I put my finger out to him and he stepped right up onto it with no hesitation. I was amazed at how tame he was.

I asked the owner how much he was, as I had never experienced such a tame bird before. The owner said \$400. I had never spent that much on a bird, but this little bird was gripping my finger very tightly and looking intently at me, so I said yes. It was clear that the bird was adopting me, so I decided to rescue him out of the pet shop, even though I wasn't planning on any more birds.

I got him a cage, took him home, and was thinking about where to set it up in the bird room. One of the cockatiels was out of his cage, and the cage had a front on it that opened like a drawbridge. I put Greenbean on it (he didn't have a name yet) and while I was thinking about where I would put his cage, he ran immediately into the cockatiel's cage. It was obvious he was claiming it as his own. Home sweet home.

So I told the cockatiel that for now, he had to live with the other cockatiel. The other cockatiel lived in a much larger cage. They weren't all that happy about it.

The very first sound Greenbean made (he hadn't even peeped yet) was a sharp, loud, eek, eek, eek. I remember thinking, "Oh boy, if that's the sound you make, I might have to take you back."

In a short time he stopped that noise and began to make all sorts of cool sounds. He didn't say any words, but had many sounds he used consistently to express himself. His own language.

I came to realize that the eek, eek, eek sound was the sound he made when he was startled or frightened. Whenever some creature like a cat, rabbit, skunk, dog, or person went by the window of the bird room he would make that noise. He was ok with chipmunks, squirrels and crows. I started calling him "the alarm bird". He alerted all the other birds to possible danger. Then, sometimes he would make the noise just for fun to startle the other birds. Get them to fly off their perches in alarm. Most of the time, though, when I looked, there was actually something outside.

A friend from out of town came to visit shortly after I adopted Greenbean, and when I showed the bird to my friend, he remarked, "Why, he looks like a little Greenbean." The name stuck. He also had the nicknames "Beanie", "Beanster", and "Beanbird" from some of my other friends.

We bonded very quickly and before long he would let me do anything. Rub his head, beak, or stomach, open his wings to show his orange circles. When I would take him in for a clipping at the pet shop, they would remark, "Wow, he lets you do anything to him." And they saw a lot of birds.

He was frightened by brooms and would sound the "alarm" whenever he saw it. He eventually transferred that fright to anything that sort of looked like a broom, such as the vacuum cleaner. He didn't like the dust pan broom either. At some point, he also decided he didn't like it when I removed the bottom of his cage to clean it. It was all right for me to remove the other birds' cage bottoms, but not his. I would have

to bring him into another room so he couldn't see what I was doing, perching him on a hanging plant he liked and closing the door so he couldn't see down the hall.

He would climb to the very top of the plant, near the ceiling. When it was time to get him, I put my finger up and tried to coax him down within reach. He wouldn't do it. He made me get a chair and climb up to get him. A little game of his.

At night, when his cage was being covered, he would make cooing noises and something that did sound like G'night, over and over. Then, the last sound he would make was "eh, eh, eh". He only made that sound before bed.

Greenbean was feisty, strong willed, and let you know he was in control. When I brought people into the bird room he would come right up to the front of his cage and make a lot of noise as if saying, "I'm Greenbean. Who the heck are you?" Everyone loved him and found him adorable. He was completely sociable with all people.

He did have his moments when he was angry at me, and quite a few times he bit me real hard. Once in a while he drew blood. He somehow figured out where the softest skin was and went for that. Like the soft skin between the thumb and index finger. He also figured out the tips of our fingers are real sensitive and would go for those when angry.

If he wanted out of his cage and felt I took too long to let him out, he would come running out and bite me. Then immediately afterward he would make soft cooing sounds. He had to punish me first before he could be nice to me. I found that rubbing the tops of his feet calmed him when he was angry, and he would stop trying to bite me.

If I was on the floor with him, I could whistle and he would come running over, just like a dog. He would run up to my outstretched finger and as I would lean towards him, he would stay just out of reach, and then run away. Then he would circle back for another round. He loved that game, which he made up.

He loved the shower and when perched on the shower door rail would tilt his head back, his eyes half closed, listening to the running water, looking like he was in ecstasy. I got the feeling he was remembering rain forest showers.

When I would be chopping food in the kitchen, he would mimic the chopping sound, making a sharp noise immediately after each chop. One time a lady friend walked down the hall in high heels, and he made that sharp sound immediately after each heel clicked on the floor. His timing was amazing. Both of us almost fell on the floor laughing. When we came in that night, Greenbean put up a big racket and my friend said, "That bird is scolding you! He thinks he's married to you."

Greenbean loved cacophony. I have a cabinet in the kitchen where nothing fits well. Sometimes when it's opened, all the pots and pans fall out and make all sorts of noise. Greenbean would squawk in delight from the other room at all the racket.

He was messy. He would methodically pick the food out of his dish that he didn't want and fling it on the cage floor, or out of the cage.

He would sit on my shoulder and snuggle up to my neck, preening the hairs on the back of my neck. He would also snuggle up under my chin against my throat. One of his favorite things to do was bite into my shirt or grab my gold chain in his beak and then refuse to let go. Many times I had to gently pry his beak off the shirt or the chain before he destroyed them. He had a stubborn streak.

He enjoyed bothering the cockatiels. He wouldn't fight them, but let them know he was no one to mess with. He would then climb on their cages and perch in their favorite spots to annoy them. I would hear a racket in the bird room, go in, and there he was, on a cockatiel cage, perching, looking at me as if laughing. All I had to do was put my finger out, and he would jump on. Even when he was clipped, somehow he figured out how to get up on the big cage. The poor cockatiels had to put up with him.

He loved fresh papaya and cashew nuts, and would make little sounds of delight with each bite.

One of his favorite games was to climb the curtains up to a valence and hide on it. He would make me look for him. I would call him and hear nothing, and finally he would squawk and give his location away. One time there was no squawk and he was nowhere to be found. I began to get nervous. Could he have gotten outside? No way. All doors and windows were closed. I looked everywhere, calling. Nothing. He was not in any of his regular hiding spots. Finally, through some intuition I removed a pillow from the couch which was taller than the top of the couch. There he was, hiding behind it. The little guy knew I was looking for him, knew he was well hidden, and kept quiet to spook me. He looked up at me as if laughing and began to make his noises.

He loved call and response. We played that a lot. Sometimes it sounded as if he was saying "Greenbean" when he responded to the call.

When I would go away for the holidays, he would be on his best behavior with my friend who would feed the birds. But after a certain amount of time, when he had had enough of her, he would be a bad bird to her for the duration, trying to bite her if he could.

I tried not to play favorites with the birds, but I have to admit he was my favorite. He was never ill or sick the entire 13 years he lived with me, and was full of life even on his last night. I don't know what his life was like before he met me, but I can tell you he had the life of Riley for the last 13 years and was king of the roost.

It was rather abrupt to find him on the morning on September 3rd. Pulling back his cover and seeing him lying on the bottom of the cage on his back. I knew in one instant that it was over. The loss is still very fresh, and it is hard to believe he's actually gone.

We gave him a royal send off. Like an Egyptian king. I put several spiritually charged objects in with him to give him a "wing up". Help him find the rainbow bridge and get a good guide for wherever he is going next.

My friend read two poems to him. One about the Earth giving us life, nourishing us, and then taking us back. It was beautiful. I will get a copy for you. I have a special bell blessed by a Sat Guru. It has a very pleasant tone. Greenbean liked that bell. I used to ring it over him. So I rang it over him after we read the poem.

His resting place is under a tree/bush outside the window of the bird room that wild birds hide in after they visit the feeder. The window in the bird room looks out onto this bush and the feeder, and the inside flock get to watch the wild birds grab food from the feeder and fly between the feeder and this tree/bush. There is a lot of bird energy in this area. I placed a pile of small rocks on top of the site so I can locate his resting spot in the spring and plant some flowers there.

Although it's very sad, I was glad that he was able to live a full span for a grey cheek, had no lingering illnesses, and that he passed away at home in his own cage.

The bird room is just not the same. His presence was so strong, he left a big empty hole and he will be greatly missed. The grey cockatiel (22 years old) has increased his vocal output to make up for the missing sounds. Trying to do his part and Greenbean's part. The mahogany red factored canary (6 years old and who sings from dawn to dusk) is going through his molt and is silent for now.

Thank you all for letting me express how I feel about Greenbean, and I hope that between the eulogy and the picture you will feel you knew him too. He would like that very much.

If he could understand how many people love grey cheeks and what they are doing about the species, I'm sure he would be very pleased.

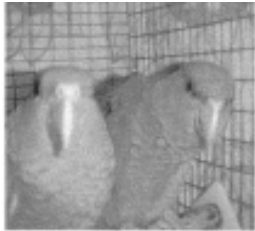
Deanna Shafar, DVM



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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
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 kegdart@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

EASY BAKE MUFFINS

1 C. flour	1 C. yellow corn meal	4 tsp. baking powder
3/4 tsp. salt		1/4 C. Vegetable oil
1/4 C. Petamine		
1 C. milk	2 eggs with shell	
1/2 C. mixed frozen vegetables, thawed	1/2 C. frozen broccoli, thawed	

Mix together all dry ingredients. Stir in milk, eggs, oil and vegetables. Bake at 350° for 20-25 minutes or until a toothpick comes out clean. Cool and cut into one inch cubes and store in plastic bags.

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
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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	

**THE 2007 SOUTH SOUND
EXOTIC BIRD EXPO**

The date for the 2007 South Sound Exotic Bird Expo has been set! It will be held June 23, 2007, again in the Washington National Guard Armory, 515 Eastside St. SE, Olympia.

Please consider volunteering to work with your fellow Society members on the Expo– both beforehand and during the Expo itself. Contact Sherylle Orr, 360-455-0697, or goffin90@yahoo.com, to volunteer.

So, mark your calendars for the Expo next June 23rd!

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 _____
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 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

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.

2007 DATES OF SOCIETY EVENTS

March 9

Board meeting at 6 pm; General meeting at 8 pm.

April 13	Board and general meeting
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 14	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
Newsletter address only:
802 Roosevelt St. NE
Olympia, WA 98506-4626

