

SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

Volume XXIII, Issue 1

January 2008

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

JANUARY 11, 2008 MEETING:

Will feature Dr. A.Singh Dhillon, DVM, PhD, Avian Health Laboratory (Puyallup),
and
Professor, Avian Pathology, Washington State University

Update: March Expo

The SW Washington Fairgrounds, during the November storm, was 18' (not a typo) under water. As of this date, Lewis County has not made a determination which buildings can be salvaged, and which cannot. We are working with the fairgrounds to clarify. I will be updating information at the , as it is received, on SSEBS YahooGroup (see below for joining instructions).

NUTS !

Technically, nuts are tree seeds, which is why they are so rich in nutrients. Only seeds and eggs are capable of producing an entire new living plant or animal, and a tree seed (nut) can grow one of our largest and most versatile plant forms.

Recent studies have indicated that nuts are not a high-fat indulgence, but are a nutritious part of a healthful diet. It has been determined that nuts contribute significantly to human health, and may play a role in reducing the incidence of not only coronary heart disease, but also certain kinds of cancer. Research has shown that nuts added to the human diet do not lead to weight gain but, in fact, by contributing to a feeling of satiety, or fullness after eating, can contribute to weight maintenance or even weight loss. Reputable studies have shown that nuts decrease cholesterol levels and improve cardiovascular health in humans. Studies include a Harvard study of 86,000 women and another study of over 25,000 Seventh Day Adventists; and California's Loma Linda University study, which revealed that eating two ounces of nuts five times a week can reduce the risk of having a fatal heart attack by one half.

Until specific research is done on the role of nuts in the avian diet, we can only speculate about the extent to which studies of the human diet can be applied to the avian diet. However, parrots seem to know by instinct that nuts are nutritious, and they are natural to the diet of wild parrots. We are talking raw unsalted nuts here, and not the in-the-can greasy, roasted, and highly-salted variety that are sold as human treats. Nuts are highly recommended in the parrot diet by Dr. Joel Murphy, DVM, founder of the Florida Exotic Bird Research Center (doing research for exotic bird medicine, nutrition and reproduction) in his book, How to Care for Your Pet Bird. Dr. Susan Clubb, principal author of Psittacine Aviculture, speaks positively of the feeding of various nuts when writing about the hundreds of pairs of Macaws and other parrots maintained at the research and conservation facility in Loxahatchee, Florida.

Historically, concern about nuts has centered on the fat and cholesterol content. As between saturated and unsaturated fats, the type of fat is more important than the total fat consumed. Saturated fats are found mostly in meat and cheeses, which contain cholesterol and thus choke arteries with plaque. Saturated fats are the "bad" fats.

Nuts, on the other hand, are plant products and are low in saturated fats and contain no cholesterol. Ninety percent of the fats in nuts are the monounsaturated and polyunsaturated types. Such unsaturated fats are the "good" fats which will lower the percentage of the "bad" saturated fats in the bloodstream. Ninety-three percent of the fat in walnuts and ninety percent of the fat in almonds is unsaturated.

Nuts include seeds or dried fruit from trees. Nuts are a source of protein, fiber (one ounce of nuts has as much fiber as two slices of whole wheat bread), vitamin E, magnesium, zinc, selenium, copper, potassium, phosphorus, biotin, riboflavin, niacin, and phytochemicals. Because of their protein content, nuts are listed as an alternative to meat in the USDA Food Guide Pyramid.

Birds need three essential unsaturated fatty acids (linolenic, linoleic, and arachidonic acids) – EFAs – to keep their skin and feathers healthy. EFAs require Vitamin E for absorption, and nuts provide that vitamin in the proper balance. Every living cell in a bird's body needs EFAs to rebuild and produce new cells. The two basic categories of

EFA's are Omega-3 and Omega-6, which contain linoleic and linolenic acids. These are found primarily in raw nuts, seeds and legumes.

Fats also act as carriers for the fat-soluble vitamins A, D, E, and K, in addition to providing energy. Fats aid in the absorption of vitamin D, which in turn helps to make calcium available to body tissues. Fats also are important for the conversion of carotene to vitamin A, a most important vitamin for the health of parrots.

Fats are especially important to parrots housed outside in the cooler northern climates because a layer of fat insulates the body from environmental temperature changes and preserves body heat. Nutrient-dense nuts are the healthiest form of fats to offer birds for the purpose of creating and maintaining body heat in cold weather.

Sedentary captive birds cannot be offered nuts in unlimited quantities, or you will receive the "you have a fat bird" speech from your vet (in addition to other much more serious health consequences). Rose-breasted Cockatoos, Sulphur-crested Cockatoos, Amazon parrots, and Budgerigars are particularly prone to obesity and may develop secondary lipomas, fatty liver degeneration and heart disease if they are overfed. Moderation, therefore, is important. But parrots should not be deprived entirely of nuts because of an outdated attitude toward all fats. Simply provide more exercise. Birds were designed to consume high-calorie foods such as nuts, and to burn the calories through physical activity, such as flying. In captivity, moderate caloric intake and moderate exercise are far better than low calorie diets and little or no exercise.

For obesity-prone parrots, a good use of nuts would be to grind them in a nut mill or food processor and use the resulting nutmeal sparingly to give flavor to other nutritious, low-calorie foods. Parrots have a natural taste for nuts and will try almost any new food that tastes like nuts. Almond meal and almond butter are good choices for flavoring foods to tempt finicky parrots. Even birds prone to obesity could be given one almond (about ten calories) in the shell as a food toy that will not add significantly to their caloric intake. If used sparingly in this manner, no parrot species needs to be deprived entirely of the enjoyment and the health benefits of nuts

The best time to buy nuts is when they are freshly harvested during the fall. For best quality, select clean, unshelled nuts free from splits, cracks and holes. Nuts in the shell should be heavy for their size, indicating a fresh, meaty kernel. Nutmeats that rattle around in their shell are usually stale. Crisp, plump and meaty nutmeats indicate high quality. Shriveled nutmeats indicate poor quality. Nuts that are not tightly sealed could be contaminated with deadly mycotoxin, including aflatoxin. Prevention is infinitely better than the cure in this case and nuts should always be examined carefully before they are offered to birds.

Proper storage of nuts is important to prevent the growth of an extremely potent carcinogen, "aflatoxin," one of the mycotoxins, is found on improperly stored nuts, corn and grains. Humidity is the biggest problem for those of us who stock up on whole nuts in the fall or when they go on sale after the holidays. The best way to store nuts is to leave them in their shells, which protect them from light, heat, moisture and exposure to air. Unshelled nuts have a much longer shelf life than do shelled nuts, and will keep for several weeks at room temperature. For longer storage, nuts in the shell should be kept cool and dry to prevent flavor changes due to rancidity of the fat. Keep them below 70 degrees Fahrenheit in airtight, sealed plastic bags or in tightly closed containers. They will remain fresh for about six months in the refrigerator. The lower the storage temperature, the longer the shelf life of nuts will be. Nuts can be frozen for a year or more if sealed in moisture-proof containers.

Almonds are the oldest and most widely grown of all of the world's nut crops. Studying the effects of a diet rich in fats derived predominantly from almonds, scientists have found that blood cholesterol dropped by around 11%, and the dangerous LDL cholesterol dropped 17%. Canadian researchers have found that they reduce LDL in people. Almonds have good amounts of protein, calcium, magnesium, and niacin, offer more fiber than other nuts, and provide vitamin E, a powerful antioxidant. Another study found that people who eat three ounces of almonds a day consumed fewer calories than they did on low-fat diets, while maintaining their weight

Brazil Nuts are extremely rich in the antioxidant, selenium. Many parrot owners do not feed their birds Brazil nuts because of the danger of mycotoxins such as aflatoxin. Raw human grade shelled nuts should be safe. Brazil nuts are an excellent source of calcium, magnesium, and (particularly) selenium

Cashews are enclosed in a tough, leathery shell that contains caustic, toxic substances similar to the active ingredients of poison ivy. Cashew processing separates the edible nut from the toxins. Parrots may enjoy unsalted raw unshelled cashews. There is a folk remedy for toothache that calls for the painful tooth and gum area to be packed in cashew nutbutter. Cashews are an excellent energy food and are very high in magnesium, having only slightly less than almonds.

Chestnuts have the lowest fat content of all major nuts (only 4-6%). Parrots enjoy them raw -- simply cut them in halves to be sure that they are not moldy inside, and serve. To cook, use a sharp knife to make a half-inch slash on the flat side of the chestnut and roast in a 400°F oven for about ten minutes, or arrange in a single layer in a shallow dish, and microwave up to a half pound for six minutes on high, or a pound for eight minutes (if you fail to make a cut in the

chestnuts, they will explode in the microwave). Chestnuts spoil quickly after harvest, so they should be refrigerated and used quickly.

Hazelnuts (also known as filberts) are mild and sweet tasting and are rich in protein, complex carbohydrates, dietary fiber, calcium and vitamin E. They are low in sodium and sugar and, like most other tree nuts, contain no cholesterol. The larger parrots can crack the shells to eat the tasty ovoid nut inside, but shelled hazelnuts can be purchased during the Thanksgiving and Christmas season and frozen for later use. Over 80% of the total fat in hazelnuts is monounsaturated. Hazelnuts contain 179 calories and four grams of protein per ounce.

Hickory nuts have an extremely hard shell that most parrots cannot crack, so they are rarely fed – shelled -- to birds. They are small, have a rich flavor due to their high fat content, and can be purchased unshelled. They contain good amounts of calcium, magnesium, potassium, and phosphorus.

Macadamia nuts have an extremely hard shell which requires a hammer, a vise, or one of the special nut cracking machines to get to the buttery tasting round nut. They are available unshelled. Macadamias have 40 to 80 times more palmitoleic acid than other nuts. They favorably affect the biomarkers for oxidative stress, thrombosis, and inflammation – risk factors for coronary artery disease. A Japanese study of healthy females found that macadamias not only decreased total and LDL cholesterol, but also reduced body weight and body mass index.

Pecans have hard, thin, brown shells and a rich, sweet flavor relished by parrots. They should always be refrigerated or frozen if kept for longer than a couple weeks due to the risk of the high oil content becoming rancid. Pecans are low in sodium, high in protein and unsaturated fats, have no cholesterol, and are a good source of calcium, iron, phosphorus, potassium, and magnesium. Pecans are a good source of oleic acid, a fatty acid found in abundance in olive oil and other monounsaturated fats. Although 90 percent of the calories in pecans comes from fats, almost all of the fat is unsaturated.

Pine nuts are not actually a nut, but a seed from the cones of pine trees. Birds love pine nuts! There are two main types of pine nuts in the U.S. that are harvested--hard shells and soft shells. Medium and large parrots enjoy unshelled pine nuts, but great care must be taken to offer only those that have been stored properly, as there are several known cases of illness occurring after parrots consumed improperly stored unshelled pine nuts (each batch should be checked by cracking several of the nuts and checking for freshness). This problem can be avoided by feeding only shelled pine nuts.

Pistachios have a hard shell that encloses a pale green nut. They grow on trees in clusters similar to grapes and, when conditions are favorable, their shell splits open along its sutures prior to harvesting. Pistachios are available year-round shelled and unshelled. When buying unshelled pistachios the shells should be partially open; closed shells are an indication that the nutmeat is immature. Pistachio nuts have a delicate, subtle flavor that parrots enjoy almost as much as they enjoy picking the nutmeat out of the shell, making it a healthy form of entertainment. Pistachios are a good source of protein, fiber, and gamma tocopherol. Adding a small amount twice a day to a healthy diet in people has been shown to improve HDL and total cholesterol ratio, and to inhibit LDL cholesterol oxidation.

Walnuts come in two popular varieties -- the English and the Black walnut. English walnuts are more widely available and can be purchased year-round. Black walnuts are rarely fed to parrots due to the difficulty of cracking the hard shells. Walnuts are vital sources of omega-3 fatty acids, and have more antioxidants than other nuts. They also contain the amino acid L-arginine, nutrients that improve artery function. Omega 3s have been shown to slow tumor growth, reduce cholesterol, triglycerides, and blood pressure, and protect against irregular heart rhythm. Walnuts have also been linked to good bone health and may undo some of the damage from a high-saturated fat diet. As a source of melatonin, a hormone that can protect cells against oxidative damage, walnuts reduce the incidence of cancer and delay or lessen other age-related diseases.

Peanuts, a hard, nut-like seed, are actually a member of the legume family. Many years ago they were called "ground peas." Although peanuts have been a part of the parrot diet for many years, they are a common food allergen to parrots and carry the possibility of aflatoxin contamination. Aflatoxin is the most potent, naturally occurring carcinogen known to man, and is a by-product of mold growth in peanuts and tree nuts. Aflatoxin has been linked to a wide variety of health problems in humans and other animals. Food choices of birds that are allergic to peanuts must be restricted due to the extensive use of peanuts in pelleted diets, Nutriberries, and other foods. –Ed.

Resources included:

<http://birdsnways.com/wisdom/ww42ei.htm>

http://annecollins.com/diet_foods/cashew-nuts.htm

<http://nutrition.about.com/od/askyournutritionist/f/brazilnuts.htm>

<http://nutrition.about.com/od/askyournutritionist/f/brazilnuts.htm>

MEMBERSHIP APPLICATION

New _____ Renewal _____ Address/phone change _____

NAME(S) _____

MAILING ADDRESS _____

PHONES:

Home: _____

Work (if applicable): _____

Cell: _____

EMAIL ADDRESSES: _____

Referred by: _____

Membership type per year:

Junior (under age 18).....\$ 6 _____

Family.....15 _____

Individual.....\$12 _____

Commercial.....\$25 _____

Dues payable to:

South Sound Exotic Bird Society (or SSEBS)
(Returned checks subject to service charge)

Mail to: SSEBS Membership
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Tumwater, WA 98511-5014

Your avicultural interests (please check all that apply):

- | | | | | | | |
|--|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|------------------------------------|----------------------------------|
| <input type="checkbox"/> African Greys | <input type="checkbox"/> Amazons | <input type="checkbox"/> Caiques | <input type="checkbox"/> Canaries | <input type="checkbox"/> Cockatiels | <input type="checkbox"/> Cockatoos | <input type="checkbox"/> Conures |
| <input type="checkbox"/> Doves | <input type="checkbox"/> Eclectus | <input type="checkbox"/> Finches | <input type="checkbox"/> Lories | <input type="checkbox"/> Lorikeets | <input type="checkbox"/> Lovebirds | <input type="checkbox"/> Macaws |
| <input type="checkbox"/> Parakeets | <input type="checkbox"/> Pionus | <input type="checkbox"/> Roselias | <input type="checkbox"/> Others: | | | |

How to Kill Your Parrot With a Car

Recently, the rear corner of my Subaru Outback was dented in a minor fender-bender, and one of the local body shops had it for the better part of the week while I drove a rental. I picked up my Outback late Friday afternoon – as scheduled – and when I entered the car it was absolutely noxious with fumes. I was told the smell was of “paint solvents,” and it “would air out in a few days.” I was scheduled to transport one of my birds the next morning, and the Outback is my only vehicle.

I opened all of the windows and drove around in the cold for almost two hours. The only thing I accomplished was making myself sick, as I was quite ill from the fumes when I got home. I could not borrow a car large enough to accommodate a travel cage, so I rescheduled the appointment for the following Saturday.

Why would a repair on the outside of a car result in toxins inside the vehicle? Paint used on vehicles is baked, which allows the car to be taken immediately outside. While some parts of vehicles can be baked separately – for example, a bumper – most parts and panels have to be painted and then baked after they are installed on the vehicle. This necessitates the entire car to be driven into the bake booth. When the car is baked, it is inevitable that some fumes get inside the car. When the hatch of a car such as mine is worked on, the “back deck lid” or “lift door” is left open during the baking process. The paper used to keep the pain out of the vehicle does not stop the fumes. This may result in heavy fumes inside.

I count myself fortunate that the car had as many fumes as it did. I could smell them, and therefore KNEW it was too toxic for my birds. I shudder to think that those same toxins might have been in the car, but not been noticeable to me. The result might have been devastating, as the weather was cold and the windows would have been closed.

The lesson, I suppose, is that must assume that you can't use your vehicle for bird transport for at least a week after body work is completed. Drive and park your car with the windows open, if possible, for that first week.

Janet Wood reports that she's had a similar experience getting into the car of a friend who had just picked it up from an auto detailer. Janet became very ill (and her allergies are not normally that bad), even though she could not immediately smell the chemical(s) that had been used in the detailing. Ain't “fresh” air great?? -Ed.

UPCOMING SOCIETY EVENTS

January 11, 2008	Meeting
February 8, 2008	Meeting
March 14, 2008	Meeting
March 29, 2008	SSEBS Bird Expo (tentative)
April 11, 2008	Meeting

SUPPORT YOUR CLUB: 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, c/o Pegg Bauer, 8008 Ellison Loop NW, Olympia, WA 98507 or to peggb@comcast.net. 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 – will be 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 appropriate.

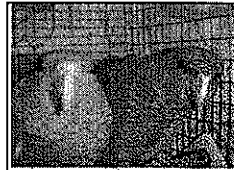
Questions? Contact Pegg Bauer at peggb@comcast.net.

Please note: As a society, SSEBS does not endorse the products or services advertised or discussed in its newsletter. SSEBS is not responsible for advertisers' claims or products.

Join !! SSEBS YahooGroup.

This is not a "chat group" as such (a "chat group" generally means that everybody is on line at the same time, "talking" back and forth by typing messages in real-time.) With a YahooGroup, e-mail messages are posted to the group which then distributes copies of the messages to the subscribers, depending on how they want to receive the message copies.

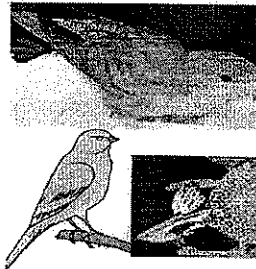
Go to <http://pets.groups.yahoo.com/group/SSEBS/>. You can join by clicking on the "join this group" button on the home page or by sending an e-mail message to SSEBS-subscribe@yahoogroups.com. Learn how the group works: <http://help.yahoo.com/l/us/yahoo/groups/original/members/> is the place to go.



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email: asdhillon@wsu.edu

"(Parrots) will not collapse all over humans in gratitude - even the mocking gratitude that cats seem to have perfected - if they do not feel that it has been earned. If it has been earned, the bird might not think that it has, even if its owners differ in opinion. (The parrot's) attitude is that it's a free country and it has a copy of the Constitution in its file drawer in the cage for proof, if (the owner) wants to see it. It sees itself as an equal, superior, or subjugated, but never an inferior." 1989 Davis, Christine, "New Techniques in Pet Avian Behavior Modification."

FOR SALE

Budgies, variety of colors, \$25 a pair or \$15 each

Mature breeders (these are not tame birds; some were pets but were set up for breeding):

- Male Double Yellowhead (proven breeder). Was with older female that died of fatty liver disease.
- Male Yellow Nape (proven breeder). I sold his mate when they started fighting.
- Brotoogeris species: White Wings, Yellow/Chevron Wing, and Orange chin.

Proven Pairs: Blue Front \$900; Red Lored \$900

Miscellaneous: I have 3 incubators to sell as a package deal. 2 Turnex (TX6) and 1 original Turnex. All are tested and ready to use. They hold heat very well. I have used the original Turnex as a hatcher/brooder, and the two TX 6s for incubating -- one is a backup in case the one running should fail (best to be prepared for all things). I have an extra brooder ring and extra egg carriers, 3 automatic turners, and dishes that I use for the hatcher/brooder. I also have new wick material for at least one more change. All three units with extras for only \$500.

Bamboo: you dig !!

Contact Smiles: 360-736-3973 (evenings)
sgermeau@yahoo.com

FOR SALE

PETS AND BREEDERS
GOODHART BIRD FARM
Shelton, WA 98584

360-426-6375

kegdharth@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.

Contact Sherylle: 360-455-0697
goffin90@yahoo.com

FOR SALE

Star Finches \$50/mated pair

Contact Linda James: 360-491-3216
jamesgang@thurston.com

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.

COMMERCIAL ADVERTISING

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One half page	\$50
Full page	\$87.50

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Business card size	\$40
One-half page	\$100
Full page	\$175

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Send any suggestions for meeting topics or specific speakers or programs to any board member.

A REMINDER: PLEASE NO BIRDS AT MEETINGS

Our contract with the Olympia Center requires that we follow its rule of no animals or birds at meetings unless a it is part of a speaker's presentation. This affects the SSEBS insurance policy.

FOR SALE, TRADE OR WANTED

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 all articles and features must 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.

CLUB INFORMATION

- As a general rule, the first half hour of each General Meeting, from 7:00 to 7:30 pm, will be dedicated to socializing. The evening's program will begin at 7:30 pm, and the regular meeting will follow the program.
- For information, call 360/455-0697.
- The SSEBS mailing address is:
South Sound Exotic Bird Society (SSEBS)
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:
Pegg Bauer
8008 Ellison Loop NW
Olympia, WA 98502

2007 CANARIES FOR SALE:

Bronze, bronze variegated and chestnut Staffords
\$50 cocks, \$30 hens
Variegated cinnamon hens \$30

WANTED:

Opal or dominant blue canary hen. Will trade male spice finch for female spice finch

ALSO FOR SALE:

Hand reared pearl pied cockatiel \$75
Zebra and Society Finches \$12

Fine Feathers & Fins, 114 Miller Rd., Randle, WA 98377
mews@lewiscounty.com 360 497-2160

A Quote from "My Parrot, My Friend," pp. 78-79, by Bonnie Munro Doane and Thomas Qualkinbush:

"Mikey, the cockatoo to whom we referred earlier, learned to obtain the key, which was thought to be out of reach by the owner, for the padlock securing his cage. He then inserted it in the padlock, opened the device, climbed out, relocked the lock and proceeded to the top of his cage to await the return of his owner and surprise her when she found him in this liberated situation. He also had the foresight to toss the keys into the bottom of the cage, where they could not be retrieved until the entire unit had been dismantled!"

BamBam's Favority Wheat Berry-Beet Stuff

The following recipe is adapted from one of the "salads" on the Co-op salad bar -- one of BamBam's favorites. It's not offered very often, so I have to prepare it at home. It is by no means a complete diet, but only an occasional add-on to his mash. The Co-Op's recipe starts with 6 pounds of wheat berries, and 8 pounds of beets, and I haven't formally "reduced" it -- just do it by feel and taste.*

Ingredients

Wheat berries

Beets

Olive Oil

Apple Cider Vinegar

Garlic, minced

Dill

Cucumbers (peeled, seeded, and diced)

Walnuts (toasted and coarsely chopped)

Italian Parsley (minced)

Soak wheat berries overnight and then cook (add to boiling water, and then simmer for about an hour until soft & chewy). Roast beets in covered pan in 400° oven for about an hour -- add a little water if you're worried about them sticking. Rinse beets, and peel and dice when cool. Mash a suitable amount of beets to flavor wheat berries. Mix oil, vinegar, garlic & dill* (to taste) and add. When cool, add cucumbers, walnuts, and parsley.

* If you cook too many beets, you can always eat them yourselves -- they ARE good for you, you know...

**The original recipe also calls for honey as a sweetener. Honey, however, may contain botulism and be dangerous to birds, so add this at your own risk

SSEBS Meeting Place

SSEBS meetings are held in Room 103 at the Olympia Center, 222 Columbia St NW, Olympia, WA 98501-8208. From I-5, take the Capitol exit, which comes out onto 14th Street. Follow 14th through the tunnel and turn right at the stoplight after you come out of the tunnel onto Capitol Way. Follow Capitol Way to State Street. The Olympia Center is just past this intersection on the left (light-colored 2-story building).

SSEBS is proud to be associated with:

- NORTHWEST EXOTIC BIRD SOCIETY
9594 First Avenue NE, #352, Seattle, WA 98115
<http://NWExoticBirdSociety.org>; Email: 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/resom1a2WBS1.htm>; Email: swanson28s@verizon.net
Meetings on the first Sunday of every month.
- THE BIRD LOVERS SOCIAL CLUB
Dimmitt Middle School, 12320 80th Ave. So., Seattle, WA 98178 (Renton area)
For information, contact: President Julie Corwin, 206-772-1730
Email: blconnection@hotmail.com; birdloverssocial@yahoo.com
http://www.geocities.com/bird_lovers_club/
Meetings on the third Friday of every month.

SOUTH SOUND EXOTIC BIRD SOCIETY

Pegg Bauer, Editor

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