

# **SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER**

Volume XXIII, Issue 2

February 2008

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

## **FEBRUARY 8, 2008 MEETING:**

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

*Note: This was originally scheduled for the January meeting, but Dr. Dhillon was taken ill at the last moment and has graciously rescheduled.*

## **Update: March Expo**

**The SW Washington Fairgrounds has determined that the building we were to use in March, along with the buildings reserved for the Home Show, will not be available. The Home Show has rescheduled its event for Yardbirds in Chehalis. Although Yardbirds could simultaneously accommodate us, the charge per square foot would be prohibitive. We will be exploring other options for later in the year. Stay tuned**

**to:**

**SSEBS Yahoo Group  
(see below for joining instructions)**

## **FORAGING FOR FOOD**

by Shauna Roberts  
November 2005

(Reprinted with permission from the files of the FeedingFeathers YahooGroup:  
<http://groups.yahoo.com/group/FeedingFeathers/>)

Parrots are very active creatures in the wild, waking up just before dawn and flying through forest canopies around sunrise in their daily quest for food. Some fly short distances, some longer, and depending upon their location and season, food may be plentiful or in short supply with many forest creatures to compete with. In the wild, the birds will spend a few hours in the morning foraging and feeding and then rest or engage in play, bathing, drinking, allopreening, and other social activities. Parrots will then feed again in the afternoon, before gathering into flocks or groups, and fly back to their roosting tree where they often call loudly, making quite a ruckus before settling in for the night.

As you can see, a wild parrot's day is very full of various activities, and a primary one is that of finding food or foraging. It is a very different situation for a captive bird where we hand them food in a bowl. In order to try and fulfill parrots' needs, the activities we give them are sometimes more nesting related, and at times behavior problems can be a result. In the better interest of captive parrots, they should be offered foraging activities and also some problem-solving for mental stimulation. After all, a parrot's intelligence rating is right up there with dolphins and great apes, so keeping them challenged also helps them be happier.

The following are some easy ideas for foraging.

- \* Wrap food bowls with paper. Take a square of paper that will fit over the top and sides of bowl and enough to tuck underneath. Place in the bowl holder. For the first time or two, poke a hole in the middle of the paper to start the parrot to unwrap their meal.

- \* Take non-toxic cardboard tubes and stuff them with surprises. You can wrap a nut in a piece of paper and stuff in tubes along with toys or other food.
- \* When offering a seed or nut treat, wrap it in paper first. You can fold the paper several times around the item or twist the paper on.
- \* Try a variety of ways and for the first-time parrot, unwrap the treat in front of them to show them the goodie, then rewrap and offer it.
- \* Put some polished or washed stones (large enough not to swallow) in a dish, either in the food dish holder or on the cage floor. Hide some treats underneath the stones.
- \* If your bird has rope perches or boings, hide nuts or seed in between the strands.
- \* Stainless steel puzzle toys can be used to hide treats. These are usually a cylinder with a top that screws on. If your bird doesn't ingest foreign objects then some plastic containers with screw or pop on tops can be used for treats.
- \* Drill holes in a piece of untreated soft wood about the diameter of a seed or nut in the shell. Insert item and give a little pound with a hammer to secure it.
- \* Cover the cage grate with paper or towels. Place some food on top and cover with more paper or towels.
- \* Use clean untreated pinecones that have been washed and put in an oven at 250 degrees for 20 minutes to make a fun foraging activity. You can even hide some food if you like. Perhaps smear a bit of almond butter inside.
- \* Untreated baskets with lids can be great fun and house surprises. When offering surprises, don't forget that birds also like to find special toys. Foot toys are wonderful to hide.
- \* Fruit or vegetable kabobs in skewers are always a fun idea, and even picky eaters often enjoy playing with whole leaves and other produce.
- \* Let them have fun making a mess. Offer whole pumpkins, brussel sprouts, or celery stalks. Wrap foods in romaine lettuce or other leaves... and for a treat, hide a favorite food inside.
- \* There are cage nut toys that can be purchased at The Bird Brain [The Gabriel Foundation's store] in a variety of shapes and colors. You can place toys, wooden blocks, wrapped surprises, and food slices for your bird.

A parrot's life can be enriched by offering it some challenges and thus activity and independence, resulting in them having a sense of accomplishment each day. Be creative and offer food and certain toys in fun-stimulating ways. Happy foraging!

+++++

### **Homemade Cleaners can be Less Toxic.**

*With some simple, reliable recipes and clean, empty containers, you can make your own less-toxic cleaners right at home using familiar household ingredients. The following is a list of basic ingredients, along with their common cleaning uses.*

**Baking soda (bicarbonate of soda).** This mild alkali powder can be used for a variety of household cleaning purposes, such as removing stains from tile, glass, oven doors, and china; cleaning the inside of refrigerators; helping to absorb odors; and removing baked-on food from pans. It also acts as a stain remover for fruit juices and other mild acids.

**Borax.** A powder or crystalline salt sold in most grocery stores, borax is a water softener and disinfectant. It makes an excellent freshener when added to laundry and is an all-around deodorizer. *[Ed. Note: I am using this now in the laundry, along with my detergent, and really love it.]*

- Castile soap.** A mild soap available in liquid or bar form that can be used for general-purpose cleaning. It was once made from olive oil, but now may include other vegetable oils as well.
- Cream of tartar (potassium bitartrate).** This common baking ingredient is a mild acid that can be used as a sink and bathtub stain remover. It can also be used to remove spots from aluminum cookware.
- Hydrogen peroxide.** A mild alternative to chlorine bleach that can be used for stain removal and mild bleaching and sterilizing. Available in drug stores and supermarkets.
- Lemon juice.** This familiar ingredient can be used to lighten stains and cut grease. It can also be used to remove tarnish can be used on brass, copper, bronze and aluminum (not to be used on silver).
- Washing soda (carbonate of soda).** A stronger alternative to baking soda, washing soda can be used as a water softener in conjunction with laundry detergents (gloves are recommended as it may irritate skin; not to be used with silks, woolens or vinyl).
- White vinegar.** Good for a variety of household cleaning tasks, vinegar may be used to help kill germs and deodorize, remove some carpet stains, and clean coffeemakers, chrome, cookware, and countertops. It can also be used to unclog drains. Note that while white vinegar has a slight scent while wet, when dry, it leaves no odor. However, don't use it on acetate fabrics, such as in some tablecloths, because it can dissolve the fibers.

To learn more about how to use these ingredients and others to make your own cleaners, consult the recipes below, which were adapted from the Children's Health Environmental Coalition's Recipes for Safer Cleaners.

*Note: For parrot crockery, etc., Dawn is good because it rinses so cleanly.*

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## *Bananas*

Humans have been cultivating bananas since almost the beginning of civilization. Believed by scientists to have developed in southeast Asia more than 4,000 years ago, the plant eventually spread to other parts of Asia and into Africa. Today hundreds of banana varieties thrive in almost every tropical region of the world. But more than 90 percent of the bananas found at grocery stores in the United States and Europe are one variety -- the yellow Gran Cavendish. Bananas are comprised mostly of sugary carbohydrates, but it are also a source of vitamins A and C and potassium. They are a parrot favorite in many households.

The banana plant itself is actually an herb. What looks like a trunk of a banana "tree" is in fact densely packed leaves growing up from a base clump of roots. The plants that produce commercial Gran Cavendish bananas do not produce seeds for reproduction, and are 'sexless' perennials. Planted in rows on giant farms, they regenerate after each harvest. The plant grows a stalk, called in Latin America "la Madre" or the mother, which produces a purple stem with white flowers from its center. The stem transforms into a large 'hand' of as many as 150 bananas each. The "hand," which eventually bends over from the weight of the fruit, can weigh up to 140 pounds.

When faced with the prospect of paying a little more for organic bananas for your parrots, you might want to consider the following description of a normal Chiquita banana growing operation on plantations in Honduras and Costa Rica:

To kill off other plants growing around the bananas, workers apply herbicides. These chemicals are toxic and wash into the ground and ground water during rains. To kill off nematodes (small worms that attack banana plants from the roots), workers cover the ground around the plants with nematicides. These chemicals are also highly toxic and make an area extremely dangerous for 24 to 48 hours after application. Aerial spraying is an

integral part of pesticide application in commercial banana farming. The main purpose is to combat Black Sigatoka, an airborne fungus that can destroy a plantation's crop. In areas infected with the fungus (including much of Central America), airplanes may spray fields more than 40 times a year. The spray lands on the plants' upper leaves, the ground, irrigation canals, streams and rivers and nearby homes, workers and residents.

The water used in the in the packing plants to wash pesticides off the bananas comes from the irrigation canals and then is routed back out into the water supply. Chiquita has built berms in recent years on some plantations to limit pesticides from flowing directly into rivers, but many irrigation canals, laced throughout every plantation, remain directly exposed to pesticides.

Plastic bags imbedded with the powerful chemical chlorpyrifos protect the growing fruit from insects throughout its entire gestation. In previous years, the bags were simply discarded after use, although the major banana companies have now started recycling programs.

Larger troughs called 'pilas des leches," milk troughs, wash off the pesticides applied in the fields as well as natural fluids from the banana plant, but now new pesticides are then applied to the bunches after they are placed on a conveyer belt. The new pesticides -- either thiabendazole or imazalil -- are re applied to prevent "crown rot," a fungus that attacks the extremities of the banana bunch. On some plantations, Chiquita has installed small plastic containment systems that save money on pesticide costs and reduce worker exposure to the pesticides, but most plantations do not have this system.

Boxes of banana bunches, AGAIN freshly applied with pesticides, are put on large skids for shipment. About ten days to two weeks after being harvested, the bananas are on display and for sale at local groceries. Yum.

*From an investigative article by Mike Gallagher & Cameron Mcwhirter (Cincinnati Enquirer, 3 May 1998)*

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### 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  
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    Roselias    Others:

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### 2008 MEETINGS:

February 8	July 11
March 28	September 12
April 11	October 10
May 9	November 14
June 13	December – tbd

### 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](mailto: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.

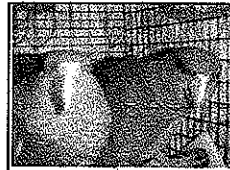
Questions? Contact Pegg Bauer at [peggb@comcast.net](mailto:peggb@comcast.net).

*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.

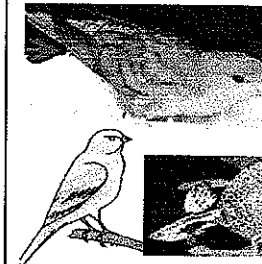
Go to <http://pets.groups.yahoo.com/group/SSEBS/>. You can join by clicking on the "join this group" button on the home page or by sending an e-mail message to [SSEBS-subscribe@yahoo.com](mailto:SSEBS-subscribe@yahoo.com). Learn how the group works: <http://help.yahoo.com/l/us/yahoo/groups/original/members/>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



**Smiles Of Feathers**  
3401 Prill Rd.  
Centralia, WA 98531  
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Deanna Shafar, DVM



**All Bird Clinic LLC**

253-475-2611

2505 South 80th Street • Tacoma, WA 98409  
[www.allbirdclinic.com](http://www.allbirdclinic.com)

### Necropsies and DNA sexing available:

Avian Health Laboratory  
A.Singh Dhillon, DVM, PhD  
Professor, Avian Pathology  
Washington State University  
7613 Pioneer Way East,  
Puyallup, WA 98371

Phone: 253-445-4536; Fax: 253-445-4544;

Email: [asdhillon@wsu.edu](mailto:asdhillon@wsu.edu)

## 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.
- Brotogeris 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](mailto:sgermeau@yahoo.com)

## FOR SALE

PETS AND BREEDERS  
GOODHART BIRD FARM  
Shelton, WA 98584

360-426-6375

[kegdharth@hctc.com](mailto: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 360-455-0697  
Sherylle: [goffin90@yahoo.com](mailto:goffin90@yahoo.com)

## FOR SALE

Star Finches \$50/mated pair

Contact Linda James: 360-491-3216  
[jamesgang@thurston.com](mailto: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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## SSEBS Officers and Committees

President	Pegg Bauer	360-866-4088
Vice President	Leslie Simpson	360-426-3708
Secretary	Smiles Germeau	360-736-3973
Treasurer	Pat Hill	360-357-7865
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	John Germeau	360-736-3973
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Publications	Pegg Bauer	360-866-4088
Ways and Means	VACANT	
Education	Britt O'Leary	360-462-8210
Affiliated Organization Representatives	VACANT	

**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.

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

#### FOR SALE, TRADE OR WANTED

##### 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](mailto:mews@lewiscounty.com) 360 497-2160

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#### RECIPE FOR CALENDULA/CHICKWEED SPRAY:

*Helps with skin inflammation and itching*

1 TBS. Hylands Calendula spray  
1 Tsp. chickweed extract, non-alcohol (or add a few drops boiling water to evaporate alcohol)  
Put into 2 cups water, keep in fridge up to one week.

Another version that may be easier to obtain is:

1 TBS dried calendula herb  
1 TBS dried chickweed herb

Steep each herb in 1 cup of water for 5 minutes. Combine and store in refrigerator for up to one week. Use several times a day for 5 days. Stop for 3 days to determine if another dose is needed.

<http://pets.groups.yahoo.com/group/FeedingFeathers/files/pluckers>

FREE!

### Animal Extravaganza

presented by Phoenix Exotics Wildlife Assn. Inc

Saturday, Feb 23, 2008

8AM to 8PM, Chehalis, WA

Location : Yardbirds--exit 79

Fun Educational Event for the whole family

Exotic Animals and Birds on Display

Presentations through out the day

See Live appearances of Cougars, Wolves, Bear Cat, Hawks, Reptiles,  
Parrots and More

Guest Speakers:

4-H club will have touchable animals to learn more about

A Fun Day for All

From: [birds@phoenixexotics.org](mailto:birds@phoenixexotics.org)

### 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 14<sup>th</sup> Street. Follow 14<sup>th</sup> 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](mailto: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](mailto:swanson28s@verizon.net)  
Meetings on the first Sunday of every month.
- THE BIRD LOVERS SOCIAL CLUB  
Dimmitt Middle School, 12320 80<sup>th</sup> Ave. So., Seattle, WA 98178 (Renton area)  
For information, contact: President Julie Corwin, 206-772-1730  
Email: [blconnection@hotmail.com](mailto:blconnection@hotmail.com); [birdloverssocial@yahoo.com](mailto:birdloverssocial@yahoo.com)  
[http://www.geocities.com/bird\\_lovers\\_club/](http://www.geocities.com/bird_lovers_club/)  
Meetings on the third Friday of every month.

### SOUTH SOUND EXOTIC BIRD SOCIETY

Pegg Bauer, Editor

Newsletter address only:

8008 Ellison Loop NW

Olympia, WA 98502

