

SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

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June 2008

P.O. Box 15014, Tumwater, WA 98511-5014

<http://ssebs.org>

JUNE 13 MEETING

We will be having a participatory program on toys:

HOW TO RECESSION-PROOF PACO'S TOYBOX.

Bring to share your on-the-cheap (cheep?) ideas and demos for toys and other bird equipment.

We will also be presenting a new benefit especially for members. SSEBS has opened an account with Aussie Bird Toys and will be offering, as a continuing fundraiser, the purchase of bird toys for 10% over their wholesale cost (non-members for 25% markup, which is still a significant savings). The additional markup will be added to our treasury. It is anticipated that members will be able to special order particular toys (Pegg Bauer is currently your personal shopper).. Aussie's inventory (without prices) can be seen on Aussie's website at www.AussieBirdToys.com. Aussie also has bulk toy parts. If there is enough interest, Pegg can pick up toys on a monthly basis (there is a \$250 minimum wholesale purchase). Pegg will explain more about how this can work at the June meeting, and a collection of toys is already available for purchase (cash preferred).

JULY 11 MEETING

For our July meeting, we will have a program on estate planning for companion animals.

In Memoriam – Smiles Germeau

By Pat Hill

The unexpected death of Smiles on May 19, 2008 was a blow to those who were her friends and those whom she mentored about breeding parrots. She was generous with her knowledge and stubborn about her beliefs. She networked with psittacine enthusiasts worldwide and enjoyed gabbing about parrots any time. The door to her home was always open to visitors, and a pot of coffee usually perked in the coffee maker. She became known for her breeding successes, and was renown for rescuing, adopting and fostering birds of all kinds. Smiles had a great sense of humor. She enjoyed the occasional risque story or joke – and was able to tell them well.

Smiles was a member of many organizations and bird clubs, but SSEBS was “home”. She was one of the original members. She actively participated in society events and held a number of Board of Directors positions over the years. She was not shy about making her opinions about issues known, and she always tried to make decisions that were in the best interests of the society. Smiles felt strongly about members providing active support for the events SSEBS conducted. She put her time and energy where her mouth was and set the example of a consistent, dedicated worker who helped the society be successful.

My own story with Smiles was focused in the last few years by the generous manner in which she stepped up to help me create the environment in which the Congo African Grey parrot who graces my life could succeed. Marie went from having several parrot buddies to being once again an only bird, as she had been before becoming a member of my family. She became very depressed, and I needed to find a way to give her the avian companionship she needed without taking on any more birds. Smiles and I were discussing the situation one day and we hatched the idea of “Birdie Day Care.” Smiles offered to let Marie come visit the bird room at her house a day or two a week so that she could have the companionship of the grey parrots at Smiles’ house. The plan worked superbly. The balance of being with us most of the time and still getting to visit her buddies at Smiles’ place was just the ticket. The plan was still in place at the time of Smiles’ death. When Smiles’ didn’t snap back after her surgery, I began to worry about Marie and what would become of “Birdie Day Care” for her.

The universe works in interesting ways. I had an “ironclad” rule – no more birds! When Smiles knew that her life was not going to be the same as before her surgery, she asked that I give a home to the Congo African Grey parrot that had become a special friend of Marie’s over the last four years. I committed to her that if it became necessary, I would give Gracie a home if I could work it out with her legal owner. When the time came for the request to be fulfilled, I worked out

methylene, chloride, formaldehyde, xylene, ethylene glycol, texanol, 1,3-butadiene, emission sources, paints, varnishes, moth balls, solvents, gasoline, newspaper, cooking, cleaning chemicals, vinyl floors, carpets, photocopying, upholstery fabrics, adhesives, sealing caulks, cosmetics, air fresheners, fuel oil, vehicle exhaust, pressed wood furniture, etc.

We are all aware that parrots are extremely sensitive to toxins in the air they breathe, so it's important that we be careful about using any VOCs in our homes. Because birds' respiratory systems are so much more sensitive than ours, they can be harmed by unsafe indoor air before we become aware of the danger. We can sense the VOCs that emit odors, but the odorless ones can do irreparable harm before we are aware of it. Obviously our only defense is to be very vigilant.

Volatile organic compounds (VOCs) are emitted as gases from certain solids or liquids. VOCs include a variety of chemicals, some of which may have short- and long-term adverse health effects. Concentrations of many VOCs are consistently higher indoors (up to ten times higher) than outdoors. VOCs are emitted by a wide array of products numbering in the thousands. Examples include: paints and lacquers, paint strippers, cleaning supplies, pesticides, building materials and furnishings, office equipment such as copiers and printers, correction fluids and carbonless copy paper, graphics and craft materials including glues and adhesives, permanent markers, and photographic solutions.

Organic chemicals are widely used as ingredients in household products. Paints, varnishes, and wax all contain organic solvents, as do many cleaning, disinfecting, cosmetic, degreasing, and hobby products. Fuels are made up of organic chemicals. All of these products can release organic compounds while you are using them, and, to some degree, when they are stored.

EPA's Total Exposure Assessment Methodology (TEAM) studies found levels of about a dozen common organic pollutants to be 2 to 5 times higher inside homes than outside, regardless of whether the homes were located in rural or highly industrial areas. Additional TEAM studies indicate that while people are using products containing organic chemicals, they can expose themselves and others to very high pollutant levels, and elevated concentrations can persist in the air long after the activity is completed.

Sources: Household products including: paints, paint strippers, and other solvents; wood preservatives; aerosol sprays; cleansers and disinfectants; moth repellents and air fresheners; stored fuels and automotive products; hobby supplies; dry-cleaned clothing.

Health Effects: Eye, nose, and throat irritation; headaches, loss of coordination, nausea; damage to liver, kidney, and central nervous system. Some organics can cause cancer in animals; some are suspected or known to cause cancer in humans. Key signs or symptoms associated with exposure to VOCs include conjunctival irritation, nose and throat discomfort, headache, allergic skin reaction, dyspnea, declines in serum cholinesterase levels, nausea, emesis, epistaxis, fatigue, dizziness.

The ability of organic chemicals to cause health effects varies greatly from those that are highly toxic, to those with no known health effect. As with other pollutants, the extent and nature of the health effect will depend on many factors including level of exposure and length of time exposed. Eye and respiratory tract irritation, headaches, dizziness, visual disorders, and memory impairment are among the immediate symptoms that some people have experienced soon after exposure to some organics. At present, not much is known about what health effects occur from the levels of organics usually found in homes. Many organic compounds are known to cause cancer in animals; some are suspected of causing, or are known to cause, cancer in humans.

Levels in Homes: Studies have found that levels of several organics average 2 to 5 times higher indoors than outdoors. During and for several hours immediately after certain activities, such as paint stripping, levels may be 1,000 times background outdoor levels.

Steps to Reduce Exposure: Increase ventilation when using products that emit VOCs. Meet or exceed any label precautions. Do not store opened containers of unused paints and similar materials within the school. Formaldehyde, one of the best known VOCs, is one of the few indoor air pollutants that can be readily measured. Identify, and if possible, remove the source. If not possible to remove, reduce exposure by using a sealant on all exposed surfaces of paneling and other furnishings. Use integrated pest management techniques to reduce the need for pesticides.

Use household products according to manufacturer's directions:

- * Make sure you provide plenty of fresh air when using these products.
- * Throw away unused or little-used containers safely; buy in quantities that you will use soon.
- * Keep out of reach of children and pets.
- * Never mix household care products unless directed on the label.
- * Follow label instructions carefully.

Potentially hazardous products often have warnings aimed at reducing exposure of the user. For example, if a label says to use the product in a well-ventilated area, go outdoors or in areas equipped with an exhaust fan to use it. Otherwise, open up windows to provide the maximum amount of outdoor air possible. Throw away partially full containers of old or unneeded chemicals safely.

Because gases can leak even from closed containers, this single step could help lower concentrations of organic chemicals in your home. (Be sure that materials you decide to keep are stored not only in a well-ventilated area but are also safely out of reach of children.) Do not simply toss these unwanted products in the garbage can. Find out if your local government or any organization in your community sponsors special days for the collection of toxic household wastes. If such days are available, use them to dispose of the unwanted containers safely. If no such collection days are available, think about organizing one.

Buy limited quantities. If you use products only occasionally or seasonally, such as paints, paint strippers, and kerosene for space heaters or gasoline for lawn mowers, buy only as much as you will use right away.

Methylene Chloride. Keep exposure to emissions from products containing methylene chloride to a minimum. Consumer products that contain methylene chloride include paint strippers, adhesive removers, and aerosol spray paints. Methylene chloride is known to cause cancer in animals. Also, methylene chloride is converted to carbon monoxide in the body and can cause symptoms associated with exposure to carbon monoxide. Carefully read the labels containing health hazard information and cautions on the proper use of these products. Use products that contain methylene chloride outdoors when possible; use indoors only if the area is well ventilated.

Benzene. Keep exposure to benzene to a minimum. Benzene is a known human carcinogen. The main indoor sources of this chemical are environmental tobacco smoke, stored fuels and paint supplies, and automobile emissions in attached garages. Actions that will reduce benzene exposure include eliminating smoking within the home, providing for maximum ventilation during painting, and discarding paint supplies and special fuels that will not be used immediately.

Perchloroethylene. Keep exposure to perchloroethylene emissions from newly dry-cleaned materials to a minimum. Perchloroethylene is the chemical most widely used in dry cleaning. In laboratory studies, it has been shown to cause cancer in animals. Recent studies indicate that people breathe low levels of this chemical both in homes where dry-cleaned goods are stored and as they wear dry-cleaned clothing. Dry cleaners recapture the perchloroethylene during the dry-cleaning process so they can save money by re-using it, and they remove more of the chemical during the pressing and finishing processes. Some dry cleaners, however, do not remove as much perchloroethylene as possible all of the time. Taking steps to minimize your exposure to this chemical is prudent. If dry-cleaned goods have a strong chemical odor when you pick them up, do not accept them until they have been properly dried. If goods with a chemical odor are returned to you on subsequent visits, try a different dry cleaner.

Standards/Guidelines: No standards have been set for VOCs in non industrial settings. OSHA regulates formaldehyde, a specific VOC, as a carcinogen. OSHA has adopted a Permissible Exposure Level (PEL) of .75 ppm, and an action level of 0.5 ppm. HUD has established a level of .4 ppm for mobile homes. Based upon current information, it is advisable to mitigate formaldehyde that is present at levels higher than 0.1 ppm.

All about Teflon toxicosis

(comments from http://www.petsfortheenvironment.org:80/blog/2008/04/23/all_about_teflon_toxicosis)

Teflon is pretty fancy chemistry. Coat a regular old pan with the stuff and, just like that, eggs slide right onto plates. There's no stuck-on mess to clean up (I'm told humans hate stuck on messes). Unfortunately, the perfluorinated chemicals that make Teflon so miraculous are also toxic.

See, Teflon can't stand the heat. The same is true of other PFC-based nonstick coatings. It only takes a couple of minutes for a pan to reach temperatures of over 700 degrees Fahrenheit, and Teflon particles have been measured coming from pans at temperatures as low as 464 degrees. At 680 degrees, several different toxic gasses start to be released.

Birds have very delicate respiratory systems, and when they inhale Teflon, it causes damage to their lungs. In the end, it causes them to suffocate. Vets and scientists call it Teflon toxicosis.

People who have bird companions should not cook with nonstick pans. No ifs, ands or buts -- keeping your birds out of the kitchen is not enough. Take it from me: Teflon toxicosis isn't something to mess around with! Instead of nonstick, use stainless steel cookware, or seasoned cast iron. Keep in mind that lots of appliances, like griddles, stoves, and even irons, sometimes have nonstick coatings. Double check before buying any new cookware! Sometimes even salespeople don't know if a product has a Teflon coating. We've talked to bird owners that were reassured that a product was Teflon-free, only to be devastated later when the truth came out.

I had the same thing happen to my parakeet, Al Green. I was micro-waving a hot dog for my son, and I left it in too long. The aluminum looking coating in the pack had turned to ashes, and Al Green was dead. It only took about 3 minutes. It was very upsetting. I felt very guilty for not knowing any better.

2008 Meetings

January 11	July 11
February 8	August picnic – date tba
March 28	September 12
April 11	October 10
May 9	November 14
June 13	December Xmas party- tba



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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 – E-MAIL PREFERRED !! 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.

FOR SALE, TRADE OR WANTED

Hand-raised baby parakeets: Yellow face opaline sky blues, normal sky blues, split harlequin. \$17.

Pair of normal Bourke's parakeets \$50.

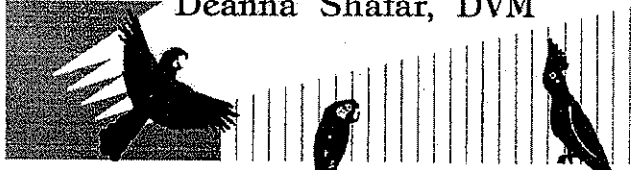
Ready soon:

Baby cockatiels, Bourke's parakeets (rosy) and canaries

Fine Feathers and Fins

114 Miller Road, Randle, WA
360-497-2160 mews@centurytel.net

Deanna Shafar, DVM



All Bird Clinic LLC

253-475-2611

2505 South 80th Street • Tacoma, WA 98409
www.allbirdclinic.com

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.

Please !!!

Update your email addresses and phone numbers with us. Contact peggb@comcast.net.

FOR SALE

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GOODHART BIRD FARM
Shelton, WA 98584

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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

FOR SALE

Star Finches \$50/mated pair

Contact Linda James:

360-491-3216

jamesgang@thurston.com

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

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

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.

COMMERCIAL ADVERTISING

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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.

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SSEBS is proud to be associated with:

- NORTHWEST EXOTIC BIRD SOCIETY
P.O. Box 47377, Seattle, WA 98146
<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
http://www.geocities.com/bird_lovers_club/
Events and Educational Programs only – no meetings

SSEBS Meeting Time/Place

SSEBS meetings are **NORMALLY** (but not always!!) held in Room 103 at the Olympia Center, 222 Columbia St NW, Olympia, WA 98501-8208 on the 2d Friday of each month. This can, however, vary – check your newsletter and the website. 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 Capital Way to State Street. The Olympia Center is just past this intersection on the left (light-colored 2-story building).

SOUTH SOUND EXOTIC BIRD SOCIETY

Pegg Bauer, Editor

Newsletter address only:

8008 Ellison Loop NW

Olympia, WA 98502

