

SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

Volume XXIII, Issue 8f

July 2008

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

JULY 11 MEETING

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

Reminder: 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 – Pegg has access to the 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). A collection of toys will be periodically available for purchase (cash preferred), including the July meeting.

August Events

In lieu of a picnic, we are offering two field trips available for August :

Saturday August 9: A Place 2 Fledge bird rescue is moving to Montana. Randy and Jackie will need help in packing the two large trucks they have rented for the move. All birds are going with them. Because Randy is having knee replacement surgery on July 8, he will be relegated to serving lemonade to the helpers. They are in the Bremerton area, and we will be carpooling. We can stop for lunch.

Saturday, August 23: Carpool to Centralia on for the Phoenix Wildlife Assn's "Animals Animals" exhibition. The exhibition is free. There will be a parrot display on Saturday. Lunch in Centralia

Stay tuned to the website: www.ssebs.org

September 12

Mandy Andrea will speak on the Indonesian Parrot Project and/or Tambopata Research Center.

Drinking Water

While many parrot owners are conscientious about the diet they provide, there is confusion as to what might be the best choice in drinking water. There are many options: tap water, bottled spring water, reverse osmosis water, distilled water, and others. There does not appear to be one clear answer for all situations.

Tap water can be either "hard" or "soft," or anywhere in between. "Hard" water contains an appreciable quantity of dissolved minerals, which give water a characteristic taste. Some natural mineral waters are highly sought for their flavor and purported health benefits. However, extremely hard water may shorten the life of plumbing and lessen the effectiveness of certain cleaning agents. When hard water is heated, the carbonates precipitate out of solution, forming scale in pipes and tea kettles. In addition to narrowing and potentially clogging the pipes, scale prevents efficient heat transfer, and water heaters with scale use a lot of energy. Soap is less effective in hard water because it reacts to form the calcium or magnesium salt of the organic acid of the soap. These salts are insoluble and form grayish soap scum, but no cleansing lather. (Detergents, on the other hand, lather in both hard and soft water. Calcium and magnesium salts of the detergent's organic acids form, but these salts are soluble in water.) Water filters are, generally, no match for very hard water (mine lasted a maximum of 3 days before they completely clogged – a VERY expensive proposition).

Hard water can be softened (removing its minerals) by treating it with lime or by passing it over an ion exchange resin. The ion exchange resins are complex sodium salts. Water flows over the resin surface, dissolving the sodium. The calcium, magnesium, and other cations precipitate onto the resin surface. Sodium goes into the water, but the other cations stay with the resin. Thus, soft water is treated water in which the only cation (positively charged ion) is sodium. Soft water may taste salty and may not be suitable for drinking, even for humans. It's doubtful it would be very good for birds.

Many people use tap water for their birds' drinking water. Nearly all tap water from large water systems in the United States is treated with not only chlorine, but with fluoride, too, and some birds are sensitive to one or both these agents. The chemicals and the chemical compounds formed by the combination of the two never would be found in the water that parrots drink in their natural habitats. Whether or not to use tap water for parrots is a decision that will therefore need to be made on a case to case basis.

There are other bottled waters available, such as spring water and water purified by ozonation, reverse osmosis, and other purification methods. Some bottled waters often prove to be no better than tap water when analyzed, probably because of insufficient regulation. Many of the plastics used in single-serving water bottles leach into the water itself. Reverse Osmosis (RO) water is available in bulk (\$.50/gal) at the Olympia Food Co-Op. Diffusion is the movement of molecules from a region of higher concentration to a region of lower concentration, and osmosis is a special case of diffusion in which the molecules are water and the concentration gradient occurs across a semi-permeable membrane. The semi-permeable membrane allows the passage of water, but not ions (e.g., Na^+ , Ca^{2+} , Cl^-) or larger molecules (e.g., glucose, urea, bacteria). Diffusion and osmosis are thermodynamically favorable and will continue until equilibrium is reached. Osmosis can be slowed, stopped, or even reversed if sufficient pressure is applied to the membrane from the 'concentrated' side of the membrane.

RO occurs when the water is moved across the membrane against the concentration gradient, from lower concentration to higher concentration. To illustrate, imagine a semi-permeable membrane with fresh water on one side and a concentrated aqueous solution on the other side. If normal osmosis takes place, the fresh water will cross the membrane to dilute the concentrated solution. In RO, pressure is exerted on the side with the concentrated solution to force the water molecules across the membrane to the fresh water side.

RO is often used in commercial and residential water filtration. It is also one of the methods used to desalinate seawater. Sometimes RO is used to purify liquids in which water is an undesirable impurity (e.g., ethanol). RO water might be superior to tap water for use with parrots. From personal experience, I can vouch that it is also ideal for use in humidifiers having filters that clog with hard water (it's much less expensive to purchase the water than the filters. I won't tell you how many filters I purchased at \$12 before figuring this out).

Distilled water. "Distillation, when combined with carbon filtration, will kill and remove virtually 100% of bacteria, viruses, cysts, heavy metals, inorganics (including minerals), radionuclides, particulates, and organics (including volatile organic compounds (VOC'S).) Parrot authorities differ on whether distilled water should be used as drinking water. Detractors' main argument is that distilled water lacks minerals.

Distilled water (which can be purchased for less than a dollar a gallon in supermarkets) is sometimes called "hungry water" because its very lack of minerals causes it to attract minerals and other molecules to itself, enabling them to be more easily removed from the body. There is authority that the mineral needs of our bodies -- and the bodies of our birds -- are largely met by foods. And because the minerals found in water are inorganic, the body cannot assimilate most of them anyway, and they are stored as problematic mineral deposits in the body.

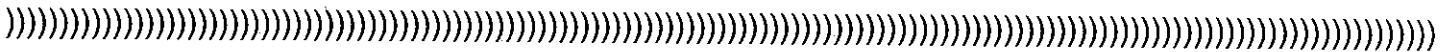
It is therefore thought that distilled water absorbs minerals and, with the assistance of the blood and lymph (mostly water), transports them to the kidneys for elimination. This kind of mineral elimination is incorrectly referred to as 'mineral leaching' because the distilled water does not leach out beneficial body minerals, but collects and removes only those minerals which have already been rejected and discarded by cells and tissues. And, if not evacuated, such minerals can cause arterial obstruction, arthritic deposits and other potentially serious bodily damage.

It is for this reason that some veterinarians recommend distilled water for chemically-sensitive parrots with problems like toe tapping, wing flipping, and metal toxicity in order to remove all possible chemicals. It is

Kamut is a high protein grain, generally containing 30% more protein than wheat. Its amino acid ratio is about the same as wheat, so if you should happen to be eating nothing but Kamut, you may wish to add some peanut butter, legumes or some other food high in lysine to give you a little better amino acid blend. As this grain hasn't been altered by modern plant breeders, it retains its ancient nutrition, flavor and goodness. Due to its slightly higher fatty acid content, Kamut can be considered a high energy grain, and compared to wheat, Kamut also contains elevated levels of vitamin E, Thiamin, Riboflavin, phosphorus, magnesium, zinc, pantothenic acid, copper and complex carbohydrates. All around, Kamut seems to be a very healthy grain. Because of its larger seed size in comparison to wheat, there's less fiber in Kamut than wheat.

The fact that many people who are allergic to wheat and can tolerate Kamut is probably the biggest reason Kamut has made real inroads into the health food markets. Several studies have been conducted with Kamut on people with wheat allergies. People with wheat allergies must be careful when trying Kamut. Laboratory tests show that 30% of the subjects with wheat allergies also displayed allergies to Kamut. In some cases their reactions to Kamut were even worse than for wheat. However, on the flip side of the coin, many people who couldn't eat wheat had no problem with Kamut. Giving additional hope to wheat sensitive people, bakeries have noted that their Kamut products have been safe to eat for almost every wheat sensitive person who has purchased their products. The bottom line - if you are wheat sensitive, under the advice of your doctor, you may wish to carefully try Kamut with the hope that you can eat bread again. If you don't have wheat allergies, you can feel confident Kamut will be a new experience because of its great flavor. And because of its higher nutrition, you will probably feel better as well.

As mentioned before, one can use Kamut in your different recipes calling for wheat. Be aware, however, that Kamut is closer to durum wheat than the hard wheat varieties and doesn't contain as much gluten. Because of this, one might wish to add wheat gluten or alter one's expectations toward a little heavier loaf of bread. Kamut works well for baking cakes and is ideally suited for home-made pastas. We think you'll appreciate the fine flavor of Kamut and after having once tried it, will look forward to baking with this new yet ancient grain as much as your family will enjoy eating it. Best of all, your parrot will love it !!



Vinegar and Hydrogen Peroxide as Disinfectants

Here's a simple, simple, and safe disinfecting spray that is more effective than any of the commercial cleaners in killing bacteria created by Susan Sumner, a food scientist at Virginia Polytechnic Institute and State University. All you need is three percent hydrogen peroxide (the same strength available at the drug store for gargling or disinfecting wounds); a plain white or apple cider vinegar, and a pair of brand new clean sprayers, like the kind our older folks once used to dampen laundry before ironing. If you're cleaning vegetables or fruit, just spritz them well first with both the vinegar and then the hydrogen peroxide, and finally rinse them off under running water.

It doesn't matter which you use first - you can spray with the vinegar then the hydrogen peroxide, or with the hydrogen peroxide followed by the vinegar. You won't get any lingering taste of vinegar or hydrogen peroxide, and neither is toxic to you if a small amount remains on the produce. As a bonus: The paired sprays work exceptionally well in sanitizing counters and other food preparation surfaces -- including wood cutting boards. In tests run at Virginia Polytechnic Institute and State University, pairing the two mists killed virtually all Salmonella, Shigella, or E. coli bacteria on heavily contaminated food and surfaces when used in this fashion, making this spray combination more effective at killing these potentially lethal bacteria than chlorine bleach or any commercially available kitchen cleaner.

The best results came from using one mist right after the other - it is 10 times more effective than using either spray by itself and more effective than mixing the vinegar and hydrogen peroxide in one sprayer.

FAQ: "Can I mix the hydrogen peroxide and vinegar into one sprayer?" The answer is No! - Never mix hydrogen peroxide and vinegar together in one container. The resulting chemical -- peracetic acid -- can harm you when mixed together this way if you accidentally create a strong concentration. Peracetic acid also has entirely different characteristics and properties than either hydrogen peroxide or vinegar. Additionally, it is not known if peracetic acid kills the same group of pathogenic food-borne bacteria when used this way as a spray - it very well may not.

2008 Meetings

January 11
February 8
March 28
April 11
May 9
June 13

July 11
August picnic – date tba
September 12
October 10
November 14
December Xmas party- tba

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.

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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360 497-2160
mews@centurytel.net

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
360-4997-2160 mews@centurytel.net



Deanna Shafar, DVM
All Bird Clinic LLC
253-475-2611
2505 South 80th Street • Tacoma, WA 98409
www.allbirdclinic.com

Necropsies and DNA sexing available:

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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

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

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

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

Oral Medication Tip: (requires no restraint)

Drill a 6-8" wooden dowel with several holes large enough to accommodate your medicine dropper. Present the dowel to the bird, who, being a parrot, will grab it. One of the holes will be aligned with the open beak. Insert the medicine dropper through it, and squirt the medication into the mouth. Works well on larger birds (Amazon on up.)

**Doane, *The Parrot in Health and Illness,*
An Owner's Guide (Macmillan Publishing Company, 1991**

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.

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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.

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.

SSEBS Officers and Committees

President	Pegg Bauer	360-866-4088
Vice President	Leslie Simpson	360-426-3708
Secretary		
Treasurer	Pat Hill	360-357-7865
Members-at-Large	Barbara Ann Smith	360-491-2387
	John Germeau	360-736-3973
	VACANT	
Membership	Linda Morgan	360-705-0141
Public Relations	Carol Frink	360-352-9792
Publications	Pegg Bauer	360-866-4088
Ways and Means	VACANT	
Education	Britt O'Leary	360-462-8210
Affiliated Organization Representatives	VACANT	

Animals Animals II
Phoenix Exotic Wildlife Assn, Inc.
Aug 22, 23, 24 (10am - 4 pm)
Yard Bird shop-N-Kart (I-5, exit 79)
Free Admission
Sat only - special display of parrots

events@phoenixexotics.org

Club Secretary Needed

Smiles Germeau's untimely passing has left us in need of a club Secretary. If you would be willing to fill out the balance of her term, please contact Pegg Bauer.
peggb@comcast.net or 360/584-6495.

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

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 _____
Individual.....\$12 _____

Family.....15 _____
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):

- | | | | | | | |
|--|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|------------------------------------|----------------------------------|
| <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: | | | |

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 Capitol 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

