

SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

Volume XXIII, Issue 8

August 2008

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

August

There is no scheduled meeting.

Friday and Saturday August 28 & 29: 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. Randy had knee replacement surgery on July 8, and is relegated to serving lemonade to the helpers. They are in the Bremerton area, and those who are interested in helping will be carpooling on the 29th. We can stop for lunch. This date was originally scheduled for Saturday August 9, but had to be delayed because Randy's recovery was more complicated than expected. The boxes are packed – they need to be moved onto trucks. Here are the directions – if you go up alone, call Randy & Jackie first to make certain everything is still on schedule. To carpool on Saturday the 28th, call Pegg @ 360/866-4088.

Please call before you come to make sure we are home and available.
Phone numbers are 360-830-4705 or 360-271-1456 -- ask for Randy or Jackie

DIRECTIONS TO OUR HOME:

Get on Hwy 3 headed towards Silverdale. Take the Newberry Hill Exit.

Depending on which direction you are coming from:

If you see a stopLIGHT turn left/ If you see a stopSIGN then turn right instead
Continue up Newberry Hill and all the way to the end, about 4 miles, until you get to a Chevron and a stop sign.

Turn Left onto Seabeck Hwy. Pass through the first flashing yellow light at the fire station.

When you get to the second flashing yellow light turn right onto Holly Road,
you will see a sharp corner directly in front of you that turns to the right.

On that right corner you will turn left off of it onto Lakeview Ave NW.

Stay straight on Lakeview.

You will see our driveway post markers first, they are white and say 4220.

We are on the first corner of Lakeview on the left side of the street.

You CANNOT miss us we are the 3000 sq ft PINK house.

The address is 4220 Lakeview Ave NW, Bremerton, WA 98312

Saturday, August 23: The Phoenix Wildlife Assn's "Animals Animals" exhibition has been cancelled.

September 12 Meeting

Mandy Andrea is scheduled to speak on the Indonesian Parrot Project and/or Tambopata Research Center.

Macaw Diet

With the exception of Hyacinth Macaws who have special dietary needs (no one has Red-bellied Macaws, do they?), Macaws do very well on Shauna's Mash Diet - please look in the Files section at FeedingFeathers@yahoo.com, and you will find a couple of articles there, including one under "Shauna's Articles." Macaws need a little more protein and more fat than most parrots. Ideally the good fats are supplied by nuts and seeds as a small portion of a well-balanced diet. The protein requirements can be met through the use of soaked, sprouted or cooked grains, and soaked and fully sprouted or cooked legumes in approximately a 2:1 ratio, two parts grain to one part legume. That creates a complete protein with all the amino acids needed. They need to have lots of fresh vegetables daily (preferably most or all raw), and some fruit. Plus you will see in the files that a few natural supplements such as kelp (TEENY amounts) and organic alfalfa powder also are recommended.

From FeedingFeathers@yahoo.com -- highly recommended group if you haven't checked it out.

FROM MY PERSPECTIVE
(Thoughts from your President / Newsletter Editor)

Officers. It's that time. In accordance with the SSEBS bylaws, we must elect a 3-member nominating committee at the September general meeting to come up with a slate of officers for calendar year 2009. This will be critical for the survival of this club. We've been without a Secretary for many months now – during the course of Smile's illness and since her passing. I've asked many of you personally, and all of you collectively, if someone among you might take over that position until the end of her term. The answer has been a very definitive "no." No one seems to want to be "tied down" by having to attend meetings.

SSEBS needs officers that will -- at a minimum -- attend meetings. Every month, or at least almost so. And the responsibility does not end there. I'm hopeful that we can come up with a viable slate of potential officers who will be agreeable to that requirement.

Meetings and Programs. Last month I did a program on estate planning for parrots. This being outside of my legal specialty (tax), it took some time to prepare this in addition to writing the newsletter and preparing for the meeting (for which I take annual leave from my job). Only a handful of people showed up for the board meeting (not a quorum), and, including me, there were only five of us at the subsequent regular meeting. It was very disheartening to have put effort into a program that was so poorly attended.

There seem to be many SSEBS members who don't see attending meetings as one of their callings. Perhaps they are "newsletter" members only, and have no plans to become otherwise involved. And I guess that's all right – everyone pays the same dues and can make their own decisions accordingly. And those of you who do attend meetings often have legitimate reasons for not being there, so I try to be philosophical about it. Outside of bringing in dancing bears (dancing parrots haven't worked), I don't honestly know what might attract our small membership to our meetings. I don't think we can in good faith keep asking presenters to come in exchange for the financial pittance we offer (which today probably does not cover fuel) when so few people attend.

Projects. Many of you have encouraged SSEBS's involvement in bird shows and, of course, in our own expo. These are recurring refrains, but I more than often don't hear concrete plans for actually pulling them off. Volunteers have agreed on many occasions to do specific jobs – e.g., check out a site, call someone, design something -- and it is more often than not completely forgotten by the end of the meeting. I'm not a nag by nature, and wouldn't have the time to do so if I were. Frankly, I don't see why anyone should have to nag adults to carry through on what they obligated themselves to do.

One example comes to mind: Other than one black and white flyer, used magazines, and old newsletters, we have really nothing to offer at a display table at bird exhibitions. Although I keep hearing recommendations that we participate in these shows, so far no one has committed to actually planning and developing materials and display items. We still do not have a business card, even though several meetings ago we discussed the club's lack of one, floated many good ideas to do so, and had a volunteer to take that project in hand. For the membership

Why Should You Care About Pesticides?

There is growing consensus in the scientific community that small doses of pesticides and other chemicals can adversely affect people, especially during vulnerable periods of fetal development and childhood when exposures can have long lasting effects. The toxic effects of pesticides are worrisome, not well understood, or in some cases completely unstudied. Birds, particularly, are likely to be at risk, and their owners might be wise to minimize their birds' exposure to pesticides whenever possible.

Will Washing and Peeling Help? Nearly all of the data used to create these lists already considers how people typically wash and prepare produce (for example, apples are washed before testing, bananas are peeled). While washing and rinsing fresh produce may reduce levels of some pesticides, it does not eliminate them. Peeling also reduces exposures, but valuable nutrients often go down the drain with the peel. The best option is to eat a varied diet, wash all produce, and choose organic when possible to reduce exposure to potentially harmful chemicals.

Pesticide/Produce Ranking. The following ranking was developed by analysts at the not-for-profit Environmental Working Group (EWG) based on the results of nearly 43,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 2000 and 2004. A detailed description of the criteria used in developing the rankings <<http://foodnews.org/methodology.php>> is available as well as a full list of fresh fruits and vegetables that have been tested. If you can't buy all organics, at least please know the risks (see below).

PESTICIDE LOADS		
NON-ORGANIC FRUITS/VEGETABLES		
Ranking (1 = worst)	Fruit or Veggie	Score (100 = highest)
1	Peaches	100
2	Apples	96
3	Sweet Bell Peppers	86
4	Celery	85
5	Nectarines	84
6	Strawberries	83
7	Cherries	75
8	Lettuce	69
9	Grapes - Imported	68
10	Pears	65
11	Spinach	60
12	Potatoes	58
13	Carrots	57
14	Green Beans	55
15	Hot Peppers	53
16	Cucumbers	52
17	Raspberries	47
18	Plums	46
19	Oranges	46
20	Grapes - Domestic	46
21	Cauliflower	39
22	Tangerine	38
23	Mushrooms	37
24	Cantaloupe	34
25	Lemon	31
26	Honeydew Melon	31
27	Grapefruit	31
28	Winter Squash	31
29	Tomatoes	30
30	Sweet Potatoes	30
31	Watermelon	25
32	Blueberries	24
33	Papaya	21
34	Eggplant	19
35	Broccoli	18
36	Cabbage	17
37	Bananas	16
38	Kiwi	14
39	Asparagus	11
40	Sweet Peas-Frozen	11
41	Mango	9
42	Pineapples	7
43	Sweet Corn-Frozen	2
44	Avocado (don't feed to birds)	1
45	Onions (don't feed to birds)	1

EWG is a not-for-profit environmental research organization dedicated to improving public health and protecting the environment by reducing pollution in air, water and food. For more information please visit www.ewg.org.

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

2008 Meetings

July 11
 August: No meeting. Events tba
 September 12
 October 10
 November 14
 December Xmas party- tba



**FINE FEATHERS
& FINS**
 Cage Bird & Aquarium
 Supplies
 114 Miller Road Randle, WA
 360 497-2160
 mews@centurytel.net

**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. SSEGBS 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.

FOR SALE

Lineolated parakeet babies:
 2 cobalts, 2 lutinos, 2 greens \$200 - \$300
 Rosy Bourke babies \$85
 Normal Bourke pair \$50
 Red and red mosaic 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:

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

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.

COMMERCIAL ADVERTISING

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Full page	\$87.50

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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

Olympic Bird Fanciers 4th Annual Bird Mart!

**Sept. 20, 2008 – Kitsap County Fairgrounds,
President's Hall**

1200 NE Fairgrounds Rd., Bremerton WA 98311

**Information: 360-876-7755 or
parrotcrazy2003@msn.com**

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	

SSEBS 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
(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

