

# SOUTH SOUND EXOTIC BIRD SOCIETY NEWSLETTER

Volume XXIII, Issue 10

October 2008

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

## OCTOBER 10 PROGRAM

Julie Corwin will present her educational display, "Sharing our Hearts," of rare and pet parrots and how they can enrich our lives. She will bring up to 20 parrots to meet, including:

HawkHead, Major Mitchell, Cape Parrot, Red Front,  
Rosebreasted, Derbyan, Caiques, Macaws, Amazon and possibly more....

(Note: cameras are welcome)

## NOVEMBER 14 PROGRAM

We are so pleased that Deanna Shafar, DVM will be sharing with us the latest in the world of avian veterinary medicine.

## Time to Paint?

[See: <http://www.buildingcamelot.com/2008/05/06/7-low-or-zero-voc-interior-paints-you-might-actually-buy/>]

V.O.C.s (volatile organic compounds) are emitted as gases from certain solids or liquids. V.O.C.s include a variety of chemicals, some of which may have short- and long-term adverse health effects. Concentrations of many V.O.C.s are consistently higher indoors (up to ten times higher) than outdoors.

V.O.C.s are not something to which we want to expose our parrots. Listed below are some easy-to-find earth-friendly interior paints that have zero V.O.C.s. Even though they are safer than traditional paints, I would think you would still need to remove any birds from the immediate area while using them, and I do not know how soon you could safely return a bird to a repainted room. As a rule, err on the side of caution.

***Freshaire Choice Paint*** can only be found at Home Depot. As of May 2008, this paint is only available in 65 different colors. Hardly the selection of pinks and purples you might be looking for if you are painting the room of a toddler who thinks she's a princess. Other colors offer a good selection of "earth-influenced" pallets that would look great in a wide range of rooms. Home Depot sells the Freshaire paint for around \$35 - \$40, depending on the type of finish. It's a little pricey for the limited selection of colors but the paint is easy to find and is probably pretty good quality at that price.

Here is a quick excerpt from the Freshaire website:

*On average, up to 150 grams of VOCs are added back into paint once the color is mixed. But not with The Freshaire Choice. It's a no-VOC paint with a no-VOC tinting system that delivers rich, true shades that apply flawlessly, dry fast and wash up beautifully.*

***Olympic Premium Interior*** can be found at Lowes, Olympic Premium paint offers a huge selection of colors in an earth friendly paint. The selection of colors is much greater than the Freshaire selection which bodes well for creating the perfect little princess room. The Olympic Premium paint goes for around \$21 - \$25 at Lowes -- a much better price than the first selection. I've never used Olympic paint so I can't talk about the quality of the paint. Olympic Premium paint has been Green Seal certified.

Here is a quote from the Green Seal website:

*Green Seal's evaluations are based on state-of-the-art science and information using internationally recognized methods and procedures. To earn the coveted Green Seal a product must meet the Green Seal environmental standard for the category as demonstrated by rigorous evaluation, testing and a plant visit.*

**Duration Home Interior** is available at your local Sherwin-Williams store. Duration Home paint is the the flagship earth-friendly paint from Sherwin-Williams. The color selection is somewhat limited -- more to choose from than the Freshaire paint, but not a much as the Olympic paint. The price is comparable to the Freshaire paint.

A quote about Duration paint from the GreenSure initiatives page:

*Most stains wipe clean with mild soap and water so no harsh cleaning chemicals are needed for clean-up. The durable formula reduces frequent repaints - providing the ultimate in beauty and washability.*

**Harmony Interior Paint** is another choice from Sherwin-Williams. It is priced similar to the Olympic Premium paint from Lowes. This paint has the same color selection as the Duration paint, but may not be as durable, which may be an issue in a kid's room or in a parrot area.

Straight from the Sherwin-Williams GreenSure site:

*Harmony is a natural choice for environmentally preferred interior paint. It is low-odor allowing you to immediately move into your newly painted spaces. It contains less solvents and zero-VOC's (volatile organic compounds) so what is emitted into the air is more environmentally friendly."*

**AURA Paints** (Benjamin Moore) offer over 3,300 choices of colors. With that many colors you are sure to find that perfect shade of pink. Benjamin Moore paints are not sold at big-box retailers, so you will have to find a Benjamin Moore store. The paint costs \$55 - \$60 per gallon, and all stores don't carry it. Benjamin Moore's Regal line of paints range between \$32 - \$36 per gallon -- more affordable -- and have a very low odor. Benjamin Moore also provides all the paint for Pottery Barn.

Here's a little background on Benjamin Moore:

*The better the resins and colorants, the better the paint. Benjamin Moore creates and manufactures its own resins - the binders that make the film and finish of a paint - and colorants - the pigments that give the paint its unique color and hiding characteristics.*

**Clarity Paint** (Dutch Boy) is one of two Dutch Boy earth-friendly paints. It is typically found at Wal-Mart or Sears. Dutch Boy offers 2 earth-friendly paints. No information given on approximate pricing. The Dutch Boy website indicates that this paint has been given the Green Seal approval (like the Olympic paint).

The Dutch Boy website also states:

*Clarity is an environmentally safe paint, perfect for people who want the quality of Dutch Boy in a low odor and low VOC formula.*

**Kid's Room Paint** (Dutch Boy) is a low odor, low VOC paint. It doesn't have the Green Seal approval like the Clarity paint.

From the Dutch Boy website:

*The safe, low-odor formulation of Kid's Room Paint provides the best protection where it counts the most, in your children's rooms.*

## A PLACE 2 FLEDGE (The saga continues)

Following their roll-over accident, Zach and Jackie went back to the doctor last week. Zach got a clean bill of health. Jackie was not so lucky – her broken collar bone has shifted and is no longer in a position to mend itself. She hurts and can't sleep. The last we heard, she had been referred to an orthopedic surgeon in Sidney MO (over 2 hours away) for surgical evaluation. The surgery would either be done in Sidney or Billings (even further away). Haven't heard more – keep your fingers crossed.

The temperatures are dropping at night to just barely above freezing but the days, which are gorgeous, are still between 70 and 80 degrees. The nights are breathtaking. Jackie and Randy have been to town several times now and are navigating much better now (although Jackie can't drive with her injury).

They are making new friends every day, and everyone knows who they are and greets them whenever they go. They're still receiving never ending offers of help from their neighbors and new friends.

In preparation for winter, they've had 300 gallons of gasoline delivered to their own farm pump and 1000 gallons of propane for heating. They are stocking up on frozen and canned food. Because of some mice, they received a "loan" (lol) of a mother cat and kitten, who have not only solved the mouse issue, but have managed a permanent invitation to become official Schonecks. They are completely disinterested in the birds.

One of their farmer neighbors delivered 10,000 pounds (!! ) of feed for the birds -- a beautiful mix of dried peas, beans and legumes, wheat and oats and a bit of corn -- and wouldn't accept payment. He said they would have enough to worry about with winter and shouldn't have to worry about having feed shipped in. He loaded it right into their silo and, at last report, Jackie and Randy were still standing there staring at it.

Zach loves school, and his teachers are awesome and give him help whenever he asks. All the birds are doing great and don't seem to be suffering any adjustment problems, and a few of the habitual pluckers have even stopped plucking (perhaps they know they will need all their feathers when the cold weather comes). Jackie and Randy send their best!

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### MEMO FROM THE DOG

That Parrot is despicable. She doesn't do any tricks and never comes when you call. And I've been there --- I know she can hear you. We need to face facts: It's time to get rid of that Parrot!

Before the Parrot's arrival, meals were very festive times. I would sit and stare attentively at your lips, trembling slightly and drooling. You would play the game of pretending to be cross and demand that I leave the area; but, whenever you cooked dinner, your children would slip me food under the table.

Now, though, the Parrot is allowed to jump on the table -actually physically walk on the table AND eat from your plate! You don't yell at the Parrot, you just pick her up and put her back on the cage. Or worse yet, you giggle and give her more! And I know you don't see it, but she always gives me a haughty look as she walks past me. When you are not in the room, she blows raspberries at me and laughs!

And speaking of meals, I have always been satisfied to eat the gritty pellets of meat by-products you bring home in the giant bags, right? Have I ever once, ever, failed to finish a meal? But now I find out that the Parrot is being served fresh veggies and fruit - and she never consumes all of it!

In fact, she throws over half of it on the floor! This means there are always little bits of delectable snacks lying all around. How can I be blamed for making sure they get eaten? Why do you get so mad? As long as the pet food is going to the pets, isn't that what's important?

Then there's play time. I think we can clearly see that I am a big dog, descended from a noble line of hunters accustomed to chasing prey and attacking it. Haven't I nearly managed to take down a few cars as they've driven past the house? The Parrot is about the size of a squirrel and in my view should behave like one. But when I walk near, instead, she opens that big beak and nips at me! You'd have a fit if I tried that.

Do you realize that the Parrot goes to the bathroom in the house? She poops anywhere she pleases! Not in the drinking basins like you do-- nothing is off limits when she's out of her cage! This can't be sanitary. I'm very concerned about the potential for damage to the furniture and carpeting. What are we going to say if visitors come over and want to sit on the couch and the Parrot has been using it as a toilet?

I'm not the only one who believes the Parrot is an evil person. Here's a note from the hamster:

\*\*\*\*\*

To: Master of the house  
From: Hamster  
Subject: Parrot

Please tell Parrot to stop staring at me while I work.

Signed: Hamster, Department of Rodent Wheels

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I also tried to get a note from the fish, but apparently they believe that everything happening outside their tank is some kind of reality-TV show. They feel all smug since they have a fitted sun roof over their heads.

I don't understand why the Parrot is allowed up on your shoulder and I'm not even allowed on your lap. I am far cuddlier than any stupid Parrot. I think her noises are unhealthy and may be a sign of Tourette's syndrome.

And why does she get so many baths? She never does anything that remotely raises a sweat or gets her dirty or smelly. Yet you take her in the shower with you all the time and even sing to her! All I ever get is a cold hosing out in the yard - in front of the neighbors even!

And speaking of sleeping, sometimes I'll be taking a nap and she'll land beside me and start screeching like a fire alarm. Usually I'm too tired to do anything about it, but then later, the other dogs smell her on me or spot a feather on my back and crack a lot of jokes at my expense. It's just not fair.

So you see dear master, I am not exaggerating. The Parrot has brought the family to complete ruin. I'm sorry I have to be the one to bring it to your attention, but now that I have, I think we can all agree that we should go back to the way it was, when I was the No. 1 pet in this house.

Yours truly,

The Dog

[Thank you, Carol Frink]

## SCARY ARTICLE (in case you missed it....)

### Chemicals in blood of Californians

THOMAS H. MAUGH II; Los Angeles Times

Published: October 4th, 2008 12:30 AM

Californians have twice as much of flame-retardant chemicals in their blood and as much as 10 times more of them in their homes than elsewhere in the country, researchers report.

Children and infants, who might be more susceptible to the chemicals' harmful effects, can have several times as much as adults, scientists reported Wednesday in the journal Environmental Science & Technology.

The chemicals, called polybrominated diphenyl ethers, or PBDEs, have been shown in animals to cause thyroid hormone disruption and to interfere with developing reproductive and nervous systems.

Widespread use of the chemicals began with the passage of a California law 30 years ago requiring furniture and bedding to withstand 12 seconds of contact with an open flame without igniting. To meet the standard, foam and similar materials contain as much as 12 percent PBDEs by weight.

U.S. furniture manufacturers stopped using one form of PBDE – thought to be the most hazardous – in 2004, but it still is incorporated in furniture imported from abroad.

The chemicals are released from furniture in dust produced by abrasion and normal wear.

“The health effects are of particular concern for babies, children and pregnant women,” said environmental epidemiologist Ami Zota of the Silent Spring Institute in Newton, Mass., who led the study.

The research team collected samples from 49 homes in the San Francisco Bay Area cities of Richmond and Bolinas and 120 homes on Cape Cod, Mass., and compared levels in those homes with published levels from Canada, Europe and several U.S. cities.

Levels in California homes were 10 times higher than those on Cape Cod; five times higher than those in Texas; six times higher than those in Washington, D.C.; four times higher than those in Boston; and 200 times those in Europe, where the chemicals are used sparingly.

They also analyzed levels in blood collected by the U.S. National Health and Nutrition Examination Survey. They found levels were highest in California and the West, lower in the South, lower still in the Midwest and lowest of all in the Northeast.

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## BUDGIE-VILLE

Janet Wood reports that her house has recently been overrun with three sets of foster-budgies that are – or will be – available for adoption from Animal Services. Left and Right (not her fault, her grandkids named them) are green and came in together, but they only tolerate each other. Right is playful and friendly. She likes larger birds. Left is a bit of a bully. Violet, Galileo and Ishmael came in together. Violet is a bright yellow with green. Galileo, a male, is a pale blue and just gorgeous. These two seem to really like each other. I have not seen them preening, but they are always sitting together. Bill and Jolene also came together. Jolene is mostly white and a bit of a loner. Bill is green and very much taken with Ishmael who is blue and white. They preen each other and “feed” each other. It would be nice if they could be adopted together.

Left has been over bullying Bill and making a nuisance of himself. Right is not interested in the other birds at all, and stays with Janet's green-checked when she isn't flying over to visit with Max, her African Grey. Well, she wants to visit, but he doesn't seem to like it much. I think she would do well by herself as long as she has attention and out of cage time.

Anyone interested in adopting these (or other birds that may have come in) should contact Animal Services (Susanne, 360/252-2510) or Janet at 943-4772. Small birds are, I believe, are generally adopted out with cages.

FOR SALE  
PETS AND BREEDERS  
GOODHART BIRD FARM  
Shelton, WA 98584

360-426-6375

kegdharth@hctc.com

**For Sale**  
**One pair of proven Black Cap Conures \$350.00**  
**6 parent raised 1 yr. old**  
**Breeder birds: \$85.00 each**  
**360-978-5164=**

**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

#### SSEBS Officers Needed

**Officers are needed for calendar year 2009.**

**If you are interested in serving,  
please contact Pegg Bauer.**

**peggb@comcast.net or 360/584-6495.**

#### NOTE:

Dr. Irene Pepperberg will be  
at the University Village Barnes and Noble  
on November 19th, 7:30,

speaking and reading from her new book, "Alex and Me".

#### 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](mailto:SSEBS-subscribe@yahoogroups.com). Learn how the group works: <http://help.yahoo.com/l/us/yahoo/groups/original/members/> is the place to go.

#### SUPPORT YOUR CLUB: COMMERCIAL ADVERTISING

Each commercial membership includes one business-card size advertisement in the newsletter. Commercial members may also purchase additional ad space at the following rates:

One half page \$50  
Full page \$87.50

Non-members may purchase ad space at the following rates:

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

All ads run for a 12-month period. Send camera-ready artwork or neatly printed ad copy to SSEBS, P.O. Box 15014, Tumwater, WA, 98511-5014. 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 – determined at the time of the 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 inappropriate. Questions? Contact Pegg Bauer, Editor.

#### 2008 Meetings

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

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

As a Society, SSEBS does not endorse the products or services advertised in its newsletter. SSEBS is not responsible for advertisers' claims or products.



**FINE FEATHERS  
& FINS**

Cage Bird & Aquarium  
Supplies



114 Miller Road Randle, WA  
360 497-2160  
[mews@centurytel.net](mailto:mews@centurytel.net)

#### FOR SALE

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

#### Fine Feathers and Fins

114 Miller Road, Randle, WA  
360-4997-2160 [mews@centurytel.net](mailto:mews@centurytel.net)

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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](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  
(Renton area)  
For information, contact: President Julie Corwin, 206-772-1730  
Email: [blconnection@hotmail.com](mailto:blconnection@hotmail.com)  
[http://www.geocities.com/bird\\_lovers\\_club/](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 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).

**SOUTH SOUND EXOTIC BIRD SOCIETY**

Pegg Bauer, Editor  
Newsletter address only:  
8008 Ellison Loop NW  
Olympia, WA 98502

