



ALASKA BIRD NEWS

October 2010

Lin Westgard, Editor

Volume 22 – Number 10

Available on-line at www.alaskabirdclub.org
Dedicated to all the current and future parrot owners of Alaska

What's for Dinner?

What we feed our parrots is a constant topic among bird owners. The aviculture specialists are refining diets down to specific species needs and so what we feed one bird we are finding, is not necessarily good for another. It is up to you to learn about your species and what dietary needs they may need.



Photo by Vanessa Wike who grows fresh herbs and vegetables for her birds so they can eat naturally and organically (without fertilizers).

A good diet is based on pellets, greens and veggies with fruits, seeds and nuts added at the end and knowing your parrot. Here are is a list of items you can take shopping with you so you don't get stuck buying the same old stuff. This list is recommendations from the Yahoo group Feeding Feathers.

Greens:

Collard Greens (wonderful nutrition here; high in Calcium).
Mustard Greens
Kale (also high in Calcium).
Dandelion
Cilantro
Carrot Tops
Endive
Escarole
Turnip Greens

Water Cress

Romaine (other lettuce no nutrition)
Bok Choy

And other Veggies:

Broccoli
Cabbage (minimal amounts)
Brussels sprouts
Zucchini
Chayote Squash

(Continued on page 3)

CLUB INFORMATION

The Alaska Bird Club is a 501(c)(3) non-profit incorporated in the State of Alaska. It meets the first Tuesday of every month at Serendipity Adult Day Services in Anchorage at 7:00pm. Location: 3550 East 20th Ave (off of Northern Lights Blvd & Nichols St).

The mailing address is:

THE ALASKA BIRD CLUB
P.O. BOX 101825
Anchorage, Alaska 99510-1825
(907) 868-9070

President: Lin Westgard 868-8058

Vice President: Amber O'Neill 351-2762

Secretary: Amy Benefield 441-2699

Treasurer: Ann Gilley 441-1104

Member-at-large: Karen Medkeff

Sergeant-at-arms: Garry Wallan

Editor: Lin Westgard

E-Mail: westgard@gci.net for article information

Adopt-a-Bird Chair Person: Amy Benefield

Hospitality Chair Person: Anne Green

Membership Chair Person: Ann Gilley

*You can e-mail the Alaska Bird Club at:
akbirdclub@yahoo.com*

*Or visit our website:
www.alaskabirdclub.org*

We welcome any comments, articles or any ideas for the club or the newsletter. Current issues and extra copies of previous editions of The Alaska Bird News are available at the monthly meetings.

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The following locations have copies of our newsletter if you need extra. We have also noted the clinics that have avian vets by the 🌟

ANCHORAGE:

Alaska Mill & Feed
1501 E. 1st Ave.
276-6016

Alaska Pet-ography
9130 Elim St.
868-1680

🌟 Chester Valley
Veterinary
Dr. Thomas
1571 Muldoon Rd.
333-6591

🌟 College Village
Animal Clinic
Dr's Basler & Nicholson
2036 E. Northern Lights
274-5623

🌟 Hillside Pet Clinic
Dr. Bluestone
2101 Abbott Rd. #1
344-7913

Petco
8621 Old Seward Hwy

🌟 Pet Emergency
Dr. Doty
2320 E. Dowling Rd.
274-5636

🌟 The Pet Stop
Dr. Riley Wilson
1921 W. Dimond Blvd.
522-1006

The Pet Zoo
901 E. Dimond Blvd.
344-2966

🌟 VCA Alaska Pet Care
Dr. Frederickson
3900 Lake Otis Pkwy
562-PETS (7387)

VCA Alpine Animal Hospital
12531 Old Seward Hwy
345-1515

VCA E. Anch Animal Clinic
2639 Boniface Pkwy
337-1561

EAGLE RIVER:

🌟 Ravenwood Veterinary
Clinic
Dr. Cuthbert
11525 Old Glenn Hwy
694-9665

The Pet Zoo
12046 Business Blvd.
622-2966

WASILLA:

All Creatures Veterinary Clinic
Mi 7.4 Palmer- Wasilla Hwy
(907) 376-6016

The Pet Zoo
1481 E. Parks Hwy
357-7335

PALMER

Far Country Animal Hospital
2701 N. Liahona Dr.
Palmer
(907) 746-7297

North Star Animal Hospital
840 S. Cobb St.
(907) 746-7387

Palmer Veterinary Clinic
Mi 39 Glenn Why
(907) 745-3219

The Pet Zoo
10201 E. Palmer-Wasilla Hwy
746-0056

FAIRBANKS:

Mt. McKinley Animal Hospital
800 College Rd.
Fairbanks, AK 99701

(Continued from page 1)

Snap Peas
Cucumber
Kohlrabi
Green Beans

Orange Veggies:

Carrots
Squash
Sweet Potato (cooked)
Pumpkin
Yam (cooked)

Other:

Parsnip
Beets, Red or Golden (cooked)
Jicama
Celery
Corn (small amounts)
Chili Pepper
Red Pepper, green (organic)
Cauliflower
Potato (cooked and limited)
Radish
Tomato (small amounts)
Asparagus

Grains:

Oats
Rye Berry
Kamut
Quinoa (a complete protein)
Amaranth
Barley
Brown Rice (added to other grains)
Wild Rice
Oatmeal (not fortified with iron)
Very limited pasta from above whole grains).

Legumes:

Adzuki
Mung
Garbanzo
Peas
Lentils

Fruits:

Orange Fruits (Beta Caratene)
Papaya
Mango
Cantaloupe
Apricot (no pit, organic)
Peach (no pit, organic)

Other Fruits:

Oranges
Apples (no seeds)
Banana (no peel)
Cranberry
Blueberry
Raspberry
Strawberry
Grapes
Cherries (pitted)
Lemon (small amounts)
Kiwi
Pineapple (small amounts)
Melons
Pears
Blackberry
Passion Fruit

Editors note: This list is meant to be used as a shopping guide to spark your imagination. Write down some of your favorites and add them to the list. Remember though, pits are dangerous so cut them away from the fruits and wash everything first!

Check out the Alaska Bird Club's Website!

Find out about our latest Lost and Found Birds, our birds that are available in our Adopt-A-Bird program and other various articles and videos. Advertise your un-wanted cages via newsletter and website! See what's up and coming and stay in touch!

www.alaskabirdclub.org

Bird Toys Galore
Cage Supplies (Perches, Boings, etc)
Shower perches
25lb bag of Harrison's Fine Lifetime Maint Food

(907) 868-8058



REMEMBER: Teflon and other non-stick finishes are deadly to your bird. Do not take chances. Bird deaths have been recorded when nonstick cookware was used even at low temperatures. This includes looking at ALL non-stick surfaces (irons, bread making machines, waffle makers, etc). Also be aware that using the self-cleaning option on your oven can also be deadly and to remove birds to be safe.

Website of the Month

The Gabriel Foundation
www.thegabrielfoundation.org

Parrots, their lives, our choice -
Julie Weiss Murad, founder

Parrot Behavior Consultations

Need help with any of the following?

Aggression
Excessive screaming
Inappropriate vocalizations
Feather Destructive Behaviors
Diet
Environmental Enrichment

Contact Karen Webster
to schedule your consultation today:
929-BIRD (2473) or akpeac@gmail.com.

Comfy Clawth Blankets for Birds

See www.comfyclawth.com for Alaskan made bird blankets that can be used to train your parrot to be toweled in a safe and comfy environment.
birdieblankets@comfyclawth.com

P E A C
(Parrot Education & Adoption Center)
www.akpeac.org
929-BIRD
Seminar Schedule
Advanced Registration Recommended

October 14th 7:00-9:00pm - Basic Care/
Lifestyles for the Successful Parrot Caregiver

November 18th 7:00-9:00pm
Parrot Personalities

What Did that Vet Say????

Provided by: Florida West Coast Avian Society, Inc. Lynda Lewis (President)
www.fwcas.org

(Continued from September issue parts 1 and 2)

Part 3:

11. **Keratin is:** A., A medicine for skin rashes. B., A sweet bird treat. C., A deformed feather. D., A protein in beaks and feathers.
12. **Urates are:** A., A planet. B., The solid green component of a dropping. C., The chalky white component of a dropping. D., both B & C.
13. **Nares are:** A., What you use to remove hair. B., The nostrils of a parrot. C., A curved talon. D., An offspring of scaly mites.
14. **Rostrum is:** A., What a bird regurgitates. B., A birds beak. C., A beautiful chick. D., A protest leader.
15. **PDD is:** A., Proventricular Dilation Disease. B., Parrot Disaster Day. C., Pretty Demanding Divas. D., Psittacine Deadly Disease.
16. **Oviduct is:** A., What the A/C comes out of. B., A bird's tear duct. C., The place where a bird's egg develops. D., The part of an egg where the chick develops.
17. **Cloaca is:** A., part of the crop. B., A parasite. C., A bir's excretory vent. D., A type of parrot.
18. **A closed aviary is:** A., an aviary that has shut down. B., A place where birds to in but don't come out. C., An aviary that has no new birds introduced for several years. D., A bird cage.
19. **Ectoparasites are:** A., Pesky ghosts. B., Internal parasites such as worms. C., External parasites like mites and fleas. D., A discharge from the nares.
20. **Syrinx is:** A., The bird equivalent of the human larynx. B., An apparatus to give injections with. C., A statue in Egypt. D., An eagle.
21. **Zoonosis is:** A., An addiction to zoos. B., A disease transferred from animal to people. C., A form of hypnosis for animals. D., Fascination with the movie "Zoolander".
22. **Toxicosis is:** A., An illness caused by exposure or ingestion of a toxic substance. B., What happens when your bird falls in the toilet. C., Fear of bird poop. D., A disease caused by a virus.
23. **PTFE is:** A., A long disease. B., Deadly to birds. C., Polytetrafluoroethylene, also known as Teflon. D., Both B and C. (Editors note: The answer to this one is D).
24. **Proventriculus is:** A., An opening from which the bird poops. B., An enlargement in the digestive canal, sometimes called a fore stomach. C., A bird who is good at aiming with his vent. D., A mythological Greek God.

Answers: 1-B,2-D,3-C,4-A, 5-B, 6-True, 7-C, 8-D, 9-A, 10-B, 11-D, 12-C, 13-B, 14-B, 15-A, 16-C, 17-C, 18-C, 19-C, 20-A, 21-B, 22-A, 23-D, 24-B.

ADOPTION APPLICATION
The Alaska Bird Club, Adopt-A-Bird Program

The Adopt-A-Bird Program is available to everyone who meets the criteria identified in the Adopt-a-Bird Program's Policy and Procedure. The committee will share your contact information (name, e-mail address and phone number) with people relinquishing the type bird you list below when one becomes available. **Please be VERY specific in the types of birds you would consider adopting.** Send your questions to akbirdclub@yahoo.com or call us at (907) 868-9070.

Please submit this application to the committee by one of the following methods:

E-mail: akbirdclub@yahoo.com

Mail: The Alaska Bird Club, P.O. Box 101825, Anchorage, AK 99510-1825.

Fax: (907) 257-9971

By Hand: Bring to our membership meeting; first Tuesday of every month at 3550 E. 20th Ave., Anchorage 7:00PM

Any family/household/individual who has previously relinquished 3 or more birds to the Adopt-A-Bird program will not be eligible to adopt through the Adopt-A-Bird Program.

LIST THE SPECIFIC TYPES OF PARROTS IN WHICH YOU ARE INTERESTED:

Adoption Fees: Extra Small- \$10.00, Small- \$35.00, Medium- \$50.00, Large- \$100.00, Extra Large- \$150.00, Extremely Rare- \$200.00

Are you 18 Years old or older? [] Yes [] No

YOUR NAME: _____ DATE: _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail Address: _____ Cell- _____

Phone Number(s): Home: _____ Work- _____

What is the best time to contact you? _____ Preferred method of contacting you would be via: _____

Do you consider yourself knowledgeable on bird care? [] Yes [] No Is this your first bird? [] Yes [] No

Species of birds you now own: _____ How many total? _____

Name of your avian vet? _____ How often do you vet check? _____

Diet your bird(s) _____

Are you interested in a companion pet or a breeder bird ? _____

Would you consider adopting a bird with behavioral or health issues? [] Yes [] No

Are you aware of the type commitment a companion parrot takes? [] Yes [] No

How many hours per day would you have to provide direct care to this bird? _____

Briefly tell us why you would be a good home for any bird: _____

Are all members of your family willing to take part in the care of this bird? [] Yes [] No

Are any members of your household under the age of 12 years old? [] Yes [] No

How many other pets are in the home and what kinds? _____

Are you available for emergency placement if needed? [] Yes [] No

(If "Yes," please submit an Emergency Placement Application as well. Home inspection is required)

Have you read and understood the Policies and Procedures for the Alaska Bird Club's Adopt-A-Bird Program? [] Yes [] No

Do you agree to pay the associated adoption fee (listed above) once you adopt a bird from this program? [] Yes [] No

The Alaska Bird Club will keep this application on file. It is your responsibility to keep your application current and notify us of any changes to the information on this form. As birds become available for adoption, each application will be reviewed and your name and number will be given to relinquishing owners of the type species of birds you have listed. Please review the Adopt-a-Bird Policy and Procedure as there are limitations to the numbers of birds that a family may adopt through this program. An interview and/or home visit with the Adopt-a-Bird staff or the person relinquishing a bird might be required with some adoptions. The Alaska Bird Club strongly encourages you to vet check and quarantine any new bird coming into your home and that you get a release of ownership from the current bird owner. We would also like you to make this decision seriously as birds need lifetime homes. They have very strong emotional attachments that should be taken into consideration. Moving, Divorce, Children are all things birds can and should endure with you. We also highly recommend that you attend our educational meetings held monthly on the welfare and care of companion parrots. www.alaskabirdclub.org The Alaska Bird Club assumes no responsibility for the quality, health or training of any birds placed in this program. In addition, the Alaska Bird Club, its officers and members cannot be held liable for any damage or illness brought about by a bird placed or bought via the referrals submitted to this program.

Rev. AUG-2010

December Membership Meeting !!! Save the Date!!!

The Alaska Bird Club is currently under negotiations with Julie Weiss Murad, who is the Founder and President of the Gabriel Foundation to come to Alaska to attend our membership meeting with a presentation in celebration of the Alaska Bird Club's 20th year anniversary (hatch day for the club!). We will be having our holiday dinner plus her presentation. She has also agreed to do home visits to visit your birds in their environment and consult with you on Parrot Behaviors. So save the dates! Take a vacation day from work and take advantage of this unique opportunity. Details to follow in next months newsletter. There will be limited seating, so sign up soon. Home consults will be based on one hour visits and a \$100.00 donation to the Gabriel Foundation. To see her work and her wonderful sanctuary, visit their site at www.thegabrielfoundation.org.

Stay tuned for details posted on our website. Members attend for free. General public will be required to pay \$25.00 attendance fee.

Meeting Information:

**October 5th 7:00-9:00pm
Parrot Nutrition**

**Come and share food experiences
feeding your feathered friends.**

**Discuss pellets, seeds, vegetables
and fruits.**

**Share your birdie bread recipes and
the most wild thing you have put in
them that makes your parrot purr.**



Calling for Volunteers!

**The Alaska Bird Club is seeking
volunteers for the following positions:**

1. **Newsletter Editor** - Create the Bird News with current events, past meeting information and avian care articles and be a writer! It's great fun to produce this newsletter and training will be provided. This position has sub-volunteers that help distribute, mail and get it out to the public.
2. **Hospitality Volunteer** - This person brings a treat to the meetings and paper plates, cups and napkins and helps out with our annual chili contest and our summer picnics. Requires good attendance to the meetings. This is a temporary position as our wonderful Hospitality Chairperson is unavailable until November of 2010.
3. **Adopt-A-Bird** administrative volunteers. This program is one of the strongest assets of the Alaska Bird Club and offers a tremendous amount of help for people that must re-home their parrots and for those that are wonderful enough to consider adoption over buying a bird. Help is needed to handle the logistics of a bird once it is placed into the program (helping facilitate the relinquishment and adoption) by helping with paperwork and interviewing. This is probably the most rewarding position in the program. Adopt-A-Bird chairperson, Amy could certainly use the help. It's a long process to find the perfect home and we need help!

Volunteering can be a very rewarding experience and helps birds throughout Alaska

We have a winner!!!

Our September meeting was our annual photo contest. David Jensen was to judge our



photo's, but was hurt on a shoot prior in the day and was unable to make it. He's okay, but spent most of the evening in the emergency room and emerged with a few stitches and some bruises and reports that he will be okay. We sure missed him, but our members gathered together and voted our favorites.

Congratulations to Heidi Wallis, our first place winner with her picture of

her beautiful Caique parrot preening her little dog.

Second place went to Michael Stanton for his photo of his two Cockatoos and third place to Amber O'Neill with a picture of a beautiful Love Bird.

The other photos entered were amazing. We had birds captured doing the funniest things and posing pretty for the cameras. We had over 38 entries this year!

Heidi won a photo shoot with David Jensen. Michael won a \$50.00 gift certificate to Home Depot and Amber won a \$50.00 gift certificate to Casper's Closet. Great job!!

ADOPT-A-BIRD UPDATE AND AVAILABLE BIRDS

Mealy Amazon— 50 yrs old. Needs a family preferably a woman as his primary care taker), dedicated to his care that doesn't have any other parrots.

Three sets of Cockatiels. Each set has personalities of their own and needs some love and care.

Two flock bonded Sun Conures - these guys can be loud! Must enjoy that!

An Amazon and a Meyers parrot that is flock bonded and must go together.

An Umbrella Cockatoo, age unknown. This male Umbrella will require an experienced bird owner and a home visit/inspection is required prior to adoption.

Contact the bird club at akbirdclub@yahoo.com if you are interested in adoption or fill out the adoption application located on page 6 and send it in.

Remember if you are unsure of which species might fit best in with your family dynamics, we highly recommend PEAC class "Parrot Personalities". See page 4 for their website information.

PRESIDENT'S PERCH—FROM LIN WESTGARD

October 2010

The time has come to consider the upcoming board of directors for year 2011. Many of the board positions are changing and becoming more exciting. We plan to combine the Secretary duties with the Treasurer to eliminate having to have two separate volunteers. I will not be running for president 2011 due to my work schedules and prior commitments, so the Presidency position will be open. I will remain President Emeritus and very active with the club though. Also not running is our long term treasurer, Ann Gilley. Her work duties are also changing and will be consuming too much of her time. I really can't stress enough that having a bird club is of the utmost importance. Sharing the word of current aviculture is important and it's exciting to learn and continue the techniques we use with our birds to better both their lives and ours. Please consider becoming involved. The birds need you. It's a very rewarding and fun involvement. I'd be happy to take you under my wing to help a smooth transition. Now step up if you can! Thank you!!

Lin

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Fresh new packaging. Same great formula.

View your bird's new bag and get more information at ZuPreem.com/fresh.



Find FruitBlend Flavor in new white bags on shelves at your pet store today!

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ZuPreem.com
customer-care@zupreem.com

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Since our topic this month is nutrition, I remembered this picture that bird club member Amber gave me of Pepper, her highly amusing and playful Amazon parrot. She was goofing around with him and ended up with this picture. It has always been one of my favorites. I should also mention that no vegetables were harmed in the taking of this picture.

Lin

More *Alaska Style* from David Jensen Photography

Visit David's website at: www.alaskaportraits.com

9130 Elim Street Anchorage AK 99507
(907) 868-1680 Office (907) 341-1030 Fax

Photo Blog
Monthly Web Specials
New Portrait Galleries
New Wedding Galleries

Meet the personalities behind the cameras!

Tour our Studio: ♦ Meet the Paparazzi ♦ See the Jensen Zoo
♦ Catch David in action.

David

(907) 868-1680 david@alaskaportraits.com

David Jensen has been our volunteer judge for our
Photography contest every year at the Alaska Bird Club
for five years now.



Photo by David Jensen



The Alaska Bird Club
P.O. Box 101825
Anchorage, AK 99510

Place
Stamp
Here