



THE ALASKA BIRD CLUB NEWSLETTER

March, 2016

President's Perch

Written Wednesday, February 17, 2016

Hello TABC, Please note a change in our meeting events. Due to a scheduling issue our speaker scheduled for March is now speaking in April. The topic will be "Healthy Wild Plants for Your Bird." The March meeting will now be our annual Chili Cookoff. Show off your best chili and taste lots of other versions. There's more info in the "Flock Call" section below.

Hope you had a wonderful Vday with your feathered love! On facebook I saw the perfect sentiment. It said " Dear Valentine it's sad but true. I love my conures more then you!" That being said many of us love our birds like we love our children and are always looking out for their best interest. Thus we sometimes have to give up comforts that we enjoy but may harm our birds. This includes things like scented candles, air fresheners and cleaning chemicals like Lysol. These things do not always kill instantly but do gradual damage to our birds air sacs. Now an instant killer found in many houses is teflon also known as polytetrafluoroethylene, PTFE or PTFO. PTFE comes in many forms from hairdryers, lightbulbs and cookware to new appliances and electric grills. Many of these items are available without teflon if you search. It took me a while too find a waffle maker without teflon but I found one! It is tax refund time . If you have nonstick metal coated pans now is the time to get rid of them for the health of you and your birds. Teflon not only puts out toxic fumes at high heat but also puts bits of metal in your food! The older and more worn your teflon is the less heat it needs to be deadly. While I always promote stainless steel as the best there are many great alternatives out there now. Be

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Big Changes Coming to the Newsletter



With this issue of the TABC newsletter, editing is now under the helm of members Heather and David Edgren. We'd be remiss, though, if we didn't take a minute and say a huge thank you to our friend and

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Flock Call

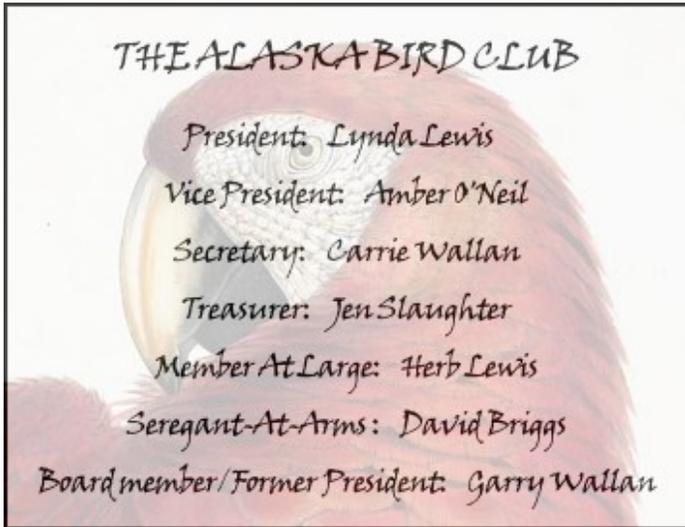
March's Educational Meeting will be held on Tuesday, the 1st, at the Serendipity Adult Day Services facility at 3550 East 20th Avenue, Anchorage, starting at 7:00 p.m. and ending around 9:00 p.m. The meeting event will be the club's highly anticipated yearly Chili Cookoff, where members get to show off the spicy side of their culinary skills.



Please check the club's facebook page-www.alaskabirdclub.org for the food sign-up list. If you do not wish to bring chili, you are welcome to bring bread or a salad and dressing.

We look forward to seeing you at this fun event. Ole!

The Alaska Bird Club Officers and Board



President's Perch (cont'd from page 1)

careful with the cheap ceramic cookware since the glue holding the pan together can be iffy. But the newest Stoneline products out claim to produce no toxic fumes what so ever. Though very

pricey if you can't cook with Stainless Steel they are a good alternative. Though I have been using stainless steel almost 15 years now I ordered my first nonstick frying pan. It is a Stoneline Deep fry pan from Germany made to the high standards of EU cookware. Sure it cost me over 100 bucks but it comes with a 12 year warranty. I also picked up some stoneline bakewear. My birds are worth it! Check out amazon.com for the many nonstick PTFE alternative pans. Don't let your birds add to the body count of PTFE!

Help us keep our club going and strong. Please don't forget to renew your membership! We have lots of opportunities to participate in great educational events that are coming up during the year including Migratory Bird Day at the zoo. Working a table or booth at these events is a fun and a great way to meet people while doing a service to the club and community. Please sign up if you are interested in doing an event with us. You can spend an hour or the whole day- it is entirely up to you. Any time you are willing to volunteer for helps the club! We are also looking for an artist to make the club a really pretty trifold board to help get the word out about who we are and what we do.. All help is very much appreciated.

Thank you.

Lynda Lewis, President



TABC Plans Participation in Reading Rendezvous

The 16th Annual READING RENDEZVOUS will be held Saturday, May 14th, from Noon-4:00pm on the Loussac Library Lawn. This event is sponsored by the Anchorage Public Library and the Alaska Center for the Book to welcome summer with a family-oriented literacy event. The club has been invited to host a booth this year. We have participated in the Reading Rendezvous in years past, and it is a good way to get TABC out there in front of the public

The invitation says that we are free to "share information about our agency or business with the Anchorage community and families." We will need to provide a no-cost literacy activity for children who visit our booth. We should plan to begin thinking about ideas for our booth and this activity at our March meeting, and then develop a more detailed plan at the meetings in April and May. Anyone willing to head up this effort and volunteers to host the booth on May 14th for the club should please let Lynda Lewis or one of the other officers or board members know as soon as possible. This is a membership development opportunity at little or no cost to the club and we need to take advantage of it.

Fun Bird Fact: After dogs, cats and fish, birds are America's fourth favorite pet

Source: <http://www.smithsonianmag.com/science-nature/14-fun-facts-about-parrots-180957714/?no-ist>

Providing Positive Guidance to Parrots

Just as human children do, parrots need to receive constant guidance as to what constitutes good behavior. Consistent limits and boundaries must be defined. This can be successfully achieved through the application of nurturing guidance principles and the use of positive reinforcement training techniques.

Nurturing guidance is a concept originated by Sally Blanchard (Companion Parrot Quarterly) and promoted by many avian behaviorists. A few of the basic tenets are:

All interactions with your parrot should be trust building, not trust destroying.

Never use aggressive handling, punishment or deprivation techniques with your parrot.

Use 4 basic commands to establish your role as the flock leader.

-Step Up (to ask a parrot to step on your hand)

-Down (to ask a parrot to step off your hand)

-Okay (to give permission to your bird)

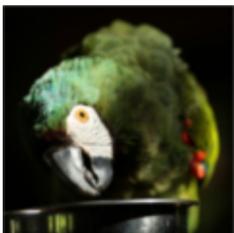
-No (to express disapproval)

Behavioral problems are NEVER the parrot's fault. Many problem behaviors are a reaction to our own behaviors or a poorly managed environment.

Parrots do not grasp the concept of punishment and it should NEVER be used. Positive reinforcement techniques whereby you use motivation and rewards (treats, cuddles and praise) to obtain a desired behavior is very effective. For more information check out an excellent article: [An Introduction to Positive Reinforcement Training and its Benefits](#) by Barbara Heidenreich

Used by permission. Source: <http://www.avianenrichment.com/learn/emotional-needs/social-interaction/providing-positive-guidance-to-parrots>

Bird of the Month



Because the March 1st meeting is the club's annual Chili Cookoff, we will not have a member's bird there as Bird of the Month. Please contact any of the officers or board members if you would be interested in bringing your companion bird to the April or any future TABC meeting. The newsletter requests, if you will be bringing the Bird of the Month, that you would provide us with a picture, name, age and species, and some brief biographical info for the issue that will published before the meeting.

Annual TABC Picnic - Save the Date



The 2016 club picnic will be held on June 25th at the Abboot Loop Park picnic shelter. This "bring a dish" event, which runs from 11:00 o'clock to 3:00 in the afternoon, is always one of the high points of the year and we look forward to seeing you there. As the event approaches more information will be published in the newsletter and announced at club meetings. For now, though, just make sure that you circle the date, **June 25, 2016**, on your calendars.



What is the Funniest Thing Your Companion Bird has Ever Said?

The newsletter would like to hear from you about the funny things your feathered companions say. Every month we'd like to publish the best of those, along with a picture like the one on the left of our Severe Macaw "Sonny." Sonny barks, but not exactly like a dog. Instead, he says the words "bark, bark."

Please let us know what our flock is saying these days.

Fun Bird Fact: *Parrots are the only birds that can eat with their feet.*

Source: <http://ipfactly.com/top-10-fun-facts-about-parrots/>

Big Changes... (cont'd from page 1)

former fellow TABC member Lynne Bush, who has edited the newsletter over the past ___ years. Lynne has our thanks for all the excellent work she has done as editor and we wish her the best in her future endeavors.

Our plan at this point is to publish the newsletter on a monthly basis and distribute it to membership and other

recipients by email during the last week of each month. A limited number of paper copies will still be produced mainly for distribution through local pet stores and veterinary offices to the general public. We will also have a few copies available at the monthly educational meetings.

Please keep in mind that this is *your* newsletter- we want it to have content that is of interest to you as a TABC member. You should feel free to send us at any time

articles and pictures that you would like published, as well as your thoughts and suggestions. In order to have something you would submit published in a given month's issue, please have it to us by the 20th of the preceding month. Our email addresses are

Heather Edgren: heather_edgren@yahoo.com

David Edgren: davidredgren@gmail.com

Call for Content

This is your newsletter. Your editors hope a majority of the content of each issue will be contributed by the membership. Suggestions for submissions to the newsletter include pictures of your flock, whether small or large, stories about their doings, your recipes for their food bowls and for special goodies, your experiences and recommendations for dealing with behaviors, or maybe even your original artwork. If you want to recommend that we would reprint an article or something from the web that you see that you think is of general interest, please let us know so that we can ask the author for permission. As far as we're concerned, the sky is the limit.

If you have items you would like to have published in the newsletter, please email or otherwise get it into the hands of the editors. Don't worry about making it pretty- we will word process anything



written. We can scan printed photos. All we ask is that you have anything that you would submit in our hands by the 15th of the month. Thanks in advance for your support of the TABC newsletter.

Adoptions Corner

This section of the newsletter will have information about selected birds the club currently is looking to assist in rehoming, along with general discussion of the activities of our adoption program. Members who are willing to provide temporary care for a bird can have their contact info noted here if they would desire to do so.

Birdie Classifieds

Have a cage to sell or give away? Need a particular kind of perch. How about a birdsitter when you take that well-deserved two week trip outside? In the Birdie Classifieds, you can let the club know about these things, or can find things and services that you need. Contact the editors if you have something you want posted.

Thank you for supporting your TABC newsletter!!