RALEIGH-DURHAM
CAGED BIRD SOCIETY
HANDBOOK

Guide to the 18th Annual
Pet Bird Fair

May 27, 2006

8th Annual NCS Cockatiel Show
5th Annual ALBS Lovebird Show
3rd Annual SPBE Parrot Show
3rd Annual IPS Specialty Show
1st Annual NFSS Finch Show
Pet Mania

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*excluding dog and cat food

Expires June 30, 2006

**HOURS:**
M-F 10-9  •  Sat. 10-8  
Sun. 12-6

**LOCATION**
Bent Tree Plaza
7901 Falls of Neuse Rd.  
(Corner Falls & Strickland at Kroger)  
Raleigh, NC  
(919) 676-3223
Welcome, I hope our Eighteenth Annual Pet Bird Fair, Eighth Annual Cockatiel Show, Fifth Annual Love Bird Show, Third Annual Parrot Show with IPS affiliated Specialty Show, and First Annual NFSS Finch Show. I am sure it will be an enjoyable and educational experience for you. This is a wonderful opportunity to appreciate the beauty and intelligence of these birds on exhibit and learn about the joys of keeping birds and about their proper care. If you haven’t already, please join the RDCBS. The cost of membership is minimal in comparison to what you will learn and the friendships you will make with fellow bird lovers in our club. I hope to see you at future meetings.

Personal note: THANK YOU TERRY PERRY. Last year, with only 4 days to go, you pulled together a wonderful and very successful Bird Fair. You are an asset to this club and a good friend. Thank you again. Cindy

Cindy Chappell, Bird Fair Chairman, RDCBS

Moments With My African Grey

These moments I enjoy
Sitting here with my African Grey
Perched on my shoulder, she is a contented bird
Time seems to stand still
Hearing her soft coos in my ears
I close my eyes and relax ……
Knowing she will probably put a hole in this old shirt

These moments I enjoy
Without thoughts of unfinished chores
Or obligations; they can wait
I am no longer a spring chicken
The Grey is such a baby
She will probably outlive me
Our time together is now
The bond between us is strong
I wish I could turn these moments into hours

--Katherine A. Babbitt, March 2004

Birdy Corn Wheels

INGREDIENTS:
Ear of corn on the Cob uncooked
(Tip – cook only 1 ear at a time)
Clean the uncooked ear of corn and remove silks. Cook on high in the microwave 3 minutes and 30 seconds. Remove from microwave carefully as corn will be very hot. While piping hot, immediately cut (with a serrated edge knife) it in ½ inch circles. Hold corn with folded paper towel to prevent getting your hand burned and slice with serrated knife in a sawing motion. COOL COMPLETELY BEFORE OFFERING TO YOUR PARROT.

by Linda Middleton
Copyright 2003 http://www.discountbirdtoys.com
Welcome to the 18th annual Raleigh-Durham Caged Bird Society’s Pet Bird Fair! We hope you will spend the day shopping, enjoying our pet bird display area and attending the seminars we have to offer throughout the day. Stop by the show areas to see various species of birds in their finest form. The competition is stiff but there are no losers in these shows. Please don’t forget to visit our raffle area and buy your tickets to win some great prizes too! The proceeds from our raffle go towards educational programs for our members and to help fund avian projects throughout the world. In addition, we provide money for ongoing research in avian medicine.

Many of our members have spent a lot of time preparing for today’s event and we hope you enjoy the fruits of their labor and go away with a smile on your face and bird toys and supplies in your bags. Thank you for attending and we hope to see you again next year!

Sincerely,
Carol Wilson
President - RDCBS

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**RULES GOVERNING BIRDS FOR SALE**

1. Every bird must be evaluated by our on-site avian veterinarian before it can enter the building. Any bird judged by our veterinarian to be in ill-health must be removed from the premises. Non-psittacine birds will not be allowed to enter. Button Quail will be allowed for Show only.
2. All out of state birds must have a health certificate from a veterinarian from their state and a permit from NC.
AN INTRODUCTION TO THE RALEIGH-DURHAM CAGED BIRD SOCIETY (RDCBS)

The RDCBS membership is comprised of over 100 families or individuals, including pet bird owners, bird breeders, pet store owners, employees, veterinarians, their assistants and students. A large number of species are represented among members’ bird families, with psittacine birds ranging from budgerigars to Hyacinth macaws and non-psittacines from finches to peafowl. The primary purposes of the RDCBS are to educate club members and members of the general public about the care and breeding of caged birds and about larger avicultural concerns such as captive propagation of rare and endangered species and conservation of avian species in their native habitats.

The club meets on the third Sunday of each month (with the exception of June, in which we will be meeting the second Sunday of that month) at 2:30 P.M. at the Glen Eden Pilot Park Community Building on the west side of Raleigh. Meetings include lectures or demonstrations on a variety of avicultural topics and also feature a “bird species of the month”. Our meetings also provide a chance to cultivate friendships with other aviculturists and pet bird owners.

A bimonthly newsletter, The Carolina Parakeet, is published for members and provides useful information on a variety of avicultural topics and current concerns. The RDCBS’ educational outreach program includes its annual Pet Bird Fair held on the Saturday of the Memorial Day weekend each year. In addition, the RDCBS provides bird exhibits at the North Carolina State Fair and at special events of institutions such as the North Carolina Museum of Natural Science. Various members also provide educational demonstrations about cage birds for 4-H groups, school classroom projects or field trips, nursing homes, etc. The RDCBS is a non-profit, tax-exempt organization in accordance with IRS tax code section 501(c)(3). Thus, your donations to the RDCBS are tax-deductible. Information about RDCBS and avicultural topics of interest are also accessible online at RDCBS' Web site: http://www.rdcbs.org. This site includes the latest information about upcoming RDCBS events, selected articles from The Carolina Parakeet, and links to the Web sites of the aforementioned national societies with which we are affiliated.

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John and Laura Marquis
Raleigh, NC
(919) 266-0906

Email: info@riverbankaviary.com

Members of: RDCBS AFA SPBE NCS

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2006 ELECTED OFFICERS/BOARD OF DIRECTORS

President— (Board Position)
Carol Wilson—552-8856; legswilson@aol.com

Vice President—
Wendy Edwards—850-2180; CarolinaFlight@aol.com

Secretary—
Laura Marquis—266-0906; laura@jamcosys.com

Treasurer:—
Sharon Dvorak—266-4935; dvoraknc@netzero.com

Board ('02-'06)
Laura Barwick—876-8192; Ibirdog@hotmail.com

Board ('03-'07; Chairman)-
Jim Dvorak—266-4935; dvoraknc@netzero.com

Board ('04-'08)
Judy Calhoun—488-7949; jcalhoun5@nc.rr.com

Board ('06-'09)
John Marquis—266-0906; john@jamcosys.com

COMMITTEES/APPOINTEES

Monthly Meetings:
Educational Program Director—Carol Wilson—552-8856; legswilson@aol.com
Monthly Notices/Publicity—Sharon Dvorak—266-4935; dvoraknc@msn.com
Visitor Orientation/Introduction—Carol Wilson (President) —552-8856; legswilson@aol.com
Meeting Refreshments— Cindy Chappell—779-1206; c7791206@mindspring.com
Raffles—Carol Wilson; legswilson@aol.com; Daniel Schweigert
Photographer—Catherine Marquis 266-0906; catlynn101987@excite.com
“The Carolina Parakeet” (RDCBS Newsletter): Editor— Wendy Edwards—850-2180: CarolinaFlight@aol.com
Webmaster—John Marquis---266-0906; john@jamcosys.com
Membership Directory—Laura Marquis—266-0906; laura@jamcosys.com
Renewal notices/New member packets—Laura Marquis—266-0906; laura@jamcosys.com
RDCBS T-Shirts—www.RDCBS.org
RDCBS Nametags—Laura Marquis – 266-0906; laura@jamcosys.com
Librarian—Open
Legislative Issues—Cindy Chappell—779-1206; c7791206@mindspring.com;
Laura Barwick – 876-8192; Ibirdog@hotmail.com

Educational Outreach:
Bird Fair Chairman—Cindy Chappell—779-1206; c7791206@mindspring.com
NC State Fair Coordinator—April Blazich—851-8079; aprilb@bellsouth.net,
Terry Perry—639-4575; tpandcharlie@msn.com
School Programs—
April Blazich—851-8079; aprilb@bellsouth.net
Terry Perry—(919) 639-4575; tpandcharlie@msn.com
Grant Requests Coordinator—Sharon Dvorak—266-4935; dvoraknc@netzero.com

AFFILIATE REPRESENTATIVES:
African Love Bird Society (ALBS)— Wendy Edwards—850-2180; Carolinaflight@aol.com
American Federation of Aviculture (AFA)—Laura Barwick—876-8192; Ibirdog@hotmail.com
Cindy Chappell—779-1206; c7791206@mindspring.com
Bird Clubs of America— Wendy Edwards—850-2180; carolinaflight@aol.com
International Parrotlet Society (IPS) — Leslie Huegerich; 552-6312; klaviary@showtiels.com
National Cockatiel Society (NCS)— Leslie Huegerich; 552-6312; klaviary@showtiels.com
National Finch & Softbill Society (NFSS)—April Blazich—851-8079; aprilb@bellsouth.net
Society of Parrot Breeders & Exhibitors (SPBE)—Josh Maple--- (919) 326-1616; jmaple1017@yahoo.com

www.RDCBS.org or

RALEIGH DURHAM CAGED BIRD SOCIETY
PO Box 32291
Raleigh, NC  27622

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(919) 779-1206
It is no wonder only 7 out of every 100 households in the United States has a pet bird. People purchase them on impulse, unaware of the lifetime commitment these beautiful creatures demand. In order to fulfill the human/avian relationship, all potential buyers must do adequate research and consider every important factor such as species, size, affordability, noise tolerance, and spare time for devotion before he or she is ready to begin the journey of owning a pet bird. A lifetime of discovery and commitment, fulfilled with years of delight with your new avian companion, is what the potential bird owner can expect.

Parrots are not domesticated “dogs with feathers”, nor are they “feathered kittens”. They are majestic creatures with wings that require a lifetime of care. There are several ways in which adding a parrot to a home will impact the potential owner. The initial purchase, $20 for a small finch to $10,000 for a large macaw, alone is the first major factor to consider. A healthy parrot has a large appetite so the cost of food is important. You cannot just buy a large bag of birdseed for exotic birds because parrots require a well-balanced buffet of nutritional foods including vegetables, fruits and a variety of nuts. A minimal amount of approximately $2.00 per day may not be significant for a cost of feeding, but it is a daily regimen to take note of. Housing does not need to be elaborate or ornate, but each specific species requires the largest most suitable cage its owner can afford. Small birds, such as a cockatiel, are content in an 18 inch x 18 inch cage which can start in the price range of $50.00. The large majestic macaws require extra large 5 foot by 6 foot indestructible cages which can range in price from $800 to thousands of dollars.

For all parrots like humans, an ounce of prevention goes a long way. There is no reason to expect high cost avian veterinarian bills, but there is no reason to assume you will never have them. All birds hide signs of illness due to their instilled instincts from the wild. If they appear sick, they fall prey to predators. Prevention and annual physicals are strongly recommended because early detection can mean the difference between life and death. An estimate of $300.00 should be put into the budget per year for basic routine healthcare.

The household poses a health hazard to exotic birds. Every home must be bird proofed to ensure the health and well being of the bird. The kitchen is the most dangerous room in the house for a bird. Dangers include open pots of boiling water, hot ovens, and cooking fumes. Nonstick cookware is coated with a substance called Teflon. When nonstick cookware is overheated, birds in areas close to the kitchen can die very quickly after breathing the fumes. Air quality is the next health factor to consider. Many of the scented products that we use today to make our homes smell pleasant can be less pleasant for our birds. These scents can cause respiratory distress in birds. Take into consideration that a small canary takes up to 100 breaths per minute. Humans breathe at the rate of 12 to 16 breaths per minute. Aerosol products alone pose a serious threat to parrots if proper ventilation is not used. Parrots are uncanny in their ability to find trouble and will chew on almost anything that looks interesting especially within the range of their cage. All caring bird owners must remain vigilant and well informed regarding the well being of pet birds and all the dangers that may be present in their homes.

Consequently, it is not easy living with a parrot. As they mature, they may go through developmental stages similar to those of humans. Hormones rage just like those of humans. Another consideration is the lifespan of these birds. A question that must be asked is “Will the bird outlive the owner or will the owner outlive the bird?” Take into consideration that the smallest bird, the cockatiel, has a lifespan of 20 years, whereas, the largest of the exotic birds, the macaw, can live up to or beyond 80 years. Prospective bird owners must rationalize cost and expectations of commitment to find the right species to fulfill the human/avian relationship. Due to the lack of adequate research and unexpected expenses, avian rescues worldwide are caring for abandoned birds. Daily nutrition is a must, proper avian veterinary care is required yearly, and time consuming maintenance is necessitated. All potential bird owners must evaluate their lifestyles and honestly look at their time restraints and financial budget before the purchase of a bird is considered. All these factors must seriously be looked at before anyone can seriously consider bringing an avian companion into his or her home.

Parrots provide life long delightful company for their owners, but while the avian/human bond is a rewarding experience, not everyone can own an exotic bird. What might be right for one person may not be right for another. If a person wants a bird because it is beautiful, then pictures of beautiful birds would work better than bringing a live bird into the home. If a person wants a parrot because they can talk, then perhaps it’s best to buy a radio. If a person is a neat freak, then be warned, birds are extremely messy. Scraping food off the walls gets old, and cleaning the floor daily gets tiring. If a person is already busy, then seriously consider a tiny finch or canary. If noise is a bother, then take into consideration that all birds make some kind of noise. Exotic birds are not domestic pets; they are a lifetime commitment with so many factors to consider. If you have any doubts, then an exotic bird is not the pet for you.
A BRIEF HISTORY OF THE RDCBS

In the late 1970’s, a Raleigh woman, Helen Brock, developed an interest in raising caged birds. By 1985, she had a large flock of cockatiels and other parrots. Over a nine-year period in which she established this flock, one fact had become clear—there was a general lack of knowledge regarding health, nutrition, housing, and other needs of many species of birds. Thus, Helen took it upon herself to organize a club comprised of caged bird enthusiasts, who could share their knowledge and experience for the benefit of all. The first meeting of the Raleigh-Durham Caged Bird Society was held in March of 1986. By the end of the first year, monthly meetings were being attended by about 10 to 15 members. Our first Pet Bird Fair was held in 1989. This fair has become an annual event which has grown with the club.

Through the fair, RDCBS has raised thousands of dollars for avian research and conservation, generated national recognition for the club, and attracted many new members. Among members attracted by our first fair were April Blazich and Laura Barwick. Through their efforts and efforts of several others, the RDCBS developed affiliations with several national societies, including the American Federation of Aviculture. By 1991 RDCBS organized and hosted a two-day educational seminar series on avicultural topics for a statewide consortium of bird clubs (Bird Clubs of North Carolina; BCNC). In subsequent years, RDCBS has hosted several lectures and/or lecture series by nationally recognized aviculturists, avian behaviorists, scientists, and avian veterinarians including: Sally Blanchard, Dr. Al Decoteau, Dr. Matthew Vriends, Liz Wilson, Dr. Keven Flammer, Dr. Branson Ritchie, Irene Pepperburg, Layne Dicker, Dr. Rose Marie Asterdam Dr. Donald Brightsmith and Barbara Heidenrich. In 1998 the RDCBS Bird Fair/Show introduced the first NCS Affiliated Cockatiel Show, coordinated by Keith Reimer. In 2002 the RDCBS Bird Fair/Show introduced the first ALBS Lovebird Show, coordinated by Wendy Edwards. In 2004 the RDCBS Bird Fair/Show introduced the first SPBE affiliated Parrot Show and affiliated IPS specialty show, coordinated by Ted Martin. In 2007 The RDCBS will be introducing the NFSS Finch Show coordinated by Alana & Ken Robertson and Jim & Sharon Dvorak. The RDCBS has depended on the hard work of many past and current directors, officers, and general members who have contributed substantially to the development and success of the RDCBS and its activities. Of course the most intensive effort of the year is our annual Bird Fair, which would not be possible without the hard work of many individuals, most notably the RDCBS Bird Fair/Show Committee Chairman, Cindy Chappell. It is our hope that individuals attending this year’s fair, perhaps even for the first time, will be writing the future history of the club.

Grooming is done by an appointment only basis.
The beak and nails are rounded with an electric Dremmel tool.
The beak tip is rounded and the lower mandible is shaped to fit properly.
The flight feathers of the wings are clipped and rounded at the ends. The bird's legs and feet are oiled to return them to their natural state.
The beak is oiled for looks and then your little angel is shampooed, showered and blown dry. (weather permitting)
This process takes approximately 15-20 minutes.

*Large Birds (macaws, moluccans, tritons) $15.00
*Medium Birds (lesser cockatoos, grays, amazons) $12.50
*Small Birds (parakeets, cockatiels, canaries, lovebirds) $7.50

We are excited to announce:
Bird grooming services NOW available in Cary, At Mayfair Animal Hospital.
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We also offer "In Your House" grooming.
The cost is a $25.00 house call and then the regular price* per bird.

Boarding is done in a loving and very bird knowledgeable atmosphere. We have a variety of cage sizes to fit every bird's need.
Birds are fed a mixture of fresh fruits and vegetables and Special Seed Mix. The Seed Mix contains 3 to 4 different mixes, but more importantly it doesn't contain SUNFLOWER seeds, so your birds will get a varied and healthy diet during their stay with us!

COST PER DAY : Per Cage
*Large Bird: Macaw, Grey, Amazon, Too's $8.50
*Small Bird: Keets, Lovebird, Tiels, Quakers $6.00

For more information and to make an appointment call Melody Appleby (919) 772-7234 (By Appointment only)
A SAMPLING OF RDCBS’ EDUCATIONAL OUTREACH ACTIVITIES

In large part, these contributions have come from the proceeds of our 16 previous pet bird fairs. Perhaps the most important contribution the RDCBS makes to Aviculture is public education through our various educational outreach activities. These activities range from single-member, free-lance volunteer efforts to large organized club events. Many individuals in the club accept invitations to present informal programs including live bird demonstrations for school classroom projects or field trips, nursing home entertainment, etc. If your school or organization would like to host an educational bird program, call Terry Perry (919) 639-4575; tpandcharlie@msn.com or April Blazich, (919) 851-8079; aprilb@bellsouth.net Of course, the largest educational program-exhibition sponsored by the RDCBS is our Annual Bird Fair, held on the Saturday of the Memorial Day weekend each May. An additional program/exhibit has become a major annual event for the RDCBS, at the NC State Fair each October.

NORTH CAROLINA STATE FAIR:

Our participation at the State Fair developed through contacts of the Fair staff with RDCBS member, April Blazich. Several years ago, the Fair developed a Tropical Garden next to the Flower Show. At this time the Superintendent of Grounds asked April to arrange a small exhibit of some tropical birds which would add to this popular corner of the Fair. What began as the occasional-presence of two people with a bird or two on the grass has evolved into a formal exhibit in a tent, meeting hundreds of people, from 10:00 am until 6:00 pm through out the duration of the NC State Fair.

CALL FOR NEW VOLUNTEERS:

The RDCBS believes that public education is the best way to preserve and promote aviculture (the care and breeding of captive birds), to promote conservation of birds in their native lands, and to ensure that owners of pet birds have adequate knowledge to provide proper nutrition, housing, and socialization for their pets. By becoming involved as an Educational Outreach Volunteer, you can help to fulfill these educational purposes of the RDCBS. SO, ARE YOU READY TO JOIN THE RDCBS TEAM AND VOLUNTEER? HERE’S HOW – Just contact any of the RDCBS Club Board Members or Elected Officers listed in this book and we will be happy to get you started.

ORGANIZATIONS AND PROJECTS PREVIOUSLY SUPPORTED BY RDCBS BIRD FAIRS

Since its inception, the Raleigh-Durham Caged Bird Society has contributed over $53,000 in support of avian veterinary research, parrot conservation, and/or public education pertaining to same. In large part, these contributions have come from the proceeds of our seventeen previous pet bird fairs. The RDCBS has contributed to organizations such as Veterinary Colleges across the Country, Dr. Donald Brightsmith of Duke University, Dr. Branson Ritchie, and Mary Bradford for the support of “The Tropics”, LSU Foundation, Comparative Medicine Fund, Duke University, NC Zoological Society, RARE Center for Tropical Conservation, Bahama Parrot Conservation Project.

Applications for and details of the selection process for RDCBS awards may be obtained from Sharon Dvorak; TEL: (919) 266-4935; dvoraknc@netzero.com
Sick birds may show little sign of illness until critically ill. To be prepared, you should select a veterinarian for your bird **IN ADVANCE**. Note that a veterinary degree does not imply more than cursory training in avian medicine. Moreover, many veterinarians with small animal practices see principally dogs and cats and may have little if any experience with diseases which afflict birds. On the contrary, a veterinarian may achieve certification as an avian specialist through the American Board of Veterinary Practitioners. To become a Board-Certified Avian Specialist, a veterinarian must pass a rigorous three-part examination. Moreover, before he/she can even take the exam, a veterinarian must meet eligibility requirements which include either 6 years of experience with birds in a veterinary practice, or completion of a qualified avian residency training program (usually a 2 to 3 year program). At present, there are only three board-certified avian specialists in the Raleigh-Durham area. A larger number of veterinarians, although not certified as avian specialists, do accept birds as part or all of their veterinary practice and, in this broad sense, are "avian veterinarians". These veterinarians are listed on the following page. Most are members of the Association of Avian Veterinarians (AAV). Note: RDCBS does not endorse any individual veterinarian.

### Veterinarians in the Raleigh Durham area who treat birds.

<table>
<thead>
<tr>
<th>CITY</th>
<th>CLINIC/HOSPITAL</th>
<th>ADDRESS</th>
<th>NAME</th>
<th>PHONE</th>
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<tbody>
<tr>
<td>Angier</td>
<td>Crepe Myrtle Animal Hospital</td>
<td>149A Logan Ct</td>
<td>Dr. Barbour</td>
<td>(919) 639-8387</td>
</tr>
<tr>
<td>Chapel Hill</td>
<td>Timberlyne Animal Hospital</td>
<td>110 Banks Dr</td>
<td>Dr. Malone, Kara</td>
<td>(919) 968-3047</td>
</tr>
<tr>
<td>Durham</td>
<td>Birdie Boutique</td>
<td>3039 University Dr</td>
<td>Dr. Burkett, Gregory*</td>
<td>(919) 490-3001</td>
</tr>
<tr>
<td>Durham</td>
<td>Cornwallis Animal Hospital</td>
<td>206 W. Cornwallis Rd</td>
<td>Dr. Heagren, D. W.</td>
<td>(919) 489-9194</td>
</tr>
<tr>
<td>Fayetteville</td>
<td>Northgate Animal Hospital</td>
<td>608 N. Mail</td>
<td>Dr. Brown, Jack D.</td>
<td>(910) 822-3141</td>
</tr>
<tr>
<td>Fayetteville</td>
<td>Cross Creek Animal Hospital</td>
<td>2921 Ramsey St</td>
<td>Dr. Brown, Dale</td>
<td>(910) 822-3141</td>
</tr>
<tr>
<td>Raleigh</td>
<td>Avian and Exotic Animal Care</td>
<td>6300-104 Creedmoor Rd</td>
<td>Dr. Johnson, Dan</td>
<td>(919) 844-9166</td>
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<td>Dr. Eckermann-Ross, C</td>
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<td>Dr. Leonatti, Stacey</td>
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<tr>
<td>Raleigh</td>
<td>Brentwood Animal Hospital</td>
<td>3810 Atlantic Ave</td>
<td>Dr. Neuenschwander</td>
<td>(919) 872-6060</td>
</tr>
<tr>
<td>Raleigh</td>
<td>Bowman Animal Clinic</td>
<td>8308 Creedmoor Rd</td>
<td>Dr. Deresienski, Diane</td>
<td>(919) 847-6216</td>
</tr>
<tr>
<td>Raleigh</td>
<td>Dixie Trail Animal Clinic</td>
<td>3044 Medlin Dr</td>
<td>Dr. Brown, Virginia A</td>
<td>(919) 782-5977</td>
</tr>
<tr>
<td>Raleigh</td>
<td>Lake Wheeler Animal Hosp</td>
<td>2720 Lake Wheeler Rd</td>
<td>Dr. Grant, Sandra</td>
<td>(919) 829-5511</td>
</tr>
<tr>
<td>Raleigh</td>
<td>NCSU Avian and Reptile Service</td>
<td>ON CONSULT ONLY</td>
<td>Dr. Flammer, Keven*</td>
<td>(919) 513-6800</td>
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<td></td>
<td>Dr. Degermes, Laurel*</td>
<td></td>
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<tr>
<td>Raleigh</td>
<td><strong>AFTER HOURS</strong> EMERGENCY CLINIC</td>
<td>409 Vick Avenue</td>
<td>On Call</td>
<td>(919) 781-5145</td>
</tr>
<tr>
<td>Rolesville</td>
<td>All Creatures Animal Clinic</td>
<td>312 S. Main</td>
<td>Dr. Hester, Grady</td>
<td>(919) 554-2222</td>
</tr>
<tr>
<td>Wake Forest</td>
<td>North Wake Animal Hosp.</td>
<td>2160 S. Main</td>
<td>Dr. Darch, Lee</td>
<td>(919) 556-1121</td>
</tr>
<tr>
<td>Mobile Vet</td>
<td>Veterinary Express</td>
<td>House Calls Only</td>
<td>Dr. Rogers, Trey</td>
<td>(919) 577-2243</td>
</tr>
</tbody>
</table>

Many Thanks to our Commercial Sponsor for the Lovebird Division!
Social Skills for Parrots

By: Gena Everhart

Many people believe that parrots spend all of their time in a cage. Let me assure you that they definitely should not. If your parrot spends his life locked inside a cage, you’re missing the best part of parrot hood (parenthood of a parrot). Your parrot should be spending as much time outside of the cage as possible each day. Parrots are extremely intelligent. They need interesting activities, a change of scenery and interactive play to be at their best. A bored parrot is a behavior problem waiting to happen. Boredom can cause screaming, feather plucking, self-mutilation and even aggressive attacks on humans. Reversing these problem behaviors is difficult. A bird that screams incessantly is not a pleasure to have around. Do yourself and your bird a favor – begin to offer your parrot a stimulating environment. Here are some suggestions:

- Keep your bird’s wings clipped properly so it’s safe for him to spend time out of the cage.
- Take your bird with you whenever possible. Of course, you can’t carry your bird into a restaurant but you can take him with you to the pet store when you buy supplies. Other pet lovers will stop and talk to him and offer him a “step-up” with your permission. This gives your bird a chance to see that other people exist besides you and that they can be trusted. You can also take him to friends’ homes for visits as long as they’re willing to allow it. One word of caution - don’t force your bird to interact if he has a severe reaction to someone or something but encourage him to be friendly to others. Your goal is to offer him an opportunity to learn and to teach him good manners. Introduce him to new places and people slowly. Always watch out for signs that he has had enough. At first, you may only get him into the carrier but if you persist slowly, he will learn that an outing is fun.
- Consider placing play gyms and perches in rooms other than his cage room. If his cage is in the living room, let him spend supervised time on a perch in the den. Switch the locations around the house. This teaches him to be a well-behaved bird anywhere he is placed. This doesn’t mean that you must stop everything you are doing in order to supervise the bird. Allow him to be near you while you fold the laundry or other tasks that permit you to keep an eye on him. In fact, one on one time is nice, but let’s face it – how many of us have a huge chunk of time? You can still talk to the bird and he can watch whatever you’re doing. This beats being in the cage anytime!
- Play games. You can invent all types of games. Birds sometimes invent their own and ask you to follow along. A five minute session of “Peek-A-Boo” or step-up training followed by “Good Bird” in a silly voice, will completely delight your bird. Birds love drama. An exaggerated expression like “Way to go” or “Good Job” fascinates them. Birds also love to throw things. They can grab a small plastic golf ball and give it a toss. You can catch it and return it for the bird to throw again. Sometimes, birds just love hanging out to watch TV with you. Just be careful not to expose them to programs that contain undesirable language!

All of these exercises have a purpose other than merely providing your bird and yourself with entertainment. The bottom line is that parrots live a very long time, sometimes 50-80 years. It is entirely possible that a parrot may outlive you or life circumstances may change and require that a parrot be re-homed. If you truly love your pet, you want to prepare him for that possibility so that he can make the smoothest transition into a new situation. Keeping that in mind, introducing him to other people and places outside the home gives him confidence in new surroundings and with other humans, teaches him good behavior thereby giving him the best chance of fitting into a new family should the need occur and builds trust in humans. Teaching play gives him a chance to make voluntary choices to entertain himself when he’s alone. (For example, leaving the plastic ball in the cage with him while you’re at work, he can throw the ball around the cage in play.) This avoids problem behaviors that would put him at risk when trying to find a new home.

Gena Everhart is a resident of Alamance County. She lives in Mebane with her human family and her flock of seven parrots.

HOW TO FIND OUR MONTHLY MEETINGS

Glen Eden Pilot Park Community Building
2:30 P.M., Third Sunday of Every Month
(In June, we will meet the Second Sunday)

Membership dues are:
INDIVIDUAL: 1 Year - $20; 3 Year - $50
FAMILY (TWO ADULTS OR ADULTS PLUS CHILDREN AT SAME ADRESS): 1 Year - $25; 3 Year - $60

Applications may be obtained at our monthly meetings or other functions, may be printed from our Web Page (www.rdcbs.org), or may be requested by phone from the Membership Committee or by written request sent to the RDCBS, P.O.BOX 32291, Raleigh, NC 27622. Completed applications and dues payment may be returned to the RDCBS at the same address.
WHY SHOW BIRDS????

The Educational aspect of showing

By: Leslie Huegerich  
Advanced Cockatiel Exhibitor  
RDCBS Cockatiel Show Delegate

A common question that is often asked of me is "Why do you show your birds?" Breeders and pet owners alike oftentimes think it is "the race for the ribbon" or that we win money at the shows. I haven't found the money yet and while a ribbon is nice, it is the ever changing quest to improve my breeding program that keeps me coming back for more. Breeding to a standard is helping the future of bird ownership. A standard is a list of features that make up a "perfect" cockatiel. Careful breeding practices based upon common goals and shared by a network of breeders is a good recipe for success. But, winning isn't the only thing that happens at shows.

Shows inherently bring together people with the same passion. Breeding ideas, aviary management, and other general care issues are often discussed and exchanged with other exhibitors. This networking brings together a community of informed breeders who can carefully breed their species and bring you a better bird as its outcome. The showing aspect is a way breeders can get an accurate reflection of how well their breeding goals are being achieved. The accumulation of going to many shows throughout the year will often give an exhibitor a well rounded picture of his breeding program. Qualified judges can correctly evaluate birds to the standard. Disregarding conditioning aspects, a breeder can learn great things about what their birds have or lack.

The next statement I get from many folks is "I just breed for pets". Exhibition folks also breed for pets. A "wild" lovebird that can't calm down to sit on a perch will get nowhere on the show bench. Temperament is naturally bred into our birds as we want to produce not only beautiful birds on the outside but mentally stable birds on the inside. We all owe it to aviculture and to our customers to produce the best looking birds that we possibly can.

I hope you will be able to come by our bird exhibitions at today's show. Whether you are a pet owner or a breeder, the information given out at these shows can be invaluable. The comradery is great from the newest member to the most seasoned exhibitor. There is a place for every person, no matter their age or their level of experience.

See you at the shows!!!

RDCBS is pleased to introduce the Judges for our 2006 Show

His Honor Lee Horton
NCS Cockatiel Show (Sat., 5/27/06)  
ALBS Regional Love Bird Show (Sun., 5/28/06)*

His Honor Conrad Meinert
SPBE Parrot and IPS Parrotlet Specialty Show (Sat., 5/27/06)  
NCS Cockatiel Show (Sun., 5/28/06)*

His Honor Armando Lee
NFSS Finch Show (Sat., 5/27/06)

Her Honor Annette Howard
NFSS Finch Show (Sun., 5/28/06)*

His Honor Dennis Lewis
ALBS Love Bird Show (Sat., 5/27/06)  
SPBE Parrot Show (Sun., 5/28/06)*

*to be held on Sunday (5/28/06) at the Holiday Inn Highwoods, 2805 Highwoods Blvd, (intersection of Highwoods Blvd and Capital Blvd), Raleigh

**For more information on the judges and the shows, please visit our Show area and ask for a booklet.
Benefits of Bird Club Membership
by Carol Wilson

Maybe you have thought of joining a bird club but just can’t decide if it’s for you. Let me share some of the benefits of club membership so that you can stop missing out on the fun.

When you’re owned by a bird, you cannot stop talking about your feathered friend. If you pull out the photos of your fids in the presence of another bird club member, you will get ooooh’s and ahhh’s over the feathered baby. Other bird club members think you’re perfectly normal. Coworkers and non-bird owners look at you as if you’ve gone nuts and might sprout feathers any minute. Other bird club members will join you in discussions of birdie behavior and will eagerly share their stories with you. Who else could possibly get as excited as you over having potty trained your bird but another bird owner?

After joining a bird club and attending for a while, you will develop friendships with people who adore anything covered in feathers or down and you will realize that you are among people who get just as excited as you about the little things that birds say and do on a daily basis. After all, parrots are very intelligent creatures and their beauty is rivaled by very few things in this world. Becoming a member of a bird club will enable you to attend regularly scheduled meetings to learn about behavior and how to solve problems you might experience along the way. You will also hear from experts on nutrition, avian medicine and the research that is ongoing to help find cures for avian diseases that strike without warning in our birds.

It’s so nice to be able to pick up the phone or e-mail another member of the club who has experience with a problem you might be having and gaining valuable information very quickly. Often times, they can give you good advice and help to ease your worries with a little friendly advice. You can compare notes on your birds and find out that your bird is completely normal after all. Over time, you will become more knowledgeable about birds and will be able to offer advice to others who are new to bird ownership. You have access to other members of the avian community and events that are both fun and educational. Whether or not you have thought about joining a bird club, please consider doing it for the well-being of your bird so that your relationship will flourish and the bond you share will last a lifetime.

BIRD CLUBS IN NC AND NEIGHBORING STATES

North Carolina
Raleigh-Durham Caged Bird Society
Raleigh, NC
www.rdcbs.org

Smokey Mountain Cage Bird Society
201 Murphy St.
Morganton, NC 28655
Teresa Ricker (929) 656-2674

Carolina Ornamental Bird Society (COBS)
Linda Roberts (336) 584-3939

Virginia

Bird Clubs of Virginia
www.birdclubsva.org
This listing will show various bird clubs in the state of VA

Tennessee

Southeast Tennessee Aviculture Society
Meeting: Nita Elem. School Exit 56 off I-75
Second Sunday of Each Month
wlmurphy@usit.net

Middle Tennessee Cage Bird Club
Meeting: Senior Citizens Center, Donelson, TN
Third Sunday of each month; 1:00 – 3:00 pm
www.middletennesseeecagebirdclub.com

ANDREA’S AVIARY
ANDREA F. FAHY
Aviculturist
Avian Behavior Consultant, IAABC
P.O. Box 664 * Bridgeton, NC 28519 *(252) 633-3372
andrea@AndreasAviary.com * www.AndreasAviary.com

The Perch.net
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www.ThePerch.net

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Carl & Lena Gower (919) 773-2700
The Day Smokey Discovered He Could Fly

It was a beautiful sunny day on Sunday October 2nd, 2005. Sonshine, my Blue & Gold Macaw, and Smokey my Congo African Grey, were sitting outside on the patio enjoying the sun, as they always have while I cleaned their cages, perches, and play stands. When I had finished, a friend stopped by for a visit, while we sat with Sonshine and Smokey. Time went by so fast, as I noticed it was starting to get dark. I started rushing around to get perches, stands, and cages rolled back into my sunroom. My BIG mistake, as I should have brought the birds in first. While busy in the sunroom, my friend got up, and accidentally bumped Smokey’s perch and he flew to the ground. My friend, went immediately to where he was on the ground, afraid he would fly away, hovered her body over him and tried to grab him. My friend didn’t realize this would make him feel threatened and fly off. I went rushing out when I heard her call out, that Smokey was flying. I looked up and he was flapping and bouncing over my head, squealing with glee, at his excitement of discovering he could fly. He then flew circles around me and the circles kept getting wider and wider until he was flying up higher and circling around the house. I tried to call him to me, but he kept circling even wider out into the yard. With his last circle he flew up over house and kept on going in a straight line across the street, over our neighbor’s house on the hill, and into their back yard’s wooded area. By this time it was dark, and we could not see anything. We decided it best to look in morning.

The next morning I walked to the area I last saw Smokey fly to and kept calling and listening for him. I thought I heard kiss sounds and then the wolf whistle. I tried to call him to me, while also trying to get a visual on him. Then I didn’t hear him for the longest time, and I thought I either was hearing things or he had left the area. While I was out looking my husband had made flyers and passed them around our subdivision.

When I arrived home, I rang Smokey’s favorite bell he likes to ring, and did this every hour from the house to keep him oriented to our whereabouts.

I returned home again, as it was evening time, and again rang Smokey’s bell, and also blew the rams’ horn he is used to hearing me practice from time to time. Sonshine, my Blue and Gold also helped by sitting in the carport in her outdoor cage, doing loud calls. Then the phone rang, and it was a neighbor 2 streets over from us saying they believed our bird was in a tree in their backyard, as he was whistling and talking to them. This was Monday evening around 7:00 pm and we were there within 15 minutes. We grabbed Smokey’s favorite treats, his perch, borrowed our neighbor’s pick-up we had his cage on and took off. Sure enough, there was Smokey in the very top of one of the tall North Carolinian pine tree. We got a visual and heard him blowing kisses to us, and giving me the wolf whistle. We began to call to him as he was trying to climb down, but branches were too far apart for him to reach the next branch. We left his perch within site for him to land on, and tried to make it far enough back for an easy direct landing. No such luck. He was still too high. Not even a tree climber could reach him. As it was getting darker, Smokey started climbing higher and higher in tree. Then it was dark and we could no longer see him, but we could hear his loud cries to us, letting us know he wanted to be with us. We felt so helpless. It was in a dense tree area, and no cherry picker would have been able to have gotten to him. We walked away as he squealed even louder, and told him to come on. We got in the truck, and I kept ringing the bell, and calling his name, hoping he would fly off to somewhere else lower, or more reachable. No such luck. We went home that night and went back before daybreak the next morning, Tuesday Oct. 4th. Smokey was gone again. I continued calling and searching most of the day. It was a warm, but drizzling rainy day. I searched around houses and thru the woods. I continued walking the streets calling and listening and decided to go home for a while. I had no phone calls of any word regarding Smokey. People from all over were encouraging me, offering prayers for his safe return, telling me to not give up and offering help in looking. The response of caring people was overwhelming. I remember how sick we felt not being able to eat or sleep. It felt just like having a missing child, wondering is he ok? Is he still alive? I lay awake in bed with window open listening to all the sounds of the night, and heard a screeching sound, hoping and praying Smokey was still OK.

The next day, Wednesday Oct. 5th, I went down the last street searching and passing out flyers. When I came to a house in the cul-de-sac, I met women who said she wished she had this yesterday as she saw our bird in a Tulip Tree right across from her house eating the tulip tree fruits. Smokey had started learning to forage for food watching what the other birds ate. I knew he had to be hungry and thirsty. I continued down both sides of the street passing flyers with my friend helping me. Near the opposite end of the street I heard a familiar whistle. It was Smokey whistling, “calling the dogs”. He had visual on us, but my friend and I could not see him. I kept whistling back and he would repeat. We kept doing this following sound, and then I saw him suddenly fly to a house across the street. I ran over there, and then he flew to the back yard. I ran beginning to wonder if he thought this was a game of hide and seek. I had him spotted in a small tree a little lower. The tree was too thin and not sturdy enough to climb up to get him. We used a long pole a neighbor let us borrow to try to offer as a perch to step on, but couldn’t quite reach him. He tried to climb down as far as he could until he ran out of branches, trying to step on pole. He got startled by it and flew off into a tree across the driveway. We could hear him but it grew dark again and we lost our visual on him. Another sleepless night, praying to God to protect him.

The next day, Thursday Oct.6th, I went back to the house where we last saw him at, and he was gone. I had an errand I had to go on and stopped by church for prayer meeting with pastor and others. We all prayed for Smokey’s safe return. I felt a peace inside and somehow knew we were going to find and get him back. After my errands I rushed back home to search more for Smokey. I decided to try one more time back at the house I had last found him at yesterday, nothing. I went home, another sleepless night.
The next morning, Fri. Oct. 7th, I had this nagging feeling after walking all over the neighborhood, to go back to the house again that I had last saw Smokey. I walked down the driveway, around the yard, and then walked in the back yard. It was raining again, and a steady rain. I heard this sound like the eerie squeak that Smokey's cage door makes when you close it. I said his name and I heard it again. He was very well hidden, I couldn't see him, but I knew he was there. I called home on the cell phone and had my husband come with the truck and cage. I called my friend who was the former owner of Smokey and he came right away, and immediately got a visual on Smokey and pointed him out to me. He was hiding very well behind a cluster of trees. The neighbor came out of his house and let us set up perches, cage, whatever we needed on his back deck. I showed Smokey his food, grapes, peanuts, fresh water, juice, anything to entice him to fly, but nothing. He was wet, scared, hungry, exhausted, and weak. I could tell he was having a hard time sustaining himself on the branch from lack of food and water. He had been in that tree since yesterday and out all night and day in heavy rains.

I called my friends wife and she looked up, called, and found the only available tree climber she could find who was on his way, and would be here within 45 minutes. I remember those 45 minutes feeling like an eternity.

In the mean time there were flocks and flocks of crows and they were harassing Smokey. While my friend was trying to show the neighbor a visual on Smokey, a crow went flying by almost knocking him out of the tree, and then a second one went flying by, way too close for my comfort. I immediately stopped Randy and said, "WE HAVE TO PRAY NOW!" We joined hands and prayed asking God to remove the predators from the area, as there were now 3 hawks circling overhead and 2 more circling further out in wider circles. As soon as we prayed, before we could say amen, we heard flutters of wings. Looking up we saw the flock of crows leave the woods, the hawks could not be seen as well. Then Smokey whistled loud at us and came out of hiding. My friend left and my husband arrived with the truck and cage, and travel carriers. We waited for the tree climber to arrive. We tried in the mean time to coax Smokey out of the tree, but to no avail. The tree climber arrived and climbed the tree. He had planned to use a pillowcase to put Smokey in, but his feathers puffed big, and wings went way up, and he looked like he was in attack mode. The tree climber backed off seeing how stressed Smokey looked, and asked for his travel carrier. His partner tied a rope around the handle of the carrier and sent it up, as he opened the carrier door, and Smokey stepped right in immediately going for the water. He closed the door, and lowered Smokey down which I ran to retrieve, and took him to the car. Smokey seemed relieved as well, he was shivering and exhausted. The tree climber came over, and I thanked him and gave him a BIG hug, as he became my new hero. All I can say is, thank God for tree climbers. It had been a long and hard, 5 nights and 4 days, with much relief that this was finally over, and everything can get back to normal.

I took Smokey home and fed him a little from a syringe, but he didn’t eat much. He seemed more interested in sleeping than eating. He ate a little and drank a little juice. He would not come out of his travel carrier, so I set the carrier on a desk chair with door open pushed up against Smokey’s cage, for if he changed his mind and decided to climb out into his cage. I went to bed exhausted as well. The next morning Smokey was still in his carrier, so I coaxed him out with food and a syringe. Smokey mostly slept for 3 days, and then started becoming his perky self, whistling, dancing, and giving kisses. He was very happy to be home and very nervous each time we walked near the door, He did not want to go outside for a long time.

I debated as to whether to clip Smokey’s wings, as I did not want this to happen again. I decided to leave him flighted, and train for a recall for him to learn to fly and land on my hand. I read that clipped birds are lost twice as much with less retrieval than a flighted trained bird for recall. So therefore, my decision to leave both my birds flighted, and both are at present time in flight training for recall to my hand. It has been six months since this event has taken place. Had Smokey been trained then for a recall to my hand, I believe he would have flown to me, the first time I located him, therefore only out one night, vs. 5 agonizing nights.

Ruth Patterson.
Preparing To Care For Your Bird during a Disaster

By: Sandee L. Molenda, C.A.S.

As I sit watching yet another storm drift in over the mountains surrounding the Pacific Ocean, I am reminded that I need to check our emergency supplies. Not only the ones for myself and my husband but for our animals, and, especially the birds. It does not matter whether one lives in earthquake-prone California, the bone-chilling snows of the Midwest and Northeast or braces for hurricane season on the East and Gulf Coasts, anyone at any time can experience a disaster. Whether it is Mother Nature or horrific man-made catastrophes, preparation can mean the difference between life and death. Although I am not an expert in emergency operations, being a native Californian, I have grown up with many disasters - earthquakes, floods, fire, and mudslides - even a tidal wave warning once. I quickly came to realize that as a responsible bird owner, I needed to be educated, prepared and ready before disaster strikes in order to provide my birds with the best chances for their well-being and possibly even survival.

The most important item in any disaster kit is water. All living things need water and water is usually the first thing that goes no matter what the disaster. Therefore it is extremely important to have bottled water stored where it can be retrieved even if the house collapses - this is important whether you live in earthquake, tornado or hurricane country. I would recommend at least 1-16oz. bottle of water per bird four days. While the government recommends that people be prepared to be “on their own” for three days - in 1989, it was seven days before many had water and two weeks or more before electricity was restored. During Hurricane Isabelle last year, many did not have power for more than a month. If one obtains their water from a private well, there would also be no water. It is recommended to plan to be self-sufficient for at least a week. Also, if evacuation is necessary, it is best to be prepared because many disaster shelters will not accept animals.

Food is another thing. It will probably not be practical or even safe to feed birds their usual fresh or cooked foods so make sure to have plenty of extra seed and/or pellets. Millet spray is a complex carbohydrate and provides quick energy. It is excellent to feed birds that are stressed. It is also easy to store in plastic zip top bags so make sure there is millet spray in the kit as well. One spray per bird per day should be sufficient. If the bird will eat Nutriberries™ or Avicakes™, also put those in the kit. If the bird requires a special diet, such as one needed by lorries or mynahs, make sure it is also provided and stored in airtight containers such as plastic zip top bags. Cans of fruit and vegetables (include a manual can opener) can be included as well but only if there is a place where the dishes can be safely washed. Paper plates can be used but make sure to store them in plastic bags to keep them from getting wet or contaminated.

A flat-topped travel cage can be easily stacked and one should be provided for each bird or pair of birds. Have it set up with perches and food cups. Birds that are not normally kept in the same cage together should not be placed in the travel cage together. The birds will be very stressed and frightened and this can lead to aggression. Better to have an extra cage or two than to have to worry about fighting. If the bird has a favorite toy or something it likes to cuddle against, buy an extra one and place it in the travel cage. A small bag full of toys can be stored away to help distract the bird especially if things are not resolved in a day or two.

For those who worry about cold – such as during snow storms and power failures - hot packs made for athletic injuries can be purchased at a drug store. They are easily heated either by being placed in hot water or by shaking of the gel. This is also good if there are unweaned babies in a brooder and there is no access to a generator. Also, in the event the bird becomes really stressed, heat is always a good thing to have to offer supportive care. I use these when I fly with unweaned babies and they will keep them toasty for 6-8 hours depending on the ambient temperature of the air around them.

Emergency Bird Supply Kit

- Travel Cage with Food & Water
- Water (Enough to Last 7 Days)
- Food (Basic Diet Normally Fed) Enough to Last 7 Days
- Millet Spray
- Extra Food & Water Containers
- Extra Perches
- Paper Plates
- Toys
- Newspaper
- Paper Towels
- Duct Tape
- Tarp
- Large Plastic Garbage Bags
- Plastic Zip Top Bags
- Small Hand Towels
- Large Towels
- Syringes
- Hand-Feeding Formula
- Gavage Tube
- Bleach
- Sponge
- Dish Soap
- Plastic Tub
- Athletic Hot Packs
- Large Towel
- Paper Towels
- Paper Plates
- Newspaper
- Duct Tape
- Tarp
- Large Plastic Garbage Bags
- Plastic Zip Top Bags
- Small Hand Towels
- Large Towels
- Syringes
- Hand-Feeding Formula
- Gavage Tube
- Bleach
- Sponge
- Dish Soap
- Plastic Tub
- Athletic Hot Packs

A large towel can be used to cover each cage and help keep the bird calm and quiet. Also, if in a fire area, the duct tape and tarp can be used to seal a room, car or cage to help keep out the smoke. It has been recommended by the Office of Homeland Security to also use this method in the event of a chemical or biological attack. A small syringe, hand-feeding formula, gavage tube and a small bottle of bleach should also be placed in the kit in the event the bird needs to be force fed or to administer medication. Bleach can also be used to de-contaminate water for drinking. If one lives in an area with frequent power outages, especially in cooler climates or if a breeder that usually has babies, the purchase of a generator is a very worthwhile investment that can often mean the difference between life and death, especially for baby birds.

If caring for unweaned babies, extra water, hand-feeding formula, a bottle of disinfectant, food bowls, spoons, syringes, an extra basket or container, thermometers, a bag of shavings, small plastic critter carrier, a heating pad, car converter and a small appliance to heat water will also be needed. An AC/DC portable brooder with a UPS for added power is a wise investment that can help save babies’ lives. A four-wheel shopping wire basket such as those used for groceries is an excellent place to store bird emergency supplies and is excellent if evacuation is needed and walking a long distance is necessary. They can be pushed or pulled, work wonderfully and are not expensive. Plastic bags are perfect for storing supplies. (Continued on Page 19)
### SUBSTANCES TOXIC TO BIRDS

#### Foods To Avoid
- Alcohol (long term exposure can result in liver disease)
- Chocolate (commonly thought to be toxic but not proven)
- Raw meat, raw poultry (due to risk of bacterial contamination)
- Raw onions (may contain Pseudomonas bacteria in skins)
- Avocado (fat content, toxicity has been documented in budgies and canaries fed large amounts. Large psittacines may consume safely but does not warrant risk)

#### Fumes
- Aerosol propellant
- Aerosol ingredient
- Bleach
- Carbon dioxide
- Carbon monoxide
- Carpet freshening products
- Chloride
- Chlorined

#### Miscellaneous
- Asbestos
- Insecticides
- Lead shot
- Lye
- Match tips

#### Harmful Plants

<table>
<thead>
<tr>
<th>Plant Type</th>
<th>Common Name</th>
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<td>Amaryllis</td>
<td>Bulbs</td>
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<tr>
<td>Azalea</td>
<td>Leaves</td>
</tr>
<tr>
<td>Balsam pear</td>
<td>Seeds, outer rind of fruit</td>
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<tr>
<td>Bananberry</td>
<td>Berries, roots</td>
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<tr>
<td>Bird of paradise</td>
<td>Seeds</td>
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<tr>
<td>Black locust</td>
<td>Bark, sprouts, foliage</td>
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<tr>
<td>Blue-green algae</td>
<td>Some forms toxic</td>
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<tr>
<td>Boxwood</td>
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<td>Sap, bulbs</td>
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<td>Calla lily</td>
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<td>Caladium</td>
<td>Leaves</td>
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<tr>
<td>Castor bean (castor oil)</td>
<td>Beans, leaves</td>
</tr>
<tr>
<td>Chalice vine</td>
<td>All parts</td>
</tr>
<tr>
<td>Cherry tree</td>
<td>Bark, twigs, leaves, pits</td>
</tr>
<tr>
<td>Christmas candle</td>
<td>Sap</td>
</tr>
<tr>
<td>Coral plant</td>
<td>Seeds</td>
</tr>
<tr>
<td>Daffodil</td>
<td>Bulbs</td>
</tr>
<tr>
<td>Daphne</td>
<td>Berries</td>
</tr>
<tr>
<td>Datura</td>
<td>Berries</td>
</tr>
<tr>
<td>Deadly amanita</td>
<td>All parts</td>
</tr>
<tr>
<td>Death camas</td>
<td>All parts</td>
</tr>
<tr>
<td>Delphinium</td>
<td>All parts</td>
</tr>
<tr>
<td>Deiffenbachia (dumbcane)</td>
<td>Leaves</td>
</tr>
<tr>
<td>Eggplant</td>
<td>All parts but fruit</td>
</tr>
<tr>
<td>Elephant's ear (taro)</td>
<td>Leaves, stem</td>
</tr>
<tr>
<td>English ivy (Ilex aquafolium)</td>
<td>Berries, leaves</td>
</tr>
<tr>
<td>False henbane</td>
<td>All parts</td>
</tr>
<tr>
<td>Foxglove</td>
<td>Leaves, seeds</td>
</tr>
<tr>
<td>Golden chain (Laburnum)</td>
<td>All parts, especially seeds</td>
</tr>
<tr>
<td>Hemlock, poison</td>
<td>All parts, especially roots and seeds</td>
</tr>
<tr>
<td>Hemlock, water</td>
<td>All parts, especially roots and seeds</td>
</tr>
<tr>
<td>Henbane</td>
<td>Seeds</td>
</tr>
<tr>
<td>Holly</td>
<td>Berries</td>
</tr>
<tr>
<td>Horse chestnut</td>
<td>Nuts, twigs</td>
</tr>
<tr>
<td>Hyacinth</td>
<td>Bulbs</td>
</tr>
<tr>
<td>Hydrangea</td>
<td>Flower bud</td>
</tr>
<tr>
<td>Indian turnip (Jack-in-pulpit)</td>
<td>All parts</td>
</tr>
<tr>
<td>Iris (blue flag)</td>
<td>Bulbs</td>
</tr>
<tr>
<td>Java Bean</td>
<td>(lima bean) Uncooked bean</td>
</tr>
<tr>
<td>Jerusalem cherry</td>
<td>Berries</td>
</tr>
<tr>
<td>Jimsonweed</td>
<td>Leaves, seeds</td>
</tr>
<tr>
<td>Juniper (J. virginiana)</td>
<td>Needles, stems, berries</td>
</tr>
<tr>
<td>Lantana</td>
<td>Immature berries</td>
</tr>
<tr>
<td>Larkspur</td>
<td>All parts</td>
</tr>
<tr>
<td>Laurel</td>
<td>All parts</td>
</tr>
<tr>
<td>Lily of the valley</td>
<td>All parts, including the water where kept</td>
</tr>
<tr>
<td>Lobelia</td>
<td>All parts</td>
</tr>
<tr>
<td>Locoweed</td>
<td>All parts</td>
</tr>
<tr>
<td>Lords &amp; ladies (cuckoopint)</td>
<td>All parts</td>
</tr>
<tr>
<td>Marijuana</td>
<td>Leaves</td>
</tr>
<tr>
<td>Mayapple</td>
<td>All parts, except fruit</td>
</tr>
<tr>
<td>Mescal bean</td>
<td>Seeds</td>
</tr>
<tr>
<td>Mistletoe</td>
<td>Berries</td>
</tr>
<tr>
<td>Mock Orange</td>
<td>Fruit</td>
</tr>
<tr>
<td>Monkeyshod</td>
<td>Leaves, roots</td>
</tr>
<tr>
<td>Morning glory</td>
<td>All parts</td>
</tr>
<tr>
<td>Narcissus Bulbs</td>
<td></td>
</tr>
<tr>
<td>Nightshades (all types)</td>
<td>Berries, leaves</td>
</tr>
<tr>
<td>Oak</td>
<td>Acorns, foliage</td>
</tr>
<tr>
<td>Oleander</td>
<td>Leaves, branches nectar of blossoms</td>
</tr>
<tr>
<td>Philodendron</td>
<td>Leaves, stem</td>
</tr>
<tr>
<td>Poison Ivy</td>
<td>Sap</td>
</tr>
<tr>
<td>Poison Oak</td>
<td>Sap</td>
</tr>
<tr>
<td>Poinsettia</td>
<td>Leaves, flowers</td>
</tr>
<tr>
<td>Pokeweed</td>
<td>Leaves, roots, immature berries</td>
</tr>
<tr>
<td>Potato</td>
<td>Eyes and new shoots</td>
</tr>
<tr>
<td>Privet</td>
<td>All parts, berries</td>
</tr>
<tr>
<td>Rhododendron</td>
<td>All parts</td>
</tr>
<tr>
<td>Rubarb</td>
<td>Leaves</td>
</tr>
<tr>
<td>Rosary Peas</td>
<td>Seeds (seeds illegally imported to make necklaces and rosaries)</td>
</tr>
<tr>
<td>Skunk cabbage</td>
<td>All parts</td>
</tr>
<tr>
<td>Snowdrop</td>
<td>All parts, especially buds</td>
</tr>
<tr>
<td>Snow on mountain</td>
<td>All parts</td>
</tr>
<tr>
<td>Sweet Pea</td>
<td>Seeds and fruit</td>
</tr>
<tr>
<td>Tobacco</td>
<td>Leaves</td>
</tr>
<tr>
<td>Virginia creeper</td>
<td>Sap</td>
</tr>
<tr>
<td>Wisteria</td>
<td>All parts</td>
</tr>
<tr>
<td>Yam bean</td>
<td>Roots, immature pods</td>
</tr>
<tr>
<td>Yew (American, English, Japanese)</td>
<td>Needles, seeds</td>
</tr>
</tbody>
</table>
BIRDS BY GAY WHITNEY
(Formerly Rainbow Aviary in Fayetteville, NC)

Hand-rearing that special bird in my home to be that very special family pet in your home.

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BASICS OF CHOOSING THE RIGHT CAGE

What type of cage should I provide and how should I set it up? The cage will be your bird's home. It provides a place to live, security and comfort. A bird's physical and mental health is also dependent on their homes. The cage should supply the following:

- "Room to stretch" meaning the cage should be large enough for the bird to completely stretch and flap its wings without touching any part of the cage. The largest cage one can possibly afford is always best.
- A cage door large enough for the bird to enter and exit easily. You will be glad you spent a little extra money on this feature. Many cages suitable for small birds come with "guillotine" style doors. Not the best choice in door styles, these can usually be altered to open out to the side instead of sliding up and down.
- Food and water dishes. These should be placed conveniently near but not directly below perches. If placed in the smaller type doors that hold food and water cups its important not to place a perch over the dishes. This will prevent the birds' droppings from contaminating the food and water. The dishes should be cleaned with soap and water at least twice a week. Water can also be kept clean by converting to the use of a water bottle such as those used for other small animals. Water bottles, including the tube should be scrubbed with a bottle brush, soap and water twice a week as well.
- A removable tray at the bottom is preferable for easy cleaning. For the benefit of you and your pet bird, cleaning and disinfecting the cage should be done at least once a week. This is important to prevent illness.
- No sharp objects, loose or broken cage wires, or rough edges.
- A rectangular shaped cage will be much preferred by parrots. Cylindrical, tall shapes (or tall, round shapes) are not as functional due to the fact that parrots move from side to side, not up and down. Additional height may be necessary if your parrot has a long tail.
- Birds need at least 10 to 12 hours of sleep each night without disturbances. A cage cover will help accomplish this.

ABOUT BAR SPACING

Bar spacing should be narrow enough so that the bird cannot poke its head through the bars.

ABOUT PERCH SIZES

Your bird's foot should be able to wrap around to cover approximately 2/3rds of the perch. Be sure to place the perches far enough apart that their tails do not touch the sides of the cage or other perches. This will prevent damaged or broken tail feathers. Place one perch in front of their food/water dishes to ensure them a comfortable place to sit while eating and drinking.

<table>
<thead>
<tr>
<th>Type of Bird</th>
<th>Bar Spacing Width</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parrotlets, Parakeets</td>
<td>½ inch apart</td>
</tr>
<tr>
<td>Lovebirds</td>
<td></td>
</tr>
<tr>
<td>Cockatiels, Conures,</td>
<td>½ inch to ¾ inch</td>
</tr>
<tr>
<td>Lories and Senegal's</td>
<td></td>
</tr>
<tr>
<td>African Grey, Amazon</td>
<td>¾ inch to 1 ½ inch</td>
</tr>
<tr>
<td>Macaw and Cockatoo</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type of Bird</th>
<th>Perch Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finch to Parakeets</td>
<td>½ inch to 1 inch</td>
</tr>
<tr>
<td>Lovebirds, Cockatiels</td>
<td>¾ inch to 1 ½ inch</td>
</tr>
<tr>
<td>Conures, Pionus and Lory</td>
<td></td>
</tr>
<tr>
<td>Amazons, Mini Macaws</td>
<td>1 ½ inch to 2 ½ inch</td>
</tr>
<tr>
<td>Eclectus and Cockatoos</td>
<td></td>
</tr>
<tr>
<td>Large Cockatoos, Large</td>
<td></td>
</tr>
<tr>
<td>Macaws</td>
<td></td>
</tr>
</tbody>
</table>

Without A Bird by Gena Everhart

What was my life like without birds?
When Amazon screams were never heard.
My floors remained clean for a week.

Each room had furniture in it
Not play stands and cages and widgets
When the smells from my kitchen were good, It meant human – not birdie food.
I read the newspaper lounging on my chaise, Not while lining the bottom of a cage.
I was able to have a phone conversation, Without joyous shouts, screeches and exclamations.
My evenings were filled with TV, Not scrubbing cages, playing games and dispensing treats.
My top list of stores for which I cared, Carried beautiful clothes and fine dinnerware.
But those are a thing of the past and what's more.
My favorite shops are now the pet stores.
Do I miss my sparkling clean house?
Or uninterrupted time with my spouse?
Do I want to go back to those ways?
With quiet evenings and predictable days?
I suppose I could go back...but would miss.
Hearing a cheery parrot say "Gimme a KISS!"
A clean house might be nice for show,
But it would only get dirty again, I know.
No, I think I definitely prefer,
Life with the enriching company of my birds.

Mother Parrot's Advice to her Children
Translated by A.K. Nyabongo Ganda, Africa

Never get up till the sun gets up, Or the mists will give you a cold, And a parrot whose lungs have once been touched, Will never live to be old.
Never eat plums that are not quite ripe, For perhaps they will give you a pain: And never dispute what the hornbill says, Or you'll never dispute again.
Never despise the power of speech: Learn every word as it comes, For this is the pride of the parrot race, That it speaks in a thousand tongues.
Never stay up when the sun goes down, But sleep in your own home bed, And if you've been good, as a parrot should, You will dream that your tail is red.

GARBANZO BEAN CANDY

1 Can Garbanzo Beans
Cayenne Pepper to taste

Preheat oven to 350 degrees.
Wash, drain and pat somewhat dry the beans. Scatter them on a cookie sheet and spread out evenly so they do not touch. Sprinkle with a little Cayenne Pepper. Bake for 25 to 30 minutes. They will be crispy and crunchy. Let cool completely before serving.

by Linda Middleton
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The RDCBS Leg-band Directory

In order to encourage the use of closed leg-bands by RDCBS members who breed birds for sale, and to facilitate the tracking of lost-and-found birds which have originated from its members, the RDCBS has compiled the accompanying Directory of members who raise closed-banded birds, and the leg band breeder-codes used by these members.

How to Decipher the Information on a Leg-band: Whatever its source, a leg-band is embossed with the following three items of information: 1) the year of issue, 2) the breeder’s assigned code, and 3) the individual number of the band issued in a given year. In addition, bands issued by a society will contain the initials of that society. Bands issued commercially, for example by the L&M Company, will not contain society initials but may contain the initials of the State, e.g. NC, in which the breeder resides. The abbreviations for various societies issuing bands are as follows:

- ABS—American Budgerigar Society
- ACS—American Cockatiel Society
- AFA—American Federation of Aviculture
- ALBS—African Love Bird Society
- NAPS—North American Parrot Society
- NCS—National Cockatiel Society
- SPBE—Society of Parrot Breeders and Exhibitors

The L & M Bird Leg Band Company sells bands showing the initials of the breeder’s state, e.g. “NC”.

For additional help in tracing breeders’ codes which are not in our directory, check with the editor.

Raleigh-Durham Caged Bird Society Members Who Band their Birds

<table>
<thead>
<tr>
<th>Name</th>
<th>City/State</th>
<th>Phone</th>
<th>Email</th>
<th>Band Codes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angelo, Manon</td>
<td>Cary, NC</td>
<td>919-303-5233</td>
<td><a href="mailto:info@wingspanaviaries.com">info@wingspanaviaries.com</a></td>
<td>AFA, WSA-NC</td>
</tr>
<tr>
<td>Barwick, Laura</td>
<td>Raleigh, NC</td>
<td>919-876-8192</td>
<td><a href="mailto:lbirdog@hotmail.com">lbirdog@hotmail.com</a></td>
<td>NFSS- LTB, SPBE- LTB</td>
</tr>
<tr>
<td>Blazich, April &amp; Family</td>
<td>Raleigh, NC</td>
<td>919-851-8079</td>
<td><a href="mailto:aprilb@bellsouth.net">aprilb@bellsouth.net</a></td>
<td>SPBE- APR</td>
</tr>
<tr>
<td>Boos, John</td>
<td>Creedmoor, NC</td>
<td>919-528-3161</td>
<td><a href="mailto:johnboos@hotmail.com">johnboos@hotmail.com</a></td>
<td>Non-Club- APA, BBB</td>
</tr>
<tr>
<td>Cargain, Karen</td>
<td>Cary, NC</td>
<td>919-467-8736</td>
<td><a href="mailto:bbnbirds@mindspring.com">bbnbirds@mindspring.com</a></td>
<td>Non-Club-BNB</td>
</tr>
<tr>
<td>Chappell, Scot</td>
<td>Raleigh, NC</td>
<td>919-779-1206</td>
<td>sccindy11@mind spring.com</td>
<td>SPBE- STE</td>
</tr>
<tr>
<td>Creedle, Barbara R.</td>
<td>South Hill, VA</td>
<td>804-447-3915</td>
<td>ABS-BRC, NCS-01C</td>
<td></td>
</tr>
<tr>
<td>Dvorak, Sharon, Jim</td>
<td>Knightdale, NC</td>
<td>919-266-4935</td>
<td><a href="mailto:dvoraknc@netzero.com">dvoraknc@netzero.com</a></td>
<td>Non-Club AFA, NGC, ASC,UTB</td>
</tr>
<tr>
<td>Edwards, Wendy</td>
<td>Raleigh, NC</td>
<td>919-850-2180</td>
<td><a href="mailto:CarolinaFlight@aol.com">CarolinaFlight@aol.com</a></td>
<td>ALBS-TWP, NCS-02P</td>
</tr>
<tr>
<td>Feiner, Angela, Siler City</td>
<td>NC</td>
<td>919-544-4009</td>
<td><a href="mailto:Angibird@JUNO.COM">Angibird@JUNO.COM</a></td>
<td>AFA, DBK</td>
</tr>
<tr>
<td>Fortin, Toni Wilson</td>
<td>NC</td>
<td>252-291-5669</td>
<td><a href="mailto:feathers@bbnp.com">feathers@bbnp.com</a></td>
<td>Non Club-TFF</td>
</tr>
<tr>
<td>Huegerich, Leslie</td>
<td>Fuquay-Varina, NC</td>
<td>919-552-6312</td>
<td><a href="mailto:klaviary@showtiels.com">klaviary@showtiels.com</a></td>
<td>NCS-70L, IPS-KLH</td>
</tr>
<tr>
<td>Marquis, John, Laura</td>
<td>Raleigh, NC</td>
<td>919-266-0906</td>
<td><a href="mailto:info@riverbankaviary.com">info@riverbankaviary.com</a></td>
<td>Non Club-RBA</td>
</tr>
<tr>
<td>Martin, Ted</td>
<td>Moncure, NC</td>
<td>919-545-0972</td>
<td><a href="mailto:ted@avianzoo.com">ted@avianzoo.com</a></td>
<td>SPBE- AGA, AZA</td>
</tr>
<tr>
<td>Perry, Terry</td>
<td>Fuquay-Varina, NC</td>
<td>919-639-4575</td>
<td><a href="mailto:tpandcharlie@msn.com">tpandcharlie@msn.com</a></td>
<td>RW NC</td>
</tr>
<tr>
<td>Rau, Bill, Nancy Bunn</td>
<td>NC</td>
<td>919-496-2649</td>
<td><a href="mailto:brau@ipass.net">brau@ipass.net</a></td>
<td>NCS-54R</td>
</tr>
<tr>
<td>Reaves, Jo Ohatchee</td>
<td>Al</td>
<td>256-892-2204</td>
<td><a href="mailto:Reaves36271@aol.com">Reaves36271@aol.com</a></td>
<td>NCS-16R</td>
</tr>
<tr>
<td>Rosseau, Courtney</td>
<td>Holly Springs, NC</td>
<td>(919) 567-6970</td>
<td><a href="mailto:budgiegarden@ncrr.com">budgiegarden@ncrr.com</a></td>
<td>ABS-72X</td>
</tr>
<tr>
<td>Saunders, Susan, Billy Weaverville</td>
<td>NC</td>
<td>828-658-6259</td>
<td><a href="mailto:susannes73S@charter.net">susannes73S@charter.net</a></td>
<td>NCS-73S, ACS-195S</td>
</tr>
<tr>
<td>Vozzo, Kathy</td>
<td>Chesapeake, VA</td>
<td>757-638-9285</td>
<td><a href="mailto:klmaviary@cox.net">klmaviary@cox.net</a></td>
<td>Non-Club-KMV</td>
</tr>
<tr>
<td>Whitney, Gay, David New Bern</td>
<td>NC</td>
<td>252-637-4289</td>
<td><a href="mailto:gaywhitney@aol.com">gaywhitney@aol.com</a></td>
<td>ACS-26W</td>
</tr>
</tbody>
</table>

If you would like to search for more information on your bird through its leg band id log onto www.LegBandNumbers@yahoogroups.com

To report a lost or found bird log onto www.911ParrotAlert@yahoogroups.com

***To Add your name to this list, please contact the Show Program Editor. Laura Marquis laura@jamcosys.com
Preparing To Care For Your Bird during a Disaster (continued from page 14)
It is also important to have a bird first aid kit with the emergency supplies. This will give the ultimate protection for the bird in case of illness or injury. In the event of a major disaster, veterinary care is non-existent especially the first 24-48 hours so having a well-stocked first aid kit can truly save a bird’s life. While there are commercial kits out there, it really is not difficult or expensive to put together a kit for use. It is recommended that all bird owners have two first aid kits – one for use around the house and one exclusively kept with the emergency supplies. This way, it will always be available when needed most.

Bird First Aid Kit
- Hydrogen peroxide
- Antibacterial soap
- Dawn™ dish soap (removes grease and oil)
- Paper towels
- Small hand towel
- Flour, cornstarch, Quik Stop™ or other blood-clotting agent
- Athletic Gel Heat Packs
- Hand feeding formula
- Syringes and tips
- 8" gavage tube
- Pedialyte™
- Wavecide™ or other disinfectant
- Heating pad or heat lamp (one for reptiles that does not give off light)
- Plastic Critter Carrier™
- Tweezers
- Hemostats
- Scissors
- Cotton balls and swabs
- Gauze
- Veterinary tape (does not stick)
- Telephone number of Animal Poison Control
- Emergency avian veterinary service telephone number
- Primary avian veterinarian's telephone number
- Note pad and pen (write down veterinarian's instructions)

I truly hope that no bird owners ever have to be in a position to deal with a major disaster. However, we live in an ever-changing world and no one can predict the future. Therefore, it is much better to be prepared for disaster and hope that it never comes than to be suddenly confronted and have little or no resources available. Our birds have no one but us to depend on for their care and safety. A few minutes of planning now can avert major problems in the future and possibly even save a beloved bird’s life.
A balanced diet is a necessity to allow a bird to live a full and healthy life. An unbalanced diet is the main cause of disease and early death in pet birds. Malnutrition is a human-made disease. Fortunately, it is also preventable.

### Dietary differences among birds

To provide a proper diet, we must realize that the species of birds we have as companion pets do not all have the same dietary needs. Just as our North American wild birds such as chickadees, woodpeckers, and hummingbirds do not eat the same foods, neither do our companion birds. In general, psittacines can be classified according to their normal diets. Most are florivores, meaning the main portion of their diet is obtained from plants. Among florivores, there are gr已nivores (grain and seed eaters), and frugivores (fruit eaters). Some birds are omnivores, whose diet can consist of both plant and animal components. There is a special class of florivores called nectarivores, who eat mostly nectar.

### Seed-eating birds

Even for seed-eating birds, seeds alone are not a proper diet. There are several reasons for this:

- The seeds we offer our companion birds are not the same seeds they would find in their native habitats. We tend to offer seeds that are lower in protein and other nutrients, such as vitamins.
- The amount of energy used by wild birds in foraging for food is far greater than that used by our companion birds. Since our pet birds use less energy, they need to eat less or they will become overweight. Eating less, however, could result in vitamin, mineral, and other nutrient deficiencies.
- When offered seeds, our companion birds tend to pick out their favorites, and leave the rest. Limiting the diet to only several types of seeds can often lead to certain nutrient deficiencies.

Even when multiple types of seed are offered, the seed-only diet will not supply the necessary array of vitamins and minerals that is needed for optimal health. Birds love seeds, like children (and adults) love candy. They will eat a favorite seed over what is healthy for them. The best diet for most seed-eating birds consists of pelleted foods, vegetables, and fruits, and an occasional treat.

### Formulated foods

Formulated diets are readily available from many reputable manufacturers, pet stores, and veterinarians, and include Harrison's, Zupreem, and Roudybush. The food is a blend of grains, seeds, vegetables, fruits, and various types of proteins, as well as additional vitamins and minerals. The ingredients are mixed and then baked. The food may be in the form of pellets, crumbles, or nuggets. Unlike a seed mixture, the bird cannot select particular components out of a formulated diet, so nutritional imbalances are much less likely to occur.

There are commercial foods for different species, so be sure to select one appropriate for your bird. Some have higher fat levels for many of the macaws and Golden conures, whereas others may be lower in fat and higher in protein to provide better nutrition for cockatoos and Amazons. Realize that some species, such as the Hyacinth Macaw have very specific dietary needs and need special diets.

For most species, formulated food should be 65-80% of the diet, vegetables should make up 15-30%, and the remainder can be seeds and fruits.

### Vegetables and fruits

Fruits and vegetables are a good source of vitamins, minerals, and carbohydrates. Vegetables should comprise 15-30% of the diet, and fruits, 5%. The following table lists good choices of vegetables and fruits for psittacines. Wash all vegetables and fruits thoroughly before feeding. Remove the pits and apple seeds from the fruit. Any vegetables and fruits left uneaten should be discarded daily so spoilage is not a problem. Because vegetables and fruits are high in water content, the urine portion of the droppings will increase.

### Adding variety and appeal

Birds decide what to eat by sight, texture, and taste. Offer a wide variety of vegetables and fruit to provide a balanced diet. Keep them in as natural a state as possible and be creative when preparing meals. Hang food from the cage top or sides, weave food into the bars of the cage, or stuff food in the spaces of toys. As an example, for larger birds, feed corn on the cob rather than feeding kernels of corn in a dish. This will help entertain the bird as well as provide physical and mental stimulation.

### Switching your bird from a seed-based diet

It is much easier to start a young bird on a varied diet of healthy foods than it is to convert an older bird to a new diet. A bird on an unhealthy diet must slowly (over several months) be converted to a healthier diet. For more information, see our article: Switching from a Seed-based to a Pelleted Diet.

### Non-seed eating birds

Diets for non-seed eating psittacines such as Lories and Lorikeets consist of a commercially prepared formula. Some of these may be fed dry or moistened; others need to be made into a solution and fed as a nectar. The nectar will need to be replaced several times daily; every 4 hours in hot weather. The diet should also include some fruits such as: apples, pomegranates, papaya, grapes, cantaloupe, pineapple, figs, and kiwi. Pollen, corn-on-the-cob and some flowers such as pansies, nasturtiums, roses, hibiscus, marigolds, and dandelions may be offered, as well.
Basic Nutrition for Psittacines (Parrot Family)  
(continued)

**Supplements**
For most adult birds, supplements are not necessary, and should only be provided if recommended by your veterinarian. Commercial formulated diets contain the minerals and vitamins your bird needs. Using vitamin supplements could result in vitamin toxicoses.

**Foods to avoid**
Some foods are on the do-not-feed list. These include:
- High-fat junk food (potato chips, doughnuts, etc.)
- Avocado (guacamole)
- Chocolate
- Alcohol or caffeine
- Fruit pits
- Persimmons
- Table salt
- Onions
- Apple seeds
- Mushrooms

**Grit**
While not a food, grit is something people think all birds need. They do not. If it is overeaten, grit impaction can occur in the digestive system. Finches and canaries may benefit from a couple of grains of grit every couple of months, but most budgies, cockatiels, and other parrots do not need it.

**Feeding times**
Natural feeding times in wild birds are about a half hour after sunrise and again at 5-6 PM. Sticking close to these feeding times will be most natural for the companion bird. Larger breeds can have vegetables or fruits left in the cage through the day for snacking and entertainment. Smaller breeds will typically have seed left in the cage throughout the day. They need to eat more frequently throughout the day due to their higher metabolic rate and energy needs.

**Monitoring intake**
You should offer your bird only what he can eat in a day. This will make it easier to monitor his daily intake. Decreased food intake may be the first sign that a bird is ill.

**Hygiene**
Dishes should be washed daily in hot soapy water. No food should remain in the cage for longer than 24 hours as the risk of fecal contamination or spoiling is high.

**Water**
Fresh, clean water should always be available. If a water bottle is used, the water should be changed daily and the tip should be checked daily to be sure it is working. Dehydration is a serious problem that can occur within a day or two if water is unavailable.

**Conclusion**
No matter what bird comes into your home, read and ask questions regarding its specific nutritional needs. Feeding a balanced, varied diet will play a major role in helping your pet bird live a long and healthy life.

**References**

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**Nutritious Additions to a Psittacine Diet**

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<tr>
<th>Vegetables</th>
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<tr>
<td>Radishes</td>
<td>Apples</td>
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<tr>
<td>Turnips</td>
<td>Berries</td>
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<td>Carrots (root and tops)</td>
<td>Kiwi</td>
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<tr>
<td>Cooked sweet potatoes</td>
<td>Mango</td>
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<tr>
<td>Radicchio</td>
<td>Cantaloupe</td>
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<tr>
<td>Endive</td>
<td>Honeydew</td>
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<td>Mustard &amp; dandelion greens</td>
<td>Pineapple</td>
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<tr>
<td>Swiss Chard</td>
<td>Cherries</td>
</tr>
<tr>
<td>Kale</td>
<td>Cranberries</td>
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<tr>
<td>Parsley</td>
<td>Banana</td>
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<td>Cooked red potatoes</td>
<td>Pears</td>
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<td>Green beans</td>
<td>Peaches</td>
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<tr>
<td>Tomato</td>
<td>Oranges</td>
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<tr>
<td>Sweet red &amp; green, and other types of peppers</td>
<td>Pomegranate</td>
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<tr>
<td>Cauliflower</td>
<td>Tangerines</td>
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<tr>
<td>Broccoli (head and leaves)</td>
<td>Star fruit</td>
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<tr>
<td>Beet &amp; turnip greens</td>
<td>Grapefruit</td>
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<tr>
<td>Eggplant</td>
<td>Papaya</td>
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<td>Kohlrabi</td>
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<td>Sugar snap or snow peas</td>
<td>Grapes</td>
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<tr>
<td>Squash (peeled &amp; steamed)</td>
<td>Apricots</td>
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<tr>
<td>Red beets (peeled)</td>
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<tr>
<td>Romaine or green/red leaf lettuce</td>
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<td>Collard greens</td>
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<td>Corn</td>
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<td>Cucumber</td>
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The notes for each member contain abbreviations of the types of birds that members own or breed. A “b” after the abbreviation indicates the member breeds that bird. An “s” indicates the member shows that species in competitions.
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RALEIGH DURHAM CAGED BIRD SOCIETY MEMBERS—MAY 2006

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
<th>Notes</th>
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<tbody>
<tr>
<td>TINGLEY, PRISCILLA</td>
<td>APEX, NC</td>
<td>(919) 362-1320</td>
<td></td>
<td>CAN LVB</td>
</tr>
<tr>
<td>TRU TT, HARRY &amp; LYN</td>
<td>BUTN ER, NC</td>
<td>(919) 575-5715</td>
<td></td>
<td>CAN-b TIEL KEET-b IRN</td>
</tr>
<tr>
<td>TURICH, ROBERT</td>
<td>C LAYTON, NC</td>
<td>(919) 550-3310</td>
<td><a href="mailto:bolturich@aol.com">bolturich@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>VOZZO, KATHY (ALBS)</td>
<td>C HESA PEKE, VA</td>
<td>(757) 638-9285</td>
<td><a href="mailto:klmaviary@cox.net">klmaviary@cox.net</a></td>
<td>LVB-b-s</td>
</tr>
<tr>
<td>WACKERMAN, MARK &amp; LAURA (NCS-AFA)</td>
<td>APEX, NC</td>
<td>(919) 303-8917</td>
<td><a href="mailto:tielsunda2@hotmail.com">tielsunda2@hotmail.com</a></td>
<td>TIEL SC2</td>
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<tr>
<td>WASHBURN, BARBARA</td>
<td>F UQUAY-VARINA, NC</td>
<td>(919) 468-8163</td>
<td><a href="mailto:bwashburn1@nc.rr.com">bwashburn1@nc.rr.com</a></td>
<td>RAINBOW AVIARY CAG-b DYH-b RLA-b WFA-b YNA-b TIEL-b G2-b U2 -b RBK-b LVB-b BTM-b GW-b MM-b KEET-b QP-b PAR</td>
</tr>
<tr>
<td>WHITE, JENNIFER &amp; JOHN</td>
<td>DURHAM, NC</td>
<td>(919) 484-8710</td>
<td><a href="mailto:jwhite8195@yahoo.com">jwhite8195@yahoo.com</a></td>
<td>CAG QP SP</td>
</tr>
<tr>
<td>WHITNEY, DAVID &amp; GAY</td>
<td>NEW BERN, NC</td>
<td>(252) 637-4238</td>
<td><a href="mailto:gaywhitney@earthlink.net">gaywhitney@earthlink.net</a></td>
<td>JC QP</td>
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<tr>
<td>WILLIAMS, LINDA</td>
<td>MEbane, NC</td>
<td>(919) 304-9001</td>
<td><a href="mailto:lmwill-22@yahoo.com">lmwill-22@yahoo.com</a></td>
<td>WCQ TIEL PAR</td>
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<tr>
<td>WILSON, CAROL &amp; PHILLIP (AFA)</td>
<td>WILLOW SPRINGS, NC</td>
<td>(919) 552-8856</td>
<td><a href="mailto:legswilson@aol.com">legswilson@aol.com</a></td>
<td>CAG BFA DYH OWA YNA RBK B&amp;G SP</td>
</tr>
<tr>
<td>WILSON, RON &amp; PEGGY</td>
<td>CARY, NC</td>
<td>(919) 468-8667</td>
<td><a href="mailto:bogiebird@mindspring.com">bogiebird@mindspring.com</a></td>
<td>PET BIRD SITTING TIEL U2</td>
</tr>
<tr>
<td>WOOTTON, BRIAN</td>
<td>RALEIGH, NC</td>
<td>(919) 608-2096</td>
<td><a href="mailto:brian.wootton@ncmail.net">brian.wootton@ncmail.net</a></td>
<td>SIE KEET</td>
</tr>
<tr>
<td>YOUNG, ALYSSANDRA</td>
<td>CHARLOTTESVILLE, VA</td>
<td>(434) 964-1313</td>
<td><a href="mailto:tiels@windsongaviary.com">tiels@windsongaviary.com</a></td>
<td>TIEL-s</td>
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</tbody>
</table>

COMMERCIAL EXHIBITORS WITH ADVANCE REGISTRATION

Avian & Exotic Animal Care
Veterinarian services
Dr. Dan Johnson
6300-104 Creedmoor Rd
Raleigh, NC 27612
DrDan@avianandexotic.com
919-844-9166

Bird Toys Etc.
Bird toys, Gyms, Embroidered shirts
Barbara & Jeff Wasserman
7504 Tynewind Dr
Wake Forest, NC
wass007@aol.com
919-562-0402

Birdhaven Canaries
Small bird cages, breeding and nesting supplies
Diane Britton
RR3 Box 140
Cumberland, VA 23040
birdhaven@hughes.net
434-983-1792

Birds and More 2
Boarding & Grooming, Toys
Melody Appleby
Raleigh, NC
birdsnmor2@nc.rr.com
919-772-7234

Flying Colors
Bird toys, and toy parts
James Foxwell
PO Box 188
Belle Haven, VA 23306
jim@birdsnest.biz
757-442-3521

Gower's Bird Supply
Bird cages, supplies
Lena & Carl Gower
500 Woodland Rd
Raleigh, NC 27603
919-773-2700

L J O Leather
Toys, toy parts
Larry & Jackie Osborne
8778 S 775 W
Covington, IN 47932
leather@localline.com
765-793-3666

New Century Bird Supply
Centurion bird cages, Lixit products
Steven Francis
Parkersburg, VA
stevenfrancis1@yahoo.com
304-422-0729

Parrot Pleasures
Toys, perches, rope products, Birds (Conures, Senegals, Caiques, Hans Macaws)
Carol Olyer
P O Box 483
Orange Park, FL 32067-0483
nippanyape@aol.com
904-264-8410

RAR Cages
Bird cages, stands
Ron Reijerkkerk
Raleigh, NC
919-280-9465

Riverbank Aviary
Birds, toys, hand painted glass ware
John & Laura Marquis
Raleigh, NC
info@riverbankaviary.com
919-266-0906

Robbie Garrity
Avian Art
Robbie Garrity
Chesapeake, VA
rgarrity@cox.net
757-465-1990

Stony Creek Aviary
Budgies, Finches, Diamond Doves, and Canaries
Randy and Wendy Gilbert
Rocky Mount, NC
252-443-2701

The Birdie Boutique
Food, supplies, toys
Missy Ripply
3039 University Dr
Durham, NC 27707
birdvet@mindspring.com
919-490-3001

Tiny Tiel Aviary, Exotic Wildlife Rescue
Hand fed and breeder Cockatiels, African Greys, Ringnecks, bird related crafts, hand feeding supplies, bird toys, NCS items.
Susan & Billy Saunders
Weaverville, NC
susans35@juno.com
828-658-3259
Topper Bird Ranch
Bird food, Bird Toys
Jason Clinger
529 JM Penninger Rd
Lexington, NC 27292
fonda@topperbirdranch.com
336-357-2473

TRJ Enterprises
Cages, perches, cups, and accessories
David Jones
Freehold, NJ
dajones2001@aol.com
732-995-8562

WingSpan Aviaries
Birds, cages, stands, food, toys, water bottles, and vitamins
Manon & Jim Angelo
Cary, NC
ohmun@msn.com
919-303-5233

Wyld’s Wingdom
Toys, supplies
Mary Wyld
Norfolk, VA
mwyld@wingdom.com
757-858-8090

Cockatiel Show

Pet Bird Display

Parrot Show

Raffle

Finch Show

Lovebird Show

Bird Toys Etc.

Avian & Exotic

Stoney Creek Aviary

RAR Cages

Bird Haven

Topper Bird Ranch

Robbie Garrity

Wingspan Aviary

Tiny Tiel Aviary

TRJ Ent.

AFA

Wyld Wingdom

New Century

Birds n More 2 Touch of Glass

Stoney Creek Aviary

Flying Colors

Parrot Pleasures

Gowers

LJO Leather

Birdie Boutique
The RDCBS Wishes to extend a Heart Felt Thank You to the Following

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<thead>
<tr>
<th>Dr. Dan Johnson, DVM</th>
<th>TO OUR SEMINAR SPEAKERS</th>
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<tbody>
<tr>
<td>Laura Foster NCSU-CVM</td>
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<td>Avian and Exotic</td>
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<tr>
<td>Animal Care, PA</td>
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<tr>
<td>For Performing our Admission Vet Checks</td>
<td>Dr. Gregory Burkett, DVM</td>
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<tr>
<td>844-9166</td>
<td>Diplomat ABVP Avian</td>
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<td></td>
<td>Dr. Dan Johnson, DVM</td>
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<td></td>
<td>Sandee L. Molenda, C. A. S.</td>
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JIM AND SHARON DVORAK
For coordinating and conducting the efforts of the following Groups. Thanks for your time and devotion to the RDCBS

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<td>Hector Maldonado</td>
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<td>For your many generous Donations</td>
<td>Sal Maldonado, Alma Maldonado</td>
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<tr>
<td>Rich Glass 846-0045 ext 13</td>
<td>Juan Ortiz</td>
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<th>NEW WAVE SYSTEMS, INC</th>
<th>RN ELECTRIC CO.</th>
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<td>Raleigh, NC</td>
<td>Raleigh, NC</td>
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<tr>
<td>For lending your audio visual equipment</td>
<td>For all of your assistance with our electrical needs</td>
</tr>
<tr>
<td>Andy Felton 919-878-8747</td>
<td>Randy Nicks 919-528-1768</td>
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The Clearwater Group, a designer and builder of fine custom homes, wishes to express its continuing support for the work of the RDCBS and the particular efforts of

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For Appointments call - 919-490-3001
Thank you to the following Businesses and Individuals for their generous donations to our Raffle. The proceeds from the Raffle are used to fund worthy avian causes.

<table>
<thead>
<tr>
<th>Business/Individual</th>
<th>Person/Company</th>
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<tbody>
<tr>
<td>Avian &amp; Exotic Animal Care</td>
<td>Kaye Francis</td>
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<td>Birdie Boutique</td>
<td>Jim &amp; Sharon Dvorak</td>
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<td>Bird Toys, Etc.</td>
<td>Dave &amp; Donna Gulick</td>
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<td>Birds and More Two</td>
<td>April Blazich</td>
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<tr>
<td>Carolina Flight Aviary</td>
<td>Sheveil Harmon</td>
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<td>Flock Stock and Barrel</td>
<td>Ted Martin</td>
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<tr>
<td>Gower’s Bird Supply</td>
<td>Mike &amp; Ruth Patterson</td>
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<tr>
<td>China Prairie</td>
<td>Susan Reimer</td>
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<tr>
<td>Roudybush</td>
<td>Courtney Rousseau</td>
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<td>Pet Mania</td>
<td>Tom &amp; Cathy Elam</td>
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<td>Topper Bird Ranch</td>
<td>Trish Koontz</td>
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<td>Riverbank Aviary</td>
<td>Angela Feiner</td>
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<td>Summit Pet Products</td>
<td>Sandra Francis</td>
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<td>LJO Leather</td>
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<td>Phil &amp; Carol Wilson</td>
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<td>Terry Perry &amp; David Harmon</td>
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<td>Tiny Tiels Aviary</td>
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<td>Judy Calhoun</td>
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<td>Sunny Heet</td>
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<td>Laura Barwick</td>
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SCHEDUAL OF EVENTS

Seminars:

10:30 am Dr Greg Burkett Diplomat ABVP Avian
“Philosophies of Environmental Enrichment for the Prevention of Disease and Behavioral Problems”

1:00 pm Sandee Molenda, C.A.S.
“Disaster Relief”

3:00 pm Dr. Dan Johnson DVM Birds and Exotic Animals
“First Aid for Pet Bird Emergencies”

Raffle Schedule:

11:00 am; 2:00 pm; 4:15 pm

Tickets will be on sale from 8:00 AM until 4:00 PM.
All prizes must be claimed by 5:30 PM the day of the bird fair.