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#### RDCBS' PET BIRD FAIR COMMITTEE:

Chairman: John Marquis

Vendor Coordinator: Melody Appleby

Hospitality / Coordinator: Cindy Chappell, Melody Appleby,

and Laura Barwick

Raffle Coordinator: Angi Parrish Shows Coordinator: Wendy Edwards

Cockatiel Show Coordinator: Leslie Huegerich Love Bird Show Coordinator: Wendy Edwards

Parrot Show Coordinator: Josh Maple

Registration: Judy Calhoun

Handbook Advertising: Laura Marquis

Publicity: John Marquis

Program Booklet Editors: Laura and John Marquis

#### A MESSAGE FROM THE FAIR CHAIRMAN

Welcome, I hope you enjoy our Twenty-second Annual Pet Bird Fair, Twelfth Annual Cockatiel Show, Ninth Annual Lovebird Show, and First NAPS Parrot 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 the birds on exhibit, and learn about the joys of keeping birds and about their care. If you haven't already, please join the Raleigh-Durham Caged Bird Society. The cost of membership is minimal in comparison to what you will learn and the friendships you will make with the fellow bird lovers in our club. I hope to see you at future meetings.

John Marquis, Bird Fair Chairman, RDCBS

#### Birdie Cupcakes

2 jars sweet potato baby food

2 jars mixed baby food

1 to 1 ½ cups bird pellets

3 eggs

Preheat oven to 400.

Place eggs (shell and all) and baby food to food processor or blender and blend. Add pellets and blend again until somewhat smooth. Prepare mini muffin tins with paper or olive oil spray. Fill muffins about 2/3rds full. Bake for about 15 minutes. Cool completely before serving.



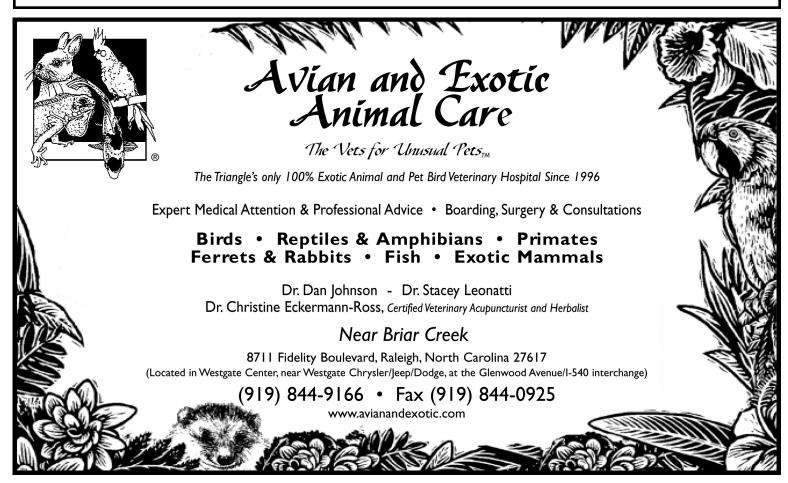
#### THE RDCBS 2010 PRESIDENT'S WELCOME

All members of the Raleigh-Durham Caged Bird society and I welcome you to our 22nd Annual Pet Bird Fair. Your attendance at this event makes it the success it has been for over 20 years now. Our club works hard to make this an event you will enjoy whether you are showing your birds, admiring the birds in our pet bird display, shopping for your feathered friends, or looking for a new addition to your feathered family. We would love to have you as a new member of our society! Our monthly meetings give all of us an opportunity to learn more about our birds and their care, what is happening with the many species of parrots in the wild and their conservation, plus how avian medicine is changing and improving. Come join us! You will meet new friends of both human and avian nature. Thank you for making our Bird Fair a huge success!

Sincerely, Judy Calhoun President - RDCBS

#### 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.





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#### 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 and employees, and veterinarians and 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 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. 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.

#### 2010 ELECTED OFFICERS/BOARD OF DIRECTORS

**President - (Board Position)** 

Judy Calhoun – (919) 488-7949; jcalhoun5@nc.rr.com

Vice President:

Angela Parrish - (336) 269-3934; angibird@juno.com

Secretary:

Carol Wilson - (919) 552-8856; LegsWilson@aol.com

Treasurer:

Mike Kelly - (919) 732-9606; mdtkelly@hughes.net

Board Chair ('09-'13) Wendy Edwards - (919) 219-8444 carolinaflight@aol.com

**Board ('10-'14)** John Marquis - (919) 266-0906

john@jamcosys.com

Board ('08-'12) Josh Maple - (919) 326-1616

jam91j@yahoo.com

Board ('07-'11) April Blazich - (919) 851-8079

aprilb@bellsouth.com

#### **COMMITTEES/APPOINTEES**

#### **Monthly Meetings:**

Educational Program Director - Carol Wilson - 552-8856; legswilson@aol.com

Visitor Orientation/Introduction - Judy Calhoun – President (919) 488-7949; jcalhoun5@nc.rr.com

Meeting Refreshments - Cindy Chappell - 779-1206; c7791206@mindspring.com

Raffles - Angi Parrish - (336) 269-3934; angibird@juno.com

Photographer—OPEN

"The Carolina Parakeet" Editor - Wendy Edwards - (919) 219-8444; carolinaflight@aol.com

Webmaster - John Marquis - 266-0906; john@jamcosys.com

Membership Directory - Carol Wilson - 919-552-8856; legswilson@aol.com

Renewal notices/New member packets - Carol Wilson - 919-552-8856; legswilson@aol.com

Publicity - Craig McCrary - 919-641-5400; cm@nc.rr.com

RDCBS T-Shirts - www.RDCBS.org

RDCBS Nametags - www.RDCBS.org

Legislative Issues - Cindy Chappell - 779-1206; c7791206@mindspring.com

Laura Barwick - 876-8192; Ibirdog@hotmail.com

#### **Educational Outreach:**

Bird Fair Chairman - John Marquis - 266-0906; john@jamcosys.com

NC State Fair Coordinator - April Blazich - 851-8079; aprilb@bellsouth.net

Grant Requests Coordinator - Sharon Dvorak - 266-4935; sldvorak@nc.rr.com

#### **AFFILIATE REPRESENTATIVES:**

African Love Bird Society (ALBS) - Wendy Edwards - 850-2180; Carolinaflight@aol.com

American Federation of Aviculture (AFA) NC State Coordinator - Carol Wilson - (919) 552-8856; legswilson@aol.com

American Federation of Aviculture (AFA) - April Blazich - (919) 851-8079; aprilb@bellsouth.com

Cindy Chappell - 779-1206; c7791206@mindspring.com

National Cockatiel Society (NCS) - Leslie Huegerich - (919) 552-6312; klaviarry@showtiels.com

#### **GET INVOLVED!**

FOR THESE AND MORE VOLUNTEER OPPORTUNITIES, CONTACT THE DIRECTORS ABOVE

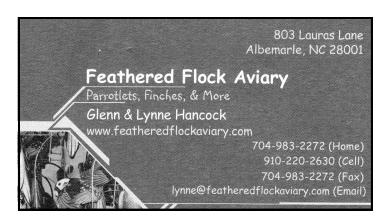
OR

www.RDCBS.org

RALEIGH DURHAM CAGED BIRD SOCIETY

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2

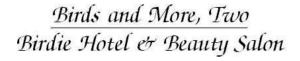
Scotland Neck, NC www.shwpark.com (252) 826-3186

#### 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 Asterina Dr. Donald Brightsmith and Barbara Heidenreich. 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 2006 The RDCBS introduced the NFSS Finch Show coordinated by 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, John Marquis, 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.





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- \*Large Birds (macaws, moluccans, tritons) \$15.00
- \*Medium Birds (lesser cockatoos, greys, amazons) \$12.50
- \*Small Birds (parakeets, cockatids, canaries, lovebirds) \$7.50

We also offer "In <u>Your</u> House" grooming
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- \*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)



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#### A SAMPLING OF RDCBS' EDUCATIONAL OUTREACH ACTIVITIES

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 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.

#### PROJECTS PREVIOUSLY SUPPORTED BY RDCBS BIRD FAIRS

Since its inception, the Raleigh-Durham Caged Bird Society has contributed over \$57,000 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 Texas A & M, 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, Bahamas Parrot Conservation Project, AFA, and the World Parrot Trust.

Applications for and details of the selection process for RDCBS awards may be obtained from Sharon Dvorak; TEL: (919) 266-4935; sldvorak@nc.rr.com

# VETERINARY CARE FOR YOUR BIRDS

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 veteri-



narian 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 four 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.

CITY	CLINIC/HOSPITAL	ADDRESS	Doctors	PHONE
Chapel Hill	Timberlyne Animal Hospital	110 Banks Dr	Dr. Malone, Kara	(919) 968-3047
Durham	Birdie Boutique	3039 University Dr	Dr. Burkett, Gregory*	(919) 490-3001
Durham	Cornwallis Animal Hospital	206 W. Cornwallis Rd	Dr. Heagren, D. W. Dr. Edgerton	(919) 489-9194
Fayetteville	Northgate Animal Hospital	608 N. Mail	Dr. Brown, Jack D. Dr. Brown, Dale	(910) 822-3141
Knightdale	Wake Veterinary Hospital	1007 Tandall Pl	Dr. Foster, Laura	(919) 266-9852
Raleigh	Avian and Exotic Animal Care	8711 Fidelity Blvd	Dr. Johnson, Dan Dr. Eckermann-Ross, C Dr. Leonatti, Stacey	(919) 844-9166
Raleigh	Bowman Animal Clinic	8308 Creedmoor Rd	Dr. Deresienski, Diane Dr. Hunt, Emily	(919) 847-6216
Raleigh	Dixie Trail Animal Clinic	3044 Medlin Dr	Dr. Brown, Virginia A	(919) 781-5977
Raleigh	Lake Wheeler Animal Hosp	2720 Lake Wheeler Rd	Dr. Grant, Sandra	(919) 829-5511
Raleigh	NCSU Avian and Reptile Service	ON CONSULT ONLY	Dr. Flammer, Keven* Dr. Degernes, Laurel*	(919) 513-6800
Raleigh	AFTER HOURS EMERGENCY CLINIC Nights, Weekends and Holidays	409 Vick Avenue	On Call	(919) 781-5145
Asheville	Sweeten Creek Animal & Bird Hospital	3131 Sweeten Creek Rd.	Dr. Lee Bolt,	(828) 684-8875
Wake Forest	North Wake Animal Hosp.	2160 S. Main	Dr. Darch, Lee	(919) 556-1121
Mobile Vet	Veterinary Express	House Calls Only	Dr. Rogers, Trey	(919) 577-2243

#### Tips and Tricks to maintain your aviary

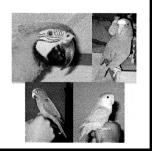
#### By: Laura Marquis

- To avoid corrosion of the bottom cage tray, try lining the tray with wax paper before placing new paper on to the tray; this will help to keep moisture off the tray.
- For an inexpensive air filter/circulator, purchase a 20" x 20" box fan, replace the side screws with longer screws, and then place an inexpensive 20" x 20" house air filter between the screws on the side where air is drawn in. The filter will catch dust, small feathers and small seed hulls.
- Purchase washable house air exchange filters, while this is a little more expensive initially, you will
  save in the long run. For even more ease, purchase two filters for each air exchange in your house
  that way you will have one in place while the other is being washed and drying out. Some of these
  filters also capture bacteria and large virus cells.
- Before changing your bird papers, mist your bird with a water bottle before changing the cage, the
  mist will fall on the news paper and keep the dust and feathers from floating into the air when changing the papers and give Polly a welcomed shower.
- When wiping down your birdies cage, give him/her a chemical free paper towel, let him watch you wipe down the cage while he/she has the paper towel, he/she may surprise you and start wiping the cage as well.
- In the winter months, use a humidifier to keep down the dust and help ad moister for your birds skin and sinuses.
- Check your house hold air filter once a week; this will help you determine how often you should change it. With pets, frequent changes will help cut down on dust, hair and save on your electric bill.
- Toys???? Check out the local Dollar Store, the baby section has all kinds of wonderful, brightly colored toys your feathered kid would love to play with.
- Looking for a way for Polly to spend family TV time? How about looking at the PVC Section in the
  local hardware store. Be creative, and build a play station for Polly to play on while the family is together watching TV. Measure your own creation to fit inside a cage tray/pan to catch the poop.
  PVC washes easily. Use Medic wrap on the horizontal areas your bird will be on to prevent slipping
  off. Attach toys by screwing Non toxic metal eye screws into the PVC and attach toys. For larger
  play stations that sit on the floor try using a pan that fits under a washing machine.

# Flock-Together

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Scot Chappell

# MY MACAWS

#### By: Dr. Donald Brightsmith

Hey! What's up with all that flapping and squawking? (See photo at right.) I guess it's my own fault. That's me, under attack from a mother scarlet macaw. And those are her babies I have in the bucket (see close-up below). I'm a scientist who usually enjoys studying wild macaws—the world's largest parrots. They're strong, smart, and loud—very loud. But this is kind of scary. After all, I'm dangling 100 feet (30 m) up in a tree. And there's a big, angry macaw dangerously close to my face! What she doesn't understand is that I'm there to help—not hurt—her family.





#### TO THE RESCUE

You see, macaws are in trouble. Big trouble. People are cutting down too much of the tropical rainforest where these birds live. Even worse, many kill them for their meat or feathers. Others catch the birds or steal their babies to sell as pets. All that means there just aren't as many macaws as there used to be. If we don't do something, most of the world's macaws could disappear forever. And I think that would be a real shame! That's why I'm working in the Amazon rainforest of Peru. My job is to find and study the macaws that live here. Then I try to figure out how to help them survive.

#### PIPE DREAMS

See that odd gray tube hanging from the tree in the photo? That's actually a big piece of plastic water pipe. But it also makes a great birdhouse. Macaws nest in big holes in giant trees. But people often cut down these trees, which makes too many macaws homeless. So we hung up some pipe houses, and the macaws think they're perfect substitutes. We put a handy little door near the bottom of each birdhouse we make. That way, it's easy to reach in and take out the chicks to check them over. I just wish that it didn't make Mama Macaw so upset. Once, a macaw landed on my back and bit me on the shoulder. It hurt for a whole week!

#### QUICK CHICK CHECKUP

In each nest, up to four chicks hatch, but normally only one or two survive. The chicks that hatch last get pushed aside by the ones that hatch earlier. The biggest, noisiest brother or sister gets all the attention—and food. That might seem unfair, but it's natural. Before macaws became so rare, it wasn't a problem. But now it is. So, what can we do to help all the chicks survive? Every day, we give them a health check. First, I lower them to the ground in the bucket. Then my helpers take over. They work fast, so we can get the babies back to Mom fast. The barely feathered chick in the photo is being checked over for skin pests. Next, the little bird gets wrapped in a cloth sling and weighed. For macaws, a fat chick is a healthy chick. If a chick is losing weight and getting weak, it gets some special "macaw chow." That gives it just enough strength to "speak up" the next time the parents get home with food. Then Mom and Dad do the rest. Before too long, the weak little chick is just as strong as its Nest mates.





The chick in the photo wasn't doing well, so it was brought to our "jungle lab" for a little extra nursing. A curious adult bird stopped by to see what all the fuss was about. It wasn't afraid of us because we had rescued and raised it years ago. But fear of people can be a good thing. It can save a macaw's life in places where the birds are still hunted. Now we try not to let the chicks get too used to us.

#### **BEAUTY'S CURSE**

Bright feathers make a scarlet macaw a beautiful sight. But they also make an easy target. It makes me sad to think that people still steal or kill these rare birds in some places. But here, where I work, people are learning that it's better to share the forest with macaws without harming them. That way, all the little chicks we save will have a safe place to live when they grow up

## Phoenix Landing Foundation

A Non-Profit Welfare Organization www.phoenixlanding.org phoenixlanding@earthlink.net





#### HOW TO SET UP YOUR BIRDS CAGE BY: RODNEY MONEY

#### Types of Perches for Birds

It is so very important to always choose the right perches for your birds as well as a variety to support good foot health. Some perches such as pedicure perches stimulate epithelial cell growth of the soles of the feet preventing problems such as bumble foot. By providing a variety of different shapes and textures, your birds' feet will remain strong and flexible. There are many different types of perches that are recommended such as:

- 1. Wood perches which include: cholla, cage put, grapevine, dragon wood, java, bottlebrush, and sand-blasted Manzanita.
- 2. Pedicure perches which can be made of: concrete, sand, seashells, or stone.
- 3. Rope perches which include: bungees and boings, speres, atoms, and regular rope perches. Other types of perches to help meet a bird's needs may also include: heated, shower and window perches with suction cups, platforms made from stone, wood, or wire, or even edible perches.
- \*\*Perches such as: dowel, sandpaper, and no sandblasted Manzanita are not recommended since they are detrimental to your birds' feet. \*\*

#### Toys, Playgrounds, and Foraging for Parrots

Toys and playgrounds are not an option, they are a necessity. Four general categories of toys help meet a birds needs:

- **1.** Destructible toys that appeal to a parrot's instinct to chew. These toys include: branches with bark, finger traps, bird candy, milled wood, chipped wood, straw, cholla, cork, leather, paper, jute, hemp, weaved palm leaves, etc.
- **2.** Sound-related toys for the instinct to communicate. These toys include: bells, stainless-steel or nickel-plated liberty bells, metal pipe bells, plastic pipe bells, rattles, and clackers, bird music boxes, sound-repeating devices, and any toy with resonating properties from plastic, paper, or metal cups.
- **3.** *Interactive toys* for the bird's intelligence or emotional needs. These toys include: beads, puzzle toys, foraging toys, snuggling or comfort toys, hiding or peeking-out toys, surrogate enemy toys, foot toys, and mirrors.
- **4.** Exercise toys for physical activity. These toys include: swings, appropriate perches, platforms, playgrounds or trees, and boings.

Foraging is simply the act of finding food. Very simple in definition, but great in the impact it can have on the lives of our birds. Having our parrots work for their food is one of the best stimulations that we can provide. It does not matter if you have a budgie, lovebird, Amazon, or a macaw, behavior problems will diminish if a parrot has the opportunity to forage for their food rather than eating straight from a bowl. In the wild, a parrot will occupy 60%-80% of their time searching for food. During their mission, a parrot will fly, use problem-solving skills, and manipulate their environment to find that prized morsel. This is a very heart-wrenching revelation considering our parrots, according to recent scientific studies, on the average spend only 15 minutes eating from their bowls and the rest of their time waiting for us in their cage for eight hours while we are working. Our beloved birds want more and deserve more.

Our feathered friends have provided richness, stimulation, beauty, and love in our lives; should we not also provide them with anything less? A parrot needs to work for their food to stimulate both body and mind; their health will reap from the benefits also. Providing foraging opportunities is more work on our part, but the rewards are far greater with the antagonists of our selfishness. As our Avian Veterinarian Dr. Burkett states, "We put them in cages, the least we can do is provide the absolute best for them."

5. Foraging opportunities for parrots include, but are not limited to, the following: natural foods and treats such as nuts, Nutri-Berries or Avicakes; foraging toys made specifically for birds; shredded paper, paper towels, or toys in a food bowl; supervised foraging on a playgrounds, trees, toy boxes, or baskets; hiding treats wrapped in carrot leaves or dark leafy vegetables, placing food in pinecones or stuffed in children's toys such as a small dartboard from the local dollar store; taking treats and arranging them in the cage in a sheskabob; shreddable cardboard boxes with hidden treats; wrapping treats in paper and hanging them inside the cage, perch, or playground; placing food bowls in different locations in the cage providing several feeding stations. Wrap food in paper, paper towels, or paper bags and place in some stations while leaving others empty. Then, tape the top of the feeding stations with paper, or a destructible toy, so your parrot will first have to punch through the barrier and then remove the wrapped morsel; placing food in the holes of a cholla perch or destructible toys such as finger traps; hiding food in bird safe, untreated pine toys or cardboard boxes found in a craft store; foraging trays with hidden food and toys placed on the bottom or top of cages, playgrounds, or trees; having your parrot climb a branch, rope, or chain to his food, having your parrot lift a bucket or string to retrieve his food; sticking food in plastic waffle balls, teach flight training and retrieving, and my favorite: either hiding food in your clothes, making a birdie edible necklace, or holding your parrot's food up high so he has to climb up you to receive his treat and the rewarding positive stimulation of his favorite sound, your voice.

As you can see, foraging is only limited to the creativity of your mind. It always "cracks me up" when my lovebirds get so excited even when they just find some pellets buried under a mass of shredded paper towels. It will take you a few extra minutes a day to set up foraging opportunities and stations, but the rewards, positive stimulation, and environmental richness will last a lifetime in the lives of your beloved birds.

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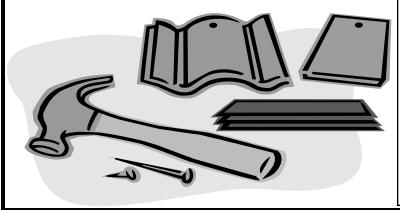
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#### Crosswing Puzzle

Across A substitute food fed to baby Macaws A type of wood perch A long tube used in the Tambopata Rainforest as a substitute nesting site for Macaws The use of a plant or part of a plant to treat disease. Two words lack of exercise or stimulation A Omega 3 Fatty Acid seed 14 A birds act of finding food Acronym for the Central North Carolina Bird Club A type of wood perch Down A type of toy that stimulates 1 physical activity A dilute solution of substances that would cause symptoms similar to the disease A body of land found along the rivers in the Peru Rainforest, two A type of toy to stimulate bird's intelligence or emotional needs 8 An herbal plant that is a powerful anti-inflammatory. A machine to add moisture to

the air

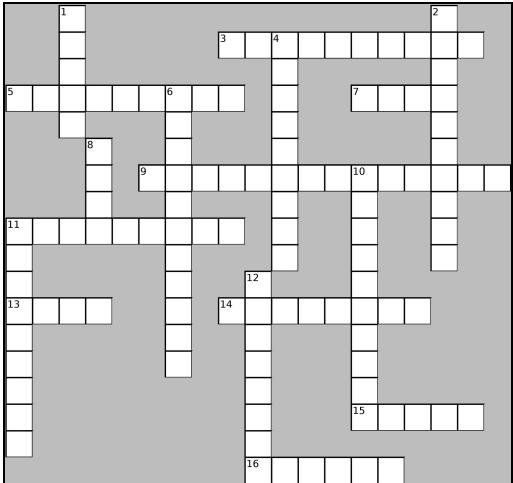
as a whole.

A type of high fat seed

Any system of evaluation or therapy that views the bird, it's environment and it's constitution

Answer key on page 26

To Join RDCBS



# Why Join the Raleigh-Durham Caged Bird Society?

Simply put, we are a diverse group of people dedicated to learning about and sharing as much as we can about the exotic birds we love. This club is for anyone, no matter what your level of knowledge, all you need is a desire to learn and to have fun. Our meetings are centered around a presentation or speaker, and we have had some of the most knowledgeable speakers available come to our meetings. We meet on the third Sunday each month from 2:30 to 5:00pm. Current meeting info can be found on our website: RDCBS.ORG Visitors are always welcome.

#### **Examples of Programs from previous meetings**

- PDD Research
- Toy Making Workshop
- Plants for Your Birds
- Avian Nutrition
- Avian Respiratory System with 
  Dr. Greg Burkett

  •
- Avian First Aid with Dr. Greg Burkett
- Positive Reinforcement Training w/Barbara Heidenreich
- Holistic Medicine for Birds with Dr. Christine Eckermann-Ross
- Tambapata Macaw Project with Dr. Donald Brightsmith

- Proper Cage Setup
- Avian Idol Talent Show
- American Federation of Aviculture
- Field trip to NC Zoo
- Field trip to Sylvan Height Waterfowl Park
- All About Canaries & Finches
- Blue Headed Pionus with Mark Sargeant
- Audubon Society on Backyard Birding
- All About Showing Your Birds
- Flight Recall



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We are a loosely organized group of friends who hold regular meetings and work together to raise healthy, happy birds for the pet market. We prefer to sell our babies directly into private homes and do not ship. We are open by appointment only. Our birds are not the cheapest nor the most expensive. When you feed high quality seed and pellets, fruits and veggies, it adds to the cost of your babies.

\*BIRDS BY GAY WHITNEY, www.parrotmom.net, is located in Historic Downtown New Bern. Gay has raised birds for the pet market since 1991 and will likely continue until she falls off her perch.

Greenwing, Blue-Throat, Military and Scarlet Macaws Congo African Greys, Normal and Mutation Green-Cheek Conures Umbrella, Citron, and Goffin Cockatoos, Red-rump and Bourke Keets Quakers, Amazons, Cockatiels, Lovebirds, Pacific Parrotlets

\*LISA OLDHAM, lives in Jacksonville and has over twenty years of bird experience.

Citron and Goffin Cockatoos, Green-Cheek Conure Mutations, Jenday Conures, Red-sided Eclectus, Masked Lovebirds and Cockatiels

\*SHIRLEY KOVACH, lives in Newport and has many years of experience. She raises Canaries, Pacific Parrotlets, Parent-fed and Hand-fed English and American budgies.

\*NANCY ELLIOT, ElliottsEggBabies, lives in Stella and has over twenty years of bird experience. She also sells cages and supplies.

Normal and mutation Green-Cheek Conures, Sun Conures, Lineolated Parakeets, Budgies

Our link is http://www.facebook.com/group.php?gid+2496427869

#### 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 Name City/State Phone Email Band Codes

Angelo, Manon Cary, NC 919-303-5233 info@wingspanaviaries.com AFA, WSA-NC

Barwick, Laura Raleigh, NC 919-876-8192 lbirdog@hotmail.com NFSS- LTB, SPBE- LTB

Blazich, April & Family Raleigh, NC 919-851-8079 aprilb@bellsouth.net SPBE- APR

Chappell, Scot, Cindy Raleigh, NC 919-779-1206 C7791206@mindspring.com SPBE- STE

Creedle, Barbara R. South Hill, VA 804-447-3915 ABS-BRC, NCS-01C

Dvorak, Sharon, Jim Knightdale, NC 919-266-4935 dvoraknc@netzero.com Non-Club AFA, NGC, ASC, UTB

Edwards, Wendy Raleigh, NC 919-850-2180 CarolinaFlight@aol.com ALBS-TWP, NCS-02P

Parrish, Angela, Burlington, NC Angibird@JUNO.COM AFA, DBK

Fortin, Toni Wilson, NC 252-291-5669 feathers@bbnp.com Non Club-TFF

Huegerich, Leslie Fuquay-Varina, NC 919-552-6312 klaviary@showtiels.com NCS-70L, IPS-KLH

Jarrell, Randall Pittsboro, NC 919-210-2500 RCJ NC

Marquis, John, Laura Raleigh, NC 919-266-0906 info@riverbankaviary.com Non Club-RBA

Perry, Terry Fuquay-Varina, NC 919-639-4575, tpandcharlie@embarqmail.com RW NC

Rau, Bill, Nancy Bunn, NC 919-496-2649 brau@ipass.net NCS-54R

Reaves, Jo Ohatchee, Al 256-892-2204 Reaves36271@aol.com NCS-16R

Smith, Karen Ann & Engle, Gary, NC 919-454-9705; xanadusnest@aol.com Non-Club-BNB, XN

Whitney, Gay, David New Bern, NC 252-637-4238 gaywhitney@aol.com ACS-26W

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

#### 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

# Top 10 Signs Your Bird Has Learned Your Internet Password

- E-Mail flames from some guy named "Beaky."
- 2. Traces of nutri-berry in your keyboard.
- You find you've been subscribed to strange newsgroups like alt.recreational.birdtoy.
- 4. Your web browser has a new home page: http://www.parrot.com/.
- 5. Your mouse has beak marks in it.
- Hate-mail messages to Apple Computer Corp. about their release of "CyberCat."
- 7. Your new ergonomic keyboard has a strange green and white spots on it.
- 8. You keep finding new software around your house like BirdinTax and War Bird II.
- 9. On Facebook you're known as the Iron beak.
- 10. There are little birdie carpal-tunnel braces near the play gym.

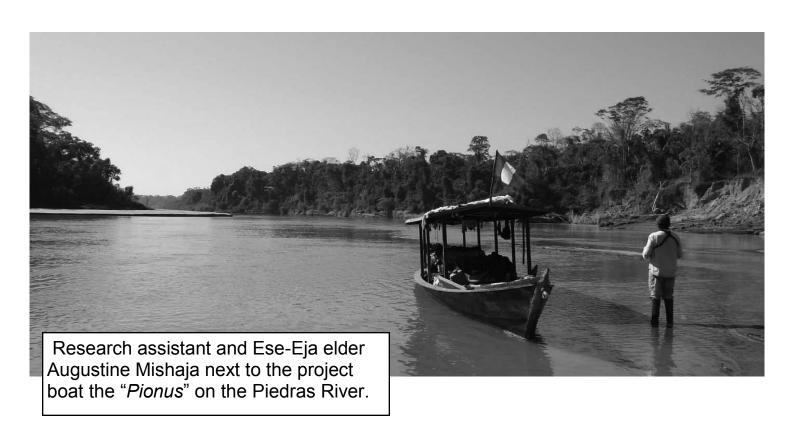
#### Searching for the Clay licks of southeastern Peru: Phase one of a landmark study completed

By Donald J. Brightsmith, PhD The Schubot Center at Texas A&M University and the Tambopata Macaw Project

July 2009

We have done it. After navigating 1760 km of winding rainforest rivers, living out of a boat for over 90 days, slogging along 80 km of river edge, and wading up 36 km of jungle streams we have information on over 150 clay licks, most of which have never been visited by scientists. It was one of the most intense research experiences I have ever experienced. We had all manner of problems insects, caimans, illness, motor failure, and inexplicably long and complex bureaucratic delays nearly thwarted our efforts. But we succeeded.

Team leader Gabriela Vigo, with the support of myself and Dr. Armando Valdes-Velasquez, took her team of 2-3 assistants up five remote rainforest rivers in the Department of Madre de Dios, Peru. Her goal was to find, describe, and measure as many clay licks as possible. The problem is that nobody had ever tried to search for clay licks over such a large area. So we had to make it up as we went along. She used a wide variety of tactics in the hopes of finding as many clay licks in as little time as possible. She asked local people about the clay licks they knew of in the area and how they used them. She talked to ecotourism companies and visited the clay licks they used. We also developed systematic census techniques for clay licks. We tried walking forest transects. . . lines 1-2 km long straight through the forest, but that didn't produce any results. So we settled on walking the edges of rivers and forest streams checking each exposed soil area for animal bite marks. For each site with bite marks we measured the area used, and identified the tracks, feathers, feces, and even the types of the bite markso figure out which species were using each clay lick. In this way, Gaby's team described over 150 different areas where animals eat soil in southeastern Peru.



We found all sorts of different types of clay licks. We found the typical large river bank clay licks used by parrots and macaws like the ones visited by thousands of tourists each year. We also found shallow, wide, muddy pits used by hundreds of peccaries (relatives of the wild pigs). But we also found lots of other types too: tiny little spots were a few pacas (20 lb rainforest rodents) regularly chew on exposed patches of clay, small patches of high river banks visited by monkeys and squirrels, and deep holes along streams where tapirs (South America's largest mammal) chew out clay rich soils. In total we found licks used by 14 types of mammals and 25 types of birds (including 19 species of parrots). Nearly all of the licks (95%) were used by at least one mammal, while about 51% were used by birds. We found that the different species used different types of clay licks: parrots and macaws used large open clay licks, tapirs used low licks with

little vegetative cover, peccaries used wide low licks with lots of vegetative

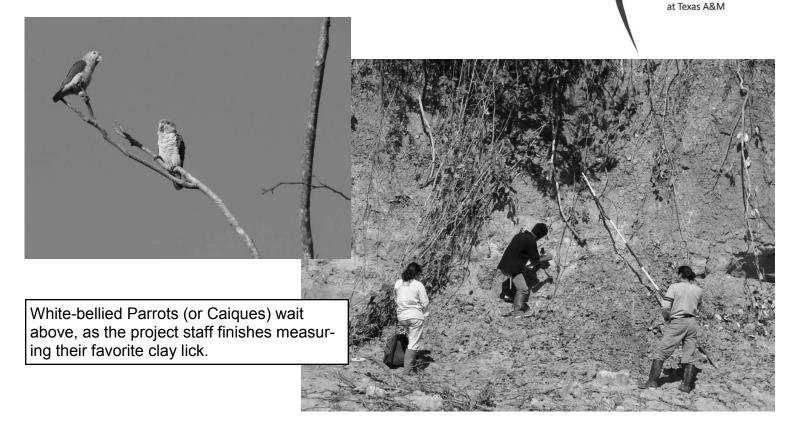
Mealy Parrots and macaws on a clay lick on the Tambopata River.

THE SCHUBOT CENTER

cover, and pacas used tiny little licks with lots of cover. The mammals apparently like to stay in their preferred habitats, even when visiting clay licks, as species which prefer the forest interior avoided river edge licks and vice versa.

Much to our surprise, we found that different rivers had significantly different numbers of clay licks along them. The rivers in the northern side of the study area (Piedras and Amigos) had more clay licks than the rivers on the southern side of the study area (Tambopata and Colorado). We are not certain why this is and what repercussions this will have on the wildlife that lives in these areas but our analyses continue and it is clear that these questions will need more research. It seems that some of the largest and most diverse clay licks are those in areas where there are few. As a result, we suspect that these big clay licks may be the most important for conservation.

(continued on the next page)



#### Searching for the Clay licks of southeastern Peru: (continued)

As part of this work we also quantified how humans use clay licks. Specifically we looked at hunting and tourism. We had heard reports of market hunters shooting large numbers of mammals (peccaries, tapirs, deer, etc) at clay licks and selling them. We also know that some parrot and macaw licks are also used by hunters who kill the birds for soup and sell their feathers. We were worried we would find many licks full of shotgun shells and hunting platforms. Fortunately we found no hunting platforms and shotgun shells at only one lick. Our discussions with local people show that at least 7% of the licks are visited by hunters, but the intense sit and wait market hunting is very rare. We found that only 10% of all clay licks in our study are visited by tourists. The large parrot and macaw clay licks are the most popular with tourism but even for these, only about 40% are visited by tourists. This means that over half of these licks, many of which are visited by hundreds of parrots daily, remain unused by the tourism industry.

Our study was the first of its kind and it was definitely a learning experience for us all. But now that we have the largest data set on tropical clay licks ever assembled, we are ready to move forward. The data show that clay licks are much more common than I would have imagined. They also show interesting patterns of use by different animal species. We found that humans are using clay licks much less than expected. This line of research will help us better understand why animals use clay licks, what impact these licks have on animals, and how to best preserve the animals that rely on these sites. The most encouraging finding of

this first round of study is that there is still time to protect these important resources through a mixture of good science, protected areas, tourism management, and community based management of hunting.



#### Clay Lick Word Search

r	С		а	У		i	С	k	n	а	n	S	е
a	W		а	u	а	а	t	е	С	е	е	u	n
i	0	n	е	С	e	r	a	a	S	u	С	n	S
n	h	0	С	е	i	u	m	t	С	S	С	0	0
f	С	e	0	р	a	р	b	r	е	С	е	i	C
0	W		t	h	а	0	0	r	е	а	0	t	u
r	а	İ	0	С	X	е	р	r	С	С	g	а	r
е	С	r	u	r	h	S	a	0	t	е	а	V	С
S	а	e	r	а	d	е	t		е		0	r	p
t	m	g	i	е	n	d	a	n	g	е	r	е	d
h	S	S	S	S	f	е	a	t	h	е	r	S	0
a	а	f	m	е	p	r		a	С	u	е	n	С
p	t	C	a	r	е	h	С	a	0	р	е	0	0
n	е	W	a	С	a	m	t	e		r	a	С	S

Clay Lick Endangered Nest box Protected areas Research Tropical Conservation Feathers Peru Rainforest Scarlet macaw Ecotourism Macaw chow Poacher Rescue Tambopata

#### An Introduction to Holistic Care for the Avian Patient

Christine Eckermann-Ross, DVM, CVA, CVH Avian & Exotic Animal Care, PA Raleigh, NC

Before beginning any discussion of providing the best care for your bird, remember that any time your bird is ill or you have concerns about their health, you should consult your veterinarian to determine the most appropriate course of action.

In the context of this discussion, the term "holistic" refers to any system of evaluation or therapy that views the bird, it's environment, and its' constitution as a whole. Homeopathy, herbal medicine, acupuncture, reiki, and many other treatment modalities will fall under this heading. When practiced well, "Western" medicine is also holistic, looking at all of the relevant aspects of a birds' life and surroundings and using this information to treat them appropriately. "Alternative" therapy refers to any treatment modality that falls outside of traditional Western medicine. I prefer the terminology "integrated" or "complementary" medicine, as these encompass the best of both worlds including alternative modalities as well as a holistic approach to more familiar western medicine. Often the best medical results are achieved when these are approaches are used together. This article will briefly address some of the most familiar complementary therapies used in avian medicine.

The basis of the holistic approach is knowing the natural habits of the species of bird you are working with, so the optimal environment and diet can be provided. This creates the foundation for health. Foraging habits, dietary needs and preferences, sleeping habits, all play an integral role. All birds require space to flap, climb, run, hang, climb and walk, shred or strip bark bathe, swing, etc. Specific needs will vary depending on the species. Visual stimulus is very important and may take the form of toys of varied shape and color, television, the sight of flock member, or periodic changes in the surroundings. Again, the birds'



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constitution or personality will play a role here as well, as changes the environment of a timid bird may be more stressful than helpful! The pets' feeling of security should be addressed by providing appropriate perching, hiding spots, or simply a section of the cage or aviary for retreat. Sound is another important type of environmental enrichment, and can be as simple as an open window or radio, or to filter out a distracting or distressing noise, an air filter can be used for "white noise." Of course, we all know that our pet birds enjoy our verbal interaction!

Remove objects that appear to induce fear. Pacing and repetitive behaviors may be a sign of boredom or an escape response, and some can be corrected by simply providing more space to run and play. Most pet bird owners are familiar with the concept of foraging. Foraging is a type of environmental enrichment that provides opportunities for the bird to perform work to retrieve food. Obviously, this approach will not be effective if foraging toys are hung on a "tree" for a ground feeder such as a parakeet. The birds' own personality, curiosity, and physical abilities must also be taken into account. Providing opportunities for bathing helps encourage normal preening behavior and helps maintain the health of the skin and plumage.

Most pet birds very sedentary, the extent of their "exercise" being the equivalent of riding the owners'shoulder from the cage to another room. To encourage a healthy activity level provide an appropriate diet, offer exposure to natural sunlight, and provide time away from the food bowl! Simple relocation to a novel site evokes interest and activity, and stimulates a birds' natural instinct to roost and forage in different locations. To start your bird on an exercise program remember to start slowly! Encourage the bird to flap his or her wings while perched on your hand. Start with 5-10 flaps and work up as recovery time improves. This practice develops strong feet and mimics flight, and can be done with trimmed wings.

(continued on next page)

#### An Introduction to Holistic Care for the Avian Patient (continued)

The importance of a healthy diet can not be over emphasized. Most pet bird owners are aware that seed-based diets are high in fat and when fed as the sole diet, can predispose to obesity, atherosclerosis, cardiac disease, hepatic lipidosis, and vitamin and mineral deficiencies. That does not mean that birds should not eat seeds or nuts if that is their natural diet. Rather, they should be incorporated as part of a healthy and varied diet. In general, 70% of the diet should consist of a mix of the following: a pelleted or formulated diet, non-oily seeds and grains (brown rice, flax seed, germinating seeds/sprouts), and nuts with a healthy ratio of essential fatty acids such as almonds, walnuts and pistachios. 10% of the diet can be made up of fruits, and 20% vegetables. High fat seeds (sunflower), legumes, and animal proteins should be offered sparingly if at all. Again the birds' natural history should be taken into account and the diet modified accordingly. For example, passerine birds such as finches are naturally predominantly seed eaters. The captive diet can include up to 50% seed (typically a mix including rape seed, niger, poppy, millet), up to 25% fruits and vegetables, 15% rice and legumes, and 10% cooked eggs, birdie bread, etc. In many herbal medicine traditions, the energetic and healing properties of different foods are recognized, and foods are selected not only for their nutritional value, but also for their medicinal function. This practice is known as "food therapy", and works very well with birds that are accustomed to a healthy, varied diet.

Supplements and neutraceuticals are becoming more popular in both human and avian medicine. When investigating neutraceuticals, remember that these are not treated as drugs by the FDA, so there is no standardization or guaranteed analysis. Some products may contain unwanted contaminants or make unsubstantiated claims. "Organic" or "Natural" does not always mean "Safe" or "Healthy"! Consumer-Labs.com, NSF.org, and Medline Plus are resources that can help you and your veterinarian determine if the product you have chosen for your bird is safe. When using herbs and supplements, it is also important to be patient and remember that it can take 4-6 weeks to see effects of use. A few of the more commonly used products are discussed below.

Essential fatty acids are increasing in popularity and definitely have a role to play in avian medicine. In multiple species, the benefits of EFA's have been shown to include improved skin health, decreased inflammation in arthritis and inflammatory bowel conditions, improvement when treating nervous system and psychological disorders, cardiovascular, dermatologic and inflammatory conditions, and pain from gout and arthritis. A 3 to 1 ratio of omega 3:6 fatty acids is recommended. This can be achieved by adding whole flax seed to the diet, by supplementing with a mixture of corn and flax oils, or by the use of products such as Sunshine Factor (red palm oil).



Glucosamine is a compound derived from shellfish carapaces or corn which promotes cartilage formation and repair. Glucosamine can slow the progression of arthritis, slows cartilage deterioration in joints and decreases pain. It is often used in combination with chondroitin. Chondroitin is typically obtained from porcine or bovine cartilage, and promotes water retention and elasticity, as well as inhibiting enzymes to slow cartilage breakdown.

Several products can be helpful in the treatment of gastrointestinal disorders as well as the maintenance of overall health. Addition of organic apple cider to the drinking water at ½ tablespoon per 8 ounces of water may help treat chronic yeast infections, bacterial enteritis, and can be a useful adjunct therapy in cases of PDD. It acts to acidify the gastrointestinal tract, promoting the growth of normal GI flora, and contains some trace vitamins and minerals. Water should be treated for a period of 1-2 weeks followed by a period of untreated water. Probiotics contain live cultures of normal gastrointestinal bacteria and can be given to promote GI health and normal digestion. Digestive enzymes are often used to treat gas, passage of undigested food, crop stasis, allergies, poor thrift, and weight loss.

Other popular supplements include coenzyme Q10, and colloidal silver. Coenzyme Q10 can stimulate immune system function, while colloidal silver may have antibacterial, antiviral, antiprotozoal and antifungal properties.

Herbal medicine is another complementary therapy that is increasing in popularity, whether in the form of single "western herbs", or herbal formulas based on traditional Chinese medicine, ayurveda, or other traditions. Herbal therapy refers to the use of a plant or part of a plant to treat disease. Some familiar single herbs that are commonly used include Echinacea, milk thistle (silymarin), ginger, aloe, chamomile, and dandelion. Echinacea is commonly used as an immune system stimulant. It is an anti-oxidant and has anti-inflammatory properties, and can increase the rate of wound healing and speed recovery from infection. An herb often used in the treatment of liver disease, Milk thistle (silymarin), can help lower cholesterol levels, stabilizes cell membranes, and in same cases, can slow the growth rate of certain tumors. Looking to the spice cabinet, ginger has strong anti-inflammatory properties, and is particularly effective in relieving inflammation of the joint capsule. It is also useful in preventing nausea, and can help in treating PDD, nausea associated with anesthesia, car sickness, and crop stasis. It can be dosed orally or prepared as a tea that is placed in the water bottle. Chamomile is another herb that can be easily offered as a tea, and is also anti-inflammatory as well as calming. Aloe is an example of an herb that can be used topically or orally. Used orally it can increase GI motility to help treat constipation. Both topically and orally, aloe is a powerful anti-inflammatory. Its most familiar use is in the topical treatment of burns and minor skin wounds. Recently, dandelion has received a lot of attention for its usefulness in treating a variety of conditions such as blood pressure, diabetes, and kidney and liver disease. It can be given as a medication in the form of extracts, or the greens can be incorporated into the diet. Essiac is an example of an herbal formula. This simply means that extracts or portions of several plants are combined for their synergistic effect. Essiac, a native American formula with anti-cancer properties, contains Indian rhubarb, slippery elm, burdock root, sheepshead sorrel.

Homeopathy is another frequently encountered complementary modality, and refers to the treatment of disease with remedies which are very dilute solutions of substances that would cause symptoms similar to the disease if given to a healthy animal. These remedies work by supporting the way the body is trying to heal itself. Arnica is an example of a common homeopathic remedy, and is most often used immediately after trauma (sprain, fracture) to control pain. The use of Bach flower essences is similar to homeopathy. This form of therapy involves the use of dilute flower essences to alter negative or pathologic emotional states. It is important to remember that normal, though perhaps undesirable, behavior patterns will not be changed! Rescue Remedy is the most commonly used Bach Flower remedy, and can help calm tense patients or relieve stress associated with car rides or veterinary visits.

Clearly, a complete discussion of all of the potential complementary modalities available for treating birds could fill several volumes. Hopefully, this brief introduction will introduce you to some therapies you may not have thought about, and open new possibilities for you and your feathered friends.













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#### RALEIGH DURHAM CAGED BIRD SOCIETY MEMBERS—MAY 2010

#### How to read the notes section of the member listing

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.

Name	Abbr	Nam		Abbi		Abbr	Name	Abbr
African Grey, Congo	CAG	Cockatoo, Molu	-	M2		FN	Macaw, Severe	SVM
African Grey, Timneh	TAG	Cockatoo, Red		RVC		PFN		
Amazon	AM	Cockatoo, Rose		RB2		ZFN	Macaw, Yellow Collared	YCM
Amazon. Blue Front	BFA	Cockatoo, Sulph		SC2		RBK	Parakeet	KEET
Amazon, Double Yellow Head	DYH	Cockatoo, Umbi		U2	Lorry, Rainbow	RL	Parakeet, Indian Ring Neck	IRN
Amazon, Lilac Crowned	LCA	Conure, Blue Cr		BC	Lovebird	LVB	Parakeet, Lineolated	LP
Amazon, Mealy	MA	Conure, Cherry		CHC		BLB	Parakeet, Red Rump	RRP
Amazon, Mexican Red Head	MRHA	Conure, Gold C		GCC		FLB	Parrot, Brown Head	BH
Amazon, Orange Winged	OWA	Conure, Golden		GDC		PLB	Parrot, Hawkheaded	HH
Amazon, Red Lored	RLA	Conure, Green		GC	Lovebira, i caoii i acca	MLM	Parrot, Jardine	JP
Amazon, White Fronted	WFA	Conure, Half Mo		HMC	Lovebirdo, ividoned	B&G	Parrot, Meyers	MP
Amazon, Yellow Naped	YNA	Conure, Jenday		JC	Macaw, Blue Throated	BTM	Parrot, Quaker	QP
Bourke, Rosie	RB	Conure, Nanday		NC	Macaw, Buffons	BM	Parrot, Senegal	SP
Caique	CQ	Conure, Red Ma	asked	RMC		CM	Parrotlet	PAR
Caique, White Bellied	WCQ	Conure, Sun		SC	Macaw, Green Wing	GW		
Canary	CAN	Crimson Rosella	a	CR	Macaw, Green Wing  Macaw, Hahns	HM	Parrotlet, Green Rump	GPL
Cockatiel	TIEL	Dove		DV	Macaw, Hyacinth	HYM	Parrotlet, Pacific	PPAR
Cockatoo	TOO	Dove, Diamond		DD	iviacaw, riyaciritii	1111111	Pidgeon, Jacobin	PJ
Cockatoo, Eleanora	E2	Eclectus, Red S	Sided	RSE	Macaw, Illiger	IM	Pionus, Blue Head	BP
Cockatoo, Goffins	G2	Eclectus, Solom	nan Island	SIE	Macaw, Military	MM	Pionus, Bronze Wing	BWP
Cockatoo, Lesser Sulpher-Crested	LSC	Eclectus, Vosma	aeri's	VE	Macaw, Red Front	RFM	Pionus, Maximilian	MMP
Cockatoo, Major Mitchell (Leadbeater)	MM2	English Budgies	3	EB	Macaw, Scarlet	SM	Pionus, White Capped	WPI
Name		Address	Phone		Email		Notes	
ANDREWS, ROBIN &, RACHEL		7 1441 555	1 110110		Linaii		110100	
LOMBARDI	MORE	ISVILLE, NC	(919) 460-4	544 ro	obinandrews@nc.rr.com	JC SC	KEET	
							SPAN AVIARY CAG-b AM-b C	
ANGELO, MANON (AFA-SPBE)	CARY	, NC		oł	hmun@msn.com		)-b-s M2 -b SC PFN-b B&G-b-s	
APPLEDY MELODY	DA1 51	011 110	(0.40) 770 7				AND MORE TWO BIRD BOAF	RDING &
APPLEBY, MELODY		GH, NC			irdsnmor2@nc.rr.com	GROO	MING U2 LVB B&G SP	
BARON, DIANE		AM, NC	· · · · · · · · · · · · · · · · · · ·		sb135711@earthlink.net			
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CALHOUN, JUDY (AFA)		GH, NC	(919) 488-7		alhoun5@nc.rr.com		/B B&G HM SVM YCM JP MP	1
C/ 12 C/ 1, C C/ 1, C C/ 1, C/		0,0	(0.0) .00 .	0 .0 ]0.			ING AVIARIES RAISE VARIET	
CHAPPELL, SCOT & CINDY	RALEI	GH, NC	(919) 779-1	206 c7	7791206@mindspring.com		HOOKBILLS	
CLARK, GARY & KIM	CLAY	ΓON, NC	(919) 763-0	510 ga	ary@garyclark.com	SC B&	G KEET	
COUSINS, KIMI & PAUL (SPBE)	RALEI	GH, NC	(919) 859-2	992		DYH T	IEL	
DANIELS, SHARON & JOSEPH	WILLC	W SPRING, NC	(919) 275-4	248 sc	daniels@nc.rr.com	MEMB	ER L.I.P.S. CAG	
DUFFY, SALLY	DURH	AM, NC	(919) 383-9	488 st	tduffy77@gmail.com	CAG A	M TIEL LVB	
							AN LSC RVC RB2 U2 BC RN	
DVODAK JIMA A OLIA DOM (NJEGO)	141101	ITDALE NO	(0.40) 000 4				G BTM BM CM GW HYM RFN	ИSM
DVORAK, JIM & SHARON (NFSS)		HTDALE, NC	(919) 266-4	935 SI	ldvorak@nc.rr.com		CM KEET SP BWP MMP	
ECKERMANN-ROSS, CHRISTINE	RALEI	GH, NC					AND EXOTIC ANIMAL CARE	
EDWARDS, WENDY (ALBS-NCS-IPS)	DAI EI	GH, NC	(010) 773-0	040 03	arolinaflight@aol.com		LINA FLIGHT AVIARY LB-b FLB-b PPAR-b	
ELAM, TOM & KATHY		FON. NC	· /		omelam@earthlink.net		M TOO	
ENDERS, MARY &, CRAIG MCCRARY			· /		nenders@nc.rr.com	SC	W 100	
ENDERO, MARTIA, ORAIO MOORAITI	OAITI	, 140	(313) 400-7	277	ichacis@nc.n.com		DU'S NEST	
ENGLE, GARY &, KAREN A. SMITH	CARY	, NC		xa	anadusnest@aol.com		2 -b U2 PLB-b QP-b	
FLAMMER, KEVEN		GH, NC					VET SCHOOL	
FLEISCHMAN,	CARY	, NC	(919) 650-3	962 lin	ndaeve37@hotmail.com	DYH L	SC HYM	
		NI NIC	(252) 291-5	669 fe	eathers17@embarqmail.com	CAG-b	DYH	
FORTIN, TONI	WILSO	JN, NC			· · · · · · · · · · · · · · · · · · ·			
	WILSO	•	(202) 20 : 0			AVIAN	VET TIEL	
FORTIN, TONI	CARY	•	(919) 553-4	710		AVIAN AM B&		
FORTIN, TONI FOSTER, LAURA FRANCIS, MIKE & KAYE	CARY	, NC FON, NC	(919) 553-4		arol george@ncsu edu	AM B&		
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FORTIN, TONI FOSTER, LAURA FRANCIS, MIKE & KAYE	CARY CLAY RALEI	, NC FON, NC	(919) 553-4	002 ca	arol_george@ncsu.edu	AM B& JC BP STON	G	l-b-s
FORTIN, TONI FOSTER, LAURA FRANCIS, MIKE & KAYE GEORGE, CAROL	CARY CLAY RALEI	, NC FON, NC GH, NC	(919) 553-4 (919) 782-6 (252) 443-2	002 ca	arol_george@ncsu.edu	AM B& JC BP STON	G / CREEK AVIARY TIEL-b-s FN	l-b-s

#### RALEIGH DURHAM CAGED BIRD SOCIETY MEMBERS—MAY 2010

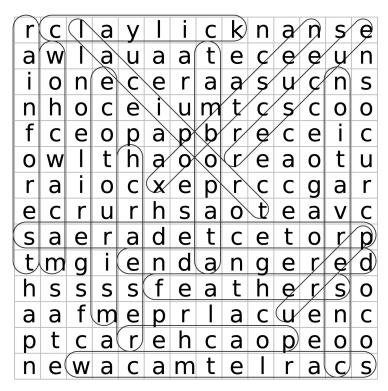
				DERS—MAI 2010
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GREENSTEIN, KRISTI	SUFFOLK, VA	(757) 644-5512	kristigreenstein@msn.com	TAG CQ U2 RSE GW HM SP PAR MMP
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				RIVERBANK AVIARY RB-b TIEL-b U2
MARQUIO IQUINI A LAURA (AFA)	DALEIGH NO	(0.40) 000 0000		CHC JC-b RBK-b LVB B&G-b MM-b SVM-b
MARQUIS, JOHN & LAURA (AFA)	RALEIGH, NC	(919) 266-0906	info@riverbankaviary.com	YCM-b
MEINERT, CONRAD	WARSAW, IN	(0.40) =0.4.00.40	birdmanofwarsaw@kconline.com	
MEYER, JIM	RALEIGH, NC	(919) 524-9248	jdog1001@nc.rr.com	DYH SVM
MICHELS, ANNE	GARNER, NC		suthrngirl98@aol.com	
MILLER, MIKE	THOMASVILLE, NC	/	millerfarm@northstate.net	JUDGE
MONEY, RODNEY & TAMARA	WINSTON-SALEM, NC	(336) 608-9546	trueloveaviary@gmail.com	TRUE LOVE AVIARY LVB-b
MORGAN, GARY	BRIGHTON, CO	/- /- /	burdmn@aol.com	JUDGE
MORGAN, JAMES & LERA	CARY, NC		jcotty@earthlink.net	
NELSON, BEV	RALEIGH, NC	· ,	montanagirl@nc.rr.com	CAG U2
NELSON, BILL & STACEY	RALEIGH, NC	(919) 848-6103		TIEL
O'DDIEN CATHEDINE	HAM DIVED NO	(010) 600 0504		FLYING COLORS BIRD SANCTUARY OF
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TATTERSON, WIINE & NOTTI	IVIT. IVIOTATAIO, IVII	(919) 294-0171	mpatterson@eartnink.net	CAG-b BFA-b DYH-b MA -b OWA-b TIEL-b
				MM2-b RB2-b U2 -b GCC-b SC-b VE -b
				B&G-b BTM-b CM -b GW -b HYM-b SM -b
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RAU, BILL & NANCY	BUNN, NC	(919) 496-2649	brau@ipass.net	CAG-b TIEL-b
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STEIGELMANN,	RALEIGH, NC		tom.steigelmann@gmail.com	SP-b BP-b
STEPHENSON, RON & ALAN	RALEIGH, NC	(919) 449-2844		JC SC
SZIGETY, DAVE	CARY, NC	` '	thumper.dcs@gmail.com	
			amandathomp-	CAG RB-b TIEL-b G2 GC -b JC NC SC FN
THOMPSON, AMANDA	GARNER, NC	(919) 779-0621	son27529@yahoo.com	-b LVB-b KEET-b RRP-b QP-b SP-b PAR-b
TIGNOR, BETTY	VIRGINIA BEACH, VA	(757) 496-5752	tielsrok@aol.com	TIEL PAR
TINGLEY, PRISCILLA	APEX, NC	(919) 362-1320		CAN LVB
TOLUN, ADVIYE & GOKHAN	CARRBORO, NC		atolun@gmail.com	AM
TRUTT, HARRY & LYN	BUTNER, NC	(919) 575-5715	htrutt@aol.com	CAN-b TIEL SC RSE
TURICH, ROBERT	CLAYTON, NC	· '	bobturich@aol.com	RL
	· · · · · · · · · · · · · · · · · · ·			
VOZZO, KATHY	CHESAPEAKE, VA	(757) 638-9285	klmaviary@cox.net	LVB-b-s
VOZZO, KATHY	CHESAPEAKE, VA	(757) 638-9285	klmaviary@cox.net	LVB-b-s MAKE/SELL BIRD TOYS, GYMS

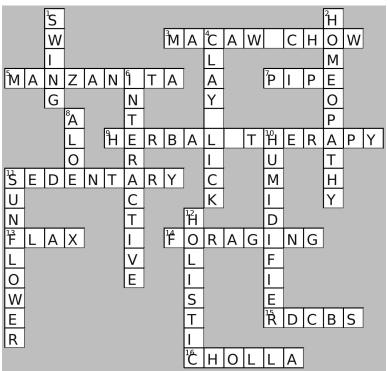
#### RALEIGH DURHAM CAGED BIRD SOCIETY MEMBERS—MAY 2010

Name	Address	Phone	Email	Notes
WAY, ROGER & LAURA EISCHEN	RALEIGH, NC	(919) 661-1916	rway@nc.rr.com	FAMILY ENTERTAINER -COMEDY, MAGIC G2
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WILSON, CAROL & PHIL (AFA)	WILLOW SPRINGS, NC	(919) 552-8856	legswilson@nc.rr.com	AFA STATE COORDINATOR - NC CAG BFA LCA YNA RSE
WILSON, RON & PEGGY	CARY, NC	(919) 468-8667	ron@ronbird1.com	PET BIRD SITTING TIEL U2
YOUNG, ALYSSANDRA	CHARLOTTESVILLE, VA	(434) 964-1313	tiels@windsongaviary.com	TIEL-s
ZIMMERMANN, ANNE	RALEIGH, NC	(919) 851-2890	anne4609@bellsouth.net	НМ

#### **Clay Lick Word Search Answer Key**

#### **Crosswing Puzzle Answer Key**





# Durham Robert Red Raleigh Cary Raleigh A D Raleigh

#### 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 AD-

DRESS): 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.

## **BIRD CAGE BASICS 101**

#### Cage Sizes, Bar Spacing and Perch Size

Larger is always better, but be careful to keep in mind the bar spacing.

#### Minimum Cage Size:

Finch/Canary	22"w x 16d" flight
Parakeet, Lovebird, Parrotlet	18"w x 18"d
Cockatiel	20"w x 20"d
Conure, Lori, Quaker	24"w x 24"d
African Grey, Amazon, Small to Med Cockatoo, Mini Macaw	22"w x32"d



For Macaws and large Cockatoos cage should measure a minimum of 1 ½ times the adult birds wingspan in width, depth and height.

#### ABOUT BAR SPACING

Type of Bird	Bar Spacing Width
Parrotlets, Parakeets	
Lovebirds	½ inch apart
Cockatiels, Conures,	
Lories and Senegal's	½ inch to ¾ inch
African Grey, Amazon	
Macaw and Cockatoo	3/4 inch to 1 1/4 inch

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.



#### ABOUT PERCH SIZES

Type of Bird	Perch Size
Finch to Parakeets	½ inch to 1 inch
Lovebirds, Cockatiels	
Conures, Pionus and Lory	3/4 inch to 1 1/2 inch
Amazons, Mini Macaws	
Eclectus and Cockatoos	1 ½ inch to 2 ½ inch
Large Cockatoos,	
Large Macaws	2 inch to 3 inch

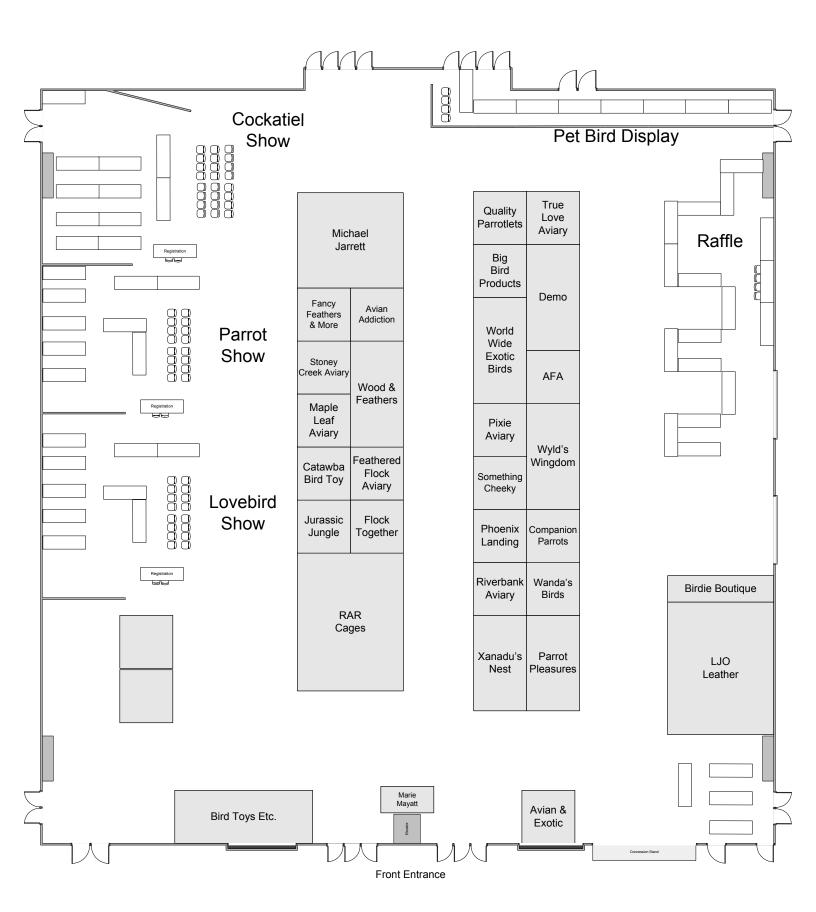


#### COMMERCIAL EXHIBITORS WITH ADVANCE REGISTRATION

COMMERCIA	L EXHIBITORS WITH ADVANCE	REGISTRATION
American Federation of Aviculture Avian Welfare Organization	Flock Together	Quality Parrotlets
Carol Wilson - NC State Coordinator PO Box 91717 Austin, TX 78709-1717	Austin & Natalie Whitley 3025 Bethlehem Church Rd. Gold Hill, NC 28071 704-787-1568	Randall Jarrell Biowater@aol.com  Riverbank Aviary
(919) 552-8856 www.afabirds.org	austin.whitley@gmail.com	Birds, Bird Toys, Food
Avian & Exotic Animal Care Veterinarian services Dr. Dan Johnson	Jurassic Jungle  Kevin Lasho jurassicjungle@triad.rr.com	John & Laura Marquis 919-266-0906 info@riverbankaviary.com www.riverbankaviary.com
8711 Fidelity Dr. Raleigh, NC 27617 info@avianandexotic.com 919-844-9166		Something Cheeky & JoJo's Nest boxes
Big Bird Products, Inc. LeNelle Wolters	L J O Leather Toys, toy parts	Phil Mignella Pmignella@yahoo.com www.somethingcheeky.com
W1216@tampabay.rr.com	Larry & Jackie Osborne Covington, IN leather@localline.com	True Love Aviary Avian Products e-store Rodney Money
Bird Toys Etc. Bird toys, Gyms, Embroidered shirts		www.trueloveaviary.com
Barbara & Jeff Wasserman jeff@birdtoysetc.com	Maple Leaf Aviary K&L Aviary  Josh Maple Leslie Huegerich	Wood & Feathers Bird Toys  Helen Thomas & Kevin Eskew 6129 Tidewater Trail
The Birdie Boutique Food, supplies, toys	jam91@yahoo.com	Church Hill, VA 23032 804-758-1323 HelenThomas@aol.com
Missy Ripple 3039 University Dr Durham, NC 27707	Downet Blacoures	World Wide Exotic Birds
birdvet@mindspring.com 919-490-3001	Parrot Pleasures Toys, perches, rope products, Birds (Conures, Senegals, Caiques, Hans Macaws)	Jennifer Pitts 3665 Thrift Drive Lincolnton NC 28092
Avian Rescue	Carol Olyer P O Box 483 Orange Park, FL 32067	Wyld's Wingdom Toys, supplies
Karen Justice 321 So. Polk St. Pineville, NC 28134 info@companionparrots.org	nippynape@aol.com 904-264-8410	Mary Wyld 1447 Gabriel Dr Norfolk, VA 23502 mwyld@wingdom.com
Feathered Flock Aviary	Phoenix Landing Avian Rescue	757-858-8090  Xanadu's Nest
Parrotlets, Finches, Cockatiels, and Conures	Michelle Czaikowski P.O. Box 1233 Ashville NC 28802	Birds, Bird Food, Toys  Karen Smith & Gary Engle
Lynne Hancock Albemarle, NC 704-983-2272 hancockL@ctc.net	866-749-5634 phoenixlanding@earthlink.net	Benson, NC 919-454-9705 xanadusnest@aol.com www.xanadusnest.com

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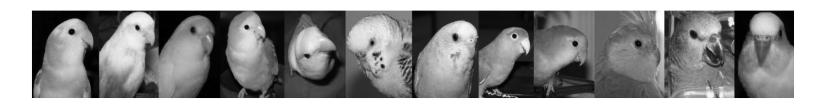
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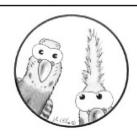
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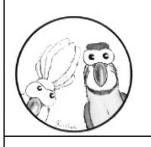
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