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RDCBS' PET BIRD FAIR COMMITTEE:

Chairman: John Marquis Vendor Coordinator: Melody Appleby Hospitality Coordinator: Cindy Chappell and Laura Barwick Raffle Coordinator: Angi Parrish and Carol Wilson Shows Coordinator: Wendy Edwards Pet Bird Exhibition Coordinator: Dave Hansen Cockatiel Show Coordinator: Leslie Huegerich Love Bird Show Coordinator: Wendy Edwards Parrot Show Coordinator: Josh Maple Registration: Judy Calhoun Handbook Advertising: Judy Calhoun and Laura Marquis Publicity: Carol Wilson Program Booklet Editors: Laura and John Marquis

A MESSAGE FROM THE FAIR CHAIRMAN

Welcome, I hope you enjoy our Twenty-Third Annual Pet Bird Fair, Thirteenth Annual Cockatiel Show, Tenth Annual Lovebird Show, and our 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 2011 PRESIDENT'S WELCOME

The members of the Raleigh-Durham Caged Bird Society join me in welcoming you to the 23rd Annual Pet Bird Fair and Shows. We have been holding this event each year for over two decades and it gets bigger and better each year thanks to the hard work of our members and the support of those who attend each year. We hope you enjoy your visit and learn a lot about keeping and showing pet birds. Do some shopping, get some new toys for your birds and bird collectibles for yourself; learn about showing your birds at the cockatiel, lovebird and parrot shows and then head over to the pet bird display to see various species of parrots as they interact with their owners. Be sure to visit the raffle table and buy tickets to win some great prizes. All proceeds benefit avian education and research. If you would like to join RDCBS ask someone at the front desk for an application. We would love to have you join us each month as we strive to learn more about these wonderful creatures.

> Yours in the fancy, Carol Wilson President

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 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.

2011 ELECTED OFFICERS/BOARD OF DIRECTORS

President— (Board Position) Carol Wilson; legswilson@aol.com Immediate Past President (Board Position '11-'12) Judy Calhoun; jcalhoun5@nc.rr.com Vice President—Catherine Marquis; clmarqui@ncsu.edu Secretary—Dana Kelly – mdtkelly@hughes.net Treasurer—Mike Kelly; mdtkelly@hughes.net Board Chair ('09-'12) Wendy Edwards—(919) 219-8444; carolinaflight@aol.com Board ('11-'14) Angie Parrish; angibird@juno.com Board ('10-'13) John Marquis---(919) 266-0906; john@jamcosys.com Board ('08-'11) Josh Maple –(919) 326-1616 jmaple1017@yahoo.com

COMMITTEES/APPOINTEES

Monthly Meetings: Educational Program Director—Carol Wilson – (919) 552-8856; legswilson@aol.com Visitor Orientation/Introduction—Judy Calhoun – (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 Marguis---266-0906; john@jamcosys.com Membership Directory—Dana Kelly—(919) 732 -9606; mdtkelly@hughes.net Renewal notices/New member packets— Dana Kelly—(919) 732 -9606; mdtkelly@hughes.net RDCBS T-Shirts—www.RDCBS.org RDCBS Nametags—www.RDCBS.org Librarian—OPEN Legislative Issues—Cindy Chappell—779-1206; c7791206@mindspring.com; Laura Barwick – 876-8192 Ibirdog@hotmail.com Web Master – John Marquis – 919-266-0906; john@jamcosys.com Educational Outreach: Bird Fair Chairman—John Marguis---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—219-8444; Carolinaflight@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 Specialty Parrot Breeders & Exhibitors (SPBE) – Josh Mapel –919-326-1616 jam91j@yahoo.com **GET INVOLVED!**

GET INVOLVED! FOR THESE AND MORE VOLUNTEER OPPORTUNITIES, CONTACT THE DIRECTORS ABOVE

OR

www.RDCBS.org

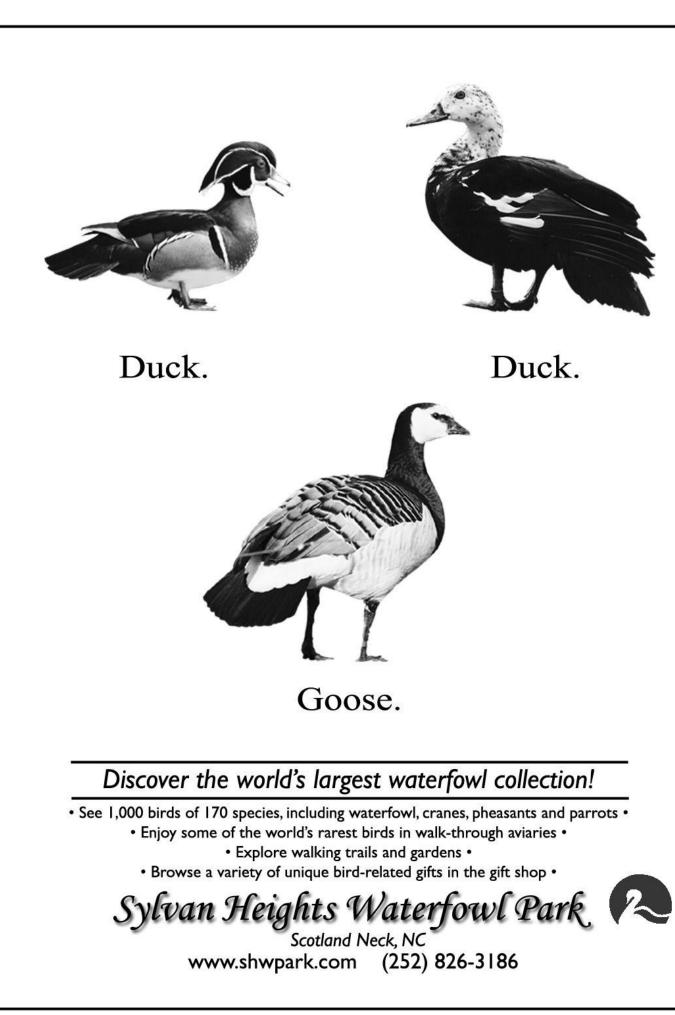
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A BRIEF HISTORY OF THE RDCBS

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, Cindy Chappell 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 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. 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 Marguis, It is our hope t hat 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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A SAMPLING OF RDCBS' EDUCATIONAL OUTREACH ACTIVITIES

In large part, these contributions have come from the proceeds of our 22 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 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 \$59,000 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 twenty two previous pet bird fairs.

The RDCBS has contributed to organizations such as Veterinary Colleges across the Country, Dr. Donald Brightsmith at Texas A & M, Dr. Branson Ritchie, LSU Foundation, Comparative Medicine Fund, Duke University, NC Zoological Society, RARE Center for Tropical Conservation, Bahama Parrot Conservation Project, American Federation of Aviculture, and World Parrot Trust.

Applications for and details of the selection process for RDCBS grants and awards may be obtained from Sharon Dvorak; (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 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 four board-certified 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.

CITY	CLINIC/HOSPITAL	ADDRESS	Doctors	PHONE
Angier	Crepe Myrtle Animal Hospital	149A Logan Ct.	Dr. Barbour	(919) 639-8387
Cary	Mayfair Animal Hospital	1130 SW Maynard Rd.	Dr. Laura Foster	(919) 467-6146
Columbus	Bonnie Brae Veterinary Hospital, PA	155 Shuford Rd	Dr. R. lain Fitch DVM Dr. Angel Mitchel DVM Dr. Mary Mauney DVM	(828) 894-6064
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
Fayetteville	Cross Creek Animal Hospital	2921 Ransey St.	Dr. Blackmer, Rachel	(910) 868-1164
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	Brentwood Animal Hospital	3810 Atlantic Ave.	Dr. Neuenschwander	(919) 872-6060
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 Holi- days	409 Vick Avenue	On Call	(919) 781-5145
Asheville	Sweeten Creek Animal & Bird Hospital	3131 Sweeten Creek Rd.	Dr. Bolt, Lee	(828) 684-8875
Rolesville	All Creatures Animal Clinic	312 S Main St.	Dr. Hester, Grady	(919) 544-2222
Wake Forest	North Wake Animal Hosp.	2160 S. Main	Dr. Darch, Lee	(919) 556-1121
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*Denotes Board Certified Avian Specialist

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Raleigh-Durham

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Will Rogers

I never married because there was no need. I have three pets at home which answer the same purpose as a husband. I have a dog which growls every morning, a parrot which swears all afternoon, and a cat that comes home late at night.

Marie Corelli

My cockatoo and I always argue over who owns whom. She usually wins.

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Aging in Psittacines Dr. Greg Burkett Board Certified Avian Veterinarian

We all have some anxiety of growing old. We all have some idea of what aging is about and what changes occur as we age. Why? We experience it in our daily lives. We see our friends, relatives, parents and grandparents maturing. What about our pet birds? They too are aging and at roughly the rate that we are. We like to hope that they are around for at least as long as we are for a lifetime of enjoyment.

The question of age always comes up when discussing parrots. Almost everyone is aware that parrots live a "long time". But what does that mean- a "long time"? Aviculturists, veterinarians, pet owners and novices speculate parrot life spans and usually express them in safe ranges.

Parrots have been kept as pets for hundreds of years, so why are we not sure of their life spans? We do have a good idea of what we expect that time period to be. We even have a few documented cases of exceptional life spans of individual birds. Dr. Susan Clubb has published the most recent data on aging in macaws from studies at Parrot Jungle in Miami Florida. Some of the macaws were documented to be at least 57 years old. Anecdotal reports from other sources have claimed birds living in excess of 90-100 years. In actuality, little documented evidence of the life span or aging process exists in the literature.

Aviculture is a relative new study. Prior to organized efforts of bird keeping, we had only imported birds to age. No one knew how old a bird was when it was captured and therefore it was impossible to calculate an accurate age. With the advent of captive production we are able to document exact ages and follow the aging process. Even with this new information we can still only speculate true average life spans. However, we do have a better understanding.

Gerontology is the study of aging. Geriatrics is the branch of medicine that treats problems peculiar to old age. Aging is not a disease but there are many problems that exist due to the aging process. You will need to rely on your avian veterinarian to prevent, diagnose and treat these problems associated with the aging of your pet birds.

How do I know if my bird is geriatric? Aging changes are gradual processes that begin at conception. According to Dr. Clubb, in the macaws that she observed at Parrot Jungle, degenerative changes were variable in onset. Most notable changes began to occur after the age of 35 years. Changes included cataracts, iris color changes, muscle wasting, dermatological changes, joint stiffness and reproductive changes.

I have a number of birds that visit my practice who are elderly. The changes that I have seen as these birds are aging are consistent with those described by Clubb. Degenerative eye disorders are common in older birds. Other ophthamological changes include changes in iris color, loss of tone in the lids and uveitis. Muscle wasting is also a common change associated with aging. Weight loss and muscle wasting may be related to a decreased level of exercise. Changes in the skin are most apparent on the feet and bare facial patches (on the birds with bare facial patches). Wrinkling, pigment spots and blemishes, and thinning of the skin are evident on the face and feet. Splotchy depigmentation on the feet is also common. Clubb reports thinning of the facial feather lines on Blue and Gold Macaws. She also reports that feather pigmentation was unaffected although feather condition and luster often declined after age 40. Joint stiffness and limitations in the range of motion of the joints are evident after the age of 40 in macaws. It is not known if this stiffness is associated with arthritic changes.

Reproductive life span varies with individual species. Clubb reported the oldest producing macaw in this study to be 35 years. There are anecdotal reports from other sources of Congo African greys producing at 40 years and laying infertile eggs at 60 years of age. We have a Senegal in our collection that is over 25 years of age and produces babies regularly.

I have a pet Timneh African Grey that visits my practice named Papagena. For 20+ years the owner thought was a male - "she" laid an egg just a few months ago. Papagena was as surprised as the owner and I. We have a number of other geriatric birds in our practice. We are proud that we are able to offer the quality care needed to insure longevity to our clients' pets. We service a few cockatiels that are over 20 years old, some greys that are over 25, a macaw that is over 30 and an Amazon that is undocumented to be over 50.

Avian medicine is still in its infancy stages. We are doubling our knowledge in as little as five years. The advances that we have made in the past five years are helping to insure that our beloved pet birds live longer lives than ever before. It is important that pet bird owners and aviculturists support the efforts of the avian veterinarians and researchers in advancing our knowledge. A sound preventative medicine program needs to be established early in your birds' life to guarantee that it lives a full healthy life.

We offer a preventative health program in our practice. Annual well-bird exams are an important part of this program. This annual includes a thorough physical exam, a complete blood count (CBC), a cloacal culture, fecal gram stain and vaccinations. These tests are performed on all birds that come into our practice regularly. These annual work ups provide important normal values for future comparison and offer a screening process that may reveal hidden signs of illness. We also recommend that we have on file a complete chemistry panel including bile acids and whole body survey radiographs before the bird reaches five years of age. The latter two tests are kept on file for normal reference values for that bird. In the event it should develop problems later in life, we will have some normal values for comparison. In some species of birds, particularly amazons, macaws, conures and Pionus, we recommend a complete physical exam every six months to check for papilloma lesions.

Thorough physical exams are vital to detect changes related to aging. We always weigh our patients and compare current weights to previous visits. This gives us an idea of general body condition. In conjunction we examine the pectoral muscles for fullness and texture. It is common for older birds to have a decrease in the amount of food they eat. Their activity and metabolism slow and therefore caloric needs decrease. This will cause some weight loss.

During our physical exam we investigate all body parts. We perform a complete eye exam. We check for corneal disease, presence of uveitis, cataracts, vision and tear production. We have special instruments that allow us to thoroughly examine the eyes and the ears. The eardrum is examined for intactness, infection or other problems. The oral cavity is inspected very closely for lesions associated with nutritional deficiencies, masses or other changes. We check the skin and feather quality over the entire body concentrating on problem areas such as under the wings and around the vent. The feet are checked for bumblefoot lesions. We always listen to the heart and lungs. Changes in rhythm and strength of the heart can occur with age. Lungs can also lose some functionality with age. Radiographs are also helpful in revealing pulmonary and cardiac disease. The blood work is a good representation of the physiological status of a bird. A CBC can expose anemia, infection and other important and treatable disorders. Organ failure is a common age related problem. Liver and kidneys are usually the expected organs to fail. Chemistry panels can help with early detection of these problems and possible treatment options if detected in time. Cultures and gram stains are used to detect the presence of disease causing bacteria.

As birds age the immune system weakens and is less able to fight off environmental pathogens such as gram negative bacteria. Early detection of these bacteria will make treatment easier and more successful in the older patient. Yearly cultures on healthy birds are important to establish a database of the normal flora for that bird. Finally, vaccinations are a good part of any preventative medicine program for young and old birds alike. Vaccinations are given to prevent contraction of usually a viral disease and hence remove that bird from the population as a potential carrier of that infectious organism.

Continued on next page

Aging in Psittacines (Continued)

Environmental issues are also a concern for geriatric patients. Musculoskeletal changes need to be considered when setting up a cage. If a bird has stiff, arthritic or deformed joints, these need to be considered when choosing the cage, perches, toys, playpens, food and water containers, and cage substrate. Environmental temperature may also play a role in a geriatric bird's comfort.

Feather loss will greatly affect thermoregulation and should be considered when placing the cage in you home or making rapid changes in the house temperature. Nutrition is also a consideration when keeping geriatric patients healthy. Currently there is no information in the literature concerning the dietary needs of older birds. Follow the recommendations of your avian veterinarian for individual cases. Special diets are available for birds with organ failure such as liver and kidneys and for digestive problems associated with age and / or disease. Talk to your veterinarian before feeding these special diets.

With the advances in avian medicine today and the formulated diets available on the market, there is no reason pet birds should not live full rich lives in captivity. It is our responsibility and should be our goal to do better for our birds in captivity than they could do for themselves in the wild.





EDIBLE FLOWERS Crossword Puzzle

1			2				3			
										Across
4							5			1.Flower high in vitamin C (3 words)
										4.Sweet and Tart flavor 5.Heavy floral scent, lemon flavor
										6.British Doctor who developed the flower remedy system for healing
					6					7.Multi-color flowers with crisp cucumber taste
										10.A poor man's saffron 11.Seeds often found in bird seed mixes
7				\square					8	12.One of the favorite edible flavors of parrots
						9			Ì	13.Small yellow honey flavored flower
									i	
					10					Down
					10					Bown
										2.Most popular edible flavor
	11									3.Edible flower that benefits the liver (2 words) 8.Sweet Wintergreen taste
										9.Flower with a calming effect
			12							
		13								



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Strategies to Utilize when a Flighted Parrot Escapes

By Barbara Heidenreich www.GoodBirdInc.com

My blue fronted Amazon parrot, Tarah, does not have clipped wings. However like many birds that were clipped during the fledging process, he has never quite learned the kind of flight skills that might earn him the title of a "flyer". I often said "He's has his flight feathers, but he doesn't fly." One day I learned, the hard way, that this wasn't exactly true.

I was visiting my parrots as I was moving from southern California to northern California. When I arrived I brought Tarah in his cage to my old bedroom. I opened the door to the cage to allow my bird some much needed free time. Before I knew it, he bolted off his cage, through the bedroom door, took a right and made his way down the hall. He then banked left and flew through the living room. At that very moment my father was just opening the sliding glass door to step out onto the deck. Guess who went through the door too? The deck was on the second floor, so my bird had two stories of lift to assist him on his grand flight down the fairway of the golf course behind the house. Thank goodness he was a green flying brick. He ran out of gas and slowly descended to the soft green grass before a tree offered its branches as refuge. Juiced by adrenalin, my feet barely touched the ground as I ran after my bird.

I have always been very careful about the choices I make having a flighted bird in the house. But I was very surprised by the amazing flight my bird made on that day. Sometimes birds that we think will never fly do indeed fly. Sometimes birds that have flight feathers trimmed surprise us when feathers return. Sometimes experienced flyers get frightened or find themselves in unfamiliar territory. Whatever the situation, there are some strategies that can be very useful to recovering a bird that has flown to a location undesired by you. The following information is provided to prepare you for that day when your bird may find itself airborne and heading in the wrong direction. These strategies apply if you bird has no flight skills or is a world class flying athlete.

Bird is flying away

□ Call to your bird loudly as he is flying- it may help him find his way back to you.

□ As your bird is flying, do not take your eyes off of him. Note the last place you saw him, the level of his flight, how tired he looked. He may have landed in that area. (Radio or phone contact for a group of people searching can be very helpful in this situation. Grab your cell phone!)



Searching for your bird

□ If you have a group of people, spread out and circle the area you last saw him.

□ If you cannot locate him, call to him. He may call back. Say words or sounds he knows or mimics. Most parrots are located by their screams.

□ If he has another bird he likes, put that bird in a cage and bring it to the area you last saw him. Walk away from the bird in the cage. It might encourage the bird in the cage to scream. This may inspire the lost bird to scream. Keep talking to a minimum so you can listen for the scream.

□ Look carefully in a limited area (within 1 mile) in the early stages of your search. Parrots usually do not go far unless, blown by the wind, chased by a bird of prey or extremely frightened.

□ Keep in mind your parrot may see you before you see him. When this happens, parrots are sometimes very quiet. This may be because the parrot is more comfortable now that you are present.

□ Despite some parrots bright colors, they can be very difficult to see in trees. Look for movement buried in the trees as opposed to your whole bird perched prominently on the tree.

You have located the bird, but he is out of reach

□ Once you find you bird, relax (unless the bird is in immediate danger.) It is better to let the bird sit where he is (if he is inaccessible) while you work out a strategy. Do not frantically try to grab the bird, hose or scare him down.

□ If the bird has just landed. He will probably not fly again (if at all) for awhile.

□ Bring the bird's favorite person and/or favorite bird friend (in a cage) to the area where your bird is located.

□ Bring favorite food items, familiar food bowls and the bird's cage if possible.

□ Be careful not to ask your bird to fly from a great height or a steep angle. Try to position yourself (or bird buddy, or bird cage) to allow short flights or short climbs to lower places.

□ Try to lure your bird to fly or climb to branches/objects that are similar to those upon which he is sitting if possible. A bird may be too frightened to climb onto a distinctly different perch. (For example, the bird might be afraid to climb off of a tree onto a fence.) If you have no other option, expect the process to be slower and be patient with your bird as he builds his confidence. He may also fly again if he touches the new perch and is frightened by it.

□ Do not raise unfamiliar objects up to your bird to have him step onto it. More than likely this will only scare your bird to fly farther away. If you have a familiar item, you may have a chance that the bird will step onto it. Keep in mind things like ladders, people climbing trees, cherry pickers etc. may also scare your bird. Go extremely slowly if you resort to using these items. Stop any action if your bird looks like he wants to fly away.

□ Try to call your bird down when his body language indicates he is ready to try to come down. Do not constantly call.

□ Try hiding from your bird on occasion. This will create a level of anxiety in your bird which may cause him to try to come to you once you reappear. Usually birds will scream and or start moving around a lot when they are ready to make an effort to return to you. If you notice this activity, come out from hiding.

□ If you hear your bird screaming while you are hiding, he may be ready to fly or is already in the air. Come out of hiding right away. Most parrots scream when they are flying in this type of situation.

□ Birds also often relieve themselves and also scream right before they fly. Be alert for this. You may need to see where your bird flys. Be ready to run if necessary.

□ Avoid having a crowd of people around the bird's favorite person. A scared bird may not want to fly into a crowd of strangers. Give the bird's favorite person lots of room.

The sun is setting and your bird is still out.

□ Parrots will usually fly again shortly before the sun starts to set. This is probably your last opportunity to get your bird back before he will begin to roost for the night. Take advantage of it. You can try to get the bird "pumped" up by yelling and creating a level of excitement. This may encourage one last flight.

□ As the sun starts to set, your bird will start to fluff his feathers and get ready to roost for the night. At this point it is best to just allow him to go to sleep. Keep an eye on him until the sun has set completely. Remember his exact location.



□ Before the sun rises the next day, return to that location. Your bird should still be there, unless he was frightened in the night (owls can cause this).

□ Usually by 8:30 or 9:00 AM your bird will be ready to fly again or make an attempt to get to you. Repeat the steps described in the section "You have located your bird, but he is out of reach".

Continued on Page 16

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Strategies to Utilize when a Flighted Parrot Escapes

Continued from page 15

Your bird has flown off and after 24 hours of searching he has not been spotted.

□ Contact the following people and let them know you are looking for your bird. If a person finds your bird they may contact one of these organizations.

- o Call animal control
- o Call the SPCA/humane society
- o Call local veterinarians
- o Call local zoos
- o Call local pet shops
- o Call local police

□ Place an ad in the classified section of the paper for a "lost" bird.

o Note: Don't give out the bird's band number. If your bird accidentally falls into the wrong hands this could lead to removal of the band.



□ Check the classified section of the paper for "found" bird. Answer all ads. People are sometimes unaware of what they have found. A Congo African grey may be mistaken for the mythical red tailed pigeon by a helpful stranger who is unfamiliar with parrots.

□ Post flyers that state "lost bird" in the areas you last saw your bird. You may also wish to offer a reward as incentive for people to call.

□ Often times a bird is found within 24 hours of his disappearance. The trick is to find the person who found your bird before you.

Do not give up

The key to getting a bird back is perseverance. Do not accept that you will not get the bird back once you have lost sight of him or her. As a professional bird trainer that free flys many types of birds on a regular basis, I can attest that parrots are often the easiest type of bird to locate and recover. Trust me - nothing is more frustrating than searching for the silent, but observant owl who has buried himself in the bushes and has watched you walk by 100 times! Thankfully our parrots often seek out human or bird companionship if and when they have a big flight adventure.

Barbara has been a professional in the field of animal training since 1990. She owns and operates a company, Good Bird, Inc., (www.GoodBirdInc.com) that provides behavior and training products to the companion parrot community. These products include Good Bird Magazine (www.goodbirdinc.com/ magazine.html) books, videos (www.goodbirdinc.com/ books.html), and training/behavior workshops. She is the author of "Good Bird! A Guide to Solving Behavior Problems in Companion Parrots" by Avian Publications and also "The Parrot Problem Solver. Finding Solutions to Aggressive Behavior" by TFH Publications. She is the past president of the International Association of Avian Trainers and Educators (www.IAATE.org).



Barbara's experience also includes consulting on animal training in zoos and other animal related facilities. Her specialty is free flight bird training. She has been a part of the development and production of more than 15 different free flight education programs. Barbara continues to provide consulting services to zoos, nature centers and other animal facilities through her other company Animal Training and Consulting Services (www.ATandCS.com). In her career she has trained animals, trained staff, and/or presented shows at facilities around the world. Copyright 2005 © Good Bird Inc. First appeared in Good Bird Magazine Volume1 Issue1 Spring 2005. Cannot be reprinted without permission.

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 sldvorak@nc.rr.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 Marguis, 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, AI 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





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The SECRET of Training Birds

Steve Martin President Natural Encounters, Inc.

Abstract

The animal training profession has seen great changes in recent years. Coercive training techniques are giving way to kinder more gentle approaches that empower animals to be willing participants in performing the behaviors in our shows. This paper will explore several key components that form the foundation of successful animal training practices. For years people have asked me what my secret was to training birds. It was as if I fed the birds some magic potion that made them more responsive to training; or, had discovered some magic trick to make them comply with the order to not fly away. I always passed it off as people just being naïve and not knowing how much work and skill went into successful bird training. But, one evening in a bar while talking with a couple of trainers on my staff about these common misperceptions, I thought to myself, "Maybe we have discovered the secret to training birds."

As Cari, Dillon and I talked about the things that made us successful bird trainers the secret began to take shape. It wasn't long before a bar napkin reveled the SECRET of training birds. The magic formula is comprised of these ingredients: S= Science; E= Empowerment; C= Communication; R= Respect; E= Enrichment; T= Trust. We looked at each other grinning with pride for our creativity and comfortable in the fact that our SECRET was really not magic at all. It was simply the foundation for the good animal training we practice everyday. We vowed to share our SECRET with others to stimulate discussion about what good animal training strategies are based on. What follows is our SECRET to successful animal training.

Science

We constantly learn from our environment and develop skills that help us adapt and function in all aspects of our lives. One of the most important skills associated with good animal training involves the understanding and the application of the science of behavior. The laws of behavior are just as valid and relevant as the laws of gravity. Most people are comfortable surviving in this world without an understanding of the laws of gravity. But, fortunately for all of us, other people had a vision of flying in an airplane, and their understanding of the laws of gravity that enabled humans to fly ... and not just fly, but also go far beyond anyone's imagination ... all the way to the moon and beyond. In the animal world, many people are comfortable getting by at their current level of performance. I know I certainly was for much of my career. I thought I was a great animal trainer. But, as I look back now, I realize I had a lot to learn. I didn't know what I didn't know. When I finally began to learn about the science of behavior, my training skills started to improve. Not only did I begin to understand how to do things better in the future. Understanding and applying the science of behavior took me to a level of performance that I never knew existed. The science of behavior helps us plan our course, solve our problems, and fuels our assent to higher levels of performance.



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ADOPTION EDUCATION REFUGE

Empower

The best animal trainers go to great lengths to give their animals power in their environment. There are many ways to empower animals. You can give an animal the power of escape by training it in an open area instead of a confined space. This often leads to an animal being more likely to show comfortable body language at your approach, and more willing and motivated to participate in training sessions. Holding a raptor's jesses is an obvious way of taking away an animal's power to escape, but even walking that bird next to a wall or through a door way also limits its power of escape. The more power of escape you can give a bird, the more likely the bird is to be a willing participant in your training sessions. Empowering animals to shape your body language is another one of the secrets to good animal training. A perceptive trainer might notice the subtle signs of discomfort in an animal when he or she approaches that animal. If the trainer stops or backs up at this time, the animal might relax and even gain some confidence when the trainer backs away. If a parrot lashes out to bite you, and you back away in response to the biting action, you give the bird a way to say no. When you back away at the less intense signs of discomfort, the bird will not need to lunge or bite. With the power to control your proximity, you may find that animals choose to draw you closer.

Communicate

The best training occurs when there is a clear exchange of information. A trainer uses cues to tell an animal what he or she wants it to do, and the animal tells the trainer through its body language if it wants to participate or not. The best animal trainers are sensitive to even the most subtle expression of body language from the animal they are working with. This two-way communication, where the animal's voice is as important as the trainer's, sets the stage for successful training. Great trainers practice honest communication and avoid doing anything that might trick or confuse an animal. They demonstrate the skill of exact timing of the bridge to precisely mark the instance of the right behavior and communicate to the animal exactly what was required for reinforcement. They also understand how to shape a behavior by using small approximations. Consistent pairing of the bridging stimulus with a primary reinforcer provides clear communication that helps the animal understand the meaning of the bridge. Too often animal trainers do not follow the bridge with a food reward and end up diluting the strength of the bridge to mark the right behavior clearly. Clear communication is essential to good training.

Respect

The best trainers respect that each animal is an individual. It is unique, special and important in its own right. Just because two animals are of the same species, even raised by the same parents in the same nest, does not mean that their behavior will be the same or even similar. Behavior is more a product of experience than genetics. No two animals behave the same, not even identical twins. Each animal has its own preference for reinforcers, its own perspectives on different situations, and its own



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individual behavior that has been shaped by countless experiences with its environment. Sometimes these behaviors can be undesirable, or problem behaviors, which cause people to attach various labels to a bird, like "screamer," "biter," or "aggressive." We show the animal respect when we accept that these behaviors serve a function, or meet a need for the bird, and we try to find ways that we can meet these needs another way. Though many people like to make the comparison, parrots are not the mental equivalent of a child. They are beautiful, intelligent, amazing animals, nothing less. All animal trainers should respect that their birds are their partners and it is their duty to provide the most positive living and working environment possible.

Continued on Page 27

Edible Flowers For Parrots

A Bloom A Day Keeps The Gloom Away by Carolyn Swicegood

Edible flowers delight the eye as well as the palate and are becoming quite popular with adventurous cooks. But people have used flowers as food for thousands of years—and so have parrots! A glance through the pages of Parrots of the World, alerts one to the huge variety of parrot species that feed on flowering trees. Perhaps the many colorful blossoms are the very reason for the irresistibly beautiful colors that adorn parrots. Just imagine yourself a winged predator trying to spot red and green Lories, Lorikeets, or Eclectus parrots among the red blossoms and green leaves of a flowering African Tulip tree—this is Mother Nature's camouflage at its best!

According to Joseph Forshaw in Parrots of the World, many parrots feed on fruits, nuts, seeds, berries, leaf buds, blossoms and nectar procured in the treetops. The Rainbow Lory feeds on the blossoms of the Scarlet bottle-brush (Myrtacae) tree. Dusky Lories have been observed feeding in flowering Pittosporum ramiflorum trees. Varied Lorikeets have been seen feeding among the flowers of blood-woods (Eucalyptus terminalis), paperbarks (Melaleuca leucodendron), Kapok trees (Cochlospermum heteronemum) and Bauhinia trees. Black Cockatoos in the coastal woodlands of New South Wales were observed tearing apart Banksia inflorescences, presumably to extract nectar or to get at insects. Sulphur crested Cockatoos near Adelaide, South Australia have been observed feeding on the flowering heads of milk thistle (Silybum marianum) and Little Corella Cockatoos in Northern Australia have been seen feeding on the blooms of Melaleuca leucodendron. In Africa, a flock of Cape Parrots in eastern Cape Province were seen feeding on nectar from Kaffirboom (Erythrina caffra). Nyasa Lovebirds have been observed feeding on the blossoms of Acacia albida. Blue-headed Pionus and most other members of the Pionus family have a diet that consists of fruits, berries, seeds, and blossoms, generally procured among the higher branches of the trees. Orange-winged Amazons in Guyana eat the flowers and seeds of the swamp immortell (Erythrina sp.) and Black Parrots on Praslin Island eat the flowers and fruits of Ficus, Neowormia, Northea, Eugenia and Deckenia. There are many other "winged flowers" that feed on blossoms, nectar, and pollen, although the birds of the Loridae family--Lories and Lorikeets--are perhaps the best example. The papillae of the tongues of Lories have evolved into a brush-like structure that is suitable for delving deeply into blossoms to extract pollen. The pollen sticks to the "brush" and is withdrawn from the bloom and formed by the special structure of the tongue for swallowing. One of my greatest bird-feeding pleasures was feeding flower blossoms to my Violet -necked Lory named Squirt. When he spotted a Hibiscus flower coming his way, he literally hopped up and down, dilated his eyes, and squealed like a feathered pig! He first extracted all the pollen and nectar from inside the bloom and then flipped over on his back with the flower over his head. He then pulverized his floral treasure with feet and beak in fast motion, creating an unrecognizable shredded mess. Within minutes, there was very little evidence of the Hibiscus blossom other than the delighted look on Squirt's shiny, red, pollen-speckled face! Anyone fortunate enough to witness such a delightful feeding frenzy might well consider it a crime against nature to deprive a member of the Loridae species of the flower blossoms that are such an integral and natural part of their diet. Judging by Squirt's attitude, "A bloom a day keeps the gloom away!"

FROM THE LAND DOWN UNDER

Mike Owen, Ph.D. and aviculturist of Queensland, Australia says, "The main parrot species that we observe feeding on flowers are the Lorikeets. In our garden, we commonly see Rainbow and Scaly-breasted Lorikeets feeding on the nectar of flowers on Grevillea and Melaleuca trees. They also will happily feed on Eucalyptus and Acacia flowers in season, and indeed on any nectar-bearing flowers, whether or not the trees are native to Australia. Many of the Australian parrots in the wild, such as the Rosellas, various members of the Cockatoo family, and Neophemas feed on the Eucalyptus trees. We find that all the parrots in our aviary, even budgies and cockatiels, eagerly welcome and devour fresh flowers from Eucalyptus, Grevillea and Acacia trees."

While parrots have always enjoyed the many flowers that Mother Nature provides for them, people too have incorporated various flowers into their traditional dishes. The dried petals of daylilies, known as "golden needles" in Asian markets, are a standard ingredient in Chinese hot-and-sour soup. "Stuffed squash blossoms" have long been enjoyed by many cultures and rose petals are used in Asian Indian recipes. Saffron, a golden-hued "spice" actually is purple crocus flower stigmas. These bright red floral threads that produce the distinctive flavor and the bright yellow color in paella, bouillabaisse, and some Chartreuse liqueurs can cost \$200 an ounce or more due to the labor intensive harvesting process. Edible flowers are virtually calorie free and although they do not contain significant amounts of nutrition, the pollen in flowers is rich in vitamins and minerals. Roses, dandelion flowers, and nasturtium blooms contain vitamin C. Most flowers contain trace amounts of one or more vitamins and minerals as well as live enzymes.

WHERE TO FIND SAFE, EDIBLE FLOWERS

Edible flowers often can be found at local farmer's markets and gourmet grocery stores. Check with the vendor to be sure that they were organically grown. There are approximately eighty different flowers that can be safely used as food. The most enjoyable way to get these interesting additions to the diet of your family and your parrots is to grow your own!

GROWING YOUR OWN

Common edible flower varieties should be chosen for your first flower gardening adventure. Carefully follow planting, watering, and fertilization practices for garden flowers. Only organic pesticides should be used. Separate growing areas should be used for the growing of ornamental flowers requiring pesticides. Do not plant other annuals or perennials in the same area as edible flowers since pesticides from ornamentals could contaminate the edible varieties. Some gardeners plant their edible flowers indoors in sunny kitchen windows and under grow lights to avoid pesticide contamination.

SAFETY FIRST!

As much as parrots enjoy the variety and the visual stimulation of flowers in their diet, it is as essential that we learn the difference between toxic and non-toxic varieties, as it is to use only untreated flowers. One can use a good reference book on edible flowers, available in local libraries and online. Do not use flowers from florists, nurseries or garden centers. Unless otherwise stated, these flowers have almost certainly been treated with pesticides which were not intended for food crops. Chemicals are used in all phases of ornamental growth and these chemicals are unsafe for human or parrot consumption. Flowers picked from the side of the road never should be eaten by human or parrot. Highly poisonous herbicides are used to eliminate weeds and plants bordering roadways so roadside flowers can be deadly fare. One of the best books for identifying safe flowers is Thomas S. Elias and Peter A. Dykeman's Edible Wild Plants: A North American Field Guide (Sterling Publishing Company).

MOST POPULAR EDIBLE FLOWERS

(These are the most commonly consumed flowers of the eighty edible varieties.)

- Borage blossoms (Borago officinalis)—Tiny blue flowers have slight cucumber flavor.
- Calendula flowers (Calendula officinalis)—Also known as "pot marigolds", multi-colored blooms with a peppery taste. Sometimes called "poor man's saffron"
- Carnation flowers (Dianthus caryophyllus)—Red, pink, and white blossoms with clove taste.
- Chamomile flowers (Chamaemilum nobile)—Daisy-like flowers with a slight hint of apple flavor. Especially good for parrots when calming influence is needed.
- Chives (Allium schoenoprasum)—the lavander-pink pom pom flower is actually composed of many small florets. Flowers have a mild onion flavor.
- Daisies (Bellis perennis)—Yellow and white flowers with light mint or clover flavor.
- Dandelion flowers (Taraxacum officinale)—Small yellow blossoms have honey flavor when picked young. Older flowers are bitter but my Eclectus parrots do not seem to notice. Also offer the dandelion leaves which are an excellent source of nutrition.

• Day lilies (Hemerocallis)—Many colored blossoms with sweet taste and crunchy lettuce texture. Flower buds and blossoms can be consumed at all stages of growth. Note: Many lilies (Lillium species) contain al-kaloids and are NOT safe for parrots or people.

Continued on next page

Edible Flowers For Parrots (continued)

- Elderberry flowers (Sambucus canadensis)—Sweet tasting flowers. For colds and chills, Gypsies mix elderberry flowers, yarrow and peppermint and steep in boiling water for 13 minutes, and drink tea frequently.
- Gladiolus (Gladiolus spp.)Flowers of many colors grow on a spike with flowers above each other, all usually facing the same way. Has lettuce texture and flavor.
- Hibiscus flowers (Hibiscus rosa-sinensis)—Tropical blossoms in a variety of colors have slightly acidic taste. One of the favorite flowers of most parrot species.
- Honeysuckle flowers (Japanese Lonicera japonica)—Small white to yellow trumpet-shaped blossoms are sweet and delicious. Parrots relish these flowers and the Loridae family of birds especially loves the honeysuckle nectar. Only the Japanese honeysuckle is edible and only the blooms should be used as the berries are extremely poisonous. Offer only the flowers so that no berries on the vines will accidentally be eaten.
- Impatiens (Impatiens wallerana)—Multi-color small blooms with mild taste.
- Johnny-Jump-Up flowers--(Viola tricolor) Yellow, violet, and lavender flowers with wintergreen flavor. Leaves are also edible and contain vitamin C.
- Lilac (Syringa vulgaris)--Lavender blossoms have heavy floral fragrance and lemon flavor.
- Marigolds flowers (Tagetes signata pumila)—Bright yellow and orange flowers with citrus flavor.
- Milk thistle (Silybum marianum)—Purple flowers are edible as well as leaves and seeds which are known for benefits to liver.
- Nasturtiums (Tropaeolum majus)--Red, yellow, and orange flowers have a tangy, peppery flavor and are the most popular of all edible flowers. Leaves can be eaten too.
- Pansies (Viola X Wittrockiana)—Purple, white, yellow bi-color blooms have a sweet, tart flavor.
- Passionflowers (Passifloraceae passion flower family)--Passiflora caerulea and Passiflora edulis are two of the hundreds of varieties. Some vines produce large greenish white and purple blossoms and then orange or purple edible fruit, depending upon the variety of the plant. *See website below with information and photos of 200 Passionflower varieties.
- Roses (Rosa spp)—Some of the tastiest rose varieties are Rosa xdamascena, Rosa gallica, and Rosa rugosa, Flower carpet rose, Double Delight, Mirandy, and Tiffany variety. Roses have a slight fruity flavor.
- Sage (Salvia officinalis)—Lavender-blue flower spikes grow only on the culinary variety. The variegated species of sage do not flower. Flowers have distinctive sage flavor.
- Other herb flowers—The tiny flowering blooms of the following spices are edible: anise, basil, bee balm, chives, coriander (cilantro), dill, fennel, garlic, oregano, rosemary, and thyme.
- Sunflowers (Helianthus)--Many varieties but most have yellow leaves around a "black eye" center. Mature flowers contain the seed that all parrots find so irresistible!
- Tree flowers—Parrots can be offered the flowering blooms of the following trees: Apple, bottlebrush, citrus (orange, lemon, lime, grapefruit, kumquat), eucalyptus, melaleuca, and plum.
- Tulips (Tulipa spp.)—Multi-color flowers with crisp, cucumber taste.
- Vegetable flowers—Butterblossom squash flowers have slight squash taste. Zucchini flowers, podded pea flowers (ornamental peas are poisonous), okra, pumpkin, and runner bean flowers are edible.

Violets (Viola odorata)—Deep violet and white color with sweet wintergreen taste.

FLOWER REMEDIES

The Bach Flower remedy system of healing was developed by the British physician, Dr Edward Bach, in the 1930s. The remedies are based on the belief that flowers have healing properties. Flower essences are prepared by the infusion methods and are used for the purpose of removing negative emotions that can affect health and lead to disease. Bach Flower remedies are prepared from the non-poisonous flowers of certain trees, plants and shrubs. They are non-toxic, non-addictive, and can be taken by people and pets of all ages. If these remedies do in fact have healing qualities, perhaps the fresh non-toxic flowers would have a similar effect. Examples of the healing qualities of edible flower remedies are honeysuckles for homesickness, nostalgia, and sadness as well as impatiens flowers for irritability, impatience, nervous tension, and muscular pain.

PARTIAL LIST OF EDIBLE FLOWERS USED IN FLOWER REMEDIES

Aloe Vera Flower, Basil, Blackberry, Bleeding Heart, Borage, Calendula, California Wild Rose, Chamomile, Chrysanthemum, Corn, Dandelion, Dill Flower, Echinacea, Evening Primrose, Garlic, Hibiscus, Iris, Lavender, Milkweed, Mullein, Nasturtium, Peppermint, Pomegranate, Red Clover, Rosemary, Sage, Sunflower, Violet, Yarrow, Yerba Santa.

GARDENER'S REWARD--Sautéed Squash Blossoms

Bird lovers who are devoted enough to maintain a flower garden for their parrots should reward themselves with a delicious edible flower treat. Here is a delicious recipe to try:

Briefly rinse the large exotic blooms of Butterblossom squash or zucchini squash in cold, salted water, drain and shake dry. Dip the flowers in egg and dredge in Italian seasoned bread crumbs. Place in hot oil and sauté until golden brown on both sides. Drain on paper towels and salt and pepper to taste. Sprinkle with Parmesan cheese while still hot. You will need three or flour blossoms per serving. Don't forget to save a few raw blossoms for your parrots to enjoy au natural! If you serve a salad with this treat, sprinkle the top of the salad with colorful and edible Nasturtium flowers.

POISONOUS POSIES

There are many more flowers that are poisonous than are edible. The use of botanical names is important due to the fact that common names vary in different regions of the country. Two plants may be known by the same common name while one is toxic and the other is edible. The following is only a partial list of the most common toxic flowers and their botanical names:

- Anemone or windflower (Anemone spp.)
- Autumn crocus (Colchicum spp.)
- Azalea and rhododendron (Rhododendron spp.)
- Buttercup (Ranunculus spp.)
- Clematis (Clematis spp.)
- Daffodil (Narcissus spp.)
- Delphinium or Larkspur (Delphinium spp.)
- Foxglove (Digitalis purpurea)
- Hyacinth (Hyacinthus orientalis)

- Hydrangea (Hydrangea spp.)
- Iris (Iris spp.)
- Lantana (Lantana camara)
- Lobelia or Cardinal flower (Lobelia spp.)
- Marsh marigold (Caltha palustris)
- Morning glory (Ipomoea spp.)
- Oleander (Nerium oleander)
- Periwinkle myrtle and vinca (Vinca spp.)
- Wisteria (Wisteria spp.)

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FLYING FEATHERS AV	/IARY
JIM AND SHARON DVORAK	CANARIES AND FINCHES
GOOD LUCK	Phone: (919) 266-4935
RDCBS	E-mail: sldvorak@nc.rr.com

RALEIGH DURHAM CAGED BIRD SOCIETY MEMBERS—MAY 2011

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.

Name	Abbr	Name	Abbr	Name	Abbr	Name	Abbr
African Grey, Congo	CAG	Cockatiel	TIEL	Eclectus, Red Sided	RSE	Macaw, Scarlet	SM
African Grey, Timneh	TAG	Cockatoo	TOO	Eclectus, Soloman Island	SIE	Macaw, Severe	SVM
Amazon	AM	Cockatoo, Citron	C2	Finch	FN	Macaw, Yellow Collared	YCM
Amazon, Blue Front	BFA	Cockatoo, Eleanora	E2	Lorry, Rainbow	RL	Parakeet	KEET
Amazon, Double Yellow Head	DYH	Cockatoo, Goffins	G2	Lovebird	LVB	Parakeet, Indian Ring Neck	IRN
Amazon, Lilac Crowned	LCA	Cockatoo, Lesser Sulpher-Crested	LSC	Lovebird, Black Cheeked	BLB	Parakeet, Lineolated	LP
Amazon, Mealy	MA	Cockatoo, Major Mitchell (Leadbeater)	MM2	Lovebird, Fischers	FLB	Parakeet, Red Rump	RRP
Amazon, Mexican Red Head	MRHA	Cockatoo, Red Vent	RVC	Lovebird, Peach Faced	PLB MLM	Parrot, Hawkheaded	HH
Amazon, Orange Winged	OWA	Cockatoo, Rose Breasted	RB2	Lovebirds, Masked Macaw, Blue and Gold	B&G	Parrot, Jardine	JP
Amazon, Red Lored	RLA	Cockatoo, Umbrella	U2	Macaw, Blue Throated	BTM	Parrot, Meyers	MP
Amazon, White Fronted	WFA	Conure, Brown Throated	BTC	Macaw, Buffons	BM	Parrot, Quaker	QP
Amazon, Yellow Naped	YNA	Conure, Cherry Head	CHC	Macaw, Catalina	CM	Parrot, Senegal	SP
Bourke, Blue	BB	Conure, Green Cheeked	GC	Macaw, Green Wing	GW	Parrotlet	PAR
Bourke, Rosie	RB	Conure, Jenday	JC	Macaw, Hahns	HM	Parrotlet, Green Rump	GPL
Caique	CQ	Conure, Maroon Bellied	MBC	Macaw, Hyacinth	HYM	Parrotlet, Pacific	PPAR
Caique, White Bellied	WCQ	Conure, Nanday	NC	Macaw, Military	MM	Pionus, Blue Head	BP
Canary	CAN	Conure, Sun	SC	Macaw, Red Front	RFM	Pionus, Maximilian	MMP

Name	Address	Phone	Email	Notes
ALDEA , MARIA	RALEIGH, NC	(919) 803-3638	laendoki7@aol.com	
ANDREWS , ROBIN & LOMBARDI , RACHEL	CARY, NC	(919) 460-4544	robinandrews@nc.rr.com	JC SC KEET
BARRY , DAVID	CARY, NC	(919) 522-8408	dmbaerry@yahoo.com	TIEL
BARWICK , LAURA	RALEIGH, NC	(919) 876-8192	lbirdog@hotmail.com	
BLAZICH , JOAN APRIL	RALEIGH, NC	(919) 851-8079	aprilb@bellsouth.net	TIEL FN(b)
BOOS , JOHN & SUSAN	CREEDMOOR, NC	(919) 638-2744	johnbs48@yahoo.com	TOO B&G JP BP
BROCK , HELEN	RALEIGH, NC	(919) 847-0138		
BURKETT , DR GREG	DURHAM, NC	(919) 490-3001	birdvet@mindspring.com	AVIAN VETERINARY SERVICES CLINIC
CALHOUN , JUDY	RALEIGH, NC	(919) 488-7949	jcalhoun5@nc.rr.com	LCA LVB B&G HM SVM YCM JP MP
CALHOUN , LEIGH & BRAD	CLAYTON, NC	(919) 763-9236	rockyb2@ancak.com	
CHAPPELL , CINDY	RALEIGH, NC	(919) 779-1206	c7791206@mindspring.com	STERLING AVIARY LARGE HOOKBILLS
CZAIKOWSKI , MICHELLE	RALEIGH, NC	(919) 710-9918	michellelcz@gmail.com	SP BP MMP
DAGENHART , COURTNEY	DURHAM, NC	(919) 756-0295	cedagenhart@hotmail.com	нн мр
DVORAK , SHARON	KNIGHTDALE, NC	(919) 266-4935	sldvorak@nc.rr.com	CAG CAN(b) LSC RVC FN(b) B&G BTM BM CM GW HYM RFM SM SVM YCM RRP MMP TIEL
ECKERMANN-ROSS , CHRIS- TINE	RALEIGH, NC	(919) 844-9166	dre@avianandexotic.com	AVIAN VET
EDWARDS , BARRY & DEBRA	RALEIGH, NC	(919) 266-7252	bedwards11@nc.rr.com	SP
EDWARDS , WENDY	YOUNGSVILLE, NC	(919) 219-8444	carolinaflight@aol.com	CAROLINA FLIGHT AVIARY CAG FLB(b) MLM(b)
ELAM , KATHY	CLAYTON, NC	(919) 550-9446	tomelam@earthlink.net	CAG AM TOO
FORTIN , TONI	WILSON, NC	(252) 291-5669	feathers17@embarqmail.com	CAG DYH
FOSTER , LAURA	RALEIGH, NC		lfoster74@aol.com	AVIAN VET TIEL
FOWLER , DENA	RALEIGH, NC	(919) 662-0291	spenconh@nc.rr.com	
FRANCIS , KAYE & MIKE	CLAYTON, NC	(919) 553-4710		AM B&G
GEORGE , CAROL	RALEIGH, NC	(919) 782-6002	cgeo@bellsouth.net	JC BP
GILBERT , RANDY	ROCKY MOUNT, NC	(252) 443-2701		TIEL(b) FN(b) KEET(b) BP(b)
GROSS , JACKIE	MORRISVILLE, NC	(919) 439-7830	jackiertp@yahoo.com	PAR
HANSEN , DAVE		(252) 728-3563	dahanse61@netscape.net	TIEL TOO GW KEET
HUEGERICH , LESLIE & KARL	FUQUAY-VARINA, NC	(919) 552-6312	klaviary@gmail.com	TIEL(b) BLB(b) LP(b) GPL PPAR(b)
HYMAN , GINI	SARASOTA, FL	(941) 954-5092	ginisbirdiebread@gmail.com	MBC TIEL QP
JARRELL , RANDALL	PITTSBORO, NC	(919) 210-2500	info@qualityparrotlets.com	PAR(b)

RALEIGH DURHAM CAGED BIRD SOCIETY MEMBERS—MAY 2011

Name	Address	Phone	Email	Notes
JOHNSON , DANIEL	RALEIGH, NC	(919) 844-9166	drdan@avianandexotic.com	AVIAN VET
KELLY, MIKE AND DANA	HILLSBOROUGH, NC	(919) 732-9606	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
KENNEDY, STEVE			steveskenn@aol.com	SC(b) B&G QP BP BFA CAG
KROVETZ , JANE	HOLLY SPRINGS, NC	(919) 567-3776	calamity@nc.rr.com	CAG TIEL LVB KEET IRN
MAPLE , JOSH	GARNER, NC	· · /	jmaple1017@yahoo.com	TIEL(b)
MARQUIS , CATHERINE	RALEIGH, NC	(417) 761-4564	clmarqui@ncsu.edu	TIEL RIVERBANK AVIARY CAG RB(b) TIEL(b) BTC JC
MARQUIS , LAURA & JOHN	RALEIGH, NC	(919) 266-0906	aviary@jamcosys.com	(b) CHC PLB B&G(b) HM (b) MM(b) SVM(b) YCM (b)
MOORE , KATHLEEN	RALEIGH, NC	(919) 266-7381	taffykm@att.net	
MUNKS , LISA ANN	GARNER, NC		la.munks@yahoo.com	CAG GC IRN MP
NELSON , BEV	RALEIGH, NC	(919) 971-8290	montanagirl@nc.rr.com	U2 CAG
NICHOLSON , LAURIE	RALEIGH, NC		laurie.nicholson@me.com	WCQ E2 G2
NIELSEN , CLARISSA			ihtifaz@att.net	
PATTERSON , MIKE & RUTH	HILLSBOROUGH, NC	(919) 294-0171	mlpatterson@earthlink.net	B&G CAG
PERRY , TERRY & HARMON , DAVID	WILLOW SPRING, NC	(919) 639-4575	tpandcharlie@embarqmail.com	ROCKY'S WAY CAG(b) OWA(b) TIEL(b) MM2 RB2 SIE(b) B&G(b) GW (b) HYM(b) YCM KEET
PLOUVIER , WADE	JACKSONVILLE, NC	(910) 545-6714	wadeplouvier@aol.com	НҮМ
RAU , WILLIAM C.	BUNN, NC	(919) 496-2649	brau@ipass.net	CAG
REAMY , MICHAEL	WAKE FOREST, NC	(919) 381-7063	mike@reamy.com	GW HM
REIMER , SUSAN	MCPHERSON, KS	(620) 245-9055	susanr@mpks.net	
ROBINSON , SUSAN & HAR- RIS , RICK	RALEIGH, NC	(919) 266-7983	streetsurvivors@aol.com	SVM
ROCCOFORTE , MARIE	APEX, NC	(919) 387-8555	noemail@rdcbs.org	CAG MRHA
SIZER , KEVIN	RALEIGH, NC		ksizer@msn.com	B&G GW
SNIPES , KATHLEEN	CHAPEL HILL, NC	(919) 968-0413	kathleen_marie@earthlink.net	RLA
STEPHENSON, BUFFY	RALEIGH, NC	(954) 918-7608		CQ TIEL(b) SC(b)
TERRY , CARLTON	ADVANCE, NC		jagbct@yadtel.net	CAG
THOMPSON , AMANDA	GARNER, NC	(919) 779-0621	amandathomp- son27529@yahoo.com	CAG RB(b) TIEL(b) G2 GC (b) JC NC SC FN(b) LVB(b) KEET(b) RRP(b) QP(b) SP(b) PAR(b)
TIGNOR , BETTY	VIRGINIA BEACH, VA		tielsrok@aol.com	TIEL PAR
TINGLEY , PRISCILLA	APEX, NC	(919) 362-1320	noemail@rdcbs.org	LVB CAN
TRUDELL, JT & NAYDA	JACKSONVILLE, NC	(910) 937-0891	beyond1994@charter.net	TIEL C2 GC
TRUTT, HARRY & LYN	BUTNER, NC	(919) 575-5715	htrutt@aol.com	CAN(b) TIEL SC RSE
TURICH , ROBERT	CLAYTON, NC	919-550-3310	bobturich@aol.com	RL
ULICK , LAETITIA	RALEIGH, NC		Ihbernas@gmail.com	PLB KEET
WAY , ROGER	RALEIGH, NC	(919) 661-1916	rway@nc.rr.com	G2
WEST , JOSIE	STUMPY POINT, NC	(252) 305-8297	carolinaparrots@charter.net	DYH(b) MA (b) OWA(b) YNA(b) TIEL(b)
WHITE , VICKIE			avwrdu@aol.com	CAN
WHITNEY , GAY	NEW BERN, NC	(252) 637-4238	gaywhitney@embarqmail.com	CAG(b) DYH(b) RLA(b) WFA(b) YNA(b) TIEL(b) G2 (b) U2 (b) RB(b) LVB(b) BTM(b) GW (b) MM(b) KEET(b) QP(b) PAR
WILSON , CAROL & PHILLIP	WILLOW SPRING, NC	(919) 552-8856	legswilson@aol.com	CAG BFA LCA YNA RSE
WILSON , RON	CARY, NC	(919) 468-8667	ron@ronbird1.com	U2 TIEL
YOUNG , ALYSSANDRA	CHARLOTTESVILLE, VA	(434) 964-1313	tiels@windsongaviary.com	TIEL
ZIMMERMANN , ANNE	RALEIGH, NC	(919) 851-2890	aozimmermann30@gmail.com	НМ

Hunt and Peck Word Search Pellet Biscuits t b e r r t r t r u S t n h 0 n m I I t 1 cup pellet mash or pulverized h t i S i S t h b r t а а n r 0 V а 0 pellets. d i t i. S а i t r e r e e а W u m S L • Add 1 small (4oz) jar babyfood i i i. С i а 0 е r e e С r n n (we prefer squash or sweet potaа V r m e toes). t С W b С i t i. Î. р r g u n u r 0 n n 0 · Optional: Add one to two teat t t t p e S r e r e n em r e W 0 m u spoons of Goldenfeast Garden-С S С i flora Blend to add some greens i. i. i h r r С а Х e L а V р V m to the mix. t i t а i S е S r 0 u С n V а n r V 0 n · Mix well. Spread into a microd i. t S t h С С g р r i g r а 0 r u n а wave-safe glass loaf pan, cut out С S d а i about an half-inch-wide rectangle t С С С r e n e n r r r 0 W n in the middle (so it cooks L S d i е h r g а r а а y а а 0 e а n 0 evenly), and microwave on 50i I i. t t t а С t i u g n e V r n n r n percent power for about 2-1/2 t t minutes, depending on the mit L i L t r S 0 u r V e g n n а а 0 crowave. t h i S I n e m С r n e 0 e r а u 0 n Cooking times will vary dependt i r e W С S e e а e ing on your microwave and how Ì m а r n u m V а well cooked you want the bisd t t h i С р С e n b S u Ĩ 0 а r С n n cuits. t h S t e t t b а S g р С 0 m 0 0 0 Т n IMPORTANT: Cool before servt S t i t t e e t e e а L r e e n m m m ing! Microwaves can leave "hot" spots, so be extra careful and t i t h С h С r b S r V а e V а V W 0 m check to see if they are cool. t t S d С С S e r r а Ì. r i e e С r n e Source: http://www.birdsafe.com/ food.htm

Aaaressive Communication Enrichment Obesity Respect Trust empowerment Wavelength

Durham >

Cary

Arthritis Conservation Geriatric Physical Exam Science Ultraviolet

Raleigh

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Cataracts Diagnostic Malnutrition Radiograph Trainer Volunteer

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.

The SECRET of Training Birds

Steve Martin (continued from page 19)

Enrich

Enrichment is more than putting toys in a parrot's cage or throwing a boomer ball in a condor exhibit. Enrichment involves allowing animals an opportunity to use their senses and adaptations to "earn" a living, which is something we take away from them when we put them in cages. No matter how large, beautiful, and interesting a cage might be, it is still a cage with limited opportunities for novel experiences. Life in captivity is rather predictable and routine. The same food is delivered by the same person, at the same time, in the same bowl every day. Enrichment allows animals an opportunity to interact with their environment, to make decisions, take actions and experience the positive consequences of their actions. Some enrichment items put into the cages of animals fall short of the intention of the enrichment activity. Some animals are afraid of novel items, or do not possess the skills required to make use of the item. Enrichment opportunities are meant to enhance or improve an animal's life. For some animals, training will help improve their ability to interact with enrichment items. Training in itself can be enriching. It can be just as complex as any puzzle feeder, toy, or new food items you put in with your animal.

Trust

Every time you do something your bird likes, you make a deposit in the trust account at your bank of relationships. A scratch on the head, verbal praise, companionship or food rewards are all deposits building that trust account. When you do something your bird does not like, you make a withdrawal from the trust account. Each time you force your bird to step up, make him go into his cage when he doesn't want to, or even push his tail to get him to turn around, you are making a withdrawal from that trust account. Your relationship bank is similar to your own bank in that you have to work hard to make the deposits, but making withdrawals is easy. You put the card in the ATM, push a few buttons, and money comes out. You get instant gratification. It is much the same with your birds. It take a bit more work to use positive reinforcement to make those deposits, and it is easy to force them to do things they don't want to do. You chase the bird around the cage and finally grab it by the toe and it comes out of the cage. Instant gratification. But, these aversive methods are surely withdrawals from the trust account. When you withdraw too much trust, you bankrupt your account and your bird does not want to come near you any more. You are in the relationship poorhouse. Fortunately, trust can be built back when it is has disappeared from a relationship. But, it takes time and lots of repetition of positive experiences. You know you have trust with an animal when it approaches without hesitation, stays near to engage in behaviors associated with relaxed states like rousing, preening, eating, etc. Without trust you have little chance to train an animal. With trust, almost anything is possible.

Conclusion

The secret of animal training isn't magic. It is the interaction of 6 fundamental components whose combined effect is greater than the sum of their individual effects. In other words the SECRET, comprised of Science, Empowerment, Communication, Respect, Enrichment, and Trust, creates a synergy between animals and their human partners, which accounts for our success as trainers and improves the quality of life for the animals we train.

Biography

Steve Martin is President of both Natural Encounters, Inc., a company of over 20 professional animal trainers, and Natural Encounters Conservation Fund, Inc., a company dedicated to raising funds for conservation. Steve Martin also produces and presents educational animal shows and serves as a behavior consultant for zoological facilities around the world. He is a Trustee of the World Parrot Trust, a core team member of the California Condor Recovery Team, and Board and founding member of IAATE.

COMMERCIAL EXHIBITORS WITH ADVANCE REGISTRATION

Avian & Exotic Animal Care Veterinarian services	Bird Toys Etc. Bird toys, Gyms, Embroidered shirts	The Birdie Boutique Food, supplies, toys
Dr. Dan Johnson 8711 Fidelity Dr. Raleigh, NC 27617 info@avianandexotic.com 919-844-9166	Barbara & Jeff Wasserman jeff@birdtoysetc.com	Missy Ripple 3039 University Dr Durham, NC 27707 birdvet@mindspring.com 919-490-3001
Flying Feathers Aviary Finches	Joyful Noise Aviary Keets, Rosy Bourkes	Kiwi's Nest of Exotic Birds Cages, Toys, Quakers, Conures
Jim & Sharon Dvorak Knightdale, NC sldvorak@nc.rr.com	Paige Glover Fayetteville, NC	Michael & Krissi Hobson Lawsonville, NC kiwisnest@triad.rr.com
L J O Leather Toys, toy parts	Michael Jarrett Feed, Cages, Supplies, Art	Parrot Pleasures Toys, perches, rope products, Conures, Senegals, Caiques, Hans Macaws
Larry & Jackie Osborne Covington, IN leather@localline.com	mikejarrett@bellsouth.net	Carol Olyer Orange Park, FL 32067 nippynape@aol.com 904-264-8410
Phoenix Landing	Robbie Garrity Artwork	Shocking Aviary
Avian Rescue	Paintings, Prints	Tiels, Lets, Linnies
Avian Rescue Michelle Czaikowski P.O. Box 1233 Ashville NC 28802 866-749-5634	Paintings, Prints Robbie Garrity	Tiels, Lets, Linnies Gretchen King
Avian Rescue Michelle Czaikowski P.O. Box 1233 Ashville NC 28802 866-749-5634 phoenixlanding@earthlink.net	Paintings, Prints Robbie Garrity rgarrity@cox.net Stampin' Up	Tiels, Lets, Linnies Gretchen King shockingaviary@aol.com Stoney Creek Aviary
Avian Rescue Michelle Czaikowski P.O. Box 1233 Ashville NC 28802 866-749-5634 phoenixlanding@earthlink.net Something Cheeky Phil Mignella pmignella@yahoo.com	Paintings, Prints Robbie Garrity rgarrity@cox.net Stampin' Up Homemade Cards Teresa Buchholz Raleigh, NC	Tiels, Lets, Linnies Gretchen King shockingaviary@aol.com <u>Stoney Creek Aviary</u> Pionus, Tiels, Budgies Randy Gilbert
Avian Rescue Michelle Czaikowski P.O. Box 1233 Ashville NC 28802 866-749-5634 phoenixlanding@earthlink.net Something Cheeky Phil Mignella pmignella@yahoo.com www.somethingcheeky.com	Paintings, Prints Robbie Garrity rgarrity@cox.net Stampin' Up Homemade Cards Teresa Buchholz Raleigh, NC Teresa@stampfabulous.com Wood & Feathers	Tiels, Lets, Linnies Gretchen King shockingaviary@aol.com Stoney Creek Aviary Pionus, Tiels, Budgies Randy Gilbert stoneycreekaviary@yahoo.com Xanadu's Nest

THE BEST BIRDIE BREAD EVER By: Laura Marquis

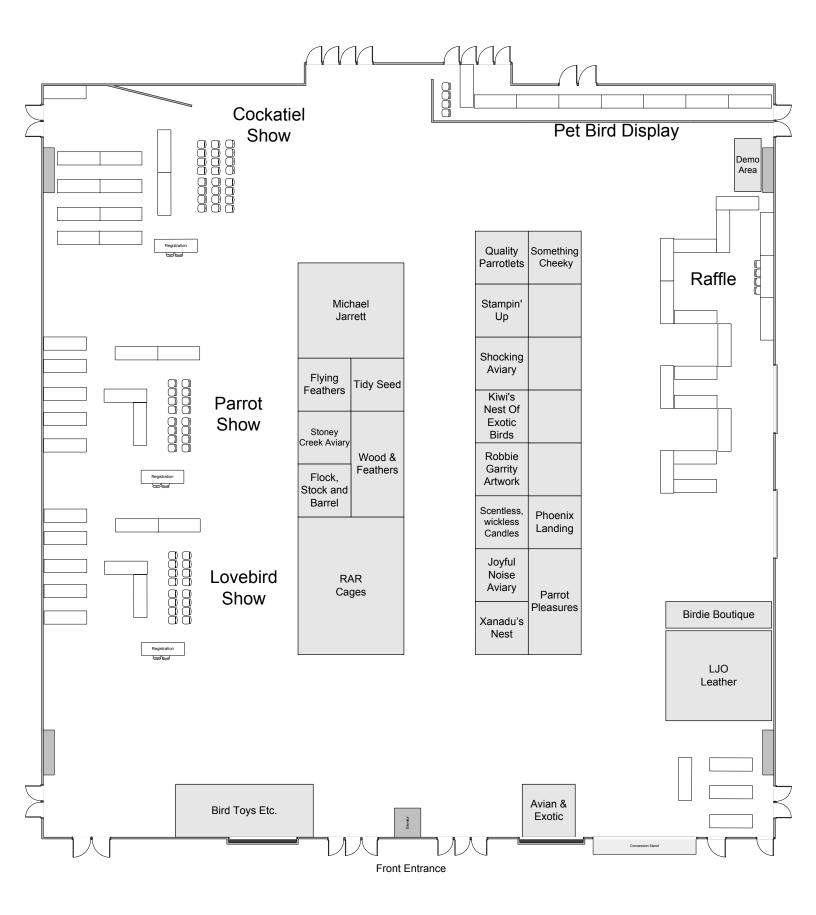
2 cups Self Rising Corn Meal/Flour 1 ¼ cup soy milk 1 ripe Banana 1 Egg ¹/₂ cup No Salt Peanut Butter ¹/₂ cup chopped Mixed Nuts

1/2 cup Craisins (or dried fruit of your choice, chopped)

Preheat oven to 400 Deg. F. Spray an 8 x 8 pan with olive oil cooking spray. In a small bowl mash banana, peanut butter, and mixed nuts. Set aside. In a large bowl mix corn meal, egg, soy milk. Add Banana mixture. Fold in Craisins or dried fruit of your choice. Bake for 25 to 30 minutes. Cool completely before serving. Bon- A- Pe-Tweet

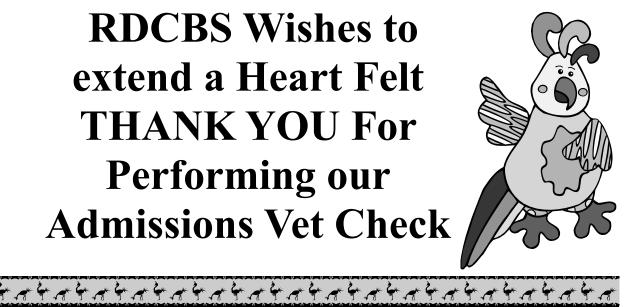
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