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A MESSAGE FROM THE FAIR CHAIRMAN

Welcome, I hope you enjoy our Twentieth Annual Pet Bird Fair, Tenth Annual Cockatiel Show, Seventh Annual Lovebird Show and Third Annual NFSS Finch Show. I am sure it will be an enjoyable and educational experience for you. This is a wonderful opportunity to appreciate the beauty and intelligence of these birds on exhibit and learn about the joys of keeping birds and about their proper care. If you haven't already, please join the RDCBS. The cost of membership is minimal in comparison to what you will learn and the friendships you will make with fellow bird lovers in our club. I hope to see you at future meetings.

John Marquis, Bird Fair Chairman, RDCBS

RDCBS is pleased to introduce the Judges for our 2008 Shows

His Honor Cecil Gunby NFSS Finch Show **His Honor Ken Gunby**

NFSS Finch Show

His Honor Josh Maple NCS Cockatiel Show

His Honor Lee Horton

NCS Cockatiel Show **His Honor Frank Horan**

ALBS Love Bird Show

His Honor Lee Horton

ALBS Love Bird Show

For more information on the judges and the shows, please visit our Show area and ask for a booklet.

RDCBS' PET BIRD FAIR COMMITTEE:

Chairman: John Marquis

Vendor Coordinators: Melody Appleby and Kathy Elam Construction Assembly Coordinator: Jim Dvorak

Hospitality /Coordinator: Melody Appleby and Cindy Chappell

Raffle Coordinator: Carol Wilson

Pet Bird Exhibition Coordinator: Terry Perry Shows Coordinator: Wendy Edwards

Cockatiel Show Coordinator: Leslie Huegerich Love Bird Show Coordinator: Wendy Edwards Finch Show Coordinator: Jim and Sharon Dvorak

Registration: Judy Calhoun

Handbook Advertising: Carol Wilson

Publicity: Lisa Munks

Program Booklet Editors: John and Laura Marquis

"Nutriberries"

- 1 cup of dried UNSULPHURED fruit
- 2 tablespoon of coconut
- 1/2 cup of uncooked oatmeal
- 1/2 cup of raisins or trailmix (no sulphur, salt or chocolate)
- 1/4 cup of seeds and /or crushed nuts
- 2 Tablespoons of peanut butter
- 1 Tablespoon of honey or molasses Blend all the dry ingredients in a food processor until chopped finely. Place mixture into a bowl, add peanut butter and honey or molasses. Mix very well and the mixture is sticky. If mixture seems too dry add 1/2 c of applesauce. Roll mixture into small 1/2 inch ball and place on a cookie sheet. Bake at 325 for about 18 minutes. Cool and serve.

THE RDCBS 2008 PRESIDENT'S WELCOME

Welcome all to our 20th annual Raleigh-Durham Caged Bird Society Pet Bird Fair. We hope it will be an enjoyable experience for everyone! There will be lots of vendors to shop with, and lots to learn about our feathered friends. Everyone has fun at the raffle area, all the money spent there will benefit aviculture in many ways, including medical research and conservation. With this we are able to learn more and more about our feathered friends everyday thanks to contributions made to our Bird Fair. We all work hard to pull this together and hope it will be fun for all.

We will display some of our pet birds so you can enjoy them and also ask questions and hopefully it will be a learning experience for you. Our bird shows displays some of the finest birds around. And our vendors come from all over and we thank them for their participation!

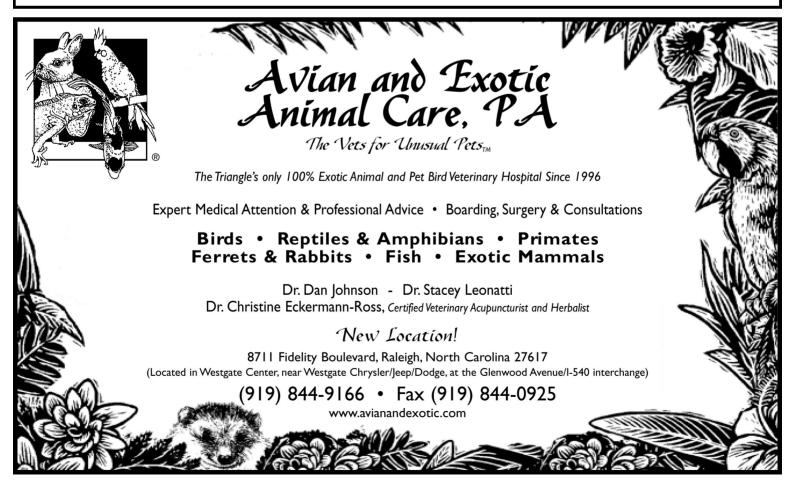
We would also like to invite you to join our club and participate in club events like this one. Thank you for another successful Bird Fair.

Sincerely, Terry Perry

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

Email: info@riverbankaviary.com

AN INTRODUCTION TO THE RALEIGH-DURHAM CAGED BIRD SOCIETY (RDCBS)

The RDCBS membership is comprised of over 80 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 (with the exception of June, in which we will be meeting the second Sunday of that month) at 2:30 P.M. at the Glen Eden Pilot Park Community Building on the west side of Raleigh. Meetings include lectures or demonstrations on a variety of avicultural topics and also feature a "bird species of the month". Our meetings also provide a chance to cultivate friendships with other aviculturists and pet bird owners.

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

2008 ELECTED OFFICERS/BOARD OF DIRECTORS

President— (Board Position)

Terry Perry—(919) 639-4575; tpandcharlie@embarqmail.com

Vice President-

Catherine Marquis--(919) 266-0906; catlynn101987@excite.com

Secretary-

Laura Marquis—(919) 266-0906; laura@jamcosys.com

Treasurer—

Sharon Dvorak—(919) 266-4935; dvoraknc@netzero.com

Board Chair ('05-'08)

Judy Calhoun—488-7949; jcalhoun5@nc.rr.com

Board ('06-'09)

April Blazich—(919) 851-8079; aprilb@bellsouth.com

Board ('07-'10)

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

Board ('08-'11)

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

COMMITTEES/APPOINTEES

Monthly Meetings:

Educational Program Director—Lisa Ann Munks---(919) 599-8016; la.munks@yahoo.com

Monthly Notices—Sharon Dvorak—266-4935; dvoraknc@msn.com;

Visitor Orientation/Introduction—Terry Perry (President) tpandcharlie@embargmail.com

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

Raffles—Carol Wilson---552-8856; legswilson@aol.com

Photographer—Catherine Marquis 266-0906; catlynn101987@excite.com

"The Carolina Parakeet" Editor— Wendy Edwards—850-2180; CarolinaFlight@aol.com (RDCBS Newsletter)

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

Membership Directory—Laura Marguis—266-0906; laura@iamcosys.com

Renewal notices/New member packets—Laura Marquis—266-0906; laura@jamcosys.com

RDCBS T-Shirts—www.RDCBS.org

RDCBS Nametags—www.RDCBS.org

Librarian—Becki Browne

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.

Terry Perry—639-4575; tpandcharlie@embargmail.com

School Programs—April Blazich—851-8079; aprilb@bellsouth.net

Terry Perry—(919) 639-4575; tpandcharlie@embarqmail.com

Grant Requests Coordinator—Sharon Dvorak—266-4935; dvoraknc@netzero.com

AFFILIATE REPRESENTATIVES:

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

American Federation of Aviculture (AFA) South East Regional Director -

Sharon Dvorak - (919) 266-4935; dvoraknc@netzero.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

Bird Clubs of America— Wendy Edwards—850-2180; carolinaflight@aol.com

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

National Finch & Soft bill Society (NFSS)—April Blazich—851-8079; aprilb@bellsouth.net

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

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

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 at-

tracted 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

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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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TO WORTHY AVIAN RESEARCH!

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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 Terry Perry (919) 639-4575; tpandcharlie@embarqmail.com or April Blazich, (919) 851-8079; aprilb@bellsouth.net. Of course, the largest educational program-exhibition sponsored by the RDCBS is our Annual Bird Fair, held on the Saturday of the Memorial Day weekend each May. An additional program/exhibit has become a major annual event for the RDCBS, at the NC State Fair each October.

NORTH CAROLINA STATE FAIR:

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

CALL FOR NEW VOLUNTEERS:

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

ORGANIZATIONS AND PROJECTS PREVIOUSLY SUPPORTED BY RDCBS BIRD FAIRS

Since its inception, the Raleigh-Durham Caged Bird Society has contributed over \$53,500 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 19 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, Bahama Parrot Conservation Project. Applications for and details of the selection process for RDCBS awards may be obtained from Sharon Dvorak; TEL: (919) 266-4935; dvoraknc@netzero.com

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 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.

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Scot Chappell



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

A Bird's Best Interest - The Decision to Rehome

By Carol Wilson

Bringing home a new bird is an exciting thing. It's the beginning of a life long friendship. After all, what other pet lives 40-50 years? You've done your homework and decided on what kind of bird you want. Everything is wonderful. A bond forms between the two of you and you're both very happy. As the years go by, things often change in our lives. Things like marriage, divorce, having children, disability, health concerns and even death.

When you got your pet bird, your intention was to live a long and happy life together. As your life circumstances change, so can the bird and the bird's behavior. Birds pick up on your emotions and know when things are out of the ordinary. You may now be faced with the possibility of finding another home for your feathered friend. It's not an easy decision to make and one that should be made with the bird's best interest in mind. Will the bird be able to thrive in its environment? Will it be left alone more often? Will the new situation or environment create undue stress on the bird? Are there behavior problems with the bird that were created by the change? These are all things one must consider to make sure the bird will be happy and healthy

I have been forced to downsize my flock over the years due to health concerns and it was not an easy decision to make. I was torn between a feeling of guilt and a feeling of failure. I kept thinking that the birds would hate me and that I was letting them down. After all, I did promise them a "forever" home. We developed a strong bond and they were now a part of my family. I tried to weigh the pros and cons of keeping the birds but it all came down to what was best for them. I felt that I owed it to them to provide them with an environment in which they could thrive instead of allowing them to become bored perch potatoes! I

knew that my health was going to decline and that I would not be able to continue giving them as much attention as I had in the past. What a terrible dilemma to have to face!

Sometimes, a bird needs more attention than you can provide. Rather than leaving it alone in a solitary situation you may need to consider allowing someone else to adopt it. Someone who can love it and provide mental stimulation and human interaction. It may be that the bird would be better off in a breeder's aviary living among others of its own species. Every bird is different and each situation is unique. I don't suggest that you rush into the decision to rehome your bird but to think it through and try to be objective about what is truly best for the bird. Many birds have been successfully rehomed and are now very happy. The new owner is providing all the things your pet needs to continue living a happy, healthy life. In the long run, you will feel less guilty and come to realize that your selflessness benefited both you and the bird. Don't let the stigma associated with rehoming a bird keep you from making the right decision.



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The Clearwater Group, a designer and builder of fine custom homes, wishes to express its continuing support for the work of the RDCBS

EMERGENCY/DISASTER PREPAREDNESS FOR OUR BIRDS (and other pets)

By: Laura Marquis

There are many types of emergencies we as bird owners may encounter. While we can not think of every possible misfortune that may occur, there are some basics we can have on hand to help us, and our FIDS (Feathered Kids) on the occasion of an emergency or disaster.

In Case of an Emergency or Disaster

Have a travel carrier/cage (cat and dog carriers work great) put together and stored under or near your birds cage for quick easy access. Have food/water bowls in the carrier ready to go. Have a towel to place over carrier to help protect from smoke inhalation should there be a fire and to help keep your bird calm.

Have an animal rescue sticker on an exterior window or door of the room your bird is living. Some shelters, rescues or fire stations have these available.

Have your veterinarian information taped to the carrier, and in your emergency kit (listed below). Also have your name, address and phone numbers taped to carrier in case you become separated from your bird. To ensure the information is permanent, write it directly on the carrier with a permanent marker.

Have Gloves, a towel and or a net on hand to pick up your bird from its cage. While we know our birds love us and trust us, in a state of emergency they will be frightened and will likely bite out of fear. There may not be time for coaxing your fid from his/her cage.

Make a plan ahead of time. Designate a person in your family to retrieve your bird if it becomes necessary. Just as we plan for escape routes in case of fire we need to plan for our birds as well. If you have several birds like many of us do, designate different family members to retrieve specific birds. Go over your plan at least once a year (as you would with your family with a fire escape plan) to be sure everyone knows the steps they are responsible for. Remember organization can make a hugh difference to survival.



BIRDS BY GAY WHITNEY

New Bern, NC (252) 637-4238 www.parrotmom.net

I have been raising birds in my home since 1991 and probably will continue doing so until I fall off my perch. I prefer to place my babies directly into private homes and do not ship. Contact me thru my web-site or call for availability.

Greenwing, Blue Throat, Blue and Gold, Military and Scarlet Macaws
Congo African Greys
Umbrella and Goffin Cockatoos
Green Cheek Conures (normal and mutations)
Quakers, Amazons, Cockatiels and Lovebirds
Red Rumped and Bourke Keets
Pacific Parrotlets



EMERGENCY/DISASTER PREPAREDNESS FOR OUR BIRDS (cont.)

Hopefully we all have our designated area to go to in case of tornadoes or hurricane, and hopefully we have an emergency kit packed and refreshed each year in case we have little to no warning. We also need to pack an emergency kit for our birds and other pets.

Fresh water (enough for 7 days)

Food (pellet/seed) (enough for 7 days)

Paper Towels

Toys to distract birds

Plastic zip top baggies

Hand Feeding Formula and Syringe in case hand feeding is necessary.

Bleach to disinfect surfaces if needed

Athletic Hot Packs to keep your bird warm if it becomes sick injured or the temperature is cold.

A Critter Keeper with a hand towel in the bottom in case you need to make a temporary hospital bed for your bird.

Your Veterinarian's phone number

Your First Aide Kit

Extra News Paper to change their carriers.

To create a first aide kit you need the following.

- A tackle box or other water proof container to keep supplies in
- Hydrogen Peroxide
- Antibacterial Soap
- Antibiotic cream
- Dawn ™ Dish Soap (gentle and removes grease and oil)
- Paper Towels
- Cornstarch, Septic Powder such as Quik Stop ™
- Athletic Gel Heat Packs (have several, incase you can not get to help right away)
- Hand Feeding Formula
- Syringes
- Pedialyte ™ (this has electrolytes to help avoid dehydration)
- Tweezers
- Hemostats
- Scissors
- Cotton Balls and swabs
- Gauze
- Veterinary tape (does not stick), medic wrap works well too.
- Telephone number of Animal Poison Control
- Emergency Avian Veterinary Service telephone number
- Primary Avian Veterinarian telephone number
- Note Pad and Pen to take notes

A handbook on basic stabilization of injury (not to be used as a replacement for veterinary care).



CAROLINA FLIGHT AVIARY

~:~ Wendy L. Edwards ~ Breeder/Exhibitor ~:~ ALBS Mid Atlantic Regional Director & Journal Editor

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While we all hope that we will not need to use any of this information, it is better to be prepared, just in case, rather than have to try and gather the necessary items during an emergency.

Open Your Mind to Improve the Life of Your Bird

by Gena Everhart

*NOTE: None of the following statements are true!

needs (two words)

in its new home.

15. A toy used for physical activity 16. A source of Avian information

A hand held gadget used for training

13. An important thing to consider when relocating your bird

"Birds just eat seeds, right?" "Shouldn't I use gravel paper in the bottom of my bird's cage?" "Parrots are great pets. They stay in a cage. You clean the cage once a week or so and they never need to go to the vet." "Parrots should never be allowed to perch above your head. This will lead to dominance issues." "All parrots should have their wings clipped."

Recognize any of these statements? Most of them are rather ancient in the avian world but you may be surprised to learn that the old beliefs can pop up again in places you might not expect. One of the best possible things we can do for our birds is to keep an open mind and an attitude of hunger for knowledge. It is my belief that a caring bird owner is one who constantly seeks to learn as much as they can of current avian findings. You don't have to be a veterinarian to keep on top of what is going on in the avian world. There are many good sources of information that are readily available these days. Magazines, internet articles by reputable authors, educational seminars by non-profit groups and rescue centers - all of these and many more are available just for you, the caring bird owner. Education is a big focus of the RDCBS and other bird clubs like it. Often, these organizations make the celebrities of the avian world available to you. Take advantage of this to educate yourself. Did you know that the annual RDCBS Bird Fair is held primarily as an educational outreach? Plus you get to shop while you're there! Both activities are beneficial to your birds. Arm yourself with the useful facts that workshops and seminars provide. Most are free of charge to attend.

Aviculture has been around for a long time. Much has been learned. But, I believe we are still in the infancy phase of learning about these complex and wonderful creatures that share our homes and our planet.

Crosswing Puzzle Across Name of the RDCBS bi-monthly news letter (three words) A simple act of finding food The act of finding suitable homes for your birds A resource for learning about training birds in a positive wav. 10. A consumable item to be changed gradually over time when moving to a new area 11. Things to check for when moving to a new home with your birds 12. The founder of RDCBS (two words) 14. A group that provides educational information (initials) 17. A destructible toy (two words) 18. When moving "_ like a Bird" 19. An annual October event RDCBS participates in (three words) Down A person new to showing their birds in a bird show We breed birds to _____ the species When your bird becomes sick you take it to a Positive Used to stimulate a birds intelligence of emotional All of the answers to the "Crosswing Puzzle"

can be found in the articles and information

contained in this program booklet.

Open Your Mind to Improve the Life of Your Bird (cont.)

That means that what we believe to be beneficial to our birds today, may change tomorrow and the implications could be huge. I always like to put this into perspective with a question – would you go to a doctor for treatment that you know has not updated their knowledge in the medical field since the 1950's? It is doubtful that you would. You want to know that you are receiving the best care available based on recent and proven findings for successful treatment. There is so much that we do not yet understand about our avian companions. But we learn more everyday. It is easy to become complacent. We do the same things for our birds every day based on what we know TODAY. Caring owners make time to remain invested in learning as developments occur in the rapidly changing understandings of aviculture. They care enough to educate themselves. Be one of those bird owners. What can you do? Establish that all important relationship with a good veterinarian, board certified avian if possible; read as much as you can and by all means, attend workshops that become available to you. Share what you learn with others. Be committed to an attitude of life-long learning for the good of your birds. It makes a difference in the quality of their lives.

Creation

On the First Day, God created the parrot

On the Second Day, God created man to serve the parrot

On the Third Day,
God created all vegetables and nuts on
the earth to serve as a potential food for the parrot, if he
liked them.

On the Fourth Day, God created honest toil so that man could labor for the good of the parrot.

On the Fifth Day, God created trees and branches and cables and ropes so that the parrot could chew them through

> On the Sixth Day, God created Veterinary Science to keep the parrot healthy, and man broke

On the Seventh Day, God tried to rest, but, he had to clean the parrot cage.

author unknown

Twas the Night Before Christmas Parrot Style by: CherOhkee

T'was the night before Christmas, when all through the tree, the birdies and parrots were all filled with glee, The clutches were snuggled in their down feathered nests, while vision of flight, sent them all soaring west.

Fresh millet sprays had been hung with great care, with hopes that "Old Scarlet" soon would be there. The conures and Amazons had all settled down, but those crazy cockatoos were still hopping around.

When high in the tree tops, a ruckus arose, I thought I should check, just to see what goes. Peeking through branches, leaves light by the moon, I thought I was dreaming it looked just like noon!

When what to my wondering eyes should there be, but a flock of eight Goffin's landing in the next tree.
Gliding behind, holding reins in his beak,
I spied the red bird, with a blush on his cheek.

He whistled and squawked, calling each one by name, buoyed by a breeze, as closer they came.

Now Sidney, now Pepper, now Buddy and Kiwi, on JoJo, on Rascal, on Gabby and Jazzie.

To the top of the palms, to the top of trees tall, now fly away, fly away, fly away all!

I watched as they circled the green jungle maze, and thought for a second lost sight, I was in such a daze!

But, soon they appeared, drawing a basket behind, which was filled with new toys of the bright, shinny kind.

Back to my branch I climbed mighty quick,
I'd heard of Old Scarlet, surley this was no trick!

He carefully perched by an old snoring grey, while I fretted and wondered if he'd get scared away. He wasn't even distracted when the parakeet sneezed. He hung the new whirly gigs, sighed and looked pleased.

Standing proud and quite stately, he filled me with trust; but I felt ashamed, his feathers were covered with cockatoo dust. He paused, just a moment, fluffed and preened in a stoop, turned around slowly, saying "At least it's not poop."

Then he laughed out loud--like a real human being.
I blinked my eyes twice, at what I was seeing.
He picked up a peanut and tossed it my way.
"Here's a small Christmas treat. Dont get spoiled, okay?"

He strutted back to the basket, put a strap round each wing, chirped at his flock, who started to sing.

Their tones were so perfect, they were magically dear.

I was sure it was Memorex or a choir quite near

The melody lingered, for a moment or two, but I caught one last glimpse, before they flew. His eyes were so merry, twinkling with impish delight. His charming ways had brightened this long Christmas night.

As uppward they soared, toward the golden round moon, I heard every word, he joyfully crooned.

"Merry Christmas to all, peace, joy and cheer.
Be good little birdies. I'll see you next year!"

Planning a Move When You Own Birds by Gena Everhart

Are you planning a move? Do you own birds? If the answer is yes, get out your 'to do' list. You have some things to add!

Anyone who has tried to move with birds, knows what I mean. There is so much to consider. The things we normally think about when contemplating a move are already complex – how to move household items and furnishings, what to take, what to leave behind, how to plan the move for greatest efficiency, how the move will disrupt daily routines of work and school, who can help, how to wrap up details once you're gone from the old location and much more. With birds, the list grows longer. You want to ensure their safety and well being, help them settle in, reassure them but there are so many details to take care of and so much to consider that it's difficult to catch everything.

The List

This is certainly not intended to be an all encompassing list of items to consider regarding your move and your birds but it will help. Additional items that you may want to consider that you haven't thought of: is the home new or freshly carpeted, painted, treated with pesticides, cleaned thoroughly with chemicals, treated with wood sealants, etc.? If so, this may affect your bird's health because of chemicals or fumes. The smell of new carpet may not bother you but your bird's respiratory system is much more sensitive. You may need to arrange for the new home to be thoroughly aired out before your birds go in. You may have to request that certain chemicals not be used before you move in. You may have to pay more for a non-toxic paint type for the walls. As bird owners, we are all used to the fact that we sometimes have to work a little harder to accommodate our avian companions. Moving with them is the same way. We have to think about things that others do not.

What about the water supply at the new place? It's probably been tested for human consumption quality but is it possible it may cause some problems in our birds? Different water treatment systems use different chemicals to kill bacteria in the water supply.



Planning a Move When You Own Birds (cont.)

The simple solution is to at least use bottled purified water. It would probably be best to begin mixing your bird's regular water with bottled water prior to the move increasing the ratio of the bottled water each day. This way, when the move takes place and the stress is already at high levels for your birds (and for you), there will be less adjusting to do to a new water source. Once the water is determined safe for your bird, begin mixing some of the water with the bottled water you are using and increase the ratio until your bird has adjusted to the new water source.

There are already so many adaptations that must be made that stress your bird and put him at more risk. Your goal in the move is to use preplanning to reduce the effects of the stressors. For example, you may wish to predetermine where your bird's cage will reside in the new home. Once you are in the new location, set up the cage as it was in the old dwelling, put the cage in the new location you've decided on and place your bird in his cage. Then, try to work where he can see you for a little while before moving on to other rooms. Try to have other heavy furniture already in place when you bring in your bird. It is unsettling for strangers to be passing by the cage with huge furnishings, bumping into things and making loud noises. With a little planning on the sequence, the adjustment will be easier for the bird. You may need to try to identify a location for your bird to stay temporarily while you get things arranged. It is best if you try to arrange things so you can monitor your bird if it is possible to do so.

Don't forget this is a great time to touch base with your avian veterinarian. They can provide you with guidance on helping your bird adjust and avoiding unnecessary dangers in the new location. They may also be able to provide you with the name of a board certified avian vet in your new area. You can go ahead and touch base with a new veterinarian ahead of time just in case problems arise.

Think Like a Bird

Sometimes, all we need to do is allow ourselves to think like a bird to overcome the obstacles in our way in a relocation. What would a new location look like to you if you were a bird? How would it smell? Could you see your human flock from your cage or would you feel stuck in an out of the way corner? Would you feel secure and warm? Would you worry about what is outside that window in the room? Or the ceiling fan?



Or the skylight? Is that new big china cabinet going to eat you for dinner? Is the temperature radically different than in your old home? Does that food look familiar? Do these people look like members of your flock?

Is everything OK? From an emotiona

From an emotional standpoint, moving is one of the most stressful events of all time. There are so many questions but if you try really hard to consider a move from your bird's point of view, I guarantee you will think of many of the things that will make a difference in a successful move to your new home

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Word Search - Hide and Tweet Foods Birds Love

Word List chickweed sweet potato okra sprouts nuts squash cooked beans pellets orange seed grapes tomato apple kale cucumber banana dandelion zucchini pepper carrot b s e s S mg

n d w t e t e u i р p a e r b 0 S e p d o h n e e r c d t b w e a e q e p md k b C e o u t e c р o o k i n k S Z C 0 a u r mo h k r a a 0 C n e t n $\mathsf{C} \mathsf{O}$ a e k o n lu lt

AFRICAN GREY PILAF

By Pamela Clark

½ cup quinoa

1 cup water

1 cup grated yams, sweet potatoes or carrots

Fresh corn kernels cut from one cob

1 cup grated broccoli

1 cup grated Brazil nuts

1 cup unhulled sesame seed

1 cup canary seed mix (optional)

1 cup nestling food (optional)

1 tsp Udo's Oil blend (look at health food store for this)

Bring water to a boil and add the quinoa. After mixture has come to a boil again, cover and turn heat to medium-low. Cook for 5 min., then add carrots and/or yams. Cover again and cook for 10 minutes or until the liquid is absorbed. Turn into a bowl and mix with the other ingredients. Serve warm (no hotter than 110 degrees) or at room temperature. You can use almost any combination of fruits and veggies. Cut into squares and freeze as desired. Most parrots love this recipe, it's not just for Greys.

**Recipes Courtesy of Phoenix Landing Foundation, 2006 Nourish to Flourish Class

PUMPKIN COOKIES (birdie bread without the wheat)

i egg

Small can of pumpkin

1 Tbs. pumpkin pie spice

½ cup yogurt

1 to 2 cups oatmeal ground up into flour

½ cup ground nuts

2 Tbs. ground flax seed

Form into balls or spoon onto baking sheet for cookie type shape. Bake at 350 until completely cooked through, about 40 minutes.

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

Boos, John Creedmoor, NC 919-528-3161 johnboos@hotmail.com Non-Club-APA, BBB

Cargain, Karen, Jack Cary, NC 919-467-8736 bbnbirds@mindspring.com Non-Club-BNB

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

Feiner, Angela, Siler City, NC 919-544-4009; 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

Martin, Ted Moncure, NC 919-545-0972 ted@avianzoo.com SPBE- AGA, AZA

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

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

Reaves, Jo Ohatchee, Al 256-892-2204 Reaves 36271@aol.com NCS-16R

Saunders, Susan, Billy Weaverville, NC 828-658-6259 Susannes73S@charter.net NCS-73S, ACS-195S,

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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Toys, Playgrounds, and Foraging for Parrots

By: Rodney Money

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: non toxic branches with bark, finger traps, bird candy, untreated milled wood, chipped wood (do not use cedar), 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.

www.trueloveaviary.com www.trueloveaviary.blogspot.com



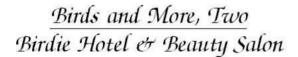
TRAINING TIPS FROM A "HOBBY" TRAINER by Trish Koontz, RDCBS Member

MY TRAINING BACKGROUND, BIAS (POSITIVE REINFORCEMENT!), AND MY FAVORITE TRAINING RESOURCES

I knew absolutely nothing about training parrots when I got my first one. Now, years later, I would probably call myself a hobby trainer. I really found out that I knew zilch about how to train a parrot because my first Amazon parrot bit me HARD and A LOT. Nothing I did worked, and most of the things I tried came from outdated training information. I hated "laddering" my bird or giving her the "evil eye" (got those unsuccessful ideas from some older books) and it was easy to see that she hated it too. I knew something better had to be going on and I searched it out. Since then I have studied and continue to study a lot about good training practices with birds. Studying about the nature of parrots and how to train them successfully is a HUGE amount of fun. When you apply what you learn it really pays off in several ways. Your bird gets trained (to stop screaming, retrieve a toy, get his nailes trimmed, fly to you on cue, etc.), you develop a much greater understanding of your bird, and a special relationship is built slowly but surely between you and your bird as you progress through each training session.

My first "big" parrot was my wonderful Yellow Naped Amazon named LuLu (you can see her at my flickr photo site: www.flickr.com/photos/trishkoontz). She is a delightful character and I have trained her continuously since I got her when she was six months old. She was VERY untrained when I first met her. She did not know the simplest cue, to "step up". She had been handled very little since weaning and I was warned by the store staff not to get near her. However, I kept coming back to see her and she won me over with a sparkling personality that shone through her difficult situation in the store. Now at 5 years of age LuLu is a charmer, extremely social, has great "house manners", and knows lots of silly tricks for entertaining (and begging J). She talks and sings up a storm. But life was not always so pleasant with LuLu. Training with positive reinforcement was the key to her transformation into a well-balanced parrot.

I would like to emphasize that I am NOT an expert trainer of birds by any means – far from it. LuLu was the first parrot I trained with positive reinforcement (PR). Montie, my one year old Lilac Crowned Amazon has also been trained with PR. I have had several smaller parrots in my lifetime (cockatiels and a budgie) and I did not know about PR. I look back on the ownership of those birds and I am sorry that I didn't know better and kinder methods of training. I don't whine about it, the past is the past, but I am hugely grateful to the pioneering trainers from whom I have studied how to train with positive methods (more references below). There is no doubt about it – when I first got my Amazon LuLu and started out training her without using positive methods it was a huge failure.





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*Small Birds (parakeets, cockatids, canaries, lovebirds) \$7.50

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*Large Bird Macaw, Grey, Amazon, Too's \$8.50

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TRAINING TIPS FROM A "HOBBY" TRAINER (Cont.)

She continued to be a biter (as she was when I bought her), she was a screamer, and she was very stressed by my forceful handling methods until I put PR principles into practice. It was not easy to retrain myself to use only positive interactions but when I saw the results of my first experiments I was "sold". Also, the more I considered how I do not have the right to force my bird to do anything, the more I began to accept these powerful concepts of PR. It challenges me to be the best steward of my parrots that I possibly can. I already take many of her "natural" choices away from LuLu every time I cage her, every time I don't open the door and let her fly free into the trees, every time I choose what she will eat. The only definitive way I CAN give her choice in her environment is in my interactions with her and that is really important to me.

Internet resources for training birds with PR are fantastic! I would strongly urge anyone with a bird to join one of the online training groups (lists) as well as to read as much as possible from the other resources mentioned here. All of these resources focus on training with positive reinforcement and I don't think there is any justification for training a bird any other way. I first learned about positive reinforcement training of parrots from the Yahoo group called Birdclick (the "click" in Birdclick comes from the idea of training with a clicker – more below). This group is the **best**, bar none, for learning about bird training with PR from the basics to more advanced levels. You can join this group at http://pets.groups.yahoo.com/group/Bird-Click/. It is an unbeatable support group for trainers, offering daily interaction, feedback, coaching, and ideas. Oh, for those of you who think you are not a trainer: Hello! You are training your bird every time you interact with her! When you join Birdclick you will have access to the most extensive free set of training files that I have found on the internet. At first, I just wanted to train LuLu for basic good manners as she was pretty wild when I got her. That evolved into lots of other training as she and I got "hooked" on the fun of the process. The Birdclick group was there with fantastic information for me as an infant trainer and as I took my baby steps along the way. Many professional and amateur trainers use a little handheld gadget called a clicker - it makes a distinct "click" sound when pressed. You don't have to use a clicker to train. You can simply use a bridge word such as "Yes!" if you prefer not to use a clicker. However, I would encourage you to try a clicker and see the great results you get before you make up your mind. I use a combination of clicker and non-clicker training. One of the Birdclick group founders, Melinda Johnson, has a fantastic training book available in most pet stores or online: Clicker training for Birds. There are lots of other clicker training books out there but, in my opinion, none that have the quality of training information that Melinda's book has. You can order Melinda Johnson's book at the following site or maybe find it cheaper as a used book at Amazon.com: http://www.clickertraining.com/node/285. I'm proud to say that LuLu was once the representative bird on the main greeting page of the Birdclick group. The photo was of her doing her Big Eagle trick (wings spread wide). I was amazed at how easy it was to train her to do that trick once I learned about basic PR training concepts.

There is a lot of other free info on training with positive reinforcement on the web so don't hesitate to access it. Barbara Heidenreich is a fantastic trainer/teacher and I have learned so much from her seminars, her magazine, books, and videos. I love her banner on her website: Fostering the human – animal bond with positive reinforcement. That says it all, doesn't it? That is what we all want from our companion birds, a great bond. Barbara's materials will help you to have the best possible relationship with your bird. Her website: www.goodbirdinc.com has the books, magazine, and videos available. One of the most helpful books written by Barbara is <u>Good Bird! A Guide to Solving Problem Behavior in Companion Parrots</u>. This book literally changed the world for LuLu and me. I learned so much about how I was forcing my bird into defensive behaviors! I also learned how to turn our relationship around to be one of mutual respect. You can order the book online or through any local bookstore. Barbara has some excellent free training videos and articles on her website and she also maintains a yahoo discussion group: www.pets.groups.yahoo.com/groups/GoodBirdgroup.

Sid Price's bird training blog provides additional training information: http://avianambassadors.com/BirdTraining/. His "Avian Ambassadors" is a fantastic program involving many species of flighted birds.

You can read the excellent free training files from Susan Friedman, P.H.D. at the following site: http:// www.thegabrielfoundation.org//friedman.html. This information from the foundation's website gives you a glimpse of how much her articles can enrich your training relationship. "Susan is a steadfast proponent of changing behavior through facilitation rather than force. These tools of facilitation focus on animals' extraordinary biologic capacity to learn by interacting with their environment. By changing the environment for success, animals learn to behave successfully." You can also sign up for Susan's online training course, Living and Learning with Parrots, but be forewarned that there is a long waiting list for this popular course. Susan is recognized worldwide for her training advice, as are Barbara Heidenreich and Sid Price.

If you want to get the training bug, immerse yourself in a lot of training material. It is so easy to start with the free stuff online and the resources recommended here focus on positive reinforcement versus many very outdated books that are being sold which focus on dominance training. Just thing, target training can often be taught to your bird in one simple training session and is so useful. I initially used the target training to build trust with LuLu and right now I am using it with her to teach an advanced trick: picking up parrot sized "mail" and fly with it to place it in a big white mailbox that says "LuLu's Mail" on the side! This advanced behavior will simply be a matter of chaining several behaviors together, most of which she already knows (like targeting, flighted recall with a prop, etc.). See the potential fun you might have with your bird? Did you know that you can train your bird to step up calmly and willingly on your hand with target training? Having a willing training relationship with my feathered friend is the ultimate reward for me.

Continued on the next page

TRAINING TIPS FROM A "HOBBY" TRAINER (Cont.)

WHAT IS POSITIVE REINFORCEMENT?

Positive reinforcement for parrots is any situation which adds a stimulus (reward) to the bird's environment that increases the chances a behavior will occur again in the future. When parrot owners think of positive reinforcement for parrots they typically think of food treats, verbal praise, scritches, and other obvious rewards. These are the tools of successful parrot training. However, that is not the whole story of positive reinforcement with parrots. Positive reinforcement for parrots also includes situations which add stimulus to the environment and are not obvious to the owner. Parrots are very clever quick learners and rewarding stimuli are often offered unwittingly by owners, thereby ensuring an undesirable behavior will occur again. A good example of this is when the family parrot is screaming and the frustrated owner runs into the room to yell at the bird. The owner thinks this will discourage future screaming, but has just unknowingly provided a stimulus that is desired by the parrot – attention. In many situations this is definitely positive reinforcement of the screaming behavior and ensures it will occur again. And the poor unwitting bird owner has just started a quick training to ensure the continuance of screaming! Since I just trained my new one year old parakeet to fly to me on cue with only 4 repetitions, imagine how quickly you can train a parrot to scream! Wow! Positive reinforcement with parrots is a topic that requires a bit of thought and study. It involves training your bird by allowing her to choose her response. Hopefully she will choose the response you desire but if that does not happen, you, as the informed trainer, do NOT force the bird to act in any way (for example, you don't push your hand into the bird's belly to force a step-up). I already take many of my bird's "natural" choices away from her every time I cage her for the night, every time I don't open the door and let her fly free into the trees, every time I choose what she will eat, etc. The only way I can give her choice in her environment is in my interactions with her and that is really important to me. That's why I now choose to use positive reinforcement over dominance methods of training and daily interactions with my bird. I want to emphasize that I am not "blaming" anyone who uses training methods that do not give an animal a chance to choose their behavior. However, I am strongly advocating the idea that everyone who knows about of the existence of methods of training that give birds a choice has the *choice* themselves to only use positive interactions in EVERY interaction with every bird. I know that no one is perfect, of course, including me - I sometimes get in a hurry or a bad mood and catch myself using a forceful behavior on my bird but I try to be aware of it, reflect on it, and change it to positive for the next time that same situation occurs. The time you spend to understand how positive reinforcement can work for you and your bird will be well spent. Knowledge and practice with positive reinforcement can empower you to manage both desired and undesired behaviors in your companion bird. Go for it!

TRAINING WITH TREATS

If you haven't been training your bird with treat rewards, you're missing a wonderful opportunity. Food is a primary reinforce for all animals, and giving a treat for performing a desired behavior is an excellent way to achieve your training goals. After all, would you go to work every day if you didn't get paid for it? Kind words are definitely enjoyed by our companion birds but I think you will find a stronger focus develops during training if you utilize the power of food treats.

Finding out what is rewarding for your bird is one of the first steps in positive reinforcement training. Usually it is as easy as putting several food items in a dish or on the palm of your hand and watching which ones your bird chooses to eat first. Sometimes you actually have to teach a bird to love a treat that is easy to feed during training so that you have a primary reinforcer of value. Then you simply withhold the favored food items from feeding time and use them exclusively for training treats. Once you have identified favorite foods, don't ever give them out for "free" – make them the payoff for desired behavior. I have found that my birds love sunflower seeds, pieces of boiled egg white, tiny walnut bits, granola cereal, etc. Often, people already know exactly what their bird loves to eat the most.

Search for healthy treats to use in your training – remember that you will be giving tiny bits of the food for each reward but the quantity adds up over time. Occasional bits of human "junk food" are okay and can be saved for special training times, but don't make pizza the regular reward for your bird if you care about her health!

The smaller the food item you can offer, the better, as this will allow your bird to quickly consume it and be ready for the next repetition in training. There is nothing that will slow the flow of training as much as giving your bird a big treat like a whole nut and then having to watch the minutes tick by as she delicately consumes it. I cut sunflower seeds in half for my Amazon just to make it a quickly consumed treat. Keeping the training moving along at a steady pace depends on small bits of treat for reward. Many people with the smaller birds offer a quick nibble off of a millet spray. Most of the other foods that birds love as treats can be cut up into little bits.

What about offering a variety of treats during training? I do vary my treats – that actually makes LuLu work harder sometimes as she doesn't know which treat she will get. However, she also will get upset sometimes if she has been getting one of the top treats, such as boiled egg, and I switch back to a lower value treat (green foods protein bar). She has literally thrown the treat back at me before! She definitely trained *me* that time. So I usually save the top value treats for new or very difficult training. High value treats can aid you in training a behavior that requires extra trust in the trainer or requires the bird to do something she has shown hesitation over (approaching certain props). I think each bird is somewhat unique with regard to treats. LuLu gets tired of the same treat offered day after day so I have a whole group of them I use, varying the treat often. I usually use the same treat throughout one training session but not always. The manipulation of treats is a skill you develop by close observation of your clever bird as you train. Sometimes a hurdle in training is solved as simply as finding another treat that is highly valued by your bird.

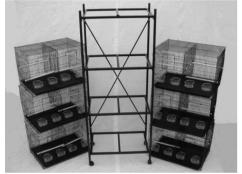
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RALEIGH DURHAM CAGED BIRD SOCIETY MEMBERS—MAY 2008

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	Name	Abbr	Name	Abbr	Name	Abbr
African Grey, Congo	CAG	Cockatoo, Major Mitchell (Leadbeater)	MM2	English Budgies	EB	Macaw, Severe	SVM
African Grey, Timneh	TAG	Cockatoo, Moluccan	M2	Finch	FN	Macaw, Yellow Collared	YCM
Amazon	AM	Cockatoo, Red Vent	RVC	Finch, Plumhead	PFN	Parakeet	KEET
Amazon, Blue Crown Mealy	BCMA	Cockatoo, Rose Breasted	RB2	Finch, Zebra	ZFN	Parakeet, Indian Ring Neck	IRN
Amazon, Blue Front	BFA	Cockatoo, Sulpher-Crested	SC2	Grass Keet, Rosy Bourke	RBK	Parakeet, Lineolated	LP
Amazon, Double Yellow Head	DYH	Cockatoo, Umbrella	U2	Lorry, Rainbow	RL	Parakeet, Red Rump	RRP
Amazon, Lilac Crowned	LCA	Conure, Blue Crown	BC	Lovebird	LVB	Parrot, Brown Head	BH
Amazon, Mealy	MA	Conure, Cherry Head	CHC	Lovebird, Black Cheeked	BLB	Parrot, Hawkheaded	HH
Amazon, Orange Winged	OWA	Conure, Gold Capped	GCC	Lovebird, Fischers	FLB	Parrot, Jardine	JP
Amazon, Red Lored	RLA	Conure, Green Cheeked	GC	Lovebird, Peach Faced	PLB	Parrot, Meyers	MP
Amazon, White Fronted	WFA	Conure, Half Moon	HMC	Macaw, Blue and Gold	B&G	Parrot, Quaker	QP
Amazon, Yellow Naped	YNA	Conure, Jenday	JC	Macaw, Blue Throated	BTM	Parrot, Senegal	SP
Bourke, Rosie	RB	Conure, Nanday	NC	Macaw, Buffons	BM	Parrotlet	PAR
Caique	CQ	Conure, Red Masked	RMC	Macaw, Catalina	CM	Parrotlet, Green Rump	GPL
Caique, White Bellied	WCQ	Conure, Sun	SC	Macaw, Green Wing	GW	Parrotlet, Pacific	PPAR
Canary	CAN	Crimson Rosella	CR	Macaw, Hahns	HM	Pidgeon, Jacobin	PJ
Cockatiel	TIEL	Dove	DV	Macaw, Hyacinth	HYM	Pionus, Blue Head	BP
Cockatoo	TOO	Dove, Diamond	DD	Macaw, Illiger	IM	Pionus, Bronze Wing	BWP
Cockatoo, Eleanora	E2	Eclectus, Grand	GE	Macaw, Military	MM	Pionus, Maximilian	MMP
Cockatoo, Goffins	G2	Eclectus, Soloman Island	SIE	Macaw, Red Front	RFM	Pionus, White Capped	WPI
Cockatoo, Lesser Sulpher-Crested	LSC	Eclectus, Vosmaeri's	VE	Macaw, Scarlet	SM		

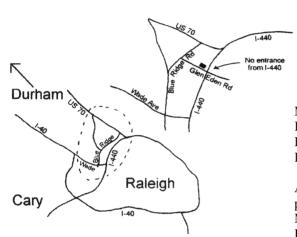
Cockatoo, Lesser Sulpher-Crest	ed LSC Eclectus, Vosm	naeri's	VE Macaw, Scarlet	SM
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DVORAK, JIM & SHARON (NFSS)	KNIGHTDALE, NC	(919) 266-4935	sldvorak@nc.rr.com	CAG CAN LSC RVC RB2 U2 BC RMC SC FN B&G BTM BM CM GW HYM RFM SM SVM YCM KEET SP BWP MMP
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ELAM, TOM & KATHY	CLAYTON, NC		tomelam@earthlink.net	CAG AM TOO
EVERHART, GENA	MEBANE, NC	· '	reverhart23@triad.rr.com	YNA TIEL VE LVB
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, ,	·	(313) 301-0031	<u> </u>	
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				CAG RB-b TIEL-b G2 GC -b JC NC SC
				FN-b LVB-b KEET-b RRP-b QP-b SP-b
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TURICH, ROBERT	CLAYTON, NC	` '		RL
VOZZO, KATHY	CHESAPEAKE, VA	` '	klmaviary@cox.net	LVB-b-s
VOLLO, IVAIIII	OTILONI LANL, VA	(101)000-8200	, •	
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WILSON, CAROL & PHILLIP (AFA)	WILLOW SPRINGS, NC	(919) 552-8856	legswilson@aol.com	CAG BFA DYH OWA YNA RBK B&G SP
WILSON, RON & PEGGY	CARY, NC	(919) 468-8667	ron@ronbird1.com	PET BIRD SITTING TIEL U2
WOOTTON, BRIAN	RALEIGH, NC	(919) 608-2096	brian.wootton@ncmail.net	SIE KEET
YOUNG, ALYSSANDRA	CHARLOTTESVILLE, VA	(434) 964-1313	tiels@windsongaviary.com	TIEL-s
ZIMMERMANN, ANNE	RALEIGH, NC	(919) 851-2890	anne4609@bellsouth.net	



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.

AFA ACCOMPLISHMENTS AND ACTIVITIES

Worked with USDA to write guidelines for bird owners during the Exotic Newcastle Disease outbreaks thus preventing the euthanization of exotic birds.

Developed the AFA Fundamentals of Aviculture Internet based educational course.

Organized efforts to defeat proposed anti-aviculture legislation in many states.

Organized relief efforts in times of natural disasters, such as Hurricane Katrina.

Continues to support and fund avian conservation and research projects.

Oversees several cooperative breeding programs that allow legal importation of species of birds under-represented in U.S. aviculture.

ABOUT AFA

The AFA is a national, nonprofit 501 (c)(3) educational organization which represents all aspects of aviculture and educates the public about the keeping and breeding of birds in captivity.



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A FEATHERED COMMITMENT

By Karenann Cargain

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

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

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

The household poses a health hazard to exotic birds. Every home must be bird proofed to ensure the health and well being of the bird. The kitchen is the most dangerous room in the house for a bird. Dangers include open pots of boiling water, hot ovens, and cooking fumes. Nonstick cookware is coated with a substance called Teflon. When nonstick cookware is overheated, birds in areas close to the kitchen can die very quickly after breathing the fumes. Air quality is the next health factor to consider. Many of the scented products that we use today to make our homes smell pleasant can be less pleasant for our birds. These scents can cause respiratory distress in birds. Take into consideration that a small canary takes up to 100 breathes per minute. Humans breathe at the rate of 12 to 16 breaths per minute. Aerosol products alone pose a serious threat to

parrots if proper ventilation is not used. Parrots are uncanny in their ability to find trouble and will chew on almost anything that looks interesting especially within the range of their cagae. All caring bird owners must remain vigilant and well informed regarding the well being of pet

birds and all the dangers that may be present in their homes.

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

Parrots provide life long delightful company for their owners, but while the avian/human bond is a rewarding experience, not everyone can own an exotic bird. What might be right for one person may not be right for another. If a person wants a bird

because it is beautiful, then pictures of beautiful birds would work better than bringing a live bird into the home. If a person wants a parrot because they can talk, then perhaps it's best to buy a radio. If a person is a neat freak, then be warned, birds are extremely messy. Scraping food off the walls gets old, and cleaning the floor daily gets tiring. If a person is already busy, then seriously consider a tiny finch or canary. If noise is a bother, then take into consideration that all birds make some kind of noise. Exotic birds are not domestic pets; they are a lifetime commitment with so many factors to consider. If you have any doubts, then an exotic bird is not the pet for you.

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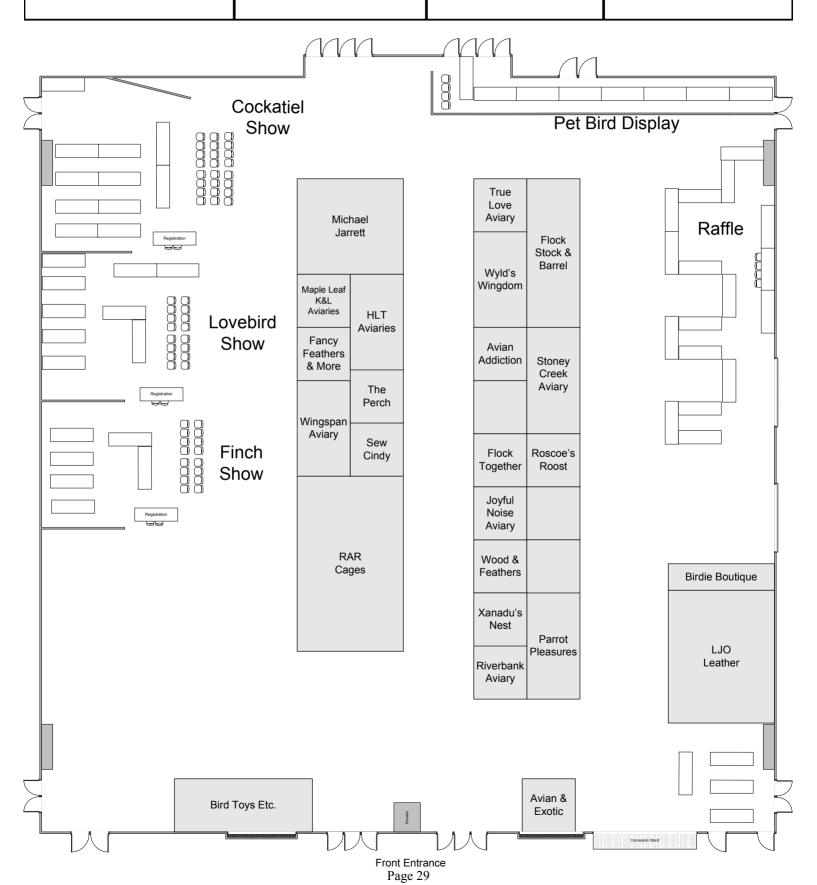
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RDCBS HONORS CINDY CHAPPELL

Cindy first joined the Raleigh Durham Caged Bird Society in 1990 at their 2nd annual Bird Fair, she quickly rolled up her sleeves and started volunteering to help better the club. Cindy became the Bird Fair Chairman in 1992 and has done an exceptional job for the past 15 years. Cindy has an unsurpassed passion for the preservation and conservation of our cherished feathered friends, including educating the public about these wonderful creatures and their habitats.

Cindy keeps in touch with legislative issues governing the public's ownership of parrots as pets including the preservation of the parrots in the wild. Cindy keeps the Bird club members well informed about all the proposed laws that affect our pets; this includes motivating the club members to action when needed. Cindy along with Laura Barwick continue to organize and setup our amazing Friday Night Pot Luck dinner. They donate the pork, chicken, our drinks, table ware etc.... for all who attend and enjoy.

In addition to the Bird Fair, Cindy works behind the scenes on a multitude of other club activities that are too numerous to mention. We wish to take this opportunity to say **THANK YOU** Cindy for all that you do for RDCBS. While we know John Marquis will do an excellent job as the Bird Fair Chairman in 2008, we know he has a class act to follow.



Cindy at the NC State Fair





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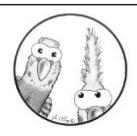


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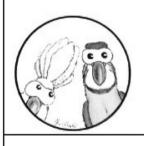
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