

Parrot Scoop

May 2002 Issue

Aloha Parrot Association



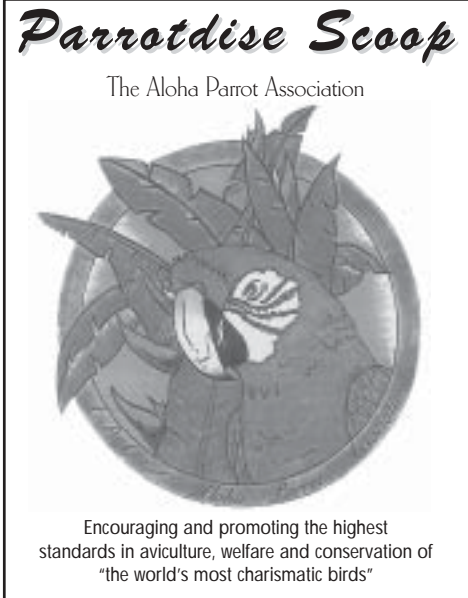
Encouraging and promoting the highest standards in aviculture, welfare and conservation of "the world's most charismatic birds"

ALOHA PARROT ASSOCIATION

Newsletter

P.O. Box 6309

Honolulu, HI 96818-0309



A.P.A. BIRDIE RULES:

- Sick birds are prohibited from Club functions.
- New birds must have completed a 30-day quarantine period before bringing the birds to a Club function.
- Baby birds must be kept in appropriate containers.
- Birds that have been boarded with other birds must complete a 30-day quarantine period before bringing to a Club function.
- Guests are discouraged from bringing birds to our meetings. If they are brought to an outdoor function, the birds are to be separated from other members' birds.
- If a bird has attended meetings, members are to report to the Club president any birdie illnesses so other member may be informed.

DISCLAIMER: The opinions expressed by individual writers are not necessarily those of the Parrot Paradise Scoop or Aloha Parrot Association as a whole. The editor reserves the right to refuse or edit any and all submissions. Aloha Parrot Association assumes no responsibility or liability regarding consequences resulting from any articles or advertisements in Parrot Paradise Scoop. Reprinting material from Parrot Paradise Scoop is allowed with credit given to the author, Parrot Paradise Scoop and Aloha Parrot Association.

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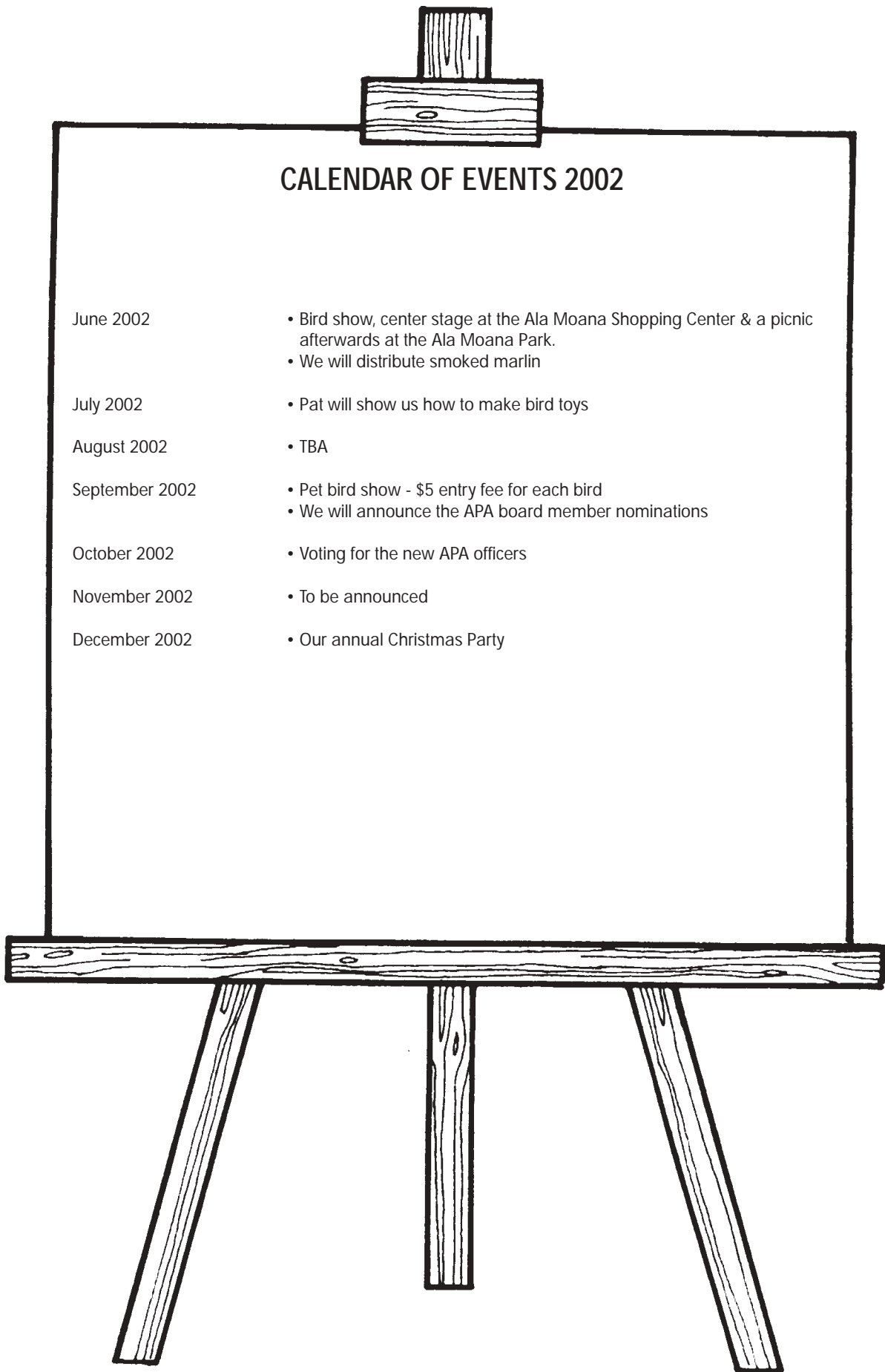
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CALENDAR OF EVENTS 2002

- | | |
|----------------|--|
| June 2002 | <ul style="list-style-type: none">• Bird show, center stage at the Ala Moana Shopping Center & a picnic afterwards at the Ala Moana Park.• We will distribute smoked marlin |
| July 2002 | <ul style="list-style-type: none">• Pat will show us how to make bird toys |
| August 2002 | <ul style="list-style-type: none">• TBA |
| September 2002 | <ul style="list-style-type: none">• Pet bird show - \$5 entry fee for each bird• We will announce the APA board member nominations |
| October 2002 | <ul style="list-style-type: none">• Voting for the new APA officers |
| November 2002 | <ul style="list-style-type: none">• To be announced |
| December 2002 | <ul style="list-style-type: none">• Our annual Christmas Party |

APA meeting minutes March 3, 2002

By Debbie Eugenio Wiss



We have an eventful year coming up. Our first fund-raiser, smoked marlin, will be ready by the June club meeting. The smoked marlin tickets were distributed today. Sales of the smoked marlin help to fund our club events and we encourage everyone to sell as many as you can.

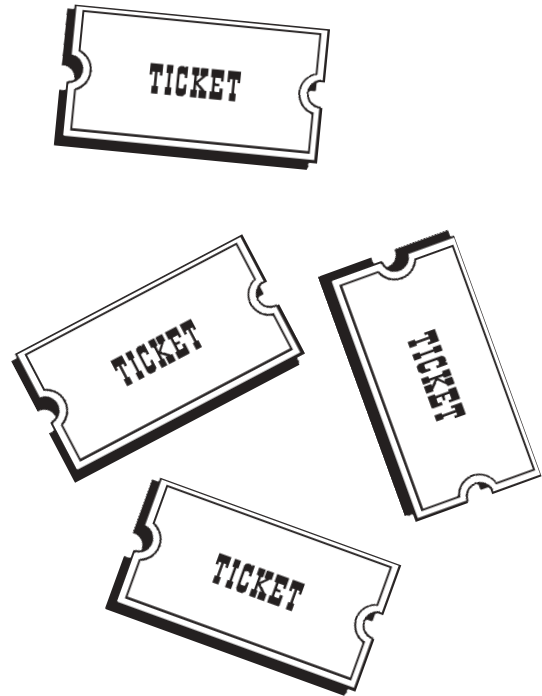
For our May meeting we will have a BBQ for the club; all you would need to bring is either a salad or dessert. Dr. Hisanaga from the Waipahu Leeward Veterinary Clinic is scheduled to be our guest speaker.

Butch showed us how he hand feeds baby African Greys.

A WARM WELCOME TO OUR NEW MEMBERS:

John Felix
Blaine and Evelyn Mills

Note: The April Meeting had to be cancelled.



ITEM:

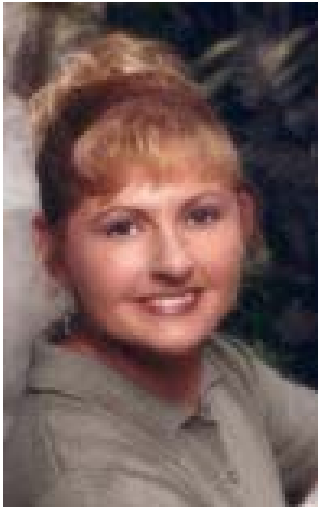
Zu Preem 3 lbs
 Zu Preem 3 lbs
 "Dizzy Dangler" toy
 "Dizzy Dozen" toy
 Small Bag of Peppers
 Avian Fun Treat
 Avian Fun Treat
 6" Nut Maze
 Hartz Mix 4 lbs
 Hartz Mix 4 lbs
 Hookbill Plus 5 lbs
 Pyrex storage
 Victoria Secret Lotion
 Large Toy
 Guava Wood Perch

DONOR:

APA
 APA
 APA
 APA
 APA
 APA
 APA
 APA
 APA
 APA
 APA
 Steve & Helene
 Steve & Helene
 Pat & Butch
 Roland & Jeanette Lee

WINNER:

Steve Petrik
 Shaneen Vandehey
 Steve Petrik
 Shaneen Vandehey
 Laura Frederickson
 William Dilly
 Noriko Démonia
 Shaneen Vandehey
 William Dilly
 Noriko Démonia
 Leona Shimamura
 Laura Frederickson
 Debbie Wiss
 Evelyn Mills
 Shaneen Vandehey



Avian Nutrition

with Alicia McWatters, Ph.D., CNC

Biochemical Individuality and Nutrition

Biochemical individuality is a topic of great importance. When it comes to nutrition, I believe it is important to consider the individual rather than the genus, species or subspecies of parrot. There is a difference in the dietary needs of not only each genus, species and subspecies of parrot, BUT of each individual parrot. Our parrots are not clones, and even if they were, circumstances such as age, sex, activity, climate, environment, health status, stress level and so forth would influence their nutritional needs. For this reason, no one diet is ideal for all parrots!

While the common belief is that all parrots require the same diet (indicated by the generic way that diets are prepared for most parrots) with a few exceptions, there are no universally accepted requirements for specific nutrients for parrots. Although all parrots require the same nutrients, each species (or individual) may require more or less of a particular nutrient to be healthy, such as one may require a higher or lower level of fat, protein, carbohydrate, vitamin, mineral, or water in their diet, and their caloric needs will vary.

Energy foods are high in calories and are the main source of a parrot's diet in the wild. However, in captivity with the low activity level our parrots' experience, the quantities of what we feed will depend on their lifestyles and the various stages (i.e., growth, molting, or breeding) they encounter throughout their lives. The amounts of nutrients

required by an individual parrot is also influenced by its size, illness/injury, hormonal status, nutritional status, and the type of diet consumed (its bioavailability) as well as the factors described above. Additionally, because each parrot is biochemically and genetically unique with different strengths and weaknesses, its quantitative nutritional needs will differ.

Each nutrient has its own specific function, but no nutrient acts independent of another. All of the essential nutrients must be present in the diet in varying quantities over a period of days. It isn't necessary that your parrot be served "complete nutrition" at every meal, every day. A variety of healthy foods fed each day will add up to a properly balanced diet.

In the wild, our parrots, which are primarily herbivorous, find their own foods to nourish and sustain life and these foods are the living material produced by our planet Earth. Parrots are biologically adapted to fresh raw foods which, depending upon the parrot species, are mainly consumed in the form of simple and complex carbohydrates (nuts, seeds, flower nectar, pollen, blossoms, berries, fruits, leaf buds, roots, vegetable matter, along with other live foods, such as, insects, larvae, and small vertebrae). In nature, food predates the eater, not the other way around. In the wild, there are no microwaves, ovens, extruders, or grain mills, etc. All life was sustained eating natural foods from natural sources. Nothing more, nothing less.

We know that parrots in the wild don't know what fats, protein and carbohydrates are, don't have a calorie counter nor do they have degrees in nutrition. How then do they manage to survive and possess good health? If the right foods surround them they will choose and eat the proper foods to remain healthy and disease-free. In captivity the same thing occurs. If parrots lose the freedom to choose what is healthy this is when health declines and disease results.

Another interesting thing that often occurs with regards to eating patterns. When a parrot is given a

diet that is deficient it tends to lose its innate wisdom as to what is good for it. As soon as a parrot becomes adapted to a healthy diet from an unhealthy diet (and this can take time!) its appetite soars. If sugar is contained in its diet it will often crave sweet foods. Further, if a parrot is nutritionally deprived it may consume more sugar-containing foods than those parrots that are nutritionally satisfied.

I feed my parrots a diet as close to nature as possible and I've created a special home-prepared diet for them, made-up of all natural ingredients. I call it the mash diet. This diet consists of a blend of a large variety of organically grown fruits, vegetables, herbs, legumes, grains, and seeds. In addition, I include a few natural supplements.

The need for supplementation will depend on the genetic background of the individual, how healthy or sick it is, and the quality and variety of food it is being offered. Quite often, a parrot in poor health requires more supplementation. On the other hand, some parrots with very weakened systems cannot tolerate much supplementation, and one has to discover what can be tolerated and what is necessary for the optimum degree of health that can be achieved in this individual.

Due to the great variety of foods contained in the mash diet, my parrots' meals vary somewhat in content each day. While we cannot mimic what our parrots would eat in the wild, this type of diet closely resembles the composition of the natural foods that would be found in their native habitat.

In summary, each parrot has quantitatively a distinct pattern of nutritional needs. From individual to individual, specific needs may vary several-fold. Important deficiencies may exist which have not been discoverable clinically by observing acute outward symptoms.

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You may find her website at: <http://www.parrothouse.com/McWatter.html>
You may also contact her at: holisticparrot@mcwatters.org



A wealthy guy decides to buy a real expensive parrot for his mom who lives alone. So he spends \$15,000 on an exotic bird that speaks three languages and he has it sent to his mom in Florida. He phones her a few days later and says, "Mom, how did you like the bird?" and she says "Oh, thanks for sending it, it was delicious!" He says "YOU ATE THE BIRD???" Mom, how could you?!?!? It was a very rare bird, it cost \$15000, and it spoke three languages!" and the mom replies... "So why didn't it say something?"



A woman approaches a priest and tells him, "Father, I have a problem. I have these two talking female parrots, but they only know how to say one thing." "What do they say?", the priest asked. "They only thing they know how to say 'Hi, we are bad. Do you want to #@*&\$?'" "That's terrible!" the priest exclaimed. "But I have a solution to your problem. Bring your two female parrots over to my house and I will put them with my two male talking parrots whom I have taught to pray and read the Bible, then my parrots will teach your parrots to stop saying that terrible phrase and your female parrots will learn to pray and worship." "Thank you," says the lady. So the next day the lady brings her female parrots to the priest's house. The priest's two male parrots are holding rosary beads and praying in their cage. The lady puts her female talking parrots in with the male talking parrots and the female parrots say, "Hi, we are bad. Do you want to #@*&\$?" One male parrot looks over to the other male parrot and says, "PUT THE BIBLES AWAY! OUR PRAYERS HAVE BEEN ANSWERED!!!"



A guy gets on an airplane and is seated across the aisle from a parrot. After take-off, the guy politely asks the stewardess for a drink. At the same time, the parrot says "hey lady, get me a drink and get it NOW!". The stewardess returns a few minutes later with the parrot's drink, but forgets to bring the guy's drink. So again, the guy politely asks for a drink. The stewardess turns to get the drink but as she walks down the aisle the parrot yells "hey lady, I want some peanuts and I want them RIGHT NOW!". The flustered stewardess returns a few minutes later with the peanuts, but once again forgets the guy's drink. Finally the guy looks at the stewardess and shouts "BRING ME A BLEEPIN' DRINK ON THE DOUBLE!!!". The stewardess runs down the aisle, and a few minutes later two big burly guys come up the aisle, grab the guy and the parrot and toss them both out the back door of the plane. As the guy begins to plummet to the ground, the parrot turns to him and says "Pretty mouthy for someone who can't fly, aren't ya?"



This month's Healthy Recipe for you and your bird

Vegetarian Jollof Rice

- 1/4 cup oil
- 6 medium onions, chopped
- 4 bell peppers, chopped
- 3 carrots, chopped
- 1 cup string beans, broken into pieces
- 3/4 cup peas
- 6 tomatoes, chopped
- 1/2 teaspoon black pepper
- 1 teaspoon dried thyme
- 4 cups medium grain brown rice, cooked (cold)
- 1/2 cup tomato paste

In a heavy pot large enough to hold everything, saute onions and peppers over medium heat, approximately 5 minutes. Add remaining vegetables, black pepper, and thyme, and cook for about 5 more minutes.

In a separate dish, combine rice with tomato paste and add to pot.

Continue to simmer, adding water sparingly to avoid burning. When vegetables are tender, it's ready to serve.

Chef's Note: You can add chicken/fish/shrimp, for a heartier non-vegetarian alternative? a kind of an African "paella". The meal wouldn't be complete without sautied plaintain? slice very ripe plaintains on diagonal and sauted in vegetable oil over medium flame for about 2 minutes on both sides.

Yield: 6 to 8 servings
Prep Time: 20 minutes
Cook Time: 1 hour



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CLASSIFIED ADS





ALOHA PARROT ASSOCIATION
Since 1994

Aloha Parrot Association was formed and organized to promote and encourage better breeding, nutritional education and proper care of psittacines (parrots) amongst breeders, pet owners and fanciers. You do not have to own a parrot to become a member. The only requirement is to have an interest in parrots and aviculture. The association allows members to meet others with similar interests.

To join and start receiving our newsletter*, please complete and return this application with your check to: **ALOHA PARROT ASSOCIATION**

Annual Dues

Single - \$15.00

Family - \$20.00

A.P.A. MEMBERSHIP APPLICATION

DATE _____ STATUS: Single () Family ()

NAME(S) _____

E-mail address(es): _____

Last four digits of SSN _____

MAILING ADDRESS _____

HOME PHONE _____ WORK PHONE _____

Do you breed birds? () Yes () No

What type of birds most interest you? _____

What type of bird(s) do you have? _____

How long have you owned a bird(s)? _____

How did you come to know the A.P.A.? () Member () Friend () Other _____

If recommended by a member, member's name _____

* Newsletters are available at the monthly club meetings. We will be able to mail one to you if you are unable to attend a meeting for a fee of \$1.00 per issue while supplies last - please request in writing

