

Parrot Scoop

July 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



ParrotDise Scoop

The Aloha Parrot Association



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

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 ParrotDise 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 ParrotDise Scoop. Reprinting material from ParrotDise Scoop is allowed with credit given to the author, ParrotDise Scoop and Aloha Parrot Association.

OFFICERS

President Butch Laws
(808) 696-7977
www.PuaParrot.com

Vice President Steve Petrik

Treasurer Sherrie Wong

Secretary & Recorder Debbie Wiss

DIRECTORS

Membership/Roster Sherrie Wong

Newsletter Editor Rob Reisenwitz
apa-newsletter@rainmist.com

Newsletter Co-Editor Lisa Willacker
Lisa@fitness4youonline.com

Hospitality Debbie Wiss

Librarian/Historian Pat Laws

Past President Kathy Perreira

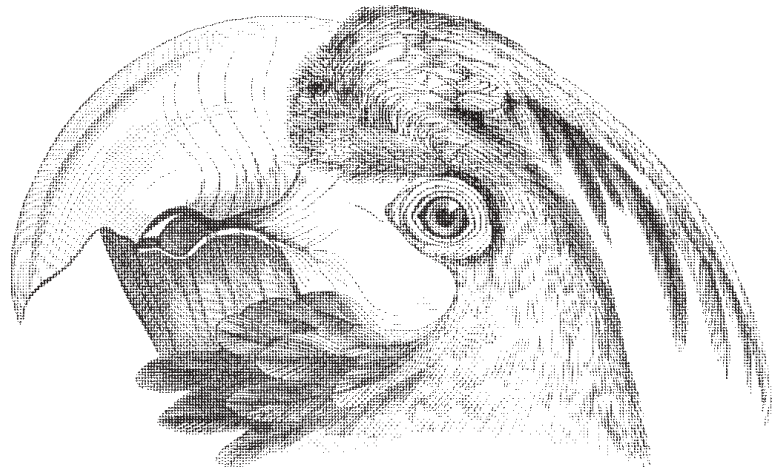


CALENDAR OF EVENTS 2002

- | | |
|-------------------|--|
| August 4, 2002 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i> |
| September 1, 2002 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i>• We will announce the APA board member nominations |
| September ? 2002 | <ul style="list-style-type: none">• Pet bird show - \$5 entry fee for each bird |
| October 6, 2002 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i>• Voting for the new APA officers |
| November 3, 2002 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i> |
| December 1, 2002 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i>• Christmas Party |
- 

APA meeting minutes

June 2, 2002



By Debbie Eugenio Wiss

Butch and Pat want to thank everyone that helped out at the annual Pet Expo the weekend of May 3rd.

We are looking at activities for this summer, such as a First Birthday Luau at Maili Beach Park in September. We will have more details on the date and time at the next meeting.

Other activities we may be looking into include a bird recipe and tasting day, convalescent hospital visits and a visit to Shriners Hospital.

John introduced us to Cassidy, a cameroon grey, who is now 7 months old and is still being hand fed. He likes Zupreen pellets and his daily showers. John also brought Tweety, his lovebird.

Sandra updated us on Alex, a solomon island eclectus, who is 2 1/2 years old and started picking his feathers a month and a half ago. The doctor prescribed antibiotics and said the picking is probably due to his sexual maturity. Eclectus parrots can become sexually mature as early as 18 months of age.

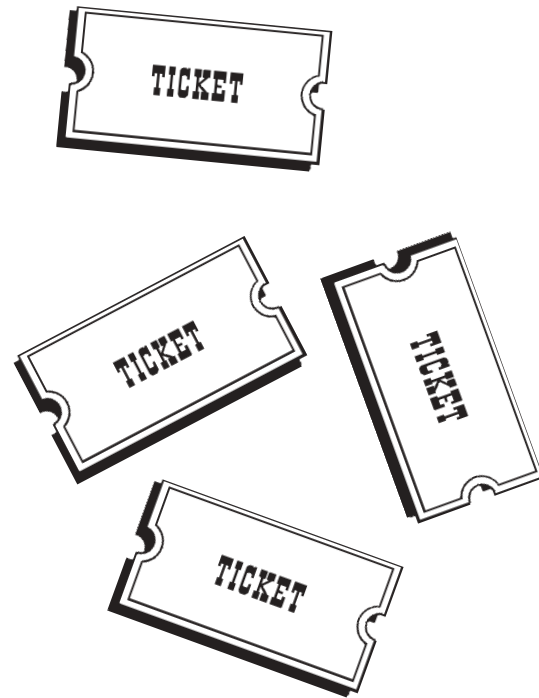
Rob updated us on Kealani, a lesser sulphur crested cockatoo, who is a 1 1/2 year old. She is not the shy type and is trying to say "baby bird."

The smoker is still broken, but hopefully the smoked marlin will be ready by the next meeting on July 7th.

Butch handfed a couple of hungry baby Scarlet Macaws.

Welcome back Rob, Lisa & Kealani.

Aloha to our guests Derek & Kori Hamada and their new baby cockatoo, Buddy.



ITEM:

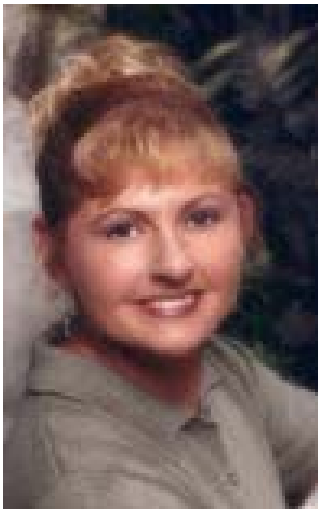
Zu Preem for large parrots, 3lbs.
 Bag of peppers
 Mixed nuts, 20oz.
 Mixed nuts, 20oz.
 Mixed nuts, 20oz.
 Mixed nuts, 20oz.
 Nut Maze, 6" w/3 nuts
 Nut Maze, 6" w/3 nuts
 Nut Maze, 6" w/3 nuts
 Jungle Talk fruit chews
 Jungle Talk fruit chews
 Jungle Talk fruit chews
 Crazy Climber (medium toy)
 Rough Stuff Manzanita Cluster (large toy)
 Wood framed parrot photo
 Misc. toiletries in bag

DONOR:

APA
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 APA
 APA
 APA
 APA
 APA
 APA
 APA
 APA
 APA
 APA
 APA
 Steve & Helene
 Steve & Helene

WINNER:

Leona Shimamura
 Butch Laws
 John Felix
 Chad Tuscan
 John Felix
 Steve Petrik
 Jennifer Dilly
 Jon Ching
 Jeff Wiss
 Jon Ching
 Leona Shimamura
 John Felix
 Shaneen Vandehey
 Chad Tuscan
 Jeff Wiss
 Butch Laws



Avian Nutrition with Alicia McWatters, PhD, CNC

Is Parsley Poisonous to Birds?

Parsley is NOT poisonous to birds. However, certain plants, such as parsley, parsnip, and carrot leaves, celery, etc. are considered phototoxic and can cause a photosensitivity reaction if an individual is exposed to excessive sunlight after ingestion.

Those plants containing furocoumarins, including psoralens, are classified as phototoxic. Phototoxic reactions occur by the activation of substances such as the furocoumarins by photons, resulting in free radical damage, such as cell damage, erythema, or bulla formation.

It is known that this phototoxic reaction can also occur in those on sulphonamide therapy or those on tetracycline drugs. Again, this photosensitivity would only occur in response to exposure of excessive solar radiation after the ingestion of a sensitizing food. So parsley served in moderation is a healthy food for your birds. Along with its high content of beta carotene it contains many other useful vitamins and minerals.

Peanuts: Are They Healthy For Your Birds?

Peanuts, which are a legume, are a healthy addition to the diet of most parrots and complement a diet of fresh foods. They contain more than 25% protein and while they are high in fat, almost 50%, this fat is mostly unsaturated. Peanuts are rich in niacin and other B vitamins, and also contain appreciable amounts of calcium, iron, phosphorus, and potassium. Just as with any food, peanuts should be fed

in moderation as a component of a well-balanced diet. I feed my birds a human-grade self-mixed seed/nut/grain mixture which consists of 5% peanuts. They generally receive one or two a day.

A little history about peanuts: Peanuts are thought to have originated in South America. They migrated to Africa with Spanish and Portuguese explorers and were later brought to North America by slaves in the eighteenth century.

One potential problem with peanuts is their susceptibility to aflatoxin. Aflatoxin comes from the mold *Aspergillus flavus* and this substance has the ability to cause cancer and it can be deadly if consumed in significant amounts. Actually this mold can appear on just about any grain, legume, veggie, or fruit, but peanuts, corn, rice, wheat, cottonseeds, soybeans, Brazil nuts, pistachios, and barley are more susceptible than other types of foods because they tend to be grown in warm, humid climates. Rain which has fallen on crops left to dry may also develop aflatoxin-producing mold. Additionally, any stress, such as poor nutrition, insect damage, or unseasonable temperatures may increase the growth of this mold in growing plants. The FDA has set a maximum permissible level for aflatoxin of 20 ppb and the USDA inspects peanuts for signs of mold and will ban any food with detectable contamination. I recommend either Valencia or Spanish peanuts as they have the lowest level of aflatoxin.

Note: Low-grade animal feed products are more likely to be contaminated with aflatoxin than those products sold for human consumption.

Roasting helps to dry nuts and may inhibit the formation of mold. We prefer to feed our birds raw peanuts, however, and have not experienced a problem. Peanuts must be grown, shipped, and stored properly to decrease the chance of the development of aflatoxin-producing mold. Be sure you purchase your peanuts from a reliable source.

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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

Introducing **New Members!**



Pat Yoshikawa



John Felix



This month's Healthy Recipe for you and your bird

Crab Cakes with Spicy Mango-Mustard Sauce

3/4 pound lump crabmeat, picked over to remove any cartilage
6 tablespoons flour
3/4 cup finely diced red bell pepper
1/4 cup lemon juice
1/4 cup mango chutney
1 tablespoon plus 2 teaspoons Dijon mustard
1 teaspoon curry powder
1/2 teaspoon Worcestershire sauce
2 egg whites, lightly beaten
1 tablespoon olive oil
1/3 cup canned crushed pineapple
1/8 teaspoon cayenne pepper

- 1) In a medium bowl, combine the crabmeat, 2 tablespoons of the flour, 1/2 cup of the bell pepper, 1 tablespoon of the lemon juice, 1 tablespoon of the chutney, 2 teaspoons of the mustard, the curry powder and the Worcestershire sauce. Fold in the egg whites. Shape the mixture into 4 patties. Place the remaining 1/4 cup flour on a sheet of waxed paper. Dredge the crabcakes in the flour, shaking off the excess.
- 2) In a large nonstick skillet, heat the oil until hot but not smoking over medium heat. Add the crabcakes, reduce the heat to medium-low and cook until golden brown and cooked through, about 4 minutes per side.
- 3) Meanwhile, in a small bowl, combine the pineapple, cayenne, the remaining 3 tablespoons chutney, remaining 3 tablespoons lemon juice, remaining 1/4 cup bell pepper and remaining 1 tablespoon mustard. Divide the crabcakes among 4 plates. Top with the mango-mustard sauce and serve.

Calories per serving: 247

Total time: 35 minutes

Serves: 4



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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

