

# Parrot Scoop

August 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](http://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](mailto:apa-newsletter@rainmist.com)

**Newsletter Co-Editor** Lisa Willacker  
[Lisa@fitness4youonline.com](mailto:Lisa@fitness4youonline.com)

**Hospitality** Debbie Wiss

**Librarian/Historian** Pat Laws

**Past President** Kathy Perreira

## A.P.A. PRESIDENT'S MESSAGE

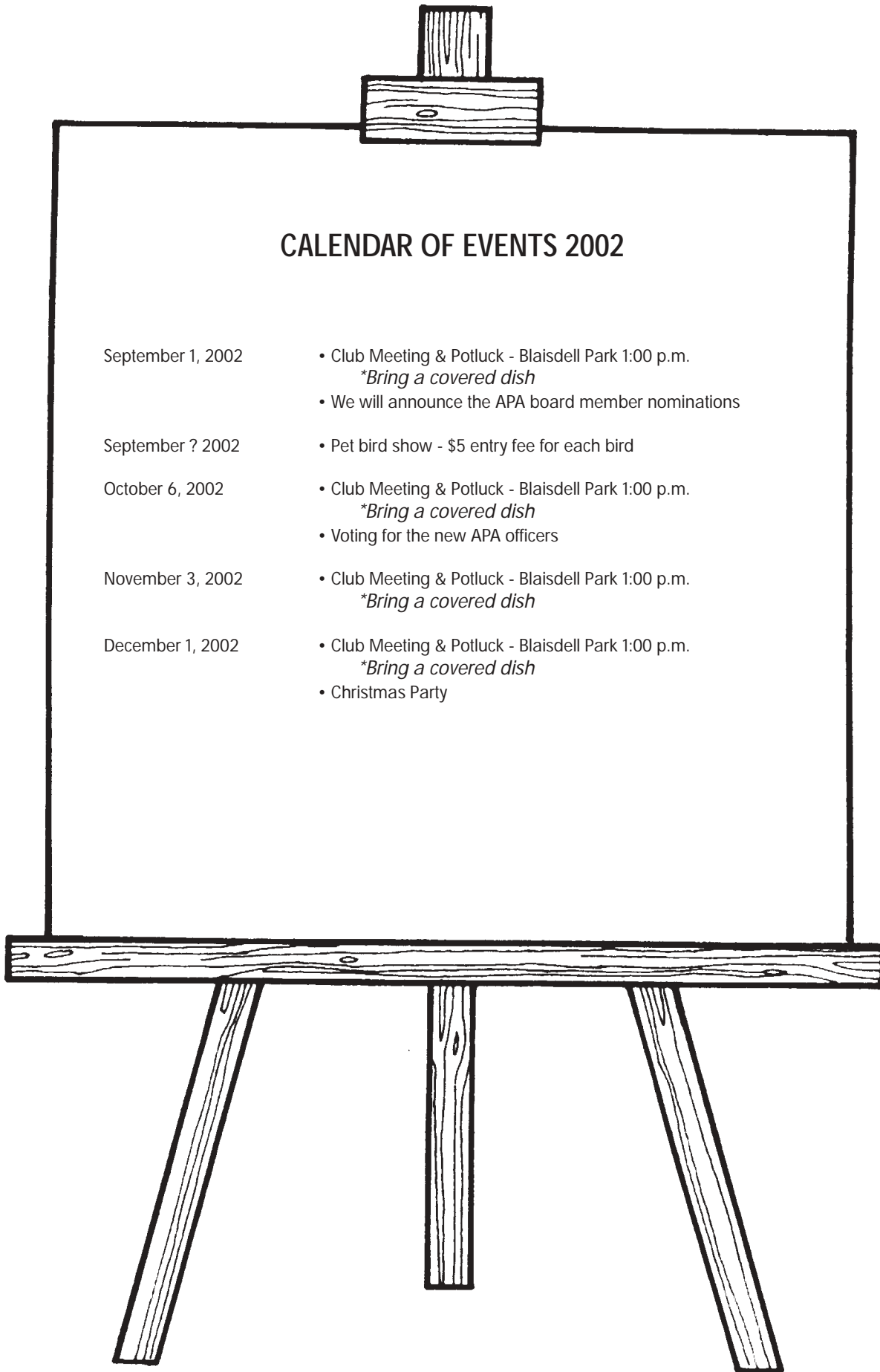
Aloha APA Members,

Our visitors from New York have returned home safely and I want to thank Tom Bartholomew and his wife Joan for sharing their experience with their move back to the mainland with their birds at last months meeting. Of course, they couldn't return to NY without another feathered addition to their growing family.

We are still open to suggestions from members regarding bird related activities. If any of you have a suggestion or idea, please see me or any of our officers.

Aloha,  
Butch Laws  
President, APA





## CALENDAR OF EVENTS 2002

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

# APA meeting minutes July 7, 2002

By Debbie Eugenio Wiss



The Bird Club will be attending a First Birthday Party Luau on Saturday, September 7<sup>th</sup> at 4 PM at Maili Beach Park. Butch will bring a tent, so just bring your birds and their perches.

The smoked marlin will be available next month.

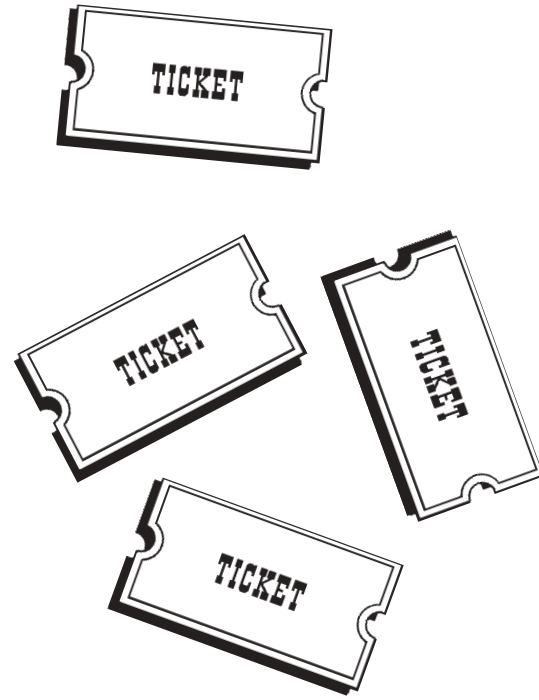
Kori looked into having us visit convalescent hospital patients, but the concerns were about the birds being exposed to possible infections and vice versa.

Our guest speakers Tom and Joan were visiting from the mainland and shared with us their experience with transporting their birds to the mainland. Some tips they offered:

- Talk with the airlines about their policies and regulations; they have found Continental the easiest airline to deal with.
- Policies:
  - 4-5 animals maximum per flight
  - \$100 per animal must be in separate carriers if animal is over 3 yrs. old plywood & wire mesh boxes with a screw in door work well with holes drilled for ventilation
  - bring food, water, quickstop for injuries & a screwdriver
- Health Certificate:
  - get from the veterinarian within 10 days of flight
- Travelling from the Mainland to Hawaii:
  - must have a health certificate
  - bird must have a leg band or a microchip
  - there's a 30 day in-house quarantine

Butch hand-fed a couple of hungry baby African Greys.

Aloha to our guests Evan and Kevina.



**ITEM:**

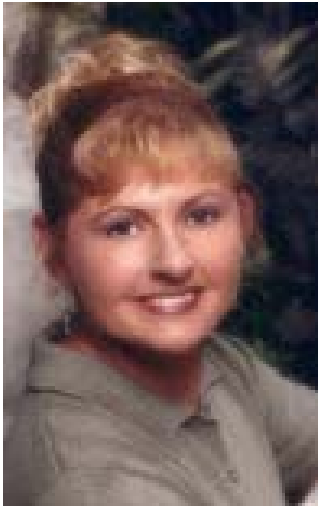
Zu Preem for large parrots, 3lbs.  
 Zu Preem for large parrots, 3lbs.  
 Mixed Nuts, 20oz.  
 Mixed Nuts, 20oz.  
 Mixed Nuts, 20oz.  
 Mixed Nuts, 20oz.  
 Nut Maze, 6"  
 Nut Maze, 6"  
 Fruit Cocktail  
 Parrot Crunch, Chili Peppers  
 Parrot Crunch, Chili Peppers  
 Happy Hanger, med. toy  
 Dizzy Dozen, large toy  
 Decorative bird feeder  
 Handbag & Coin Purse  
 Kitchen towels (3) & Coin Purse

**DONOR:**

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

**WINNER:**

Butch Laws  
 Jeff Wiss  
 Shaneen Vandehey  
 Shaneen Vandehey  
 Jeff Wiss  
 Laura Fredrickson  
 Shaneen Vandehey  
 Jeff Wiss  
 Jeff Wiss  
 Shaneen Vandehey  
 Laura Fredrickson  
 Laura Fredrickson  
 Laura Fredrickson  
 Jeff Wiss  
 Shaneen Vandehey  
 Shaneen Vandehey



## Avian Nutrition

with Alicia McWatters, PhD, CNC

### Millet: Is it Nutritious for my Birds?

Most birds love millet! But, is it nutritious for them? Read on to find the answer...

Millet (*panicum miliaceum*) is a member of the Grass family and is classified as a grain. The seeds are contained in a panicle and are used as a grain for human, animal, and bird consumption. Millet is considered by some health professionals to be the most nutritious cereal grain in the world!

#### Health Benefits...

Millet is a very nutritious grain that has a lot to contribute to a varied bird diet: protein, folate, vitamin B1, B2, B3, B6, vitamin K and the minerals calcium, magnesium, phosphorus, copper, zinc, manganese, iron and potassium. Millet is a staple food in Africa and parts of India and China, and contains more protein than corn or barley. Of all the cereal grains, millet has the best amino acid profile.

Millet is low in fat, very easily digested, and is an excellent carbohydrate source. It is a very good food for the stomach, spleen and pancreas. Millet is also one of the best grains for those with intestinal disorders and is the ideal grain for the management of blood sugar imbalances.

When I was a breeder of parrots, finches and canaries, I used to feed millet panicles or sprays to my weaning youngsters as a part of their diet. Young and older birds alike relish its nutty, mild flavor. I currently feed my small parrot flock hulled organic pearl millet in their afternoon seed/grain/nut mixture. Pearl millet (*Pennisetum americanum*) is grown in the north central United States and Canada. Pearl millet can be purchased at a natural foods market.

In the summertime, I grow a little patch of wild millet and my birds receive freshly harvested panicles at various stages of growth. Sprouted millet is a highly favored nutrient and enzyme-rich food. Harvest these sprouts just after the tiny little shoots have emerged. (Look for the article on sprouting on this web page.)

If you follow the recipe instructions below you will create some delicious millet-cranberry muffins for you and your flock to enjoy.

#### Millet-Cranberry Muffins...

2 eggs beaten  
1/2 cup vegetable oil  
1/2 cup honey  
1 tsp. vanilla extract  
1 1/4 cup whole wheat flour  
2 tbs. wheat germ  
2 tbs. bran  
1/2 tsp. baking powder (non-aluminum)  
1/2 tsp. baking soda  
1/2 cup millet  
1 1/2 cup cranberries

Preheat oven to 350 degrees F. Butter a 12-cup muffin tin. Combine flour, wheat germ, bran, baking powder, and baking soda in a small bowl. Add liquid ingredients and stir until mixed. Blend millet and cranberries. Pour batter into prepared muffin tin and bake for 25 minutes.

All rights reserved. No part of this article may be reproduced in any form or by any means, without permission from the author.

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



# This month's Healthy Recipe for you and your bird

## Sole Florentine

1 tablespoon olive oil  
1 cup diced red bell peppers  
2 garlic cloves, minced  
4 cups loosely packed chopped fresh spinach  
1/2 teaspoon dried thyme, crumbled  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1 pound sole fillets (4 fillets)  
1/4 cup unseasoned dry breadcrumbs  
1 large egg white  
2 tablespoons grated Parmesan cheese  
2 tablespoons dry white wine  
1 tablespoon defatted chicken broth

- 1) Preheat oven to 425 degrees. Spray an 11 by 7 inch baking dish with no-stick spray.
- 2) In a large, heavy, no-stick skillet, warm the oil over medium-high heat until hot but not smoking. Add the bell peppers and garlic, and saute for 2-3 minutes or until the peppers are tender. Transfer 1/4 cup of the pepper mixture to a small bowl and set aside
- 3) Increase the heat to medium-high and stir in the spinach, thyme, salt, and black pepper. Cook, stirring, for about 1 minute, or until the spinach is wilted. Drain the spinach in a strainer, pressing down lightly to remove any excess moisture. Transfer the spinach to a medium bowl.
- 4) Cut the sole fillets in half lengthwise, removing any bones near the tops of the fillets.
- 5) Add the breadcrumbs, egg white and Parmesan to the spinach and toss well. Spoon 2 tablespoons of the spinach mixture onto the wide end of each piece of sole and roll up the fillet toward the narrow end. Place the rolls, seam-side down, in the prepared baking dish.
- 6) Sprinkle the rolls with the reserved bell pepper mixture, then drizzle with the wine and broth. Cover the baking dish with foil and bake for 10-12 minutes, or until the fish just flakes when tested with a fork and the filling is heated through.
- 7) Transfer 2 fish rolls with the bell pepper topping to each of 4 plates. Discard the pan juices.

Calories per serving: 207

Total Time: 45 min.

Serves: 4



# Leeward Coast Aviaries

“EGGSQUISITE”

MACAWS • COCKATOOS • ECLECTUS

*Specializing in*

## Rare and Unusual Exotic Birds

- Domestic Hand-Raised Baby Birds
- Feed, Supplies and Equipment
- Aviary and Exhibit Landscape Designs
- Custom Wrought Iron Cages

*Visit LCA's "Beak Boutique"*

- Designer Bird Art (originals and prints)
- Glass Art Pieces
- Sculptures, Figurines, Vases
- Jewelry, Bags, Posters, Cards, Calendars
- Razzle Dazzle Bird Toys
- Bird Play Gyms and Garden Perches
- Parrot'sol & Tropi'sol Portable Perches

*Professional Consultations*

- Breeding Exotic Parrots
- Parrot Behavior
- Essentials on Maintenance & Nutrition
- Pet Bird Care & Management

*Species Specific Supplies*

- Nest Boxes (Finches to Macaws)
- Aviaries and Cages
- Natural Toys and Perches
- Welded Wire -- 8, 10, 12, & 14 gauge

*"Go with Hawaii's BEST for all your parrot needs!"*

*Butch & Pat Laws*

(808) 696-7977

puaparrot@hawaii.rr.com

www.puaparrot.com

Collector and Breeder of Rare, Exotic Parrots



# 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

