

Parrot Scoop

November 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 & 2003

- | | |
|------------------|---|
| November 3, 2002 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i>• Nominations & voting for officers• Dr. Hisanaga will be our guest speaker |
| December 1, 2002 | <ul style="list-style-type: none">• Club Meeting & Christmas Party BBQ - Blaisdell Park 1:00 p.m.
<i>* Bring gift (approx. \$8.00) for gift exchange)</i> |
| January 5, 2003 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i> |
| February 2, 2003 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i> |
| March 2, 2003 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i> |
| April 6, 2003 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i> |
| May 4, 2003 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i> |
| June 1, 2003 | <ul style="list-style-type: none">• Club Meeting & Potluck - Blaisdell Park 1:00 p.m.
<i>*Bring a covered dish</i> |



APA Moments



Oh.. I WON it

Look at me snuggle



APA meeting minutes September 1, 2002

By Debbie Eugenio Wiss



Just a reminder.... the date of the Birthday Party Luau is Saturday, September 7th at 4 PM at Maili Beach Park. Butch will have a green and white tent set up for us and our birds. Just bring water and their perches.

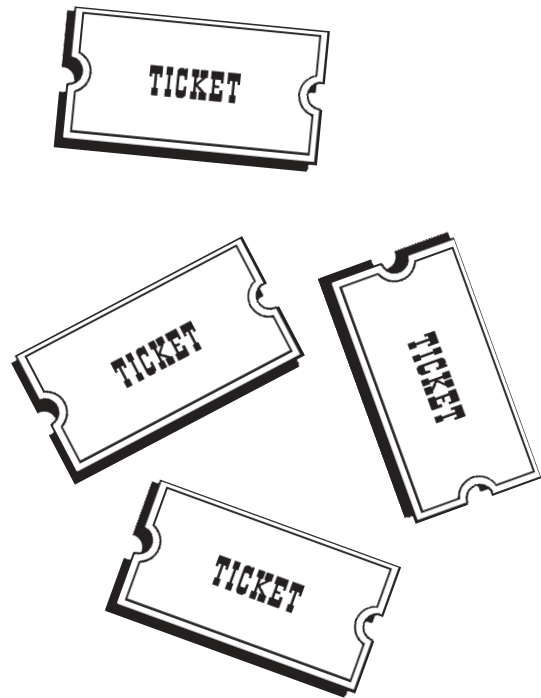
Our guest speaker for the next meeting in October will be Darin Hisanaga, DVM, from the Waipahu-Leeward Veterinary clinic. Have your questions ready for Dr. Hisanaga.

There will be an upcoming movie about Brazil that will be filmed here in Hawaii possibly at the end of September. They will need amazons and macaws, specifically blue & golds and military's and they are willing to pay up to \$100. a day for each bird. The owner/handler will also be paid, including the travel time. They prefer that the birds be clipped.

For our December meeting we will be having a Christmas Party BBQ in the park and will also have a gift exchange. (approx. \$8.00 a gift per person)

The Aloha Parrot Association will be having their annual Officer Nominations at our October meeting. We will be nominating and voting for President, Vice-President, Secretary and Treasurer.

Mahalo to Richard Goo for entertaining us with his Chinese Violin.



ITEM:

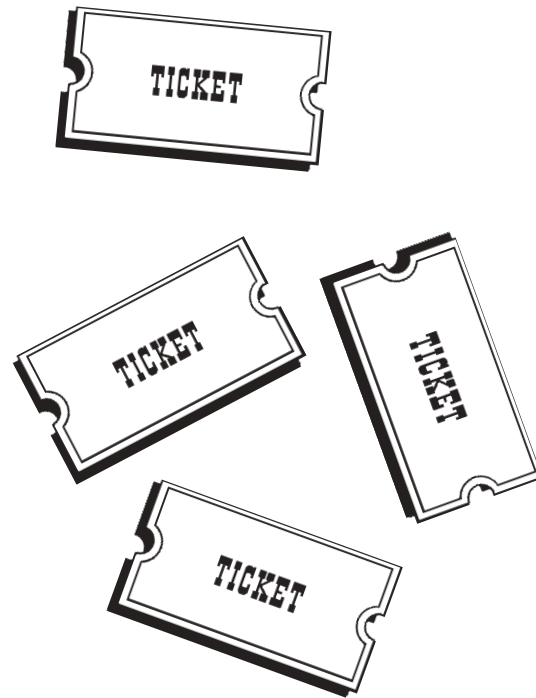
Zu Preem for large parrots, 3lbs.
 Mixed nuts, 1.25 lbs.
 Fruit cocktail, 1 lb.
 Hulled peanuts, 1 lb.
 Hulled peanuts, 1 lb.
 Kitchen Creations pasta dinner
 Rope Ticklers Toy
 Rope Ticklers Toy
 Rope Ticklers Toy
 Crazy Climber, large toy
 Manzanita Cluster, medium toy
 Papaya Pleasure, small toy
 Set of drinking glasses & coin purse
 KMS conditioner & Paul Mitchell gel
 Big Mouth Bass singing sensation

DONOR:

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

WINNER:

Chad Tuscan
 Steve Petrik
 Chad Tuscan
 Chad Tuscan
 Shaneen Vandehey
 Jeff Wiss
 Shaneen Vandehey
 Scott Shimamura
 Shaneen Vandehey
 Richard Goo
 Chad Tuscan
 Steve Petrik
 Jeff Wiss
 Shaneen Vandehey
 Jeff Szakacs



ITEM:

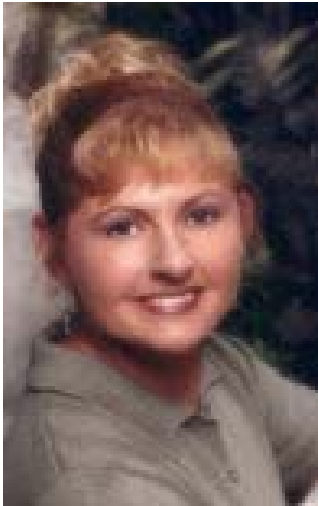
Hulled peanuts, 1 lb.
 Hulled peanuts, 1 lb.
 Parrot treat, small bag
 Dizzy Dozen, large toy
 Mixed seeds & nuts, 4 lbs.
 Mixed seeds & nuts, 4 lbs.
 Organic trail mix, small bag
 Tropical trail mix, small bag
 Carousel treat dispenser
 Fruit chew pieces
 Goofy Link junior
 Goofy Link regular
 Vase of Good Luck bamboo
 "Supercuts" shoulder bag

DONOR:

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

WINNER:

Butch Laws
 Steve Petrik
 Chad Tuscan
 Steve Petrik
 Shaneen Vandehey
 Chad Tuscan
 Shaneen Vandehey
 Steve Petrik
 Chad Tuscan
 Jeff Wiss
 Jeff Wiss
 Shaneen Vandehey
 Chad Tuscan
 Shaneen Vandehey



Avian Nutrition

with Alicia McWatters, PhD, CNC

Sprouted Seeds: The Living Treasures

Sprouted seeds, grains and legumes can enhance a bird's diet by adding a nutritious supply of vitamins, minerals, enzymes, chlorophyll and high-quality protein. Each seed contains all the nutrients necessary to sustain plant life, but remains dormant until it is placed in the right environment to begin germinating. When air, water, and a suitable temperature are provided, seeds begin to sprout. It is at this time that their energy is released and all of the essential nutrients are made available. As the sprouting process continues, carbohydrates are converted by the biocatalytic action of enzymes into simple sugars. Complex proteins are converted into simple amino acids and fats are transformed into fatty acids, which are easily digestible compounds.

Sprouts are an excellent source of vitamins A, B, and E, the minerals calcium, potassium, magnesium, iron and important trace minerals: selenium and zinc. When sprouted, nature miraculously increases the total vitamin content and creates the addition of vitamin C in each little shoot. Sprouts can be offered to your bird at the time of harvest, losing none of their nutritional value. Sprouts and other raw foods are natural sources of antioxidants, preventing environmental pollutants from causing harm to your bird's body.

As most beans contain incomplete protein, combining any dried legume with one or more grain ensures a complete protein meal: supplying up to 25% amino acids. Certain legumes contain complete protein: lentils, soybeans and peanuts. Many seeds, such as almond, pumpkin, sesame, sunflower and buckwheat, contain complete proteins. However, most seeds and legumes served alone would contain an inadequate balance of the essential amino acids. As a result of combining and serving your bird various seeds, or legumes and grains, you are increasing the quality and value of the protein in its diet. Variety is the key!

Legumes and other seeds contain enzyme-inhibitors in

their dry form. The process of germination neutralizes these inhibitors, releases the enzymes, and places these foods in a more bioavailable form. Food or exogenous enzymes (derived externally) are a very important part of your bird's diet. They come from fresh unadulterated foods and aid in the process of digestion of foods.

Endogenous enzymes (produced from within) maintain proper function of your bird's body by regenerating cells and tissues, keeping vital organs healthy, stimulating the production of antibodies that help fight infection, aid digestion and many other important physiological tasks.

The best way for your bird to obtain food enzymes is by providing it with fresh, raw fruits, vegetables and sprouted seeds. Cooking destroys food enzymes above 105 degrees F or slightly above a bird's body temperature, which on average is 107 degrees F. Cooking destroys a large percentage of the vitamins in foods. Minerals in cooked foods are no longer chelated, and therefore are more difficult for your bird's body to utilize. These foods slow down the rate of metabolism and weaken the immune system leaving open the chance for illness and disease.

When foods are eaten raw they are a good source of food enzymes that aid in the digestion of starch, protein, fat and cellulose. The body can then absorb these substances for optimum utilization. "Live" foods help to conserve the body's enzymes, stimulating metabolism and the regeneration process, contributing to long and healthy lives.

For success with home sprouting, use quality seed, avoiding seeds and beans that are chipped, pale or not evenly colored. Be sure they are certified edible (organic preferred) and have not been chemically treated or dyed. Buy them in the bulk section of your health food store for the best quality and value. Some of the beans and seeds most easily sprouted are:

- sunflower
- buckwheat
- pinto
- adzuki
- kidney
- chickpeas
- sesame
- mung
- lentils
- alfalfa

There are many good ways to sprout with the most common method being jar-sprouting. Also used are colanders, strainers, trays, bags, baskets, etc. Open-ended tubes, with screen tops offer optimum growing conditions, but must be found at the health food store or special ordered.

To begin jar-sprouting:

- 1) Soak seeds in filtered or purified water over night. (Do not overcrowd your seed).

2) In the morning pour off the water and place the jar mouth at a 30-45 degree angle for drainage (set the open end of the jar on a saucer to catch any drainage water) and allow your sprouts plenty of air between rinsing.

3) Rinse twice a day with cool fresh water.

Seeds develop at different rates, but most are ready in three to four days. Start new seeds every three days for a continuous supply. There are several products available that retard mold, but are unnecessary if sprouting is done under the right conditions. These products are calcium propionate, hydrogen peroxide, apple cider vinegar and grapefruit or citrus seed extract. The latter four products may also help prevent the growth of bacteria.

The ideal sprouting temperature is between 65 and 75 degrees. Keep your sprouts in indirect light and allow no more than 1/4 inch in growth for their maximum enzyme activity. When sprouted too long, some seeds and beans become bitter. Grains become sweeter on the fourth and fifth day. Placing sprouts in direct light on the last day of growth will develop chlorophyll, which has healthful qualities. Sunlight also triggers the production of carotenes.

Sprouting can be done year round, so it is especially valuable in the winter months. Just keep in mind that in the cooler months things are going to take a little longer. Below 60 degrees fewer seeds germinate and sprouts grow more slowly. In the warmer months, sprouts mature quickly; therefore, you must monitor them carefully and rinse them more often to keep them cool and to avoid spoilage. If you store mature sprouts in an airtight jar or plastic bag in your refrigerator, they will stay fresh for about a week.

Common causes of failure in sprouting are:

- (1) chlorinated, impure, or warm tap water
- (2) improper drainage
- (3) lack of ventilation
- (4) unclean equipment
- (5) poor quality seed
- (6) excessive heat or humidity
- (7) airborne bacteria and/or fungi.

To take it one step further, you may also plant a variety of seeds and offer fresh grown greens to your birds. Not only are they healthier than store bought, fresh greens are also a breeding stimulant to many birds. The gathering of greens from our garden is routinely done and our birds seem to thrive on them. Some of the greens we grow are wheat grass, barley grass, safflower, dandelion, and canary. We also grow a variety of medicinal and culinary herbs, such as garlic, chives, comfrey, chicory, lemon balm, valerian, echinacea, several varieties of mint, chamomile, etc.

The medicinal herbs are used only for health purposes in either a fresh, dried or liquid form. They may be offered as

a preventive medicine or for illness for their beneficial properties. Of course, knowledge of the properties of herbs and their correct application must be acquired prior to their use.

You may grow some of these plants indoors, in flats, plastic or clay pots, either from seed or established herbage from your local nursery. These plants can be brought to an outdoor garden area in the spring or they may remain indoors. Place your plants in a sunny location where they will regularly receive a minimum of six hours of sunlight or broad-spectrum artificial lighting. For best results, always use a rich, quality soil, keep well drained and fertilize weekly. We use fish emulsion or seaweed plant food.

If insects become a problem, spray your plants with soapy water to eliminate them. Be sure to thoroughly rinse the greens before serving them to your birds.

If your bird only seem to enjoy dry seeds, such as is typical of many Australian species, feeding sprouted seeds may be the answer toward providing it with many important nutrients for a healthier, more active pet.

Birds that were raised on an all dry seed diet naturally are stubborn to try something new, as they feel threatened and fearful when presented with a new food. To overcome this, you can first try offering their seeds soaked (for 24 hours). After they've accepted these, offer seeds in the sprouted form and then finally as seedling grasses/greens. Moist, soaked seeds can be fed in the morning and the dry seeds (in smaller amounts each day) in the evening.

The process of offering the seeds in various stages should progress slowly, but surely. Eventually, your patience and persistence will payoff and you will have a happier, livelier bird. How quickly your bird begins readily eating these new foods will depend on the age of the bird and how long it has been receiving a dry seed only diet. Once these fresh food items are accepted as something edible or at least tolerable, introduce other fresh foods, such as vegetables or a slice of apple, orange, etc. Soon you will have a bird that looks forward to its fresh foods every day.

If time is short and you just can't sprout, use high quality substitutes like wheat grass, alfalfa, barley grass, or algae (spirulina, blue-green algae, chlorella) powders.

Sprouting and growing your own greens will provide your bird with a healthy treat for all seasons. Your bird will receive outstanding nutrition as a result of consuming sprouts. We feed sprouts and greens more generously during the breeding season and they are given to baby birds as a part of the weaning diet. At other times, they are given more sparingly, up to three times a week. Sprouting is easy, inexpensive and your bird(s) will be thankful for them!

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 contact her at: holisticparrot@mcwatters.org



This month's Healthy Recipe for you and your bird

Asian Chicken Noodle Soup

1 tablespoon plus 1 teaspoon vegetable oil
12 ounces skinless, boneless chicken breast halves, sliced
4 scallions, thinly sliced on the diagonal
2 garlic cloves, minced
1 teaspoon grated fresh ginger
2 cups thinly sliced small white mushrooms
3 cups reduced-sodium chicken broth
2.5 cups water
1/2 cup canned sliced bamboo shoots, rinsed & drained
1/4 teaspoon crushed red pepper flakes
4 ounces Chinese dried egg noodles
4 cups packed fresh spinach leaves, coarsely chopped
1 tablespoon balsamic vinegar
2 tablespoons reduced-sodium soy sauce
2 large egg whites, lightly beaten
1/2 teaspoon dark sesame oil
1 medium carrot, shredded
1/4 cup chopped fresh cilantro

- 1) In a large saucepan, warm the vegetable oil over medium-high heat until very hot but not smoking. Add the chicken and stir-fry for 2 minutes or until opaque. Add the scallions, garlic and ginger, and stir-fry for 30 seconds or until fragrant. Add the mushrooms and stir-fry for 1 minute or until tender.
- 2) Add the broth, water, bamboo shoots and red pepper flakes, and bring to a boil over high heat. Stir in the noodles and spinach, and cook for one minute or until the noodles are tender and the spinach is just wilted. Reduce the heat to medium and stir in the vinegar and soy sauce. Stir in the beaten egg whites and simmer, stirring, for 1 minute. Stir in the sesame oil.
- 3) Ladle the soup into 4 bowls and top with the carrots and cilantro.

Preparation time: 20 minutes

Total time: 35 minutes

Calories per serving: 293

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

