



ALASKA BIRD NEWS

JANUARY 2010

Kathleen O'Keefe—Editor

Volume 21 Number 1

This Volume is FREE

January 2010

THANKS TO ALL OUR SUPPORTERS FOR THE PAST YEAR

Our Seminar was held in two locations this year. It would not have been successful without the wonderful support of Alyeska Title Guaranty Agency in Wasilla and in Anchorage. Thanks go to Janice Peterson for making these locations available for us at no charge.

Barbara Heidenreich donated three of her video tapes for auction items at both seminars. Her web site is: www.goodbirdinc.com She has also offered to let us use articles for future newsletters.

Pet Zoo continues to support The ABC with in store credits when volunteers are in the store giving information on the Adopt-A-Bird Program. They also donated food and toys that have been used as auction items and the \$5.00 fund raising table.

Also thanks to all the generous members of the community who donated cages, food, toys and are still fostering birds.

AACCC has graciously continued to work with Amber to ensure the quality of care for birds dropped off at their facility remains at a high level of care.

Mat-Su Animal Control worked with our adoption program to find the owner of a lost pigeon. They are also setting up to establish themselves as a place for birds in the event of a natural disaster. They wish to continue working with The ABC in this end.

Pet Co has referred people to The ABC Adopt-A-Bird Program. They have also told people of our Lost/Found-Rescue Program and referred callers to Amber.

A very special thanks to Kris Porter for organizing the seminar and being our guest speaker this year. She is an amazing resource and is always willing to share information. She also donated several large items for the Anchorage Seminar for the auction.



Sinbad enjoyed the Christmas party as much as everyone who attended, ate too much and exchanged gifts at the Chinese Gift Exchange.

Club Information

The Alaska Bird Club is a 501(c)(3) non-profit incorporated in the State of Alaska. It meets the first Tuesday of every month at Serendipity Adult Day Service in Anchorage. Meeting starts at 7:00pm.

Location: 3550 East 20th Ave (off of Northern Lights Blvd & Nichols St).

The Alaska Bird Club
PO Box 101825
Anchorage, AK 99510-1825
Phone: (907) 868-9070
email: akbirdclub@yahoo.com
website: www.alaskabirdclub.org

President: Lin Westgard

868-9070, e-mail: westgard@gci.net

President Emeritus: Kathleen O'Keefe

243-4675, email: kok@woodscross.net

Vice President: Amber O'Neill

351-2762, e-mail: akamber@ak.net

Secretary: Amy Benefield

441-2699 email: southerninak@yahoo.com

Treasurer: Ann Gilley

441-1119, e-mail: annlynnbiz@ak.net

Member-at-large: Karen Medkeff

854-0014 e-mail: karen@medkeff.com

Sergeant-at-arms: Garry Wallen

e-mail: garry@sneakyparrot.com,

Adopt-A-Bird Director: Vacant

868-9070 Seeking volunteer

e-mail: akbirdclub@yahoo.com

Adopt-A-Bird Co-Director: Vacant

868-9070 Seeking volunteer

e-mail: akbirdclub@yahoo.com

Publications Director: VACANT

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Webmaster: Garry Wallan

868-9070 e-mail: depc@sneakyparrot.com

Disaster & Emergency Preparedness

Committee: Garry Wallan

e-mail: depc@sneakyparrot.com

Hospitality Committee: Vacant

S868-9070 eeking Volunteer

e-mail: akbirdclub@yahoo.com

Lost/Found-Rescue Committee: Amber

O'Neill cell: 351-2762 e-mail: akamber@ak.net

Birds pictured in this publication are not available for adoption. They are either from clip art or are privately owned birds.

The Alaska Bird News is published by the Alaska Bird Club. The Alaska Bird Club, its members, and its directors are not responsible for any claims, services, or information presented. The views and opinions are those of the writers and do not necessarily reflect those of the Alaska Bird News.

No Newsletter? No Problem.
Pick one up at any of the following locations.

All Creatures Veterinary Clinic

Mi 7.4 Palmer-Wasilla Hwy
376-7930

Alaska Mill & Feed

1501 E 1st Ave
276-6016

Alaska Pet-ography

9130 Elim St (on Abbot
across from Fred Meyer)
868-1680

Animal Food Warehouse Pet-Zoo

Anchorage - 901 E Dimond Blvd
344-2966

ER -12046 Business Blvd
622-2966

Palmer - 10201 E Palmer-Wasilla
Hwy 746-0056

Wasilla - 1481 E Parks Hwy
357-7335

Chester Valley Veterinary

1571 Muldoon Rd
333-6591

College Village

2036 E Northern Lights Blvd
274-5623

Hillside Pet Clinic

2101 Abbott Rd #1
344-7913

Northern Lights Veterinary & Laser Center Inc

2002 W Benson Blvd
276-2340

North Star Animal Hospital

840 S Cobb St (Palmer)
907-746-7387

Palmer Veterinary Clinic

Mike 39 Glenn Hwy
745-3219

Petco

8621 Old Seward Hwy
365-5500

Pet Emergency

2320 E Dowling Rd
274-5636

The Pet Stop

1921 W Dimond Blvd
522-1006

VCA Alaska Pet Care

3900 Lake Otis Pkwy
562-7387

VCA Alpine Animal Hospital

12531 Old Seward Hwy
345-1515

VCA Eagle River Animal Hospital

11710 Business Blvd.
694-3800

VCA E Anch. Animal Hospital

2639 Boniface Pkwy
337-1561

Happy Dawn's Thrift Store

Corner of Main Street
& Nelson Street - Wasilla
357-2224

Budget Feed & Farm

1100 S. Colony Way
Palmer AK
745-3862



President's Perch - Lin Westgard - President



Hi, everyone!

My name is Lin Westgard and I am the new Alaska Bird Club president for 2010.

I look forward to meeting all the new members and to encourage non-members to join and become part of our club. Our first meeting will be a meet-and-greet roundtable to talk about who we are and the birds who own us. Then we will discuss what we hope to accomplish in the upcoming year and what we'd like to learn about. Aviculture is a never-ending study; parrots continue to prove old theories wrong and make history by doing things never recorded before. It's always exciting and challenging.

The bird club's mission is to try to stay on top of these changes and get the updated information out to current members as well as prospective bird owners.

I hope to see you at the meetings and please feel free to contact me if you ever have any questions. My personal e-mail is westgard@gci.net.

Happy birding, and may your holidays be joyful and safe!

Lin



This is a privately owned bird and not available for adoption.

FUNDRAISER TABLE - December

No fundraising table for December



Website to consider:

Check out **The Alaska Bird Club's new Online Store!** Now you can order exactly what you want in the size and color that works best for you and it will ship to your home!

Support your club! Purchases at Café Press help increase our coffers!

<http://www.cafepress.com/akbirdclub/>

Club Meeting Information

First Tuesday of each month.

Be sure to join us!

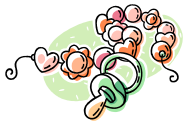
We love hearing about your birds,
Please do not bring them to the meetings,
Unless they are our Feature Bird of the Month,
Or are participants in special programs.

Serendipity Adult Day Services

3550 E 20th Avenue

(Doors open at 6:30 to socialize)

7:00pm - 9:00 pm



How to Series - Diane Richards

- Small Diameter Wreath's - natural color
- Food Coloring
- Rope / jute
- Beads
- Pear Links
- Wood and Plastic Beads
- Straws
- Hand held Drill

Dye wreaths the night before.

Drill through the wreath, this makes it easier and quicker to put together. Knot once through the wreath to keep it stable.

String beads onto rope/jute.

Plate the top rope/jute for strength.

Hang inside or outside cage when finished.



Cooking for your Birds - Kris Porter - Reprinted from an earlier publication

Vegetable Egg Pancake

Ingredients:

- 1 Egg
- 2 Tablespoons chopped greens (kale, mustard, turnip or collard)
- 1 Tablespoon grated carrot
- Dash of cayenne pepper
- Red Palm Oil or Coconut Oil

Directions:

1. Beat the eggs in a bowl then add the vegetables and cayenne pepper, mixing well.
2. Heat oil in frying pan (Do not use Teflon).
3. Pour in egg mixture and cook

over medium heat until the bottom of the pancake is set and browned.

4. Turn and cook until browned on the other side.
5. Remove to a plate, cool to room temperature and cut into bite size pieces.

Note: You can buy frozen chopped greens and have them on hand to use in this recipe, just thaw them first before adding to egg mixture. Natural Pantry carries Red Palm Oil.

I cook extra of this recipe and eat it myself for breakfast, it is pretty tasty.



Official Tester and Taster
The Good Food Bird Seal
of Approval

Adopt-A-Bird Program - Cindy Welbourne - Final Report 2009

The Adopt-A-Bird Program was very busy this year. We still have cockatiels in the program waiting for forever homes.

This year has seen an almost even number of large and small bird placements. We have found forever homes for several Macaws and Amazons, along with many cockatiels.

There is a whole new committee for 2010. Amy Benefield, Lynne Bush, Rama Hadley and, Bobbie Kesner have completed training. Krista Dahl and Nat Lauth will continue to serve on this committee. We are having another training session this coming Saturday, December 19th, at Serendipity, from Noon to 3:00pm. We will try to cover different adoption scenarios that new committee members have not encountered.

Kathleen and I are updating all forms. From now on, all inquiries regarding the Adopt-A-Bird Program will be done through the

Yahoo account and the message phone number.

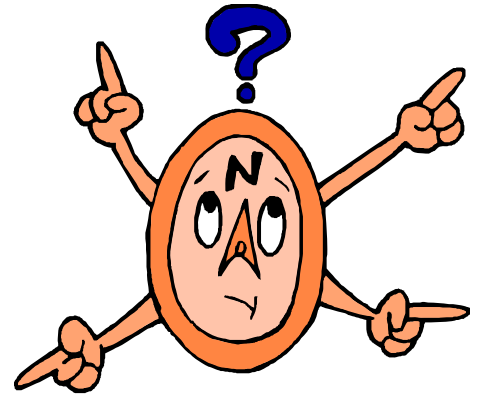
akbirdclub@yahoo.com 907-868-9070 (This is a long distance call for most of the State, except for the Anchorage area)

Thank you to the Pet Zoo's rescue program. Their generosity and that of their patrons has enabled the Adoption Program to purchase needed foods and supplies for foster birds.

Thank you to all who have helped out in the previous year with this very busy and vital program.

I must add a very BIG Thank You to our wonderful foster homes. Without you, this program would cease to exist.

Cindy



Lost/Found - Rescue - Amber O'Neill

Amber and her volunteers have had a small respite in rescuing birds, for now. However, changes are in the air and if you want to help find lost birds, please contact Amber and let her know you are ready to join in on the fun!

Board Meeting Info - Open to the public

The Board meets the last Saturday of every month at 12:00 PM

Denny's on Northern Lights.

Visit the Web Site at: <http://www.alaskabirdclub.org/> to view any day or time changes

TABC's Mission Statement

The Alaska Bird Club's mission is to promote responsible avian ownership through education and when possible, to provide rescue and adoption services for abandoned and unwanted birds in communities across Alaska.

AAV Report

There is no AAV Report for the month of December available on the web site.

A Bird for You - Are you prepared to share the rest of your life with them?

A well timed visit to a breeder, adoption agency or pet store may bring you your heart's delight. Take a moment and reflect how it felt to bring that new bird into your home.

Several months have passed. Does the glimmer of having a new bird still hold positive aspects in your life? Is your spouse or significant other delighted with the addition to the household. How about your children or other pets? Is everyone still getting along?

Your new companion appears to be languishing at home alone. What do you do? What, you have only one bird? Is this a species that thrives living with a flock? Have you thought about adding to your flock? Time for research. Find out more about the dynamics of the species of bird you own. Some do fine with human flocks.

Look at cage sizes very closely. Think about the type habitat you are placing the bird in. Consider how to enrich their environment. Look at ways to encourage foraging and getting them to try the foods recommended for their species. Information is available on the internet, in books you can purchase, or talk with your veterinarian and find out their advice may be.

Bringing a bird home is just the most basic first fledgling step the two of you will make. There will be drama, tantrums, crying, and then the bird starts his or her actions. Attend a local club or take classes on bird care from a local group.

Educate yourself on the best way to interact with your companion bird. Always remember, they are a joy, a sorrow, a hardship; no different than any other pet or person.

Always, have fun with your birds. Share their stories and photos with family and friends. They need you as much as you need them!

Consider joining some web rings. Learn from people who have already been through what changes your household is experiencing. You may be surprised at what you learn every day. Information and education are the key to maintaining a healthy happy relationship with your birds, your family and your other pets.

Get involved with a local bird club. Meet others who share your passion, this way you will find out you are not crazy, simply in love with your avian companion or companions.



Same bird, different light conditions. This is a privately owned bird and not up for adoption. Get those photos taken for the Photo competition.

SAFE AND TOXIC FOODS FOR OUR BIRDS

Toxic Foods

Avocado
Dairy (in excessive amounts)
Rhubarb
Some seeds and pits (see safe foods list)

Caffeine
Mushrooms (potentially toxic)
Salt (in excessive amounts)

Chocolate
Onions (in excessive amounts)
Sugar (in excessive amounts)

Safe Foods

Fruits – Serve 3 – 4 times per week

Apples
Berries
Grapes
Lemons (no seeds)
Papaya
Pineapple (peeled)
Tangerine (no seeds)

Apricots (no pits)
Cantaloupe
Grapefruit
Mangos (no pit)
Peaches (no pits)
Pomegranate
Watermelon

Banana
Cherries (no pits)
Kiwi (peeled)
Nectarines (no pits)
Pears (no seeds)
Star fruit



Vegetables – Serve EVERYDAY

Asparagus
Brussels sprouts
Celery
Eggplant
Leeks
Snow Peas
Sweet Peppers
Turnips

Beets
Carrots
Corn
Green Beans
Okra
Squash
Sweet Potatoes (cooked)
Zucchini

Broccoli
Cauliflower
Cucumbers
Hot Peppers
Radishes
Sugar Snap Peas
Tomatoes



Greens – Serve EVERYDAY

Amaranth
Beet Greens
Chicory
Endive
Lettuce
Radicchio
Spinach
Turnip

Arugula
Bok Choy
Collard Greens
Escarole
Mustard Greens
Rapini
Sunflower Greens
Watercress

Barley Grass
Broccoli
Dandelion
Kale
Parsley
Romaine Lettuce
Swiss chard
Wheatgrass



Beans/Legumes – Serve EVERYDAY, COOKED

Sprouts – Serve EVERYDAY

Grains – Serve 5 times per week

Brown bread
Quinoa

Brown Rice

Pasta



Nuts

Almonds
Pecans

Brazil nuts
Walnuts

Hazelnuts



Treats – Serve on occasion

Peanut Butter
Yogurt



FIND AN AVIAN VET NEAR YOU AND HAVE YOUR BIRDS CHECKED ANNUALLY!

The following list of Clinics have vets, which indicated an interest or a specialty in avian care. This is not a complete list of vets, but to help you find an avian vet. Ask your vet if they are experienced in bird care and if not find one that is.

VCA Alaska Pet Care

3900 Lake Otis Pkwy, Anchorage
(907) 562-7387
Dr. Jackie Frederickson

College Village Animal Clinic

2036 E. Northern Lights Blvd, Anchorage
(907) 274-5623
Dr. Jon Basler
Dr. Pam Tuomi

Pet Emergency & Treatment Inc (PET)

2320 E Dowling Rd, Anchorage
(907) 274-5636
Dr. Kathy Doty

Hillside Pet Clinic

2101 Abbott Rd #1
(907) 344-7913
Dr. Pam Bluestone

Chester Valley Veterinary Hospital

1571 Muldoon Rd, Anchorage
(907) 333-6591
Dr. Thomas

Palmer Veterinary Clinic

Mi 39 Glen Hwy, Palmer
(907) 745-3219
Dr Ronald Williams

Ravenwood Veterinary Clinic

16743 Coronado Rd, Eagle River
(907) 694-9665
Dr. Lorelie Cuthbert
Dr. Cathy L Hawn

North Star Animal Hospital

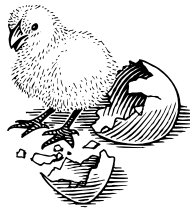
840 S Cobb St, Palmer
(907) 746-7387
Dr. Teresa Beck

Peninsula Veterinary Services

48213 Funny River Rd, Soldotna
(907) 260-5850
(907) 252-7806 Cell
(Will do "barn" calls)
Dr. Nybakken

Mt McKinley Animal Hospital

800 College Rd, Fairbanks
(907) 452-6104



These are just a few of forty-four plus items available with the Alaska Bird Club Logo.

Look for Alaska Bird Club and enjoy your shopping experience.

Birds of the Month Needed

Is your bird interested in being the next bird of the month? If so, contact Kathleen O'Keefe at kok@woodscross.net and we will reserve a spot for them.

They will get to make a guest appearance at the membership meeting the month they are featured!

RAINBOW BRIDGE

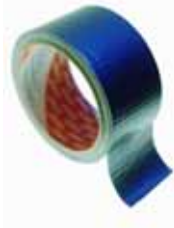
It is always with sadness when we lose one of our avian buddies. Many organizations share brief moments of time and fond memories in a section such as this. If you have a beloved avian companion you wish to be mentioned in our newsletter please contact Kathleen at kok@woodscross.net.

Prepare for Disasters - Set up a basic avian emergency kit today Disaster Preparedness

Instructions: Use this list to supply your avian emergency kit. **Check off items as you obtain them** and before you know it, your kit will be complete! Don't forget to rotate your supplies every 6 months to keep them fresh. Also, remember to add any additional items that may be unique to your bird's needs.

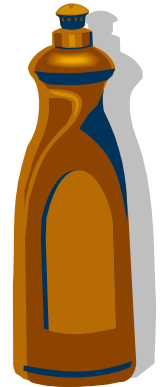
General Supplies:

Carrier- complete with perches
 Food & water dishes
 Blankets & towels
 Newspapers
 Paper towels
 Duct tape
 Large trash bags
 Ziplocs
 Wire & pliers
 Emergency light
 Hot water bottle
 Water- enough for 7-10 days
 Liquid detergent
 Household bleach
 Waterless hand cleaner
 Charged cell phone
 Harness
 Spray bottle
 Scrub brush
 Waterproof matches
 Favorite toys
 Batteries
 Whistle



First Aid:

Avian First Aid Book
 Medications- 7-10 day supply
 Alcohol & Betadine
 Cornstarch/Flour/Kwik Stop
 Q-tips & cotton balls
 Gauze bandages
 Popsicle sticks (tongue depressors)
 Vet Wrap & micropore tape
 Eye irrigation solution or contact lens saline
 Eye dropper
 Magnifying glass
 Sterile saline
 Pediasure
 Scissors
 Needle-nosed pliers
 Hemostats & tweezers
 Hot packs (aka Hot Hands)
 Neosporin ointment
 Aloe Vera (100%)
 Emergency light- head mounted
 Exacto knife
 Nail trimmers
 Sewing thread or suture material



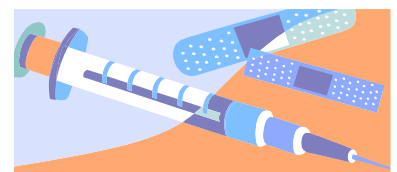
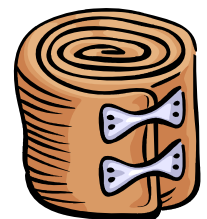
Food: (at least 7-10 day supply)

Pellets/seeds/nuts
 Canned fruit/beans/veggies
 Croutons
 Trail Mix
 Dehydrated fruits/veggies
 Baby food- veggies/fruit
 Dry cereal
 Spoons
 Wash cloth
 Can opener
 Treats



Records: (Store in a waterproof bag)

Current photo with name of bird on back
 Emergency contact number
 Vet and emergency vet contact info
 Band numbers
 Microchip number
 Medical records
 Contact list of animal shelters
 History (Parrot Profile) on each bird
 Written care directions for each bird
 Contact list of relatives or friends to care for birds



THE ALASKA BIRD CLUB MEMBERSHIP FORM

www.alaskabirdclub.org e-mail: akbirdclub@yahoo.com phone: 868-9070

Non Profit Club EIN# 92-0134866

The Alaska Bird Club's mission is to promote responsible avian ownership through education and when possible, to provide rescue and adoption services for abandoned and unwanted birds in communities across Alaska.

We are a statewide 501(c)(3) [non-profit] educational club. All money collected as dues is used to provide educational training and activities to assist people in caring for companion birds. Our main activities include convening educational monthly membership meetings, producing a monthly newsletter, offering an annual seminar featuring experts in avian care and managing a website. Additionally, The Alaska Bird Club manages a statewide Adopt-A-Bird Program offering placement referrals, emergency/foster care and rescue services. The Alaska Bird Club also has a Lost/Found-Rescue Committee that aids in the rescue and capture of lost birds. There are numerous other activities and services that The ABC offers. You do not have to attend the meetings to be a member.

MEMBERSHIPS:

Membership is due annually, and runs from January 1st—December 31st. (rate discount of 50% applies to members joining in September and later). New members receive membership packets.

Single: \$20.00 **Family: \$25.00** Mail Payment and form to:
The Alaska Bird Club, PO Box 101825, Anchorage, AK 99510

Name(s): _____

Address: _____ City _____ State _____ Zip _____

Phone: _____ E-Mail address _____

Type of Companion Birds you live with and their names:

Newsletters are available through our web site. If you do not have a computer please let the editor know.

Would you like to be listed on a registry that is available to other members? Yes No

Would you be interested in carpooling from the Valley with other members? Yes No

Would you like to be on a committee? Yes No and if so, do you have a preference?

Adopt-A-Bird: Lost/Found-Rescue Committee: Hospitality Committee: Membership Committee:

Educational Committee: Seminar Committee: Emergency Services Committee:

Other: _____

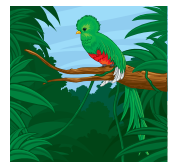
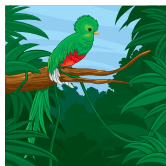
The Bird Club uses e-mail as the preferred method of communication. Do you wish to be included on this mailing list or not? Yes No

THANK YOU FOR YOUR SUPPORT!!

Advertising Rates For The Alaska Bird Club News

Full Page \$50.00 per month
Half Page \$30.00 per month
Quarter Page \$15.00 per month
Business Card \$ 7.50 per month

For further information about advertising, email akbirdclub@yahoo.com



CLASSIFIED ADS

There is a \$5.00 monthly fee for both members and non-members. Current members who pay for a classified listing will receive a free identical website listing for free. The monthly fee must be received before the newsletter goes to print.

Send to PO Box 101825, Anchorage, AK 99510. Classified listings must be no more than 10 total lines.

Email Kathleen O'Keefe at kok@woodscross.net



Bird Toys Galore and More!
Come see what's in **Casper's Closet** at www.casperscloset.com
Bird Toys, Bird Supplies, Bird Food
Parrot Knick-Knacks
Cage Enrichment Consultations
Toy Making Parties
Basic Bird Care Instructions
Custom made bird toys
(907) 868-8058



This Amazon is not available for adoption.

Parrot Behavior Consultations

Need help with any of the following?

Aggression, Excessive screaming, Inappropriate vocalizations, Feather Destructive Behaviors, Diet, Environmental Enrichment

Contact Karen Webster to schedule your consultation today:

929-BIRD (2473) or akpeac@gmail.com

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SUPERIOR BREEDING!

QUALITY NATURAL FEED

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SPECIAL BREEDER PRICING

1 (800) BIRD YUM Call Now!

		Competitive Products	
		YES	NO
Appearance - Yummy & Fragrant?	YES	YES	NO
Our Costliest Ingredients?	YES	NO	
1. PISTACHIO NUTS 2. CASHEWS 3. WHOLE NEW MEXICO BLACK CHILI PEPPER 4. GINGER PRINT PORTIONS 5. ONLY UNSULFURED FRUITS & VEGETABLES 6. 4 KINDS OF PEPPERS INCLUDING WHOLE RED 7. PEACHES 8. SQUASH SEEDS 9. HEALTHY GARLIC 10. TANGY GINGER ROOT PEG 11. FENNEL SEEDS 12. ORANGE PEEL 13. WHOLE CINNAMON STICK 14. ITALIAN DURUM SEMOLINA VEGETABLE PASTAS (colored by vegetable dyes)	YES	NO	
Healthiest Brown Rice - ONLY WHOLE GRAINS, ARIZONA RICE STICK NOODLES.	YES	NO	
6 Types of Beans plus Soybeans?	YES	NO	
5 Fun Pasta Shapes?	YES	NO	
Cook Daily? <small>(every 1 - 4 months)</small>	NO	YES	- most
Generously Handpacked? <small>Handful of Banana Chips - Scoop of Pistachios, etc.</small>	YES	NO	
Dyes?	NO	YES	- in some
Ethoxyquin?	NO	YES	-
Sulfites?	NO	YES	- often a concern
Fancy Packaging?	NO	YES	

- RAPID CHICK DEVELOPMENT
- EAGERLY FED & EATEN
- CHICKS SELF-WEAN
to healthier broad nutrition

SEE - crazycorn.com to find out why birds NEED more than seed!



Recommended Care of Pet Birds

The Alaska Bird Club's

Recommended Care of Pet Birds

booklet is FREE and available for download on our website: www.alaskabirdclub.org. Follow the link on the left marked Bird Care, click Downloads and then select "The Recommended Care of Pet Birds" in a PDF, HTML, or Word format.

Please feel free to download/print as needed.

More *Alaska Style* from David Jensen Photography

Visit David's website at: www.alaskaportraits.com.

9130 Elim Street
Anchorage AK 99507
868-1680 Office
341-1030 Fax

[Photog Blog](#)

[Monthly Web Specials](#)

[New Portrait Galleries](#)

[New Wedding Galleries](#)

Meet the personalities behind the cameras!

Tour our [Studio](#) ♦ Meet the [Paparazzi](#) ♦ See the [Jensen Zoo](#)

♦ Catch [David](#) in action.

David

868-1680 david@alaskaportraits.com

David Jensen has been our volunteer judge for our photography contest every year at the Alaska Bird Club for four years now.



The Alaska Bird Club
PO Box 101825
Anchorage, AK 99510