



AVIAN FLYER



AUGUST 2023

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ARTICLES, ADS AND PHOTOS
ARE WELCOME
AND ENCOURAGED!

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WHAT IS THAT BIRD PICTURED ABOVE?

Come to the August meeting and find out! Scott Golden will be speaking on raising turacos (also spelled touraco), rare and absolutely gorgeous medium-sized arboreal birds endemic to sub-Saharan Africa, where they live in forests, woodlands and savanna. They eat fresh fruits and vegetables. Scott has long been involved in raising these birds in an effort to help in their conservation. You won't want to miss this fascinating presentation!

We want to thank Cynthia Nelson for hosting our annual picnic. Her yard was very park like — complete with pond and fountain, a magnificent redwood tree, a hand built stone fireplace, a tiered garden and a lovely shaded patio. Her birds reside in a lovely greenhouse type attachment to the main house. The food, as usual, was really good...almost as good as the company! Anyone who couldn't make it missed a delightful and relaxing afternoon.

We also want to thank Mary Ann Allen for contributing an interesting book

report on Alan Dean's book "The Basic Essentials For Keeping And Breeding Canaries" available on Amazon. Check out her review on page 3. The World Center for Birds Of Prey is featured on page 4, and makes a great summer destination for any bird lover.

We also have an article in this issue written by a vet that advises us in how to tell whether birds are unhappy or stressed and what to do about it. Additionally, this issue contains information about how air conditioning effects our birds, and other summer safety tips for them. Please also note that there are some member ads in this issue as well.

We need to get the show catalog out by the September meeting, so if you have been planning an ad and haven't gotten it to Hector, please do so immediately, or you may lose the opportunity! While newsletter ads are free, ads in the show catalog help support the cost of our show.

Enjoy the rest of your summer!
Avian Flyer Co-Editors
Caleb Coblentz
Beth Murphy

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August is here already. That means things are moving into full gear in preparation for our Oct. 28, show at the Oregon State Fair, in Salem. Wayne Smith and I inventoried the show trailer to make sure we have everything. I have ordered all the ribbons and awards. Hector Diaz is working on getting in the commercial and member adds for the show catalog. Beth Murphy is working on publishing the show catalog so that can hand it out at the September meeting.

I hope that you are beginning to select those birds that you plan to show this year. We need your participation to make it all successful.

Paula Hansen has also arranged for us to advertise both our club and show at the Petco stores in Salem. We are looking for volunteers who can bring some birds and help us put up a display for the public on two Saturdays, most likely September 30 and Oct. 7. We have done this in the past and it is fun to display birds, answer questions, and tell people about our show and sale. The last time it generated a lot of interest.

We have a great program planned for our August 12 club meeting. Scott Golden, a very successful and well-known breeder of many species of birds, will be presenting a program on "Raising Turacos". I am really looking forward to not only hear what Scott has to say, but also learning more about these amazing birds. You won't want to miss it.

If you cannot attend the meeting in person, watch for the zoom link that will be emailed out a day or two prior to the meeting. The Board meeting starts at 1:30, followed by the show committee at 2:00 pm. The general meeting, with program, starts at 2:30 pm. You are welcome to attend all or parts of these.

Enjoy the rest of the summer.

Dan Pitney

Book Review by May Ann Allen

The Basic Essentials for Keeping and Breeding Canaries by Alan Dean

Canary breeder Alan Dean has been keeping and breeding birds for over 50 years. He lives in California and bred the handsome Gloster shown on the cover of his new book, *The Basic Essentials for Keeping and Breeding Canaries*. Alan, along with business partner Charles Long, won Best in Show at the 2021 National Bird Show for this Gloster canary.

I've read a number of bird keeping books, but this one managed to quickly deliver easy to understand information and helpful tips on bird care. I enjoyed reading about the diverse types and colors of canaries which are described and shown with up-to-date photos of each bird, type and color. The sections of the book are precisely organized and are simple to understand. Photos and diagrams are plentiful and enhance the written sections of the book.

New canary owners will glean valuable advice on everything from basic canary care to ailments and diseases and their prescribed treatments. As a novice breeder, I appreciate Dean's common-sense approach to a wide range of aviculture topics and especially found the section on breeding educational.

While this book is a perfect match for novice bird keepers, the more experienced breeder will also find information and tips that could help make your bird a champion.

Alan succeeds in providing a great deal of valuable and helpful information about our club's namesake bird. You can get his new canary book, *The Basic Essentials for Keeping and Breeding Canaries*, on Amazon.com. The book is available in hardcover, paperback, and digital editions.

Alan Dean will be judging type canaries at our show this October. If you bring your copy of his book to the show, I'm sure he'll be happy to autograph it for you. I'm bringing my copy!

First Published, February 2023
 Available on Amazon
 Hardcover \$35
 Paperback \$25
 eBook \$25

EDITOR'S NOTE: Thank you, Mary Ann!



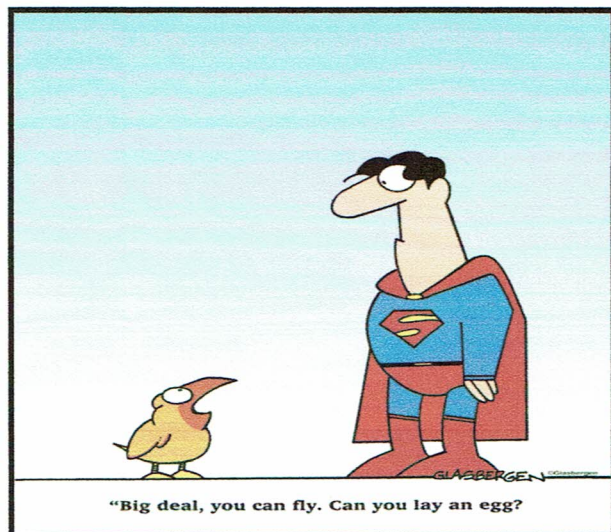
JULY TREASURY REPORT

Beginning Balances:
 \$11,962.61 (Checking account)
 \$844.39 (Savings account)
 Total: \$12,807.00

Expenses: \$90.00 National Cagebird Show advertisement
 \$36.88 CCC Picnic Main Course reimbursement to Cynthia Nelson
 Total: \$126.88

Income: None

Ending Balances:
 \$11,835.73 (Checking account)
 \$844.42 (Savings account)



"Big deal, you can fly. Can you lay an egg?"



The World Center for Birds of Prey

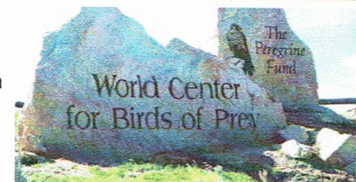
If you are looking for an amazing bird experience, consider visiting the World Center for Birds of Prey in Boise, Idaho! Caleb's family invited Beth to join them last fall on a journey to see birds that are rarely seen in the wild at a center dedicated to saving them from extinction through their breeding program. It is open to the public and accepting both drop-ins and online ticket reservations. Every fall they have what they call "Fall Flights" at 3 p.m. every Friday, Saturday and Sunday through the month of October. This is an incredible 40-50 minute event where you sit on seats situated on a hillside. You are advised to keep your arms at your side and not raise them. You soon learn why. Staff members at the top and at the bottom of the slope release five to six birds one at a time that fly directly (and I mean DIRECTLY) over your head from one staff member to another to receive treats. Among these birds are a Verreaux's Eagle-Owl, a Swainson's Hawk, a Red-tailed Hawk, a Ferruginous Hawk, a Northern Aplomado Falcon, a Lanner Falcon and a Peregrine Falcon. It is an incredible sight as they glide close to you and you can hear their cries. This is a once a year event and very well attended.

Beyond the Fall Fly, the center gets you within feet of the Bald Eagle, the Turkey Vulture, the magnificent, amazingly huge California Condor (Beth got to check seeing one of those off of her bucket list!) and so much more!

The Center is most particularly working on breeding the Peregrine Falcon, native to the North American continent (pictured above).



5668 W Flying Hawk Ln
Boise, Idaho 83709
208-362-8687
peregrinefund.org



Well worth the trip!



Gouldian Finches for Sale:

Red headed two year old male and his three 15 month old offspring: two red headed males and one black headed female. \$70 each. Call or text Cynthia at (503) 246-4041 or email at cynthia.nelson@comcast.net.

How to Tell if Your Bird is Unhappy or Stressed – And What to Do

by Laurie Hess, DVM, Diplomate ABVP (Avian Practice)

While it is often difficult for bird owners to tell whether their pet is sick, as birds commonly hide signs of illness, it is even harder for most bird owners to tell if their pets are unhappy or stressed. Birds can certainly feel these emotions and hide them until these feelings become so extreme that they are manifested either physically or behaviorally. Birds can express unhappiness and stress in several different ways.

How can a bird owner tell that his or her bird is stressed or unhappy? Here are some common signs of stress and unhappiness in pet parrots:

Biting

While many bird owners misinterpret birds' biting as an act of aggression, this behavior is often a sign of stress and fear. Birds will frequently bite and lunge to try to protect themselves when they are afraid. Since biting also may be a sign of pain or discomfort in birds, a parrot that suddenly starts biting a lot should have a complete veterinary examination to ensure there is no underlying medical problem for this new behavior.

Screaming

Normal parrots, depending on their species, make loud noise. However, a sudden increase in screaming and screeching may indicate that a bird is stressed, unhappy, or bored. Just as biting can be indicative of pain or discomfort, so can screaming. Thus, any bird that suddenly starts screaming should be checked out by a veterinarian to ensure there is no medical basis for this behavior.

Decreased vocalization

While screaming can indicate underlying stress or unhappiness in birds, so can decreased vocalization. Birds that suddenly start to vocalize less may be stressed, unhappy, bored, or ill. It is imperative that any bird who suddenly vocalizes

less be examined as soon as possible to make sure that there is no medical cause for this change in behavior.

Feather picking

Feather picking is a very common outward manifestation of stress and boredom, particularly in larger species, such as Eclectus parrots, cockatoos, and African gray parrots, but this is also seen in smaller birds, including Quakers parrots and lovebirds. Some birds will start picking as a result of an initiating cause, such as loud noise or the occurrence of construction in the house, and they will continue to pick even when that initiating stimulus is gone. Feather-picking birds should have a thorough medical examination, including blood work, to help rule-out other causes of illness.

Self-mutilation

Some very stressed or unhappy birds will go beyond feather-picking to chew on their skin or even dig deeper into muscle and bone, causing severe trauma. These birds must not only be examined by a veterinarian immediately, but also be started on anti-psychotic medication and/or fitted with an Elizabethan collar (the "cones" that dogs wear) to prevent them from doing further damage while the owner and veterinarian try to figure out what's going on.

6. Stereotypical behaviors

Some species, but especially cockatoos, manifest stress as stereotypical behaviors such as pacing, toe tapping, and head swinging. Often, birds perform these behaviors to stimulate themselves because they are bored. While these behaviors may be harmless, they can be a sign that the bird is unhappy, and owners should pay attention to these actions before they progress to more destructive activities such as feather-picking or self-mutilation.

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Decreased appetite

Birds that are so stressed that they are depressed may eat less and ultimately may lose weight. Since decreased appetite can also be a sign of medical disease, birds whose appetites change should be thoroughly examined by a veterinarian to make sure they aren't hiding an underlying illness.

What Causes Stress in Birds?

Regardless of how they manifest stress and unhappiness, birds, like people, may become stressed and unhappy for a variety of reasons. Many parrots, especially extremely social and intelligent species such as cockatoos and African grays, need a great deal of attention, and when they don't receive it, they become bored and stressed and may scream, feather pick, or self-mutilate.

Often, environmental changes, such as a recent move to a new home, new people or pets in the house, loud noises (such as from construction or thunder), or even a change in the location of the bird's cage in the house or of the color of paint on the walls, can stress or upset a bird. In addition, a change in the bird's daily routine, such as from an alteration in the owner's schedule, can upset a bird. Indoor birds also can become stressed from the sight or sound of unfamiliar wild animals, such as hawks or raccoons, outside a window. Finally, a change in light cycle, such as might occur if a bird's cage is moved to a dark room or is suddenly kept covered, can throw a bird off. Basically, since birds are such creatures of habit, anything that alters their routines can stress them or make them unhappy.

The Effects of Long-Term Stress on a Bird

Chronic stress and unhappiness can affect birds' physical health, as it does in people. Birds that are constantly stressed and sad may eat less and may lose weight or suffer nutritional deficiencies.

Extremely anxious birds that feather pick and self-mutilate may permanently damage their

feather follicles, preventing regrowth of feathers, and scar their skin. In addition, reproductively active female birds that produce eggs, such as cockatiels, may have difficulty laying if they are stressed or unhappy. These birds may become egg-bound, so that their eggs get stuck inside their bodies, and may require veterinary intervention with medication or even surgery to get them to lay. Finally, chronically stressed or upset birds also may suffer compromised immune system function, making them more susceptible to contracting infections and other diseases.

How to Help Your Unhappy or Stressed-Out Bird

If you suspect your bird is stressed or unhappy, there are several ways you can help. The key is to try to find out the cause of the bird's anxiety or sadness so that it can be addressed to enable the bird to get back on track.

It can be difficult to pinpoint the exact cause of a bird's sadness or stress, but working with an avian-savvy veterinarian or bird trainer can provide insight and may help an owner get relief for a bird more quickly.

Birds that are feather picking, screaming, or biting because they are bored or lacking attention should be provided with interactive toys, plus a TV to watch – or at least a radio to listen to. Their owners should try to give them extra attention and as much out-of-cage time as possible.

Pets that are frightened by loud noises or outside animals should have their cages moved to a quieter, interior location, away from windows. Stressed birds whose cages recently have been moved or covered should have them moved back to where they were before or have them left uncovered.

If there are new pets or people in the house who are stressing or upsetting the bird, the owner should seek the help of a veterinarian or bird trainer to help gradually acclimate the bird to the new individual through positive-reinforcement training, in which the sight or

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sound of the new individual is paired with a yummy treat or favorite toy.

Birds are psychologically complicated creatures, as they are very smart and socially very needy. When well-adjusted and provided with adequate attention and mental stimulation, they can be terrific pets for many years. Bird owners must be prepared, however, to adapt to and change with their birds as they age and become sexually mature; they must realize that like people, their birds are living, thinking beings whose needs and desires change over time and who must be attended to accordingly.

**WANTED:
HOMES FOR 3 BONDED PAIRS OF
TAME (INDOOR) RING NECKED DOVES**

Beth had given doves to a dear friend a few years ago. She took excellent care of them and loves them very much but she has developed allergies to them and now very sadly must part with them. As they were a gift to her, she wants to gift them to whoever might keep these mated-for-life pairs together and love them as much as she has. Each pair will come with their cage. These are the pairs:

Alma—wild colored male
Paloma—peach and white female

Luis—peach male
Rosalia—white female

Pedro—wild colored male
Emilia—peach and white female

Luis, Pedro & Emilia are offspring of Alma & Paloma. If you would like any of these sweet pairs of doves as pets, or know someone who would, please contact Beth at thedovenest@yahoo.com. Her only requirement is that each pair be kept together, as doves do mate for life and a new owner will be enough stress for them as it is. She asked Beth to handle this for her because she is having a very hard time parting with them (and Beth doesn't have room).

**Columbia Canary Club
Meeting Minutes
July 8, 2023**

The meeting of the Columbia Canary Club was called to order by Vice President, Maymelle Wong.

The Club Meeting and annual picnic was held at the beautiful home of Cynthia Nelson and her husband, Tom.

13 members attended on a cool but comfortable day under the shady trees. Cynthia's huge garden was brimming with all sorts of fabulous vegetation including chickens. Everyone had a great time.

A reimbursement of \$90 was approved to repay Dan Pitney for a full page ad in the National Bird Show catalog. There were no other outstanding bills to be paid.

Those members attending the meeting were warned of a scam being emailed using Dan's name and other Board Members asking for help or financial assistance. Please do not respond to those emails. Dan and the Board Members would not ask for assistance unless in person.

The August meeting program will be presented by Scott Golden on Raising Turacos.

Nominating Committee members are needed and will be discussed at the August meeting.

A get well card was circulated around the members for Dan. He was ill and could not attend the picnic.

The meeting was adjourned

Is air conditioning good for birds? And Other Summer Safety Tips

To make the heat of summer tolerable, we all turn on our air conditioners. In summer, while many of us rush to stay inside our air-conditioned rooms, our pet birds might get a bit too cool.

Amidst the hottest months of summer, ACs keep on putting out cold air for keeping your room cool. While you and your family appreciate it, it could upset or even cause health hazards for your pet birds.

So, there are a few things that you must know if you plan to turn AC on in a home that birds share with you. Is air conditioning safe for birds? Read this article to find some facts about how using the air conditioner affects your pet birds.

Birds are obviously warm-blooded animals. They also have a higher metabolism than human beings. So, their best body temperature is also higher than that of humans. The exact best temperature differs for every bird species. But, on average, the best body temperature for birds is 40 degrees Celsius (105 degrees F). So, when you turn the AC on, the indoor temperature falls to often between 65 to 75 degrees. This sudden temperature shift increases stress and metabolic pressure on birds.

Very slim birds have lesser amounts of subcutaneous fat and less muscle volume for keeping themselves warm. So, slim birds might not be able to bear a cold temperature as well as a bird with more muscle and fat would do. Heavier birds are more prone to overheating and can't do as well in hot weather compared to birds with lower weights.

Birds can bear extreme hot and cold weather if they adjust or adapt to it over time. Yet, sudden temperature shift can be stressful for pet birds. So, as a pet owner, you should not expose your pet birds to sudden temperature shifts. This is true for both hot and cold temperatures. So, in summers, if you are going to turn on your air conditioners, make sure that your

pets do not have to face a temperature change of more than 10 to 15 degrees. Although birds are adaptive to extreme temperatures, they take their time to adjust. Generally, birds have a better high-temperature tolerance than humans and they do well in summers.

It is crucial to keep your birds away from cold drafts, vents, and the air conditioners themselves. If cold air keeps on blowing at your birds, they are less able to regulate their body temperature. The harmful impacts of blowing cold air could cause feather plucking, pneumonia, and respiratory problems in your birds.

Also, the air conditioners tend to draw out the dampness from the air, which could harm your birds. Most of the birds come from humid and warm climates, so cold and dry air can be hazardous for them. An easy and simple way to assist your bird in getting some required dampness is through misting and showering. Indoor fountains also add humidity to the air year around.

Like humans, birds can become cold and stressed in air conditioned homes. Offering them different ways to stay warm is both vital for their health and comforting to the birds. There are different ways to assist your birds stay warm. To counteract the impacts of cold drafts and air conditioning, there are many bird warmers available in the market. These warmers help the pet birds keep their optimal body temperature, decreasing stress, and offer a safe and consistent heat source. Another choice is to keep a heated perch with your bird in the cage. Thermo-Perch is a product available for this purpose. It reduces the stress of your pet birds along with keeping them warm. In case your bird is feeling cold, they would jump on to it for getting instant warmth. You can also offer warmth to your pet bird with a soft-sided tent. These tents provide a private and safe place for the birds to receive warmth and rest whenever they need it.

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Ceiling fans are also a great way to cool down a room, but bird owners need to be especially careful when they are in use. Pet birds have been seriously injured and/or killed after colliding with the blades of a ceiling fan. Diligence is especially due if your bird is free-flighted or able to gain enough lift-off to reach ceiling fan level. (Some birds are especially adept fliers and can often fly within a couple of weeks of having a wing feather trim.) Play it safe, and keep your bird in the cage or in another room while a ceiling fan is in use.

Another way to cool down during warm weather months, many people open the windows of their homes for fresh air and to allow air to circulate. Bird owners need to make sure their window screens are secured (not unhinged) and free of holes and tears. Extra supervision is in order if there is any possibility that your bird has access to window screens. Years ago, a pet owner's cockatiel cage was situated on a countertop. He loved spending time outside the cage, foraging for his treats and toys strewn along the countertop. What they failed to notice was that he was also making headway on a hole he started in the window screen located behind his cage. It grew large enough for him to stick out his head and part of his body before they noticed!

Summer months also tend to be a bit busier for most households, and doors are more likely to be left open. Whether its going in and out of the house loading (or unloading) the car for a road trip or having guests over for a backyard gathering, be door aware amid the hustle and bustle. An open door creates an accidental escape hazard if your bird's cage is left open or if the bird is left on a play gym. It can also lead to the unexpected. I once heard from a bird owner whose sliding door was left open while she and her guests had a nighttime barbecue. When she went inside with some dishes, she encountered a raccoon pawing at her terrified cockatoo through the bars of his cage! Another reason to keep doors shut is to keep

mosquitoes out, which can carry West Nile virus.

Speaking of backyard grilling, when grilling prevent smoke from streaming inside your home through a window and straight toward your bird's cage. Gas stoves can be deadly to birds, so ensure that your bird's airspace is free and clear of direct exposure to your barbecue's smoke. Also, be sure to thoroughly wash your hands after cooking meat on the grill before you handle your bird to prevent Salmonella exposure. Also wash your hands after using lighter fluid, scrubbing the grill, or after handling charcoal before interacting with your bird. Hopefully you follow sun safety tips for yourself, such as applying sunscreen, but keep it off your bird's feathers. If you use spray-on sunscreen, make sure your bird doesn't receive spray back. Breathing in sunscreen residue can irritate your bird's respiratory system, and it doesn't belong on your bird's feathers!

Some bird owners enjoy spending time outdoors and like to take their birds out too. Exposure to natural sunlight is great for your pet bird's health. However, before bringing your feathered friend outside for some time in the sun, take some precautions. First and foremost, make sure your bird can't fly away. If your bird is flighted, roll out his cage so he can enjoy the sunshine from there, or place your bird in a travel carrier. Accustoming your bird to wearing a harness is a safe way to allow your pet to spend time with you outdoors without the risk of an accidental flyaway. If your bird has a wing feather trim, again, be absolutely sure that it cannot gain lift off in the event that something startles him. Most birds can fly some even when clipped.

If your bird is spending an extended time with you outdoors or it is especially hot, make sure your bird has access to shade and water. Cover part of the cage or carrier with a blanket or towel to create shade, or move the cage under an awning. A sunny day is the perfect time to give your bird a spray bath, too! Most parrots love a post-bath preening session in the sunshine.

Birds can drown, so don't assume that your bird will be fine perched out of a cage close to a pool or spa. Give your birds a safe summer!

AUGUST MEETING
 Saturday, August 12, 2023
 at the Clackamas Community Center
 1:30 Board - 2:00 Show Committee
 General Meeting - 2:30-3:30

**Program: Scott Golden on
 Raising Turacos (also spelled touraco)
 Refreshments to Follow**

DIRECTIONS TO CLACKAMAS COMMUNITY CLUB

FROM THE SOUTH: I-205 North to Exit 12 for OR-212 E toward OR-224 E/Damascus/Estacada. Use middle lane to turn right onto OR-212 E. Turn left at the 1st cross street onto SE 82nd Drive. Turn left onto SE St. Helens Street. Turn left onto SE 90th Avenue. Destination will be on the left after a right hand curve. Smaller of the two buildings. (Was once a residence.)

FROM THE NORTH: I-205 South. Take exit 12A to merge onto OR-212 E toward Damascus. Merge onto OR-212 E. Turn left on 82nd Drive. Turn left onto SE St. Helens Street. Turn left onto SE 90th Avenue. Destination will be on the left after a right hand curve. Smaller of the two buildings. (Was once a residence.)



Columbia Canary Club
P.O. Box 2013
Clackamas, OR 97015

