



AVIAN FLYER



MARCH 2023

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OUR CLUB IS 70 YEARS OLD!!!

While many bird clubs have come and gone, the Columbia Canary Club has endured! Over the years members have joined that have other birds besides canaries, and some who have no canaries at all, but are bird people just the same. The fellowship is so wonderful that several members have stayed on even when life's circumstances have caused them to have to give up their birds. We have members from a wide geographical area, and thanks to our new meeting location having wifi, and our President Dan Pitney being willing and able to facilitate ZOOM meetings, everyone can attend, no matter how geographically far away they are. Our club has survived because we have evolved, and it shows.

Welcome to our newest members. It is so inspiring to have fresh new experienced folks as well as those eager to learn from them. When it comes down to it, a bird is a bird, no matter what kind you fancy!

Because it is Easter, we have includ-

-ed an interesting article about eggs. We guarantee that you will learn something new about those magical orbs.

Also, for those whose birds look a little 'moth eaten' after breeding season, we have included a basic article about molting.

If you aren't sure if the new USDA laws regarding the keeping of birds will effect you and your aviary, we will have April Diaz speaking at our coming meeting to help us make sense of it all. While most members will likely not be effected, those who are will need to understand the new regulations and come into compliance with them. If you get your newsletter by email, you received an attachment of the 64 page document along with it. April can help us wade through the legalese and understand what we need to know.

We wish you a blessed Easter and hope to see you at the meeting this coming Saturday!

Caleb Coblentz & Beth Murphy



2023 Officers

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THE PREZ SEZ

We had a good March meeting. The attendance both in person and via zoom was very good. Kelly Beaty provided an excellent program on handfeeding finches. Rudy Yarbrough was our "Breeder on Display". Thanks to both of them!

Vice-President, May Wong, reported that we currently have about 75 members, with a few more still coming in for the year. That is great! We should be proud of our club. When most bird clubs around the country are shrinking, the Columbia Canary Club is growing. We are fortunate to have many new members and an active core of longer-term members who are active and committed to our club. Thank you to everyone who helps reach and welcome new people. Let's keep inviting.

The program at our April meeting will be going over the new US Dept. of Agriculture regulations regarding raising and breeding pet birds. April Diaz has agreed to review the regulations and go over them with us, trying answer our questions. I look forward to hearing from her.

Our "Breeder on Display" at the April meeting will be Quin Ward from Kirkland Wa. Quin and her husband, Mario, are not new to birds, just to our club. I look forward to hearing more about their aviary and getting to know them better.

Remember the CCC Board meeting begins at 1:30 pm, followed by the Show Committee at 2:00 pm. The general club meeting is 2:30-3:30 pm, followed by refreshments. You are welcome to attend any part, or all of the meetings, either by zoom or in person.

Have a nice spring!

Dan Pitney

MARCH MEETING MINUTES

Regular meeting minutes:

- *Reviewed February sale: Sale was reportedly very successful for all attendees.
- *Reviewed Calendar of Events for 2023
- *Approved Treasurers Report as printed in newsletter
- *Reviewed Membership report and club is growing.
- *Members needing sunshine contact Nina
- *Larry had surgery
- *Mike is moving and needs help getting rid of cages. Contact Jose Halifax
- *Kelly Beaty is in charge of meeting refreshments and can submit bill for reimbursement for plates, napkins, plastic ware etc.
- *Newsletter to print refreshments sign up sheet
- *Wayne to call show volunteers
- *Kelly Beaty presented program on incubators and hand feeding.

Board Meeting Minutes:

- *Deadline for minutes of Monday before next meeting. Diana to bring copy of minutes to next meeting.
- *Reviewed Treasurers Report: \$13,296.35 current balance. Check cut for insurance \$647. Suggestion to put some money into CD \$3,000 Or \$4,000 in 9 month CD. May go up to %5 interest for CD.
- *Zelle to be set up by Treasurer.
- *CCC has checking and savings. Discussed closing savings account and transferring money to checking. It was moved and passed to keep savings for a transition period.
- * Bills were approved to be paid so that Cynthia can pay before next meeting. Including \$146 for P.O. box for 12 month's and up to \$60 for printing and postage costs.
- *Current membership is 77 members with 5 new members. Sandy is willing to call new members to welcome them to the club and lapsed members regarding returning.
- *website ads are \$5 per ad on website and must be camera ready.
- *Commercial and member ads for next show must be submitted to Beth by August.
- * This is our Platinum 70 year anniversary. Diana will bring a birthday cake to show for members to celebrate.
- * Name tags for members: Diana will contact Chuck regarding name tag source and bring info to next meeting.
- * Officers are asked to create job description for their positions.

**Calendar 2023
Columbia Canary Club**

- April 8 – Meeting & Program
Program – April Diaz: USDA Regulations for Raising Pet Birds
- May 13 – Meeting & Program
Program – Hector Diaz: Raising New Color Canaries
- June 10 – Meeting & Program
- July 8 – Picnic & brief meeting
- August 12 – Meeting & Program
Elect Nominating Committee
Program – Scott Golden: Raising Turacos
- September 9 – Meeting & Program
Nominating Committee Report
Program – Carol Groeneveld: Preparing Canaries for Show
- October 14 – Meeting, Program, Election of 2024 officers
Program – Preparing Finches for Show
- October 28 – Show & brief meeting
- November – No meeting
- December 9 – Christmas Dinner & Introduction



Things Everyone Should Know About Eggs

By *Olivia Tarantino*

If you ever had reason to doubt that eggs are among the most popular sources of protein in America, consider this: the average American eats 19 pounds of eggs per year, according to the USDA.

Eggs really are all that they're cracked up to be. They're a breakfast mainstay, baking essential, and snack staple. But despite their widespread popularity, you may not be as familiar with the lesser-known facts about eggs.

Between uncovering why American eggs have to be refrigerated while other countries' ovules aren't and the reason why brown eggs are more expensive than white, you'll be blown away by these *eggciting* tidbits of info. Get ready for us to lay on the trivia!

This fact certainly surprised us! Both the egg white and egg yolk contain 3 grams of protein each. So while we traditionally associate egg whites with protein, they don't really have an advantage over their yellow counterpart. The main difference, however, is in the calories. While a single yolk contains 3 grams of protein for 60 calories, a single egg white provides you with 3 grams of protein for just 15 calories. So, leaving out the yolk means you can get an equal amount of protein for fewer calories. That being said, due to the high levels of good-for-you micronutrients in egg yolks, we recommend you eat them.

Many consumers assume the "cage-free" label on egg cartons means the chickens laying these eggs have the ability to roam around a field. Unfortunately, that's far from the truth. "Cage-Free" only means hens are required to have a minimum of 120 square inches per bird, which is not even double the area of conventional battery cages. Hens often still exclusively live indoors, either in large barns known as aviaries or crammed into bigger "enriched" cages that allow for some natural habits.

Even though many cartons promote that their eggs are free of hormones, this claim is nothing special. It's like saying that water is wet. That's because the FDA banned the use of hormones in all poultry production back in the 1950s. Therefore, no chicken eggs will ever contain hormones.

Have you ever seen a blue chicken egg? There's a crazy story behind how these eggs garnered their brilliant blue color. According to a study, over

500 years ago, a virus infected a species of native South American chickens. This infestation resulted in a genetic mutation that triggered an accumulation of a pigment known as biliverdin, which ultimately caused the chickens to produce blue and green eggs!

It's a common misconception that brown eggs have thicker shells than white eggs. In reality, the thickness of an egg solely depends on the age of the chicken: while young chickens lay eggs with harder shells, old chickens lay eggs with thinner shells. This thickness will happen regardless of the chicken breed or egg color.

Blue, green, and brown eggs all look more unique and interesting than white eggs, but just because white eggs are lacking in color doesn't mean they're lacking in nutrition. The differences in eggshell color is solely due to genetics. Therefore, if a blue egg-laying chicken is raised under the same conditions as a white egg-laying chicken, there will be no difference in nutrition or taste between the different colored eggs.

Egg yolks will range in color—from pale yellow to deep orange to even a bright red—based on a hen's diet. Because free-range hens often eat more pigmented, nutritious foods that range from insects to grasses, eggs from these chickens often have richer-colored yolks. On the other hand, conventional, grain-fed chickens will produce lighter yellow yolks. As for those red yolks we mentioned? One chef—Dan Barber, executive chef of New York-based Blue Hill restaurants—worked with Cornell University researchers to develop a feed blend high in red peppers that allowed hens to produce strawberry-colored yolks.

As for the difference in nutrients between yolk colors? The protein and fat counts will often remain the same regardless of yolk color, but there can be up to a 100-fold increase in micronutrient value of certain antioxidant carotenoids like lutein and beta-carotene in yolks fed a more nutrient-dense diet (like in pasture-raised hens), according to a 2010 study published in the *Journal of the Science of Food and Agriculture*. Rich, dark yolks will contain more of these potent antioxidants: compounds which mop up harmful toxins that promote inflammation and fat storage. Other studies have indicated that the same healthy diet that produces richer-colored yolks results in eggs with higher levels of heart-healthy omega-3s and less cholesterol.

Strange, but true: the color of a chicken's earlobes — yes, chickens have earlobes — is a good

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indicator of the color of the eggshell it will lay. In general, chickens with white earlobes generally lay white eggs, while chicken with red or brown earlobes lay brown eggs.

Although your carton says you're getting "Large" eggs, not every egg in that paper box is exactly the same size. Rather than requiring a specific size and weight for individual eggs, the USDA has guidelines for egg weights per dozen. That's because there will invariably be differences between individual eggs. Below are the USDA's egg size guidelines:

Small: 18 ounces (about 1.5 ounces per egg)
Medium: 21 ounces (about 1.75 ounces per egg)
Large: 24 ounces (about 2 ounces per egg)
Extra Large: 27 ounces (about 2.25 ounces per egg)
Jumbo: 30 ounces (about 2.5 ounces per egg)

Bonus fun fact! The size of the egg depends on the age of the hen. The older the hen, the larger the egg she produces.

Despite color differences at maturity, all eggs start out white in their development!

"Free-range" eggs are certainly a step above "cage-free," but the term is still a bit misleading. While "free-range" hens have the option to go outside, the reality is that many hens do not actually wander outside their barns as doors are small, are only open for limited times, or don't accommodate the entire flock.

Eggshells are porous. That means they allow air to move through them. As eggs age, they take in air and develop an air pocket. In general, you can test an egg's freshness by placing it in a cup of water. If the egg floats, it indicates the egg is old and has a large air pocket, in which case you should pass on eating it. If it remains on the bottom, the egg is usually safe to eat. To be extra sure of an egg's freshness, you can smell the egg before eating it. If it smells rotten, you should pass.

According to USDA guidelines for grading eggs, AA quality eggs have egg whites that are "clear and firm," whereas A quality egg whites are only "clean and reasonably firm." Because AA quality eggs have the firmest egg whites, fresh AA eggs are the best eggs for poaching, since you'll be dropping a whole cracked egg into water. The firmer the whites mean the less white will wisp away into the simmering water.

B quality eggs are rarely ever sold in stores.

These eggs have such a reduced quality—they have flat yolks, thin whites, and occasionally have blood spots—that they will be used commercially in liquid and powdered egg products. That's one reason why boxed egg whites are among the worst packaged foods in America.

If you know that omega-3 fatty acids reduce inflammation, improve cognitive function, and may reduce your risk of heart disease, then you'd likely think that omega-3-enriched eggs—which come from hens whose feed is supplemented with flax seeds or fish oil—are a great choice. The thing is, they're probably not worth paying extra for. In fact, this claim is not USDA regulated, so it's more of a marketing tool than anything else. There's no way to prove the eggs have significantly more omega-3s either. If you're looking to increase your intake, look to organic, pastured eggs (which naturally contain about 30 milligrams of omega-3s), wild fatty fish, or chia seeds.

Yes, brown eggs are typically more expensive than white eggs, but, unlike what you may have assumed, their high price has nothing to do with their quality. Brown eggs cost more because the hens that lay them are physically bigger breeds than the white-egg-laying chickens. Because bigger hens need more food, farmers have to spend more on feed. In turn, the increase in cost of production per egg gets passed onto consumers. (So, it's not like white bread vs. whole-grain bread.) Now that we've busted one popular food myth, don't miss these nutrition myths—busted!

Egg whites are out; yolks are back in. Decades ago, American public health officials believed that consuming the cholesterol found in egg yolks could raise your blood levels of cholesterol, which can ultimately lead to increasing your risk of heart attacks and stroke. Now, clinical studies show that the dietary cholesterol found in eggs has a modest effect on blood cholesterol. It's so low, in fact, that the 2015-2020 Dietary Guidelines have removed the 300 mg dietary cholesterol limit, referencing the fact that all available evidence suggests there is no relationship between consumption of dietary cholesterol and levels of blood cholesterol. (Surprisingly, eating eggs may actually help to lower your cholesterol.

Most people "consume" vitamin D through exposure to sunlight. That being said, you can also consume vitamin D through food — but your options

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are fairly limited. Besides cod liver oil, sardines, salmon, and milk, eggs are among the best (and few) dietary sources of this immune-boosting vitamin.

To ensure you're getting the most of this vitamin D food, don't bake your eggs. According to a study published in the journal Food Chemistry, when eggs are scrambled and then baked in a 350°F oven for 40 minutes, only 39 to 45 percent of the eggs' vitamin D was maintained. Contrarily, when you fry or boil eggs, you can retain 82 to 88 percent of the eggs' immune- and mood-boosting vitamin D.

Those curly, white strings that bunch up at the edges of egg yolks are called chalazae. They're actually twisted membranes that join the yolk to the end of the shell. Not only are these fibers completely edible, their presence is actually a good sign: The more prominent the chalazae, the fresher the egg.

Salmonella can be found on the outside of an eggshell because eggs are laid through the same passageway as feces is excreted. To minimize the risk of salmonella, the USDA requires all American eggs to be washed (and often times sanitized) at the processing plant. Because this washing step removes the natural lining that protects an egg from infection called a "bloom," we have to then refrigerate our eggs to keep our eggs chilled to minimize bacterial infection. That's why eggs are not on our list of surprising foods you don't have to keep in the fridge.

Now you know!



Treasurer's Report for March:

INCOME:

Dues-\$180.00
Bands-\$50.50
Donations-\$35.00

EXPENSES:

Postage-\$41.90
Liability Insurance-\$647.00
Member Refund-\$25.00
Club Membership Dues (NFSS, National Color-bred Assoc.and National Bird Show- \$185.00

BANK DEPOSIT-\$210.50

BANK ACCOUNTS TOTAL-\$12,888.36



ATTENTION, please, to those members who use electronic funds transfer (EFT) methods to make payments to the club:

As approved at last month's meeting, we are planning to close out our PayPal account and switch over to Zelle for those members who do not want to pay with a bank check. We are now enrolled and ready to accept payments through Zelle. If you're unfamiliar with it, to get started go to your bank's mobile app or sign in to your online banking site to enroll. Then, to make a payment to the club just enter the treasurer's email address (cynthia.nelson@comcast.net). You will be asked to confirm that you want to send money to the Columbia Canary Club. After confirming, you are prompted to enter the amount you want to send CCC. Funds are electronically transferred to the club's bank account.

Hopefully, many of you are already aware of Zelle and this will be a smooth transition. One of the advantages of this EFT system is that it is a free service provided by our bank, while PayPal had processing charges.

Your treasurer,
Cynthia Nelson

Molt In Birds: A Complete Guide

The plumage of some birds changes noticeably during the course of the year, with bright feathers becoming temporarily drabber once the breeding season is over. By the following breeding season, the vibrant feathers are present once more, with no trace of the dull plumage they have replaced.

This process, known as molting, is an entirely natural part of a bird's life cycle and is generally painless and harmless. But how and why do birds molt, and how often does it happen? Read on to learn more.

When birds molt, they shed their older, weaker and damaged feathers, and replace them with new, stronger ones, which help them fly more efficiently. Strong feathers are vital not only for flight, but play a major role in a bird's ability to stay warm and dry in winter.

Molting cycles and frequency varies between different bird species, and may happen at various stages in a bird's life. Not all birds undergo a radical molt with particularly noticeable changes to their plumage, but wear and tear of feathers is an issue that affects all avians, and worn out feathers do need to be replaced periodically.

Our guide to molting explains how it happens and why it is necessary. Keep reading to discover more about whether all birds molt and how long the process takes.

What is molting in birds?

Molting is the process of replacing feathers, experienced by birds regularly during the course of their lives. The plumage of each bird species is adapted to its environmental conditions, and different birds will need to replace feathers for different reasons and at different points in their lives.

Adult birds do not keep the initial fluffy feathers they have as nestlings and fledglings forever. Even during the course of a year, an adult bird's full set of feathers may be gradually replaced with one or more brand new full or

partial sets each year.

Types of molt include:

Complete molt: This is when a bird replaces its entire plumage with a new set of feathers.

Partial molt: This is when only some of a bird's feathers are shed and replaced with new ones; for example, a bird experiencing a partial molt may only lose old or damaged flight feathers.

When birds molt and new feathers develop, their post-molt appearance may not always be the same as immediately before they shed their previous plumage. Some bird species have what is known as an alternate, or breeding, plumage, which temporarily transforms their appearance each year. Others have the same coloration all year round, known as a basic plumage.

Basic plumage: A bird's basic plumage is generally the feathers they are seen with for the majority of the year. Many species retain their basic plumage all year round, but will still molt these feathers to replace them with new, stronger plumes.

Alternate (Breeding) plumage: Some bird species have what is known as an alternate plumage, which develops in spring, ahead of the breeding season, and will molt once it has served its purpose in helping to attract a mate. This is the case for birds with particularly showy, bright feathers in males, for example wood ducks, American goldfinches, and mallards. Once breeding season is over, the males transition to their basic plumage, which is often considerably less colorful and distinctive.

Why do birds molt?

Birds' feathers are made from keratin, and when they become weak and worn – from

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flying, injury, or abrasion, for example – they cannot regenerate themselves. Weakened feathers make flight far less efficient and it becomes necessary for some, or all, of the damaged feathers to be replaced. This is a natural and unavoidable part of a bird's annual life cycle.

The males of certain species molt ahead of the breeding season, acquiring a more vibrant set of feathers with the purpose of attracting a mate.

Once they have served their purpose, the colorful plumage is then shed, and replaced with a less conspicuous set of feathers, enabling the birds to enhance their chances of survival by blending into their surroundings.

How often do birds molt?

How often a bird molts varies from species to species. Molts also occur as birds develop between fledging and juvenile stages to reach adulthood.

It takes a while for young birds to develop their adult plumage. For example, many smaller songbirds have shed their juvenile plumage and are indistinguishable from adult birds after around a year. Some seabirds may take significantly longer, with some gull species undergoing a series of molts before achieving their adult plumage after around four years.

Swallows, hummingbirds, and thrushes are among the species that undergo one full molt per year. During this time, they replace and renew all feathers with a fresh, healthy set.

Bird species that swap their distinctive plumage during the breeding season to a more drab appearance shortly afterwards complete one full molt cycle and one partial molt each year. These birds include American goldfinches, buntings, and warblers.

Even though females of these species do not have such a stark difference in plumage, they still undergo a partial molt ahead of the next breeding season.

Some species undergo two complete molts twice per year, particularly species that live and breed in areas where navigating dense vegetation is common, meaning their feathers take more of a battering than many other species and need refreshing sooner than others. Such birds include marsh wrens and bobolinks.

How long does a bird's molt last?

Smaller birds take around five weeks to fully molt, while the feather-shedding period for larger birds can take up to 12 weeks. Migratory species complete their molt faster, which ensures strong enough flight feathers have developed to enable them to complete their lengthy journeys safely and efficiently.

For parrots, molting is a drawn-out process, taking up to two years to complete in some cases. At the opposite end of the scale, some ducks experience an accelerated molt, undergoing a full feather exchange within just two weeks.

Do all birds molt?

All birds' feathers become degraded and weakened through general wear and tear, and need to be replaced through molting cycles. Even birds that do not use their wings in flight, such as emus and ostriches molt, replacing feathers that have become damaged over time.

And for some birds, molting isn't limited to feathers. After the breeding season, puffins shed the colorful outer scales that cover their beaks, replacing them with more muted gray-orange beaks during the winter.

Can molting birds fly?

During a full molt, a bird's worn flight feathers are shed and replaced with new ones. While the new set of feathers are growing in, there may be lengthy periods during which a bird is unable to take to the skies efficiently, if at all.

Gaps will appear in wing feathers and

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tail vital for flight. For some birds, this may happen gradually with only a few feathers at a time being lost. Birds that follow this molting pattern, such as crows and ravens, can still fly, although not as smoothly as usual.

For some waterbirds, such as Canada geese, molting means a period each summer of being unable to fly. After between four and six weeks on land, the new feathers are developed and strong enough to sustain flight.

How can I help a molting bird?

During molting, pet birds may appear to be irritable and lethargic. Allowing a bird to rest undisturbed for longer periods will boost their health, and upping protein in their diet gives them strength and energy.

Another way to support a molting pet bird is to gradually increase the room temperature, as a loss of feathers during molting may impact the bird's ability to keep warm.

Is molting painful for birds?

Molting itself is not painful, as the feathers that are being shed are already dead and become detached naturally. A bird may feel some slight discomfort as the replacement feathers are developing. These new "pin" feathers initially have a blood supply flowing to them while they are growing, and may be sensitive to touch.

Do birds molt in the winter?

It is usual for a bird's molt to be completed ahead of the winter, so that they feel the benefit of a warm set of feathers in prime conditions for the coldest months. In winter, some bird species may undergo a partial molt of head and chest feathers, while the primary wing and tail feathers remain in place.

EDITOR'S NOTE: Molting of juveniles to adulthood also takes place, but was not mentioned in this article. The juveniles have a sub-adult plumage that needs to be changed as they reach their maturity years. When they molt during their

juvenile years, it is when their true colors would show up. From larger bird species, there are a couple of molting sessions or cycles before the colors of their plumage would show up. Bald eagles take 4 feather molts and about 5 years before the adults show the white " bald" coloration. (By the way, the "bald" in bald eagles is short for "piebald," which in their case means "white headed.") Anyone seeing juvenile Lady Gouldian finches will see a prime example in the marked coloration difference between the young and mature adults.



JUVENILE
LADY
GOULDIAN
FINCH
BEFORE
MOLT



ADULT
LADY
GOULDIAN
FINCHES
AFTER
MOLT



A NATIVE BLUE JAY HAS TEMPORARILY LOST HIS JAUNTY CREST DURING HIS MOLT.

APRIL MEETINGS
 Saturday, **APRIL 8, 2023**
 at **Clackamas Community Center**

1:30 Board - 2:00 Show Committee
 General Meeting - 2:30-3:30
 Subject: New USDA Rules Regarding Birds—April Diaz
 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.)



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