

# AUCKLAND METRO BIRD CLUB

July 2013



Photograph – birdsinbackyards, Sulpher Crested Cockatoo.

**Meeting this Tuesday 16<sup>th</sup> July 7.30pm, Panmure Community Rooms,  
Pilkington Road, Panmure.**

### **President's Chirp & Squawk!**

Whew! Another show over! I mean that positively, because I think that the standards we set a few years ago were maintained and can be used by others as a yardstick. So, a huge THANK YOU to those who contributed in so many ways before, during and even after our 103<sup>rd</sup> Annual Show. It was pleasing to see so many recently joined members stepping in to help and reassuring to hear several say how much they enjoyed it. Yes, bird shows ARE enjoyable, but only if everyone helps and co-operates, our visitors (judges, exhibitors & members of the public) are made to feel welcome & that they feel they have attended a show worth telling their friends & families about. Final figures are not in yet & will be available at our meeting on Tuesday 16 July, but.....I can tell you that we ran at a loss approaching \$3000. We need to discuss this further and your committee will be doing so prior to Tuesday's meeting. Our three biggest costs are: prize money, hall hire & judges expenses. Our three biggest revenue earners are: the raffle, public entry/exhibitors charges & sponsorship. The latter two were well down with the raffle slightly ahead of last year.

I invite all members to contribute to a general show discussion at the next meeting; it is only by discussing things openly that we can hope to improve. You may of course post or email your opinions/ideas. We want to maintain our high standards and we want to run another highly successful National in 2015, but we can only do this if we get the financial side right!

On the PR front, the colouring competition was fairly well received & viewed, with a full class from one of the contributing schools in attendance with their teacher. Most judges commented on how much they enjoyed the whole experience & that included the welcome from AMBC members, the catered luncheon and for those who were lucky enough to attend, the meal at night. Comments I picked up from some of the exhibitors included, nice hall and environment & the best spread of prize money in the North Island. Our local photographer, Wayne Martin, took some tremendous photos, available online and in an upcoming edition of the Howick & Pakuranga Times.

The NZ Federation AGM will be held in Napier Saturday 27 July. Members travelling down to the National are welcome to attend. Vince Huston & I will be our reps at the AGM. There is only one remit (I really think that motions rather than remits should be permitted!) and there are 8 nominees for the 6 positions on the Federation committee. We will vote on these at this Tuesday's meeting.

I am conscious that most members of our club, as is the case throughout NZ, don't actually show their birds. We have seen a pleasing amount of newcomers from the AMBC showing their birds and congratulations to Lynette Howard for winning the award for 'Best Newcomer.' As I have said before, exhibiting your birds is an extension of birdkeeping & can be enjoyable in a whole number of ways. Congratulations to all our members who took the time and effort to exhibit their birds and to those who collected prizes....well done & keep at it!

Raffle tickets! If you haven't returned yours, please do so immediately as they must be all accounted for & it is a timely exercise phoning those that haven't done so. Our meeting this Tuesday will cover the show, with some prize winning birds on display and another special raffle as well as a tasty supper.....see you there at the Panmure Community Rooms at 7.30pm Tuesday 16 July. *Dave*

## Reminder

**Don't forget to bring along any birds or bird related accessories to sell/swap at our meeting night 16<sup>th</sup> July, 7.30pm.**

**PLEASE REMEMBER to return all raffle books.**

Congratulations to the winners of our show raffle. 1<sup>ST</sup> Prize Keith, 2<sup>nd</sup> prize Eric and Colin Green and 3<sup>rd</sup> prize Taco and Troy.

**Winners of the School colouring in competition were** 7 and under: First prize Plaksha Ummati , 6, Mission Heights Junior School. Consolation prizes: Anna Ros, 5, Baverstock Oaks School, Mirhan Kermani 6, Mission Heights, Shanaya Prasad, 7, Mission Heights. 8 and over: First Prize: Sanjay Lillian Rangi Mani, 10, River Hills. Consolation prizes: Zoe Felix, 10, Riverhills School, Jacob Tayag, 8, Riverhills School, Jasmine, 9, Mission Heights.

## BIRD NUTRITION

A balanced diet is a necessity to allow the bird to live a full and healthy life. **An unbalanced diet is the main cause of disease and early death in pet birds.** Malnutrition is a human-made disease. Fortunately, it is also preventable. Owners must be the ones to actively study avian nutrition. It is much easier to start a young bird on a varied diet of [healthy foods](#) than it is to convert an older bird to a new diet. A bird on an unhealthy diet must slowly (over several months) be converted to a healthier diet.

### Seed-eating birds

Even for seed-eating birds, seeds alone are not a proper diet. Even when multiple types of seed are offered, the seed-only diet will not supply the necessary array of vitamins and minerals that is needed for optimal health. Birds love seeds like children (and adults) love candy. They'll eat a favorite seed over what is healthy for them. The best diet for most seed-eating birds consists of pelleted foods (65-80% of diet), vegetables (15-30% of diet), a small amount of fruit (5% of diet) and an occasional treat.

**Formulated diets** are readily available from many reputable manufacturers, pet stores, and veterinarians. The food is a blend of grains, seeds, vegetables, fruits, and various types of proteins, as well as additional vitamins and minerals. The ingredients are mixed and then baked. The food may be in the form of pellets, crumbles, or nuggets. Unlike a seed mixture, the bird cannot select particular components out of a formulated diet, so nutritional imbalances are much less likely to occur. There are commercial foods for different species, so be sure to select one appropriate for your bird. Some have higher fat levels for many of the macaws and Golden conures, whereas others may be lower in fat and higher in protein to provide better nutrition for cockatoos and Amazons.

**Vegetables** are a good source of vitamins, minerals, and carbohydrates. Small amounts of fruit can also provide some nutrition. Wash all fruits and vegetables thoroughly before feeding. Remove the pits and apple seeds from the fruit. Any fruits and vegetables left uneaten should be discarded daily so spoiling is not a problem. Because fruits and vegetables are high in



water content, the urine portion of the droppings will increase.

### Non-seed eating birds

Diets for non-seed eating birds such as Lories and Lorikeets consist of a commercially prepared [formula](#). Some of these may be fed dry or moistened; others need to be made into a solution and fed as a nectar. The nectar will need to be replaced several times daily; every 4 hours in hot weather.



The diet should also include some fruits such as: apples, pomegranates, papaya, grapes, cantaloupe, pineapple, figs, and kiwi. Pollen, corn-on-the-cob and some flowers such as pansies, nasturtiums, roses, hibiscus, marigolds, and dandelions may be offered, as well.

### Foods to Avoid

Some foods are on the do-not-feed list. These include foods that contain high amounts of sugar or fats (junk foods: potato chips, doughnuts, etc.), avocado (guacamole), chocolate, alcohol, or caffeine. Do not give fruit pits. Persimmons are also on the do-not-feed list.

### Grit

While not a food, grit is something people think all birds need. They don't. If it is overeaten, grit impaction can occur in the digestive system. Finches and canaries may benefit from a couple of grains of grit every couple of months, but most budgies, cockatiels, and other parrots do not need it.

### Feeding times

Natural feeding times in wild birds are about a half hour after sunrise and again at 5-6 PM. Sticking close to these feeding times will be most natural for the companion bird. Larger breeds can have fruits or vegetables left in the cage through the day for snacking and entertainment. Smaller breeds will typically have food left in the cage throughout the day. The smaller birds need to eat more frequently throughout the day due to their higher metabolic rate and energy need.

### Monitoring intake

You should offer your bird only what he can eat in a day. This will make it easier to monitor his daily intake. Decreased food intake may be the first sign that a bird is ill.

### Hygiene

[Dishes](#) should be washed daily in hot soapy water. No food should stay in the cage for longer than 24 hours as the risk of fecal contamination or spoiling is high.

### Water

Fresh, clean water should always be available. If a [water bottle](#) is used, the water should be changed daily and the tip should be checked daily to be sure it is working. Dehydration is a serious problem that can occur within a day or two if water is unavailable.

### Conclusion

No matter what bird comes into your home, read and ask questions regarding its specific nutritional needs. Feeding a balanced, varied diet will play a major role in helping your pet bird live a long and healthy life.

# Tiritiri Matangi

## A stunning open Bird Sanctuary

Surrender your senses to the beauty and magic of Tiritiri Matangi Island, situated in the Hauraki Gulf and only a 75minute ferry trip from Auckland via Gulf Harbour. From the moment you step onto the island to the moment you leave, you will be entranced by the serenade of gentle birdsong and the lush native bush. Tiritiri Matangi is one of the world's most successful volunteer conservation projects. It has been re-vegetated with around 300,000 native trees and consequently 12 of New Zealand's endangered birds and 3 reptile species have been re-introduced as a result.

Tiritiri Matangi, meaning "tossed by the wind", is an Open Scientific Reserve managed by the Department of Conservation (DOC) in partnership with the Supporters of Tiritiri Matangi Inc. The "open sanctuary" status allows 150 ferry visitors daily from Wednesday to Sunday onto the island. Here they can witness first hand some of New Zealand's rarest inhabitants in a natural and protected environment. Visitors can have the opportunity to stay on the island overnight by booking through the Department of Conservation. This experience is truly unique, observing New Zealand's nocturnal wildlife emerging as the sun goes down, wildlife such as the Little Blue Penguin (the world's smallest penguin), the Little Spotted Kiwi, and the Tuatara.

## What to bring

- A sun hat and sunscreen
- Plenty of water, snacks and lunch (there are no shops on the island but you can buy provisions on the ferry or order one of our [pre-packed lunches](#))
- Wear sturdy walking shoes
- A light rain jacket, swimwear and towel depending on the conditions

## Exploring the island

There are numerous walking tracks throughout the island which vary in length and demand different fitness levels. Forested walking tracks are well established with board walks meandering through coastal forest. Other walking tracks skirt the perimeter of the island and pathways and roads weave through the islands interior. All are clearly sign-posted. Please stay on the pathways and walking tracks, as even the most delicate of steps could damage the natural ecosystem that has developed or disturb a ground nesting bird.

For more information about Tiritiri Matangi walking tracks please ask for the brochure produced and sold by the Supporters of Tiritiri Matangi.

## Guided walks of Tiritiri

The Supporters of Tiritiri Matangi are extremely enthusiastic about sharing, with all visitors to the Island, the wealth of knowledge they have accumulated about Tiritiri Matangi over the years.

For a small additional fee of \$5 per person you can join a 1 ½ hour guided morning experience and learn about the exquisite bird life, natural surrounds, re vegetation and history of Tiritiri Matangi. Your guide will highlight the best spots to see various wildlife on the island, and will help you to identify birdcalls and sounds which echo through the trees and will take you up to the visitor centre with its informative exhibits. Your lunchtime and

afternoon are free for you to wander, look and listen. A day on Tiritiri Matangi is extraordinary, however a day on Tiritiri started off with one of the supporters of Tiritiri Matangi as your guide, will make your day exceptional. When booking your trip to Tiritiri Matangi please specify to Ticket Office staff that you wish to have a guided walk so that enough guides can be provided on the day.



## Important biosecurity information

Our vessels are licensed by the Department of Conservation and the Auckland Council to visit islands in the Hauraki Gulf. We run a biosecurity system (on all our vessels) which meets the criteria to hold a 'Pest-Free Warrant' for the Hauraki Gulf.

### What you need to do to prepare for your trip to pest-free Tiritiri Matangi Island:

- Please check your bags for stowaways: Mice, Rats, Argentine Ants and Rainbow Skinks to name a few.
- Ensure your footwear, clothing and bags are clean and free of soil and seeds.
- Your lunch must be packed in a rodent-proof/ sealed container eg. hard plastic.
- No open bags or boxes – everything you bring must be sealed or zipped closed.

### STAYING OVERNIGHT?

Any camping or overnight gear (e.g. tents, bedding, equipment) must be thoroughly checked for pest stowaways. Food must be packed into rodent-proof/ sealed containers.

If you have any doubts or questions about your packed items please ask customer services staff or the boat crew.

