

AUCKLAND METRO BIRD CLUB

October 2013



AGM

Tuesday, 15th October, 2013, 7.30pm.

Panmure Community Rooms, 1 Pilkington Road, Panmure.

President's Chirp & Squawk!

Whenever we mention the AGM, it is hard to think that a full year has gone by since our last elections and....SUBS DUE once again! Normally, we rattle through our elections fairly quickly, so there is no need to use a long, boring meeting as an excuse for not turning up! All positions are available and there are definite vacancies for the positions of secretary, vice president, trophy custodian, librarian and there are at least two stepping down from the committee. Remember, any club needs fresh input and this can only come about with new faces and ideas on the committee. Hopefully, this committee will basically remain intact to organize the National in 2015 as well. So, do come along, be prepared to accept nomination or even take on one of the duties mentioned above. I would like to see more people helping in the kitchen on meeting nights, someone take over the monthly raffle and someone 'In the know' as far as applying for grants/sponsorship are concerned. Don't hold back!

A big thanks to those who help out the AMBC on a regular basis and it is becoming quite noticeable that in spite of sending out something like 85 newsletters, we have the same small core who regularly help. This has been apparent at events such as our bird sale night where we made just over \$200 (kitchen, raffle, donations) with just 6 members bringing along birds and Mark fronting with his seed/accessories stand. At the Pet Expo, where Mark kindly offered us some space, Vince Huston, Graham Quayle, Sheryl Baron & myself had a good roster going (2 new members signed up) and for the Sausage Sizzle fundraiser last Sunday, thanks to Ray & Margaret Absalom, Vince & Lynne Huston, Carol Miller, Alan Frear, Dave Evans and myself for taking turns in selling beautifully cooked sausages & promoting the name of the AMBC. I realize it is not easy for everyone, but even offering an hour or two for the next sausage sizzle on 20 October would be a great help. If members living out west or on the Shore would like to organize a fundraiser by having a sausage sizzle, then 'go for it!'

In the last newsletter, I mentioned the huge range of uses Diatomaceous Earth has for our birds and other pets. The distributor had a stand at the Pet Expo & at this Tuesday's meeting, I will have full information brochures and FREE SAMPLES...so be there to get yours!

How is your breeding season going? At this Tuesday's meeting, we will have a brief talk on finches, canaries & budgies and a discussion on how things are going for YOUR birds. This will follow the elections with another very good raffle and a tasty supper to follow. Our Club goal for the next year should be to continue to do what we do well even better and the individual goal should be for every member to introduce ONE NEW MEMBER to the AMBC!

See you this Tuesday, 7.30pm!

Dave.

PLEASE BRING YOUR SUBS MONEY & YEARBOOK MONEY (\$10) TO THIS TUESDAY'S MEETING IN AN ENVELOPE, CLEARLY MARKED WITH YOUR NAME & AMOUNT & GIVE TO OUR TREASURER, DEREK LOURENS.

AGM elections: Positions available: Patron, President, Vice President, Secretary, Treasurer, Committee of 5 or 6, Show Secretary, Show Manager/s. Duties needed: Librarian, Trophy Steward, Newsletter Editor, Kitchen, Raffles, Funding/Grants.

FOR SALE

Budgies and accessories, first in first served. No birds over \$30. Contact Michelle and Brod Webb,

09 527 2111, 31 Tripoli Road Panmure.

Lizard Canaries (cocks) & a few 'odd' Canaries. Ph Dave 576 2535

AUCKLAND METRO BIRD CLUB MEMBERSHIP

Name.....

Address.....**Post Code**.....

Home Phone**Mobile Phone**

Email (print clearly)

What Birds do you keep?.....

Will this be your Parent Club? Yes – No **Novice or Champion** (please circle)

Please circle: Single: \$20; Partnership: \$25; Family: \$25; Junior or Pensioner: \$12

Junior Partnership or Pensioner Partnership: \$15

* Are you prepared to sell raffle book/s for our Annual Show Raffle? (May-July, Book of 10 = \$20) Yes - No
(please circle)

* Or instead of selling raffle books, are you prepared to make a donation to be invoiced on payment of subs on or
by 15 October? Yes - No (please circle & state amount) Amount.....

Total Amount enclosed..... (please make cheques out to Auckland Metro Bird Club)

Signed..... **Date**.....

**Please return to: The Secretary, Esme Lourens, 11 Ballydonegan Rise, Dannemora, Auckland 2013 Ph: (09) 271
3774; M: 027 337 2657; E: derek.esme@xtra.co.nz**

NB: The Auckland Metro Bird Club meets the third Tuesday of each month at 7.30pm in the Panmure Community
Rooms, 1 Pilkington Road, Panmure (by the Library)

www.birdclubs.org.nz

Nutrients & Their Sources

The table below covers the major nutrients required by the avian body, their likelihood of deficiency, and some natural sources that contain the nutrients. The "likelihood of deficiency" is based on the assumption that you are feeding a "practical diet" which is predominately seed based but also mixed. A seed-only diet will likely have deficiencies in many if not most of the nutrients below. Sources are color-coded: [blue text](#) indicates "excellent sources" which contain over 20× the amount required by the avian body; [green text](#) indicates "good sources" which contain over 2× the amount required; and black text refers to adequate sources which will meet dietary requirements. Items in **bold text** are recommended for use in an [egg-mix](#); notice how nearly every dietary requirement is covered by simply providing the birds with a boiled egg crushed shell and all mixed with finely-ground sunflower seeds.

Nutrient	Likelihood of Deficiency	Where It's Found
Protein (Lysine) [Methionine]	Moderately likely	Eggs, oil seeds (Dried parsley and spinach , brewer's yeast , peas , alfalfa meal, sunflower & safflower seeds, oats, canary grass seed, millet, barley, buckwheat) [brewer's yeast, canary grass seed, sunflower] , oil seeds, millet, peas, alfalfa meal, wheat, oats, barley & other cereal grains]
Linoleic acid	Unlikely in seed-based diets; Moderately likely in low-fat processed diets	Safflower oil, sunflower oil
Vitamin A	Moderately likely	Carrots, alfalfa meal, spinach, parsley, kale, dandelion, turnip greens, egg, cheese
Vitamin D ₃	Unlikely if sufficient UV lighting is provided	Eggs -- especially yolk
Vitamin E	Unlikely if the diet contains oil seeds	Safflower oil, alfalfa meal, sunflower seeds, safflower seeds , cereal grains
Vitamin K	Unlikely	Parsley, spinach, Brussels sprouts , lettuce, broccoli, carrots, turnip greens, eggs
Thiamin	Unlikely	Dried brewer's yeast, rice bran, sunflower seeds, peas and beans, millet, carrots, eggs , most whole grains, alfalfa meal
Riboflavin (B ₂)	Moderately likely in	Brewer's yeast, eggs, alfalfa meal , millet, peas, beans

	seed-based diets;	
Niacin	Moderately likely in a seed-based diet	Yeast products, sunflower seeds , wheat, barley, alfalfa meal
Pyridoxine (B ₆)	Unlikely	Brewer's yeast, eggs, sunflower and safflower, peas, alfalfa meal, flax, millet, buckwheat, wheat, other whole grains
Pantothenic acid	Unlikely	Royal jelly, yeast products, eggs, sunflower and safflower seeds, alfalfa meal, peas, millet, wheat, oats, other whole grains
Biotin	Unlikely	Safflower, eggs , molasses, oats, peas, alfalfa meal, barley, beans, wheat, flax
Folic acid	Moderately likely in seed-based diets	Yeast products, alfalfa, eggs , beans, wheat, oats, other whole grains, wheat flour, Kellogg's Product 19 cereal, beets, spinach
Vitamin B ₁₂	Likely in a seed-based diet	Eggs , yeast products, peas, beans, spirulina
Choline	Unlikely	Yeast products, rape seed, sunflower and safflower seeds, alfalfa meal, most whole grains, eggs , peas, beans
Calcium	Likely	Calcium carbonate -- in cuttlebone, egg shell ; dicalcium phosphate, alfalfa meal, kelp, cheese
Phosphorus	Unlikely	Dicalcium phosphate, brewer's yeast, most oil seeds, cereal grains, egg
Sodium	Likely	Salt, dried parsley, dried leafy vegetables, dried carrots, alfalfa meal, eggs
Chlorine	Unlikely	Salt, molasses, alfalfa meal, carrot, dried parsley, egg , green leafy vegetables, broccoli, cereal grains
Potassium	Unlikely	Dried carrot, alfalfa meal, molasses, dried apricots, bananas, brewer's yeast, legumes, oil seeds, sunflower , dried fruits and vegetables, cereal grains
Magnesium	Unlikely	Kelp, sunflower , safflower and other oilseeds, alfalfa meal, brewer's yeast
Manganese	Moderately likely	Dicalcium phosphate, calcium carbonate e.g. eggshell or cuttlebone, hemp seed, wheat products, oat products
Iron	Unlikely	Dried parsley, calcium carbonate e.g. eggshell or cuttlebone, alfalfa meal, brewer's yeast, most cereal grains--especially millet, barley, oats, canary grass seed; dried carrots
Zinc	Unlikely	Wheat, oats, sunflower
Copper	Unlikely	Molasses, brewer's yeast, oil seeds, sunflower , peas, alfalfa meal, cereal grains
Iodine	Moderately likely	Molasses, egg , cheese, brewer's yeast
Selenium	Unlikely	Brewer's yeast, oil seeds, alfalfa meal, rice, dried parsley and spinach, oats,

GUY FAWKES WARNING

Remember it is Guy Fawkes on November 5th. Hopefully the weeks leading into Guy Fawkes will not be punctuated by fireworks at all hours of the night. Please ensure your birds and other pets are safe, so keep an eye on them and be aware that panic can set in if they are disturbed too much!

Introducing New Foods

First and foremost, never attempt to change the diet of a bird which is ill; if a bird becomes ill during the process of dietary change, return to feeding the bird what it is willing to eat and postpone any changes in the diet until the bird recovers. The same is true of any bird which has been exposed to multiple stresses (i.e. changes of environment, exposure to temperature extremes, introduction of new cage mate(s)). Next, understand that birds are skeptical of novel foodstuffs and must therefore become familiar with new foods before experimentation is likely. Many of the following techniques are based on this principle, and aim to familiarize birds with new foods to encourage consumption.

- Make sure that the size of the new food items is small enough to allow the birds to consume them.
- To begin introducing new foods, mix them in with the bird's normal diet. Initially, restrict the amount of seed eaten daily to 75% of what the bird normally consumes in one day. The other 25% should be the new food(s). This way, the bird will not starve, but will be hungry for new food(s). Add the new foods in increasing proportions over time, and make sure all of the birds have tried eating the new food before completely removing the seed.
- Remove the seed at night and provide the new foods first thing in the morning, when the appetite is greatest.
- To transition birds from eating seed to eating vegetables and other fleshy foods, try providing [sprouted seeds](#).
- If you have at least one bird who is already eating the new food, allow the birds who have not yet sampled the novel food to watch the "teacher bird" eat.
- The birds may prefer cooked forms of raw foods (e.g. carrots), and may prefer to be served only warm foods until they become more familiar with the new foodstuff(s)
- Try using wide, shallow dishes to display the food more attractively.
- If the bird already eats a particular soft food (e.g. egg mix, strained baby food), mix new foods or vitamin powder into that until the bird starts to accept other foods.
- Birds are more likely to change their eating habits and try new foods when they have chicks in the nest to feed. If breeding birds, take advantage of this plasticity of food intake and provide the novel foods continuously, and diminish the proportions of the old foods provided.
- If all else fails, try offering only the new food for a full 24 hours. Then, return the familiar food for a few days. Repeat. This method is based on a study done in cockatiels where familiar food was replaced with novel food. Within 48 hours, 90% of the birds tried the novel food. The remaining 10%, however, did not try the new food even after further exposure. The familiar food was given back to the 10% who did not try the novel food, and 2 weeks later was again taken away and replaced with the novel food. This time, 90% of the original rejecters tried the novel food. Apparently each repeated exposure results in the same acceptance rate as the previous exposure, and previous rejection does not result in consistent rejection.

Article taken from Finch information centre.