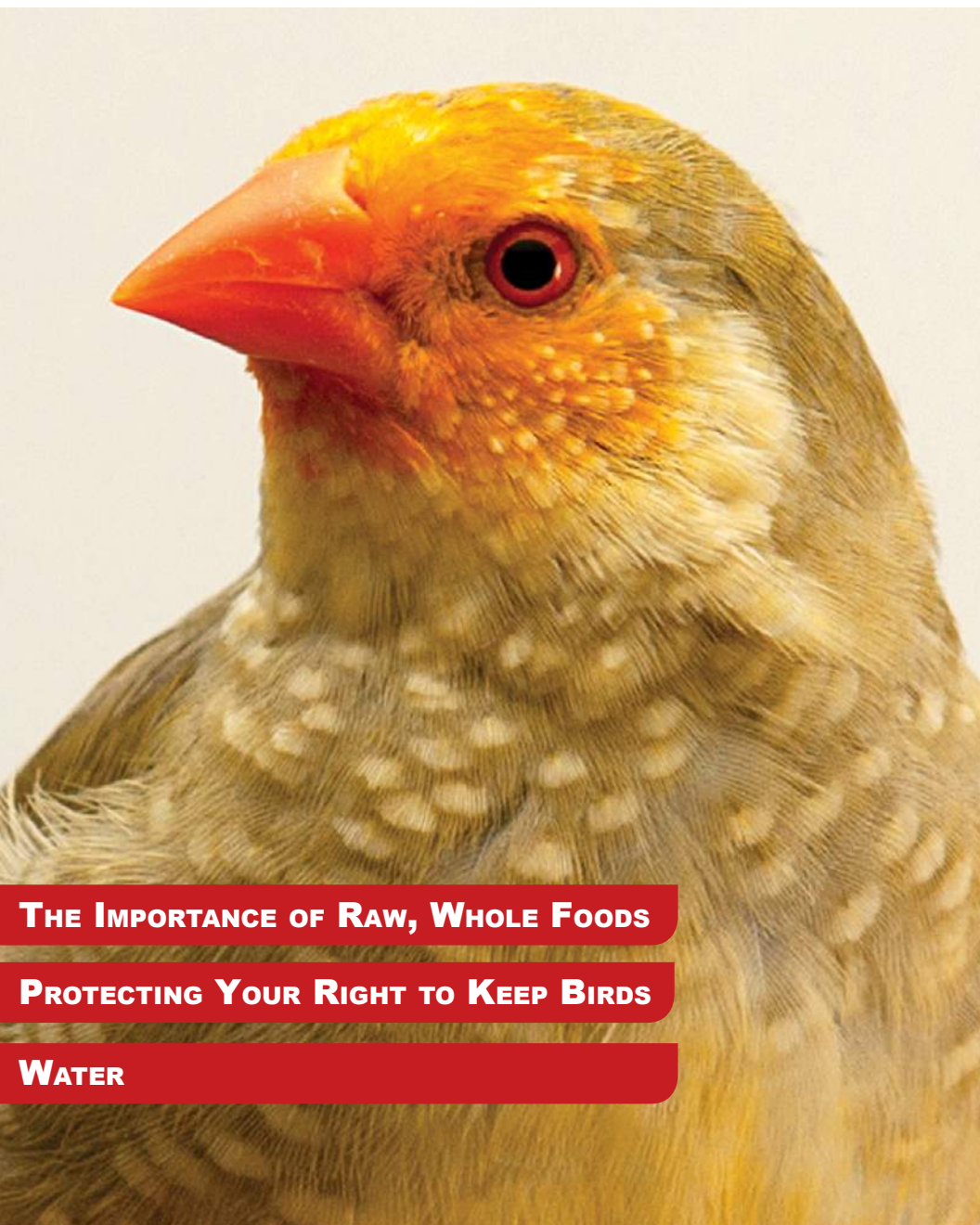




NATIONAL FINCH & SOFTBILL SOCIETY

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THE JOURNAL OF THE NATIONAL FINCH AND SOFTBILL SOCIETY



THE IMPORTANCE OF RAW, WHOLE FOODS

PROTECTING YOUR RIGHT TO KEEP BIRDS

WATER

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NFSS MISSION STATEMENT

The National Finch and Softbill Society is dedicated to promoting the enjoyment of keeping and breeding Finches and Softbills to all interested parties, enhancing our knowledge of the proper care of these birds, encouraging breeding programs, and working with other organizations for the preservation of aviculture in this country.

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Members Only Password — EggFood
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PRESIDENT'S MESSAGE

Rebecca Mikel

By the time you are reading this message, the NFSS Board will just have adjourned their 2nd Quarter 2018 Board meeting.

One of the topics included the revised policy for cross-registering leg bands with the NFSS. Perhaps you've purchased leg bands from someone other than NFSS, but wish to compete for NFSS prizes, and recognize that in order to do so, those closed leg band numbers need to be registered with NFSS. Well, that's not a difficult process! You will find instructions and an electronic form available to you on the NFSS web page with the convenient PayPal option available for payment. The form requires you to include your name and NFSS membership number, the species of finch or softbill, the name of the issuing society, the inscription on the band, and include a \$5 fee for each band registered. All NFSS judges will recognize these as valid registered bands, however, when entering your birds wearing cross-registered bands, you need to have the receipt issued by Pal Pal with you to verify cross-registration. If you wish to complete the process via U.S. mail, this is also an option. For questions – please contact 4th VP – Laura Tinker (contact information included on Judge's Panel Page and BOD members page in this issue of the Journal).

We are all also pleased to see the positive activity occurring within the Red Siskin Project – a project our own, Paula Hansen (Bands Dept. Director), has spent countless hours and lots of energy supporting through her work with this society and these lovely birds. A full issue of the March 2018 Newsletter is available for review on the NFSS website if you wish to read it in its entirety. Great progress continues in the area of genetics in Venezuela, as well as in fundraising and publicizing the Red Siskin Initiative. This program has a goal to preserve critical habitats for migratory and resident Venezuelan species via the Smithsonian Bird Friendly Coffee Certification Program. Some of those actively supporting this project – along-side NFSS include US Fish and Wildlife Agency Neotropical Migratory Bird Conservation Act Fund, and the American Bird Conservancy. Persons involved with the program include individuals with decades of experience in studies of tropical biodiversity – using models to understand species distributions and threats, evaluation of potential sites for future reintroductions, experts in ecological restoration, and formally trained agronomists who are uniquely positioned to collaborate with the coffee farmers in the areas in which many of the native birds reside. Also included are

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NFSS Journal Advertising Rates

Premium Ad Positions:

Position/Size	Per Issue	Per Year
Cover Positions—Full (Inside Front, Inside Back, Back):	\$130.00	\$425.00
Centerfold—Full (2 center pages)	\$300.00	\$975.00

Run of Press Ads:

Full Page:	\$108.00	\$359.50
Half Page:	\$75.00	\$249.00
Quarter Page:	\$48.00	\$160.00

Deadlines for Submitting Ads

All ads must be received two months prior to publication

Issue	Due Date	Issue	Due Date
First Quarter	November 1 st	Third Quarter	May 1 st
Second Quarter	February 1 st	Fourth Quarter	August 1 st

For more information, contact the Advertising Manager — advertising@nfss.org

NFSS Board of Directors Meeting – Second Quarter 2018

BOD votes to approve additional funding expenditure for 2018 NCBS

MEMBERS: 356 total

BOD approves the option of electronic version of the Journal for foreign members

Website updated with show results, affiliations. Pay pal accounts updated as is “cross registration of bands”.

Red Siskin Project – 5 pairs sent to SCBI with 3 of the 2018 off spring ear-marked for Miami zoo.

TREASURY:	TOTAL INCOME:	\$9,395.00
	CHECKING	\$7,360.00
	TOTAL EXPENSE:	\$4,089.00
	SAVINGS:	\$31,459.00
	PROFIT:	\$5,306.00
	TOTAL:	\$38,819.00

2014 and 2015 audits are complete; Susan Stieve will do first audit of the 2016 records

BOD approves NFSS participation in Amazon Smile program. Those using Amazon for purchases encouraged to proceed through the Amazon Smile option and name “NFSS” as the group to receive “credit” for the purchase.

Quick Books updated to 2018 version

Vote by membership approves by-law change pertaining to dissolution of society to meet IRS requirements for a non-profit.

IRS 990 filed for 2017.

Afternoon of Aviculture temporarily “on hold” for the 2018 event. Will re-evaluate prior to 2019 event.

Census results reveal 20 participants and 382 finches (104 off spring); 174 softbills (35 off spring), 64 Dove/Quail (2 off spring)

2017 Show reports submitted for publication to Journal and website and year-end awards submitted to Awards Chairperson.

Draft of Judge’s Handbook with revisions in process. Society finch standard silhouette ongoing.

Regional VP’s seeking vendors willing to offer discounts to current NFSS members as a means of adding to the attraction of NFSS membership



Membership Application

Please print clearly Application date ___/___/___ Check # _____

Primary Member First & Last Name _____

Primary Member's Email Address _____

Mailing address _____

City _____ State _____ Zip _____ Country _____

Area Code _____ Phone _____ (in case we have questions)

New Membership Renewal, list your NFSS# _____ Dual NFSS # _____

Junior Membership (for children 6-16 years old) Date of Birth ___/___/___

Aviary Name _____

How did you hear about us? _____

Check here if you want us to send you an Advertising Packet or Club Affiliation Packet.

Number of yrs.	Single	Dual	Foreign	Junior
1 →	<input type="checkbox"/> 30.00	<input type="checkbox"/> 35.00	<input type="checkbox"/> 42.00	<input type="checkbox"/> 10.00
3 →	<input type="checkbox"/> 85.00	<input type="checkbox"/> 99.00		
5 →	<input type="checkbox"/> 140.00	<input type="checkbox"/> 165.00		
Lifetime →	<input type="checkbox"/> 600.00	<input type="checkbox"/> 1100.00		

Mail with check or money order [U.S. Funds] payable to NFSS

Mail to: Sara Roberts, NFSS Treasurer - 720 Live Oak Lane - Pinole, Ca. 94564 - USA

To retain your membership number and related data, your membership must be renewed within 60 days of expiration.



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(President's Message continued from page 2)

individuals with over 20 years of experience in ornithological fieldwork, and an anthropologist with professional experience in cultural management and public policies. Additionally we celebrate the dedicated breeders here in the U.S. working with captive populations. Here in the U.S. team members also include Smithsonian scientists working to gather genomic DNA samples, and receiving specialized training which can then be shared with the Venezuelan team! The future of this lovely species has some very capable advocates. Last but not least are the placement of four precious Red Siskins in their new home at the Miami Zoo. The birds are on display and there's a great deal of excitement about the opportunities this partnership will offer on flock management through public education and outreach to the Venezuelan expatriate community in Florida.

One last piece of information – you can help support NFSS through the “Amazon Smile” program via any purchases you make from Amazon. There is no increase in price for your purchase, but Amazon pays NFSS for each purchase in which you name NFSS as your organization to support. It is set up for our non-profit to benefit at .5% of any purchase. A search of Amazon Smile will allow you to set up NFSS as your designated non-profit organization and NFSS will receive a quarterly check !

As a reminder – National Cage Bird Show – Nov 8-10, 2018, Pheasant Run Resort, 4051 E. Main., St Charles, Illinois, 60174 (630-584-6300). More details of the event to follow!

Rebecca Mikel, President
NFSS



NFSS REGIONAL 5 - BIRD SHOW & Mart
Columbia Canary Club
49th Annual Bird Show/Sale November 3 & 4, 2018
Vancouver, Washington

✦ **Show Contact:**
Sandra Foote-Gregory
503-792-3582

✦ **Judges:**
Canary Colorbred – Jerry Zak
Canary Type – Chuck Long
Finch/Softbill/Dove/Quail – Clarence Culwell
Small Hookbills- Clarence Culwell

✦ **Admission \$2.00**
✦ **Shows: November 3rd, 10 - 3**
✦ **Sales: November 4rd, 10 - 3**

✦ **Show Location:**
Firstenburg Community Ctr.
700 NE 136th Ave.
Vancouver, WA
360-487-7001

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Protecting Your Right to Keep & Breed Birds

Laurella Desborough, AFA Legislative Vice President

First, it is important to know the difference between animal welfare and animal rights, because the issue most often brought to legislators in the form of a law, is animal welfare, but underlying it, is the animal rights agenda of control, restriction and eventual elimination of all human/animal contact, even contact with pet animals.

Animal welfare is concerned about the well being, good health, and proper care of the animal.

Animal rights is concerned with establishing legal means of controlling and restricting animal ownership. Proposed AR laws will use the word "human" but that is not necessarily the true representation of the law. When the animal rights organizations learned that they could not manage to get major legislation passed into laws to gain outright control over animal ownership, they determined that they would work at their agenda in incremental ways, so that, little by little, they would pass laws that would eventually arrive at total control over animal owners and their animals. These laws are presented to legislators as "human" or "welfare" laws. Our legislators have a great deal of material to review and unless they happen to be involved with some area of the animal owner community, they will not be able to know the difference between a welfare law and an AR law.

This presents a wonderful opportunity for each one of us to help educate our lawmakers about our bird or animal interest and the importance of preserving the activities associated with keeping and breeding of birds and animals. Legislators are especially good at listening to those who vote them into office, their constituents. This gives each one of you more power than the animal rights lobbyists. But, you have to use that power by communicating with your district representative and state senator. You can communicate by e-mail, by phone call, by letter or fax, or by a visit to the district office of your legislators. Using any or all of these methods will make a difference.

When communicating with your legislator, make sure that you put forward your best foot, and your best behavior. Be polite. This is extremely important. Many legislators are truly good citizens trying to do their duty and taking care of the public's work for low pay and lots of pressure. A polite presentation allows the legislator to really hear your concerns and focus on those concerns. When you are rude and/or argumentative, you turn off the ability of the legislator to hear you and certainly do not persuade him or her to take actions in your best interest. Remember that legislators may sponsor a bill but not understand that it can have a very negative effect on animals and owners.



Let your legislator know the role that birds or animals play in your life: a worthwhile hobby, extra income for retirees, wholesome activity for kids, educational activity for 4-Hers, full time commercial business with the tax benefit going to the state, etc. Let your legislator know how these restrictive animal laws will affect you and others, whether kids, pet owners, the general public, and the birds and animals.

For instance, requiring an annual vet exam for every bird, think finches here, or budgies, or the disturbance of an inspection when female birds are sitting on eggs or chicks. With some birds that means mate trauma, broken eggs or damaged chicks. Legislators think dogs and cats when they think pets. They do not have any idea of the husbandry and management required for birds. One of their common concerns is disease: psittacosis or avian flu. However, psittacosis is of such low concern in the US that it is not a major issue re exotic birds, but more of an issue for poultry farm workers, as is avian flu which is common to poultry farms, not to exotic bird farms.

Also, let your legislator know that there is a large number of animal rights organizations that are working to change the laws in the United States, not for the welfare or betterment of the birds and animals, but to gain more control over them and their owners, to put restrictions on all aspects of animal ownership. Most people have heard of People for the Ethical Treatment of Animals, or PETA, but many do not know that the Humane Society of the United States, HSUS, spends the majority of their efforts and funding to push for restrictive legislation on animal owners, animal transportation, and animal breeding. Nor do they know that the HSUS does NOT fund any spay/neuter clinics in the US, nor provide funding for any shelters. Nor do they know that the HSUS is not a part of the local humane societies and does not fund them in any way. However, the HSUS does fund various animal rights lawsuits, federal animal rights legislation, and assists state legislators in drafting animal legislation. Recently HSUS and Fund for Animals joined forces and have hired an entire law firm to work on animal rights laws.

Websites with information on animal rights:

www.americananimalwelfare.com

www.animalscam.com

www.animalwelfarecouncil.org



The Importance of Raw, Whole Foods

Jason J. Crean, MS, EdD

When I talk to bird owners, breeders, and zoo staff about nutrition, I often tell them that there is no “complete” diet for birds. What do I mean by this? Basically, we cannot expect to completely replicate the wild diets to which our species have adapted. Even in the wild, many of the foodstuffs that were once plentiful are on the decline. So what do we do? We should offer as much dietary diversity as we possibly can in an effort to satisfy all of the bird’s individual needs. Food in its raw, whole form is the best, most efficient way overall to cover all of the bases. In my personal animal husbandry, as well as the recommendations I give the zoos for which I consult, I provide whole food diets in a variety of ways.

Birds, like most animals, require carbohydrates, fats and proteins. Some birds have more substantial requirements than others when it comes to certain nutrients but in general, we can be fairly confident in what we offer is safe and beneficial. Raw, whole foods may take many forms but the key is to offer unprocessed, unheated food in its whole form so that the nutrients are available to the cells that compose their bodies. Many oils fill the great need birds have for good, healthy fats. Carbohydrates found in fruit and vegetable matter are necessary for efficient energy expenditure. Proteins from foods like legumes and even edible insects can be a wonderful addition so that birds can get the protein they require.

I am often questioned about our birds’ dietary needs and there are rarely easy answers. However, I do think it is safe to say that whatever food we offer must contain nutrients that are bioavailable. Bioavailability involves the nutrient being in a form that the body can readily absorb and use. Raw foods take the form of fruits and vegetables, oils, seeds and nuts (both dry and soaked and/or sprouted), legumes, teas and flowers, and other healthy whole food items. Food items in their whole form not only possess important vitamins, but also the compounds that help the body actually absorb them. This is a problem with my vitamin supplements that contain the primary nutrient but not the associated compounds that help that vitamin to become assimilated into the tissues. This can also be seen with the different types of fats as some species better assimilate the fats found in plants over animals and vice versa. So let us start with fats since our birds require a great deal for optimal physiological functioning.

The F-word: Fats are a good thing!

Essential Fatty Acids are often referred to as the “good” fats and avian requirements are substantial though all fats serve a vital purpose in the diet. EFAs are critical for normal reproduction, feather production and a healthy



immune system. Animals require these fats to properly absorb vitamins like A, D, K, and E. These fats must be supplied by the diet but can be a bit difficult to offer because of their sensitivity to heating, processing, light and even agitation. When obtaining healthy oils for you and your birds, I always recommend purchasing them from the refrigerated oils section at a health food store or grocer. Plant oils high in Omega-3 (alpha-linolenic) fatty acids are needed for normal cell reproduction which is needed to replace old and dying cells and repair damaged cells. They also are needed to produce the many hormones that regulate many physiological processes. They also help regulate the production of eicosanoids, molecules that help maintain a normal immune response like that of inflammation. A deficiency in Omega-3's may cause stunted growth, issues with vision impairment and motor incoordination, and immune dysfunction as discussed above.

Omega-6 (linoleic) fatty acids are a bit more readily available in the diet as our birds can easily obtain a sufficient amount in seeds, soy, grains and some nuts. Though I do not recommend soy due to its higher levels of phytoestrogens,

First Coast Finch and Softbill Society



• **NFSS Regional Show**
A Double Point Show!
October 27th, 2018

• **2nd Show**
October 28th, 2018

Location: Ramada Inn and Conference Center
3130 Hartley Rd , Jacksonville, FL 32257

Days/Times: Saturday, 10/27 & 10/28 — 10:00 AM

Judge: Laura Tinker, NFSS 10/27 — Kenneth Gunby, NFSS 10/28

Division: Finch / Softbill / Quail / Dove

Contact: Lauren Ogburn — **Email:** sunbay@comcast.net

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these fatty acids are required for healthy skin and strong feathers, normal reproduction, and maintaining normal organ function. Deficiencies in these fats may lead to a failure to gain weight, degeneration of liver and kidneys, behavioral disturbances, inability of wounds to heal sufficiently, infertility, poor or abnormal feather development and dry, scaly skin. It's all about balance when it comes to Omega-3's and Omega-6's. Omega-6 fatty acids increase the normal inflammation response of the immune system and Omega-3 fatty acids decrease inflammation. When this balance is not reached, the immune system is either underactive or overactive, and neither condition is desirable.

Omega-3's can be a bit more difficult to feed in the diet but ideal sources include Brazil nuts, pecans, walnuts, hazelnuts, pine nuts, and seeds like pumpkin seeds and flax seed. Flax seed is quite fibrous so I usually recommend flax seed oil as a more bioavailable alternative to feeding the actual seed. Other oils like borage and primrose oil can also be quite high in Omega-3's and can be offered in the same way as any other oil. One of the best ways for parrots to get their Omega-3's is nuts. Tree nuts are a fun, healthy snack that are low in saturated fat and cholesterol free. They are an excellent source of protein, fiber, trace minerals and phytonutrients and contain 90% polyunsaturated healthy fat that helps maintain a consistent weight. Soaking nuts and seeds just overnight can also make them much more digestible and their nutrient load more available. Peanuts are not a tree nut but are a legume that I avoid; stick with tree nuts like those listed above for a powerhouse of nutrients.

There is an oil, however, that is one of the most versatile and beneficial sources of fats you can offer: coconut oil. Renowned veterinarian and international veterinary consultant, Karen Becker, DVM, NMD, has been a very vocal proponent of the use of coconut oil in not only birds, but also in reptiles, dogs, cats and small mammals. Coconut oil is the richest known source of medium chain triglycerides (MCTs) which the body uses as an efficient source of energy without the need for insulin production. It is highly digestible and, therefore, great for gastrointestinal issues and can be heated without risk. This oil is an excellent source of lauric acid which has antibacterial, antiviral, and antifungal properties.

Coconut oil has been known to reduce the risk of cancer and other degenerative conditions like arthritis. Even though it is a saturated fat, it supplies fewer calories than other fats and it actually improves cholesterol levels and helps fight heart disease. Many have used it, including myself, for weight loss as it helps balance the body's metabolism and hormones. Our birds can greatly benefit from this dietary addition as it aids the rejuvenation of the skin and feathers. It supports a healthy bone density, something particularly important for animals like birds that already have hollow bones and can lose significant levels of calcium during egg laying. It also has been known to reduce allergic reactions, including those pesky seasonal allergies. Using coconut oil can be

quite easy as it melts into a clear liquid just above room temperature. We have offered it in its whole form to birds who relish the taste and have mixed it with food where it provides a layering of nutrients on already healthy foods.

Energize with Carbohydrates

Carbohydrates are another nutrient source that can be vital for energy as they are broken down into simple sugars that the body's cells use as an energy source. Carbohydrates that are insoluble and typically indigestible are known as fiber as they are rich in cellulose. This helps prime the digestive system and can be obtained through many different plant sources. Grains like wheat and rice are a source of carbohydrates and legumes, fresh fruits and vegetables also provide all of these natural sugars from which birds can benefit. There are two main things I always keep in mind when I consider carbohydrates: processing and diversity. I use no processed sugars and the only carbohydrates that we offer birds in any setting are those that are consumed within their raw, whole form. Diversity in the diet also helps to keep the concentration of any one nutrient from becoming excessive. It is common knowledge that fresh foods are beneficial and this is where the benefits of carbohydrates come into play.

The Power of Proteins

Proteins are responsible for a great deal of the body's structural supports and chemical reactions that are involved in the organism's metabolism that allow the body to function optimally. Diversity is also key when it comes to proteins. Protein diversity and enrichment is critical to satisfying the amazingly varied nutritional requirements of our birds. Too much of any one thing is not recommended, no matter how healthy so the exact same combination of dietary items every single day is not recommended. By always keeping the bird's physiology guessing with various food sources helps to avoid complacency and dependency on individual food items.

Enzymes are proteins that start and maintain the ongoing chemical reactions throughout the body. There are two main types of enzymes: metabolic and digestive. Metabolic enzymes are found in the blood, organs and tissues and catalyze reactions that produce energy. They are critical for detoxification and the maintenance of normal body functions. Digestive enzymes are mainly secreted by the pancreas and are mandatory for the breakdown of food. They also assist in the assimilation of nutrients, increasing their absorption. Enzymes include examples like amylase that break down carbohydrates, lipase that is responsible for metabolizing fats, and protease that converts proteins into its building blocks, amino acids. We have all heard that birds should not have dairy in significant quantities; this is mainly because birds do not produce lactase, the enzyme responsible for breaking down the carbohydrate lactose found in milk. As birds never produce milk for their young, they never produce the lactase enzyme.

Raw, whole foods are generally rich with these all important enzymes. All raw foods contain enzymes but processing that includes heating destroys these enzymes as they typically denature above 110 degrees Fahrenheit. Sprouts are one of the richest sources of enzymes and some favorites that contain a high level of these enzymes are garbanzo, alfalfa, millet, sesame, sunflower, quinoa, and wheat. There is a great deal of information regarding the art of sprouting and that itself could be its own article but feeding seeds, nuts and grains after soaking even just overnight can help to provide a powerhouse of enzymes in the diet.

Teas: A Drinkable Whole Food

When considering nutrition, we have to change our mindset a bit as it should not just be about eating; birds consume nutrients when they drink in the wild as well. Birds in the wild consume water from sources like puddles and rain-catches in the canopy that contain plant components such as leaves, sticks, bark, and seeds that leech compounds into the water. We may be missing an opportunity for nutritional enrichment and teas may be the key. Brewing releases beneficial compounds that may not otherwise be readily available to our birds. Flowers like calendula, chamomile, red clover, roses, hibiscus, lavender, and jasmine have countless health benefits that are not only beneficial but also enriching.

Tea leaves from the Camellia plant, commonly known as black, green or white teas, also have a myriad of beneficial compounds for our birds though any teas from this plant should be decaffeinated and organic. Even some seeds can be brewed like coriander, fennel, milk thistle, and star anise, as they all release beneficial proteins, fats and carbohydrates into the water. When brewing tea for our birds, we always use warm or hot, not boiling, water and let the tea cool completely before offering. We prefer loose leaf teas, not pre-bagged, as there may be chemicals in the teabags themselves that we prefer to not offer our birds. If your bird is suspicious, steep tea for a shorter period of time, making the tea more dilute. You can also soak certain foods in teas for added benefit. Many herbal teas may be fed dry or mixed with dry and fresh food mixtures, but we do recommend steeping for the full benefits. We do, however, throw handfuls of tea blends into our daily mash (soaked seeds and nuts, sprouts, diced vegetables) to add additional variety in color, texture and taste.

What do I do now?

What you need is whole, raw food that is fresh and clean. My philosophy has always been that avian diets should be predominately unadulterated, unprocessed food that includes a great variety of items on any given day. What you don't need is anything with added salt, fat and sugar, fried foods, dairy products, or foods with additives and preservatives. Pesticides, herbicides, and fungicides should be avoided at all costs as the long-term effects are either

unknown or have been known to wreak havoc on animal physiology. Things to add to your bird's diet should include organic foods including sprouts and other fresh foods, teas, nuts, and healthy oils. Any time a food is heated, it alters the nutrients and leads to an increase in carcinogens like advanced glycation end products (AGEs) and acrylamide. These potentially harmful compounds are not tested for in foods but are found in a great many processed foods.

Stress is a part of any organism's life and it helps the individual cope and respond appropriately to the constant stimuli that surround it. The more stressed a birds' environment, which includes inappropriate foods, exposure to chemicals in the home and water, lack of exercise, and emotional stress, the more they require certain vitamins and minerals to cope with these stressors. The best source of these vitamins and minerals is raw, whole foods. Nutritional variety is critical for good avian health and supplying correct nutrition prior to disease ensures the strongest vitality. Though this article is far from being a complete resource, its purpose is to spark some ideas as to how to reassess how we feed our birds. Our continuous focus should be on moving our birds from surviving to thriving, so keep offering whole, living foods and your birds will live wonderfully vibrant lives.

About the author...

Dr. Jason Crean is a degreed biologist and instructor at the high school and university level. He also is an avid aviculturist, specializing in the propagation of green aracaris and white-backed mousebirds, President of The Avicultural Society of Chicagoland, First Vice-President of the American Federation of Aviculture and operates the Avian Raw Whole Food Nutrition group on Facebook. Dr. Crean often speaks to avicultural groups across the country and acts as consultant to zoos and other institutions regarding animal husbandry and education programming. Crean has been awarded the Presidential Award for Excellence in Science Teaching by President Obama in 2009, the 2010 High School Science Teacher of the Year by the American Association for the Advancement of Science, as well as awards from the National Science Teachers Association, National Association of Biology Teachers, Illinois Science Teachers Association, among others. He has authored and co-authored several articles, including the recently released Parrot Fine Cuisine (available on Amazon.com).



Water

Lisa McManus

What an important element water is. It is a large portion of our body and it is necessary to sustain life. Not only inside, but also outside of our bodies. It is just as important to our birds. They need fresh drinking water daily- we all know that. But have you ever considered how important bathing is for them?

Bathing is part of grooming and daily care, which helps to keep birds healthy. Most birds love dipping in the water without any instruction from us. In the wild, birds will perch in the rain and ruffle their feathers to get thoroughly wet. Some birds will walk through the wet underbrush to take a bath, or bathe in the wet leaves on the ground. Others prefer to bathe along the edge of a body of water or in puddles. They seem to instinctively know that bathing is good for them. It keeps their feathers in prime condition and promotes preening. Preening is a time of inspecting each feather and making sure it is aligned properly. Birds have more than 2,000 feathers, so the grooming process can take up a large portion of each day.

Feathers insulate the bird's body and maintain their body heat. Bathing and preening frees the feathers of dirt and fluffs the downy feathers beneath. They are then lubricated either by oil from the preen gland or the powder down. You'll notice that conures do not produce an abundance of dust like cockatoos or african greys.

Encouraging a reluctant bather can be done in several ways. You will need to find the type of bathing your bird favors. Conures seem to prefer to bathe in their water bowls. Start with a shallow bowl of water. The water should not be higher than the bird's underbelly, or the top of the legs. Cool, clean water is all that is necessary. If your little guy does not immediately jump in and start splashing around, you can try wiggling your fingers in the water. Usually they become interested in the splashing noise and the chance to play with fingers and start to check out the water. Soon your fingers will no longer be necessary.

Another approach is to put some fresh, wet greens in a shallow bowl of water. This simulates the wet leaves on the jungle floor, which may have been the ancestral bathing preference. As your bird becomes more comfortable you can add more water and less greens.

Misting is an easy way to bathe your bird - for you. But it may not be as much fun for your bird as splashing around in the water bowl! Use a fine mist of cool, clean water aimed upward to allow the water to fall on the bird's back like raindrops. It is best not to spray directly in to the face and the nares, or nostrils, of your bird. As you spray, you may notice your friend ducking his head and spreading his wings. He's having fun now! He's trying to soak up as much



of the water as possible. Be sure that the mister has never been used with insecticides or other poisons. It is difficult to completely clean a contaminated sprayer, so ease your mind and use a new sprayer to be safe.

Small fountains are a wonderful way to encourage bathing. And what fun to run around in a pool of water, as well as a miniature waterfall! Again, be sure the water is cool and clean, and that there are no hidden dangers in the fountain.

The kitchen sink or bathtub is a readily available "fountain". A cloth on the bottom will give your bird a non-slippery surface on which to stand. Some birds will like the trickle of the water from the faucet, others will prefer to just have the pool. If this seems like your bird is having all the fun, you can try taking him into the shower with you. There are shower perches available through many bird supply companies. If you use one made of PVC, make sure it is grooved or wrapped with a safe product. Wet surfaces can become very slippery. A wash cloth on your shoulder, or wearing a tee shirt will save your skin if you prefer the shoulder perch method. Keep soap and hot water away from your little friend, and the spray aimed at the body instead of the head. Then tune up and see which of you sings the best in the shower!!

Daily bathing is beneficial, especially during molting season. Pin feathers are itchy and the water helps to keep the feather sheaths soft and easier to remove. In hot weather, bathing reduces the chance of heat stress. During cold weather, make sure your wet bird is placed in a warm, draft free area while he dries. Morning baths give him time to dry before the cooler evening hours. Using a blow dryer is unnecessary and can be harmful. Dryers take away the moisture from the feathers and skin, and can burn if they are too hot or held in the same area too long. Some blow dryers contain a Teflon coating which, when heated, is a toxic substance to your bird. If you are concerned that your bird is too wet, use a clean towel to dry the feathers. You might see your bird shivering. Don't worry, it's not due to being cold. The chest muscles expand and contract which creates a lot of body heat. This dries the feathers quickly.

Have you noticed the wild birds at your birdbath and how they all sit around and preen each other after bathing? This is a time of flock bonding. You can take this opportunity to build a stronger bond with your little guy and share the bathing and preening time. Once your bird gets used to bathing, it will be hard to keep him out of the water. So if you have a reluctant bather, don't give up! Remember to keep it a happy, fun experience. With patience he will begin to look forward to bathing, and become a prettier and happier bird!

My Life as a Bird Breeder, Judge & Pet Shop Owner

William Parlee, NFSS President Emeritus

*I*n 1970 my partner Tony Patterson and myself opened a small fish store in Bloomfield Connecticut. We didn't do much business and wanted to expand into a few birds. Back then we found it difficult to get stock and information. You have to remember this was well before the Internet. One day a women walked into our tiny store, her name was Nancy A. Reed. After talking we found out that she was a successful Cockatiel breeder and Judge for the American Cockatiel Society. We quickly became friends and one night Nancy took me to a meeting of the Western Mass. Bird Society. That night I met some very old canary breeders, Joe Riley, Pam and Bob Liddy, Mark Runnals, Danny Kaye and a few other bird breeders. That really was the start of my involvement in birds, even though as a child I had a pet Parakeet.

I had always been an intense person that tended to delve into things head first. After a few of these bird meetings, I said to myself why don't we have a club here in Connecticut. So Nancy, my Partner Tony and me got together with a few other bird people and started a local club called the Connecticut Association for Aviculture. I was the first President and the club grew like crazy to over one hundred members in just the first year. Obviously the need for companionship and education among the bird people of the area was immense.

One day in association with a fruit and plant dealer in Florida, of which we were carrying his fresh fruit and plants in our store, he showed up with his truck carrying the normal delivery but with a surprise. Parrots, Toucans, Cockatiels and Finches. We had to learn quickly as we had never carried these unusual birds. Although all the birds were wonderful, I took an immediate liking to the zebra and Society finches. Away from the store I took a couple of pairs of Zebras home to breed. Well, that was it, I was hooked.

A few years later in a new store we opened in East Hartford, Connecticut we expanded our bird selection and become a true pet shop. All this time I was learning everything I could about finches and birds in general. A year later a barber shop next to our shop vacated and we took it over to turn it into a fully operational aviary. We set up twelve Cockatiel flights, a wall of parakeets and finches and a few parrot flights. This was pretty much learn as you go. With what knowledge we had gained we became quite successful very quickly. Tony and I are both thankful and proud that through that aviary we introduced so many people to bird breeding that later became suppliers for us. We also gave bird feeding demonstrations and educational programs in the store. The aviary operation was primarily to supply our store with birds, but the opportunity also allowed me to specialize in breeding birds for competition. I bred Zebras, Societies, Goulds, Stars, Owls and Peter Twin Spots all successfully, along with a few other species I wasn't as successful with. I started showing my aviary bred birds in the five New England bird shows with much success. With my access to many imports I also showed imported African birds as well.



One day because of my work in early development of the White face mutation of Cockatiels in association with Nancy Reed, I was asked to judge a Cockatiel show when the scheduled judge didn't show up. I tried to mimic Dr. Al Decotea who I have watched judge numerous times. Apparently I did a decent job as I started to be asked to judge again and for finches as well. As my interest increased even more, I with the help of several others started the New England Finch Fanciers, which later became the Northeast Finch Society. Dr. Decoteau, Roger O'Connell, Pam Liddy, Russ Armitage, Kelly Dahill and Jerry D'Agata became the nucleus that forced me forward.

Upon the urging of Dr. Val Clear, noted aviculturist and Art Freud owner of American Cage Bird Magazine, I decided to expand the Northeast Finch Society to a national audience, and hence the National Finch Society was born. I served two terms as President and since then the volunteer operated Club has grown, survived, and became the foremost finch organization under extraordinary leadership over the years.

During the years from the late 70's through 2005 I judged finch and parrot shows throughout the United States and Canada. I judged about a hundred shows over that period including the Nationals in America and Canada, and made many wonderful friends in the bird world along the way. The people I came to know, I miss the most. I loved to educate through my judging and engaged the gallery in each judging. In the years before I started judging I attended the National show in Newark. You could watch the judging from behind ropes but the you couldn't speak to the judges and operated mostly clustered. When Al Decotea and I started judging we set up chairs and the judging gallery became the standard at shows. In 1986 I was invited to speak before the American Federation of Aviculture convention. I was deeply humbled by having to follow William Forshaw with my talk. With my experiences in my store in obtaining birds and seeing the tightening of bird regulations and import restrictions on the horizon, I spoke about the difference between conservation and preservation. The gist of the talk was the need to build domestic breeding programs to save species that soon would become unavailable due to a ban on imports. The talk was highlighted with a slide show of my bird breeding.

In 1995 we moved and opened Connecticut's largest pet shop. We no longer had the aviary of old, so in planning the new store we included a live bird department of over 1200 square feet. It had a separate room for bird boarding and a bird hand feeding room. The side wall was shelves of cages of Finches, Canaries, Parakeets and Cockatiels with parrot islands in the middle of the department. The store also featured a large Reptile department, we never carried dogs or cats. The big store featured over 300 tanks of tropical and marine fish.

As time passed bird availability became increasingly scarce. For my store I got most of my birds from Blue Ribbon in New York and Siggie Myer In California. Those birds along with my own, keep my store well stocked. Over time the birds

became much more expensive. For instance a pair of Zebras I once sold for \$8.99 eventually became \$29.99 and an African Grey that sold for \$599 became \$1299. These dramatically increased prices lead to far less sales. The great recession of 2008 all but ended the bird business as I had known it. My particular part of the country was severely hit. People were getting rid of their birds, fish and even dogs. As the years went on the bird business never really recovered.

To a degree the Avicultural world mimiced the plight of my bird business. Huge national birdclubs had their memberships reduced and bird shows found less funds and workers to keep them going. Some of this is due to modern life and it's demands and having less time to attend shows and bird meetings. The good news is that there is a strong nucleus of breeders and exhibitors that keep the shows and clubs going. The National Bird Show and AFA convention are still going strong and are the Avicultural events of the year.

Luckily for me at the same time the bird business was dwindling my fish business was increasing, mainly due to the increased interest in Marine Fish and Corals. Over the years my health deteriorated due to several hip replacements, finally in 2005 I had to give up bird judging which I loved so much. The travel for me just became too much. In 2015 Tony and I retired from the pet business after 45 years. Today I still sit on the Board of the NFSS. As I have over the years, I implore you to continue to breed and show. So that future generations will be able to enjoy the wonderful world of bird keeping.

Looking for a Perfect Fit? Are You Trying to Fit In?



©Chris Maynard www.featherfolio.com

Come fly with us! NFSS.ORG/JOIN
We're here for you at the Nationals!
Meeting on Saturday November 10th



National Finch & Softbill Society (NFSS)
Founded in 1984
Website: nfss.org • Social Media: Facebook

NFSS AFFILIATED CLUBS

Affiliate/Awards Director: Laura Bewley
11106 E 50th Ct, Spokane Valley, WA 99206
affiliations@NFSS.org

CALIFORNIA

Central California Cage Bird Club

Location: Stanislaus County Agricultural Center,
3800 Cornucopia Way #B, Modesto, California 95358-9492
Club webpage: <http://www.mycccbc.org/>

Finch Society of San Diego County

Meetings: 4th Sunday of each month
Location: Poway Elks Lodge, 13219 Poway Road, Poway, CA
Website: www.finchsocietyofsandiego.com
Email: sdfinchsociety@gmail.com

West Coast Zebra and Society Finch Show – Specialty Club

Meetings: none
Website: www.efinch.com/show

CONNECTICUT

East Coast Finch Society

Club Contact: Jose Urrutia, 70 Porter Brook Ave. East Hartford, Ct. 06118
Email: jm_jariel@yahoo.com
Phone: 631-875-1544

FLORIDA

First Coast Finch & Softbill Society

Lauren Ogburn 860 Fruit Cove Road, St. Johns, FL 32259
Meetings: 1st Saturday every 3 months
Location: 860 Fruit Cove Road, St. Johns, FL 32259
Contact: Lauren Ogburn / Van To
Phone: 904-923-7431
Visit us on Facebook!

Two shows - Back-to-back Saturday & Sunday, October 27 & 28, 2018

EVENT 1

First Coast Finch & Softbill Society – Saturday, October 27th, 2018 - 10:00 AM
Location: Ramada Inn & Conference Center - 3130 Hartley Rd, Jacksonville, FL
Contact: Lauren Ogburn
Email: sunbay@comcast.net
Judge: Laura Tinker – NFSS
Division: Finch|Softbill|Quail|Dove

EVENT 2

First Coast Finch & Softbill Society – Sunday, October 28th, 2018 - 10:00 AM
Location: Ramada Inn and Conference Center - 3130 Hartley Rd, Jacksonville, FL
Contact: Lauren Ogburn
Email: sunbay@comcast.net
Judge: Judge: Kenneth Gunby – NFSS Division: Finch|Softbill|Quail|Dove

NFSS AFFILIATED CLUBS

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affiliations@NFSS.org

FLORIDA

Treasure Coast Exotic Bird Club – Founded in 1989

Meetings: 4940 SE Anchor Ave, Stuart, FL.
Social Media: <https://www.facebook.com/TCEBC1989/>
Contact: President – Maryann May
Phone: 772-971-2554

MASSACHUSETTS

Massachusetts Cage Bird Association

Website: <http://www.masscagebird.org/>

MICHIGAN

Society of Canary and Finch Breeders of Michigan

Mary Tarsitano - 53546 Beechwood Dr., Shelby Township, MI 48316
Web page: <http://www.scfbmichigan.com>
Meetings: Meetings 3rd wkend of the month at members' homes.
Club Contact: mtarsitano@gmail.com
Phone: 586-781-6429

EVENT 1

Show: Annual All Bird Show: Saturday, October 20, 2018 – 10 am – 4 pm
Location: Livonia Elks Lodge #2246, 31117 Plymouth Road, Livonia, MI 48150
Hotel: Quality Inn Livonia, 30375 Plymouth Rd, Livonia, MI – (734) 261-6800

MISSOURI

Gateway Parrot Club

Meetings: 3rd Sunday of each month
Location: Varieties Bird Store, 60 Meramec Valley Plaza, Valley Park, MO 63088
Website: <http://www.gatewayparrotclub.org>
Contact: Georgia Fletcher
Email: president@gatewayparrot.org

NEW HAMPSHIRE

Birds of a Feather Avicultural Society

Meetings: 7:30 pm – 2nd Monday each month
Location: Villa Crest Retirement Ctr, 276 Hanover Street, Manchester, NH 03103
Email: Prismsdad@aol.com
Website: www.BOAF.com

NFSS AFFILIATED CLUBS

Affiliate/Awards Director: Laura Bewley
11106 E 50th Ct, Spokane Valley, WA 99206
affiliations@NFSS.org

NEW JERSEY

Garden State Bird Association

Email: GardenStateBirdAssociation@gmail.com
Club Meeting: First Friday of every month in meeting hall
Location: 417 US-1, Grove Street, Elizabeth NJ 07202
Social media: www.facebook.com/GardenStateBirdAssociation

EVENT 1

Annual Show – November 24, 2018, 8:00am
Location: PISC Portuguese Instructive Social Club Inc
Show Contacts: Paulo Quinalia 908-848-0080, Joao Esteves 908-721-6257
Divisions:
FINCH – Ricardo Gaskin (Canada)
Lipochrome – Joao Mateus (Portugal)
Melanin – Tiago Santos (Portugal)
Type – Joe Sousa (Massachusetts)

NEW YORK

Colorbred Canary Club of New York

Meetings: 2nd Sunday of the month (Except July, August & Holidays)
Location: Averill Blvd. Park, Elmont, (Long Island), NY 11001
Email: nycolorbredcanaryclub@gmail.com

Astoria Bird Club of New York

Social Media: <https://www.facebook.com/AstoriaBirdClub/>

New York Colorbred Canary Club

Jose Zelada - 20 N. Goodwin Ave., Elmsford, NY 10523

OREGON

Columbia Canary Club

Location: Firstenburg Community Ctr, 700 NE 136th Ave., Vancouver, WA
Meetings: 2nd Sunday of most months, Milwaukie Grange
Website: <https://www.columbiacanaryclub.org/>
Facebook: Columbia Canary Club
Location: Milwaukie Granger Hall, 12015 S.E. 22nd Avenue, Milwaukie, OR
Contact: Sandra Foot-Gregory
Email: sfoote@xpressdata.net
Phone: 503-310-3133

(continued on pg 24)

NFSS AFFILIATED CLUBS

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Columbia Canary Club

EVENT 1

Columbia Canary Club Show
November 3rd
Location: Firstenberg, Vancouver, WA
Canary Type – Chuck Long
Color Bred – Jerry Zak
Finch – Clarence Culwell – NFSS
Small hookbill - Clarence Culwell

EVENT 2

Sales/Raffle/Silent Auction: Columbia Canary Club – Sunday – Nov. 4th, 2018
Location: Firstenburg Community Ctr, 700 NE 136th Ave., Vancouver, WA
Public 10 – 3 pm

TEXAS

Fort Worth Bird Club

Website: <http://fortworthbirdclub.com>
Club Email: fwbc@fortworthbirdclub.com
Contact: Cheryl Burns
Phone: 817-455-2016
Email: cheryl@newworldranch.com
Meetings: Visit us on Facebook

Texas Bird Breeders and Fanciers Association

Barbara Irwin - 4211 Kelly Elliott Rd., Arlington, TX 76016
Club Email: texasbirdbreeders.org
Contact: Barbara Irwin
Phone: 817-572-6262
Email: royceandbarbirwin1973@netzero.com

EVENT 1

TBB Annual Show and Fair
November 3, 2018
Mayborn Convention Center, 3303 North 3rd St, Temple, TX
Divisions: NAPA, NCS, NCA, BAA, NFSS

Fort Worth Bird Club

Club Meeting: Fort Worth Botanical Gardens, Second Sunday of the Month, 2 p.m.
Schedule changes in summer months.
Webpage: www.fortworthbirdclub.com
Social Media: www.facebook.com/Fort-Worth-Bird-Club-262935933816613/
Email: fwbc@fortworthbirdclub.com
Phone: 682-231-3099

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Canary and Finch Society of Houston

Location: 15700 John F Kennedy Blvd, Houston, TX 77032

Website: <https://www.canaryandfinchsociety.com/>

Meetings: Second Sunday of the Month

Show/Mart Location: DoubleTree by Hilton Houston

15747 JFK Blvd., Houston TX. 77032

Judges/Divisions: Finches - Clarence Culwell Canary Type & Color - Jim Pickel

Canary and Finch Society

Nasrolah Espari - 23207 Willow Pond Drive, Katy, TX 77494

WASHINGTON

Lory League

No meetings. We are a paper club

Social Media: yahoo group and a facebook page

Website: www.loryleague.org

Contact: Julie Corwin 206-501-7428

PUERTO RICO

Asociacion de Criadores de Finches del Estec, Inc.

Meetings: Wednesdays 7 to 9pm

Location: Lus Catalina Mall, Food Court, Caguas P.R.

Website: Asociacion Criadores de Finches (Facebook)

Email: uanalicea@yahoo.com

PRZFC – Puerto Rico Zebra Finch Club

Meeting Dates and Location: Arecibo

Contact Officer: Gene Perez

Email: genecuba1@yahoo.com

Phone: 787-385-2972

Club Website/Social Media: www.facebook.com/groups/przfc/

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LEG BAND ORDER FORM - Prices effective October 1, 2016

► SPLIT PLASTIC BANDS — \$3.00 per string of 10 bands — Indicate quantity / color below										
XCS (2.8mm):				XCL (3.1mm):			TOTAL:			
Check our website for updated availability, sizes, colors and new products. All size recommendations found on-line http://nfss.org/band-size-charts/										
► E-Z KIT SMALL — (2.0mm): 24 bands per kit/8 colors — \$6.50 ea.										
► E-Z RINGS SMALL — Indicate you <i>Quantity/Prices: 10 /\$1.65 — 25/\$3.25 — 50 /\$6.50</i>										
Red	Blue	Orange	Green	Purple	Yellow	Black	White			
► E-Z KIT MEDIUM — (3.0mm): 24 bands per kit/8 colors — \$6.50 each										
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► RING COLLECTOR — Size 7" X 2.5" - \$4.00 each										
► BAND CUTTER — \$30.00 each										
ALUMINUM BAND SIZES MEMBERS ONLY BELOW:						TOP SUBTOTAL:				
Size A (2.1mm): Gold-breasted Waxbill, Orange-cheeked Waxbill, Owl Finch, Red-eared and Strawberry Waxbill. Size B (2.4mm): Black-cheeked Waxbill, Cordon Bleu, Cuban Melodious Finch, Fire Finch, Olive Finch, Rufus-backed Mannikin and Timor Zebra Finch. Size C (2.6mm): Cutthroat, Heck & Shaftail Finch, Purple Grenadier, Violet-eared and Blue-capped Waxbills, Cherry Finch, B&W and Bronze-winged Mannikin, Painted Finch, Pileated Finch, Green/Grey Singing Finch, Pytilia, Red-headed and Forbes Parrot Finch, Silverbill, Star Finch, Crimson Seed Cracker, Red Siskin, Cutthroat Finch and Lemon Breasted Canary. Size D (2.7mm): Society (American), Blue-faced/Peals Parrot Finches, Red Headed Finch, Gouldian Finch, Chestnut-breasted and most Mannikins, Pintailed Nonpareil, most Twinspots and American Zebra Finch. Size E (2.8mm): Society (Euro), Black-crested Finch, Diamond Sparrow, European Greenfinch, Golden Song Sparrow, Nuns, Peter's Twinspot, Spice finch, European Goldfinch, European Zebra Finch and Canary (Gloster, Pfife). Size G (3.2mm): Magpie Mannikins, Siberian Goldfinch, small Tanagers and Canary (Border, Roller, Red Factor and Lizard). Size J (3.3mm): Pekin Robin, Silver-eared Mesias, small Softbills and Canary (Yorkshire, Norwich, Crested and Frill). Size K (3.5mm): Java Rice birds, Red-crested Cardinal, Saffron Finch and Shama Thrush. Size L (4.2mm): Diamond Dove, Mousebird, small Dove and Quail. Size M (4.5mm): Leaf Birds, Pagoda Mynah, Large Sunbirds and Superb Starlings.										
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A	B	C	D	E	G	J	K	L	M	TOTAL:
*HANDLING FEE: MUST be included in all orders. ** Outside USA orders add \$ 5.00										
Under \$ 20.00		\$ 6.00	\$ 41.00 — \$60.00		\$ 10.00		TOP SUBTOTAL			
\$21.00 — \$40.00		\$ 8.00	\$ 60.00 — \$ 100.00		\$ 12.00		BAND SUBTOTAL			
USPS TRACKING included in all orders!								*HANDLING FEE		
*** Optional USPS INSURANCE (US Domestic only)								**OUTSIDE US		
\$ 00.01 — \$ 50.00		\$ 2.20	\$ 101.00 — \$ 200.00		\$ 3.50		***INSURANCE			
\$ 50.01 — \$ 100.00		\$ 2.75	\$ 200.01 — \$ 300.00		\$ 4.60		TOTAL			

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