



# parrots

*magazine*

PRESENTS



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# Welcome to Think Parrots 2013



*Dear Visitor,*

Welcome to *Parrots* magazine's THINK PARROTS 2013 Show! We can hardly believe a whole year has gone by since the launch of our first show last year and we would like to thank you all for supporting this very different and unique parrot event, and hope you all have a great day out!



We are delighted that once again many of the country's most notable experts in their field are present, to give their support, advice and offer presentations on a wide range of topics. We would especially like to extend a huge welcome to Eb Cravens who has flown all the way from Hawaii to attend and speak at this event.

This year we have four workshops, giving those attending all of them enough time to enjoy the rest of the show. After each of the workshops, top parrot trainer Michael Simmons, with his wife Sarah and the rest of the team from A World of Wings, who travel the country training parrots in some of the UK's top parrot collections, will be displaying their free-flying parrots in a brand new show, and Michael has promised a few surprises!

We also have a great list of top exhibitors offering a wide range of products and services here today, with our show sponsor, Northern Parrots, having a significant presence. We are extremely grateful to Mike Taylor and his team at Northern Parrots for their continued support, which has been instrumental in making this day possible.

We also have Beaks 'n' Bobs run by Juliet Eberle which provides many great ideas

for making some amazing DIY enrichment toys. Juliet and her team will be carrying out demonstrations all day long, and with their help you can make the ideal toy for your parrot, and for a small donation you can take it home! This year *Parrots* magazine's DIY Enrichment Toy Competition is being judged by Juliet and Eb at the Beak 'n' Bobs stand at 3.30pm today!

This annual event strongly endorses *Parrots* magazine's bid to support parrot owners and encourage better care, and a greater understanding of our feathered friends, so they may lead more fulfilling lives in our care. Enrichment, diet, responsible breeding, behaviour, training, forging greater relationships with our birds, rescue parrots and supporting parrot conservation around the world are all at the forefront of issues tackled on a monthly basis in the magazine and are all demonstrated here today at our THINK PARROTS Show.

This show is for the true parrot enthusiast, and we hope you all have a very enjoyable, educational and memorable day out. Once again, thank very much for coming and we look forward to seeing you next year!

*John Catchpole and Pauline James*

Think Parrots 2013 Show: Presented by *Parrots* magazine • Advertising Sales and PR: Val Lawler  
Show Organisers: John Catchpole & Pauline James • Show Guide design: David Ransom

*Parrots* magazine, The Old Cart House, Applesham Farm, Coombes, Lancing, West Sussex BN15 0RP  
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# Welcome from the show's sponsor

*Dear Visitor,*

Northern Parrots is delighted to be here today, to support and be a part of *Parrots* magazine's second THINK PARROT Show. We thoroughly endorse the objective of the show, to promote responsibility through awareness and understanding, and improve the overall care of parrots in captivity.

We were greatly encouraged by the popularity of last year's show and in particular the workshops, and sincerely hope everyone here today will leave with a greater knowledge of parrots, enabling parrot owners to enjoy a better relationship with their birds and provide a better life for them. This includes improving their diet, and providing lots of varied and stimulating enrichment opportunities on a daily basis.

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Enjoy the Show!

**Mike Taylor**

Northern Parrots

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# Papaya: “Fruit of the Angels”

Papaya, once referred to by Christopher Columbus as the “Fruit of the Angels,” is a sweet and luscious fruit from the tropics that is full of goodness and has many powerful health benefits.

There are two main types, Hawaiian and Mexican, but those seen in our local supermarkets all year round are the Hawaiian variety - the Mexican version can grow to 10x the size! The flesh of the papaya is a rich orange colour with yellow or pink hues, but its round black seeds encased in a gelatinous-like substance are also edible - their spicy flavour being somewhat reminiscent of black pepper.

The fruit, and other parts of the papaya tree, contain papain, an enzyme that helps digest proteins. This enzyme is especially concentrated in the fruit when it is unripe and is commercially extracted to make digestive enzyme

dietary supplements. Papain can also be greatly beneficial to young parrot chicks, especially those being hand-reared.

If the flesh of the papaya is liquidised with a little pre-boiled water it can work brilliantly, fed little and often, to aid in the breakdown of stubborn foods in a compacted crop. This can be a life-saver for very young chicks and the inclusion of a small amount of this pureed fruit mixed into their formula can act as a powerful preventative, as well as a cure, to crop and digestive disorders.

This fruit is also rich in vitamins A, C, E and K, folate, potassium, calcium, magnesium and fibre, and is low in calories. And, although only found in small quantities, it also provides four times the amount of Omega-3 fatty acids to Omega-6 fatty acids, helping to correct the

balance of these fatty acids in the body.

Papaya also contains high levels of powerful antioxidants, and the riper the fruit the more it contains, which helps prevent cholesterol building up in blood vessel walls. High levels of fibre also help to maintain lower cholesterol levels and the folic acid they contain converts homocysteine, which can damage blood vessel walls, into benign amino acids also helping to prevent heart disease.

Papaya’s unique protein-digesting enzymes including papain and chymopapain also help to lower inflammation and heal burns. In addition, the antioxidant nutrients found in this fruit, including vitamin C, vitamin E, and beta-carotene, also help reduce inflammation, support the respiratory and immune systems, and provide relief from arthritis.



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# Workshops & Events Timetable

## ❖ 10.30am - 11.15am

### **Dietary deficiencies - preventions and cures**

Speaker: **Brian Stockdale** BVM&S MRCVS

Senior partner, Meadow Lane Veterinary Centre, Loughborough, Leics

Associate lecturer, Nottingham Veterinary School (Avian Module)



## ❖ 20 min free flying display by **Michael Simmons** (Main Hall)

## ❖ 12.15pm - 1.00pm

### **Why does my parrot do that? ... an avicultural perspective**

Speaker: **Eb Cravens**

International speaker, aviculturist, and regular columnist for *Parrots* magazine, who advocates natural ways with parrots.

## ❖ 20 min free flying display by **Michael Simmons** (Main Hall)

## ❖ 2.30pm - 3.15pm

### **Building a close relationship and understanding of your parrot...**

Speaker: **David Woolcock**

Curator of Birds, Paradise Park, Hayle, Cornwall - trainer and behaviourist

## ❖ 20 min free flying display by **Michael Simmons** (Main Hall)

## ❖ 4.15pm - 5.30pm

### **Ask the experts – question and answer session** with **Rosemary Low, Eb Cravens, Alan K. Jones** BVetMed MRCVS and **Michael Simmons**

*(Schedule and workshops may vary slightly depending on circumstances)*







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# Turmeric: A powerful healing spice

**T**urmeric, a member of the ginger family and native to Indonesia and southern India, where it has been harvested for its health benefits for over 5,000 years, comes from the dried root or rhizome of the *Curcuma Longa* plant. More recently this spice is becoming known in the West for its potent health benefits, and is being used in the fight against Alzheimer's, cystic fibrosis, psoriasis, multiple sclerosis, haemorrhaging, heart disease, childhood leukaemia and prostate, breast, colon, skin and pancreatic cancers.

The active ingredient in turmeric is curcumin which is a natural inhibitor of the COX-2 enzyme responsible for inflammation and pain - helping arthritis, rheumatoid arthritis, tendinitis and gout, and with no known side effects. It is also an antioxidant, is antibacterial and antiviral, is a natural liver detoxifier and a natural

antiseptic. It also halts the growth of new blood vessels in tumours and serves to boost the effects of the chemotherapy drug Paclitaxel, while reducing its harsh side effects.

All these health benefits apply to parrots too and a cockatiel keeper explained recently how turmeric saved one of his birds when it developed a cancerous tumour. It was very old and the vet was afraid to use traditional vigorous treatments, so after removing as much of the tumour as he dare, (as part of it lay close to the spine), he prescribed curcumin powder, to be applied to the bird's back. After a few months, the bird had completely recovered, with no trace of the cancer or the tumour!

Put in foods such as homemade birdy bread, turmeric acts as a natural preservative, but is an anti-coagulant too, so as a precautionary measure

should be avoided when a bird is moulting or has a problem with a broken blood feather. It also helps prevent roundworm, boosts the immune system, is anti-fungal, helps alleviate nausea, aids digestion and can be a great aid to particularly young chicks suffering crop problems. Sprinkle on softfood or mix a little with live yoghurt to feed.

Turmeric root is an excellent source of iron, manganese, vitamin B6, potassium and dietary fibre and has five times more antioxidant power than vitamin E. Along with curcumin it contains many other phytochemicals, helping to regenerate liver cells, cleanse the liver of toxins, increase the production and levels of bile and two liver-supporting enzymes, glutathione-S-transferase (GST) and UDP glucuronyl transferase (UDPGT) aid in fat metabolism.



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# Parrots just love pine cones

Pine cones make great natural treats or playthings for parrots. The cone's multiple woody scales make them easy to hold and manipulate, and as a bonus each one contains an edible seed, safe for parrots. But, even if not appreciated as a food, parrots just love rolling, chasing, chewing and tearing pine cones apart!

Collect pine cones from spruce or pine trees,

early autumn and gather as soon as possible after they have fallen. Once they get rained on they begin to attract fungal and moss spores, harmful bacteria and insects. Select only the youngest, firmest, lightest-coloured and driest cones, and avoid those that are wet, slimy or sticky.

To wash, empty cones into a sink and cover with warm water, anti-bacterial liquid soap and a little avian disinfectant, and leave to

soak for 45 minutes. Then, thoroughly rinse each pine cone under the running tap and lay out to dry in the sun.

To bake, line a baking tray with tin foil (to protect them from the sap) and bake in an oven pre-heated to 200C for 20 minutes, or until the sap has dried-out. Then, turn the oven off, leaving the cones insitu for a further two hours, to thoroughly dry out and cool.

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# Calcium-deficient parrots

All companion parrots living indoors can potentially suffer from being calcium-deficient due to not benefitting from having direct exposure to the sun's rays, but Cockatiels and African Greys – and the other African species too, to a lesser extent - are particularly vulnerable, but for completely different reasons.

At the heart of the problem for any bird kept indoors is that they do not benefit from the sun's rays naturally topping-up their resources of vitamin D. This vitamin is absolutely vital, and holds the key to enabling the body to absorb calcium into the blood. Without it, no matter how much calcium is fed, by way of calcium-rich foods and cuttlefish-bones, the majority will pass through the body and be lost.

African Greys in the wild, bask in the sun probably

more than any other parrot, and need far higher levels of sunshine to keep them healthy. The Greys that suffer the most from calcium-deficiency or hypocalcaemia in captivity, are the young, hand-reared parrots kept as companion birds that have never been outside.

The signs that an African grey, in particular, is suffering from hypocalcaemia, often starts with inactivity, but at the same time, they seem to have an inability to rest. They can often be seen constantly shifting their weight from one leg to the other. Many parrots will also drop their wings, to the point that they are resting and supporting them on the perch, and as their condition deteriorates further, they can experience muscle tremors and seizures.

Hypocalcaemia in Cockatiels is usually related

to excessive egg-laying. Hens kept indoors often still come into breeding season each spring and feel the need to lay sufficient eggs to form a full clutch, so it is important not to take the eggs as they are laid, otherwise she will continue to keep laying. Replicating winter conditions can help break the cycle. Move her cage to a new position or room, provide only eight hours 'daylight' and reduce her fresh food intake for a few weeks.

The best way to prevent parrots from suffering from a calcium deficiency is to provide a good quality liquid vitamin D and calcium supplement on a regular basis, give them safe access to the sun's rays, but don't forget to always provide shade too, and provide a properly fitted avian UV lamp, no more than 35-40cm (14-16in) away from its favourite top perch.



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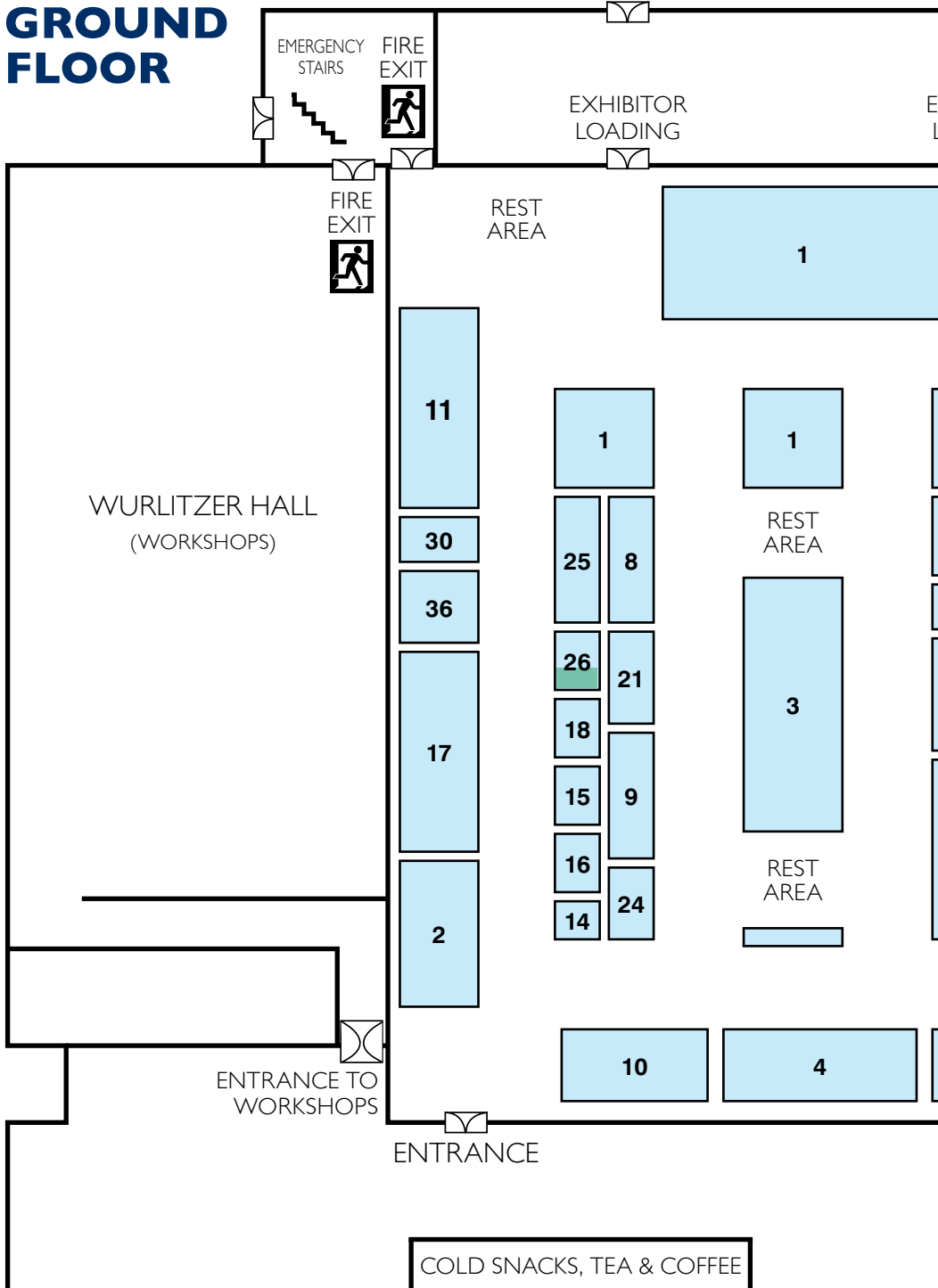
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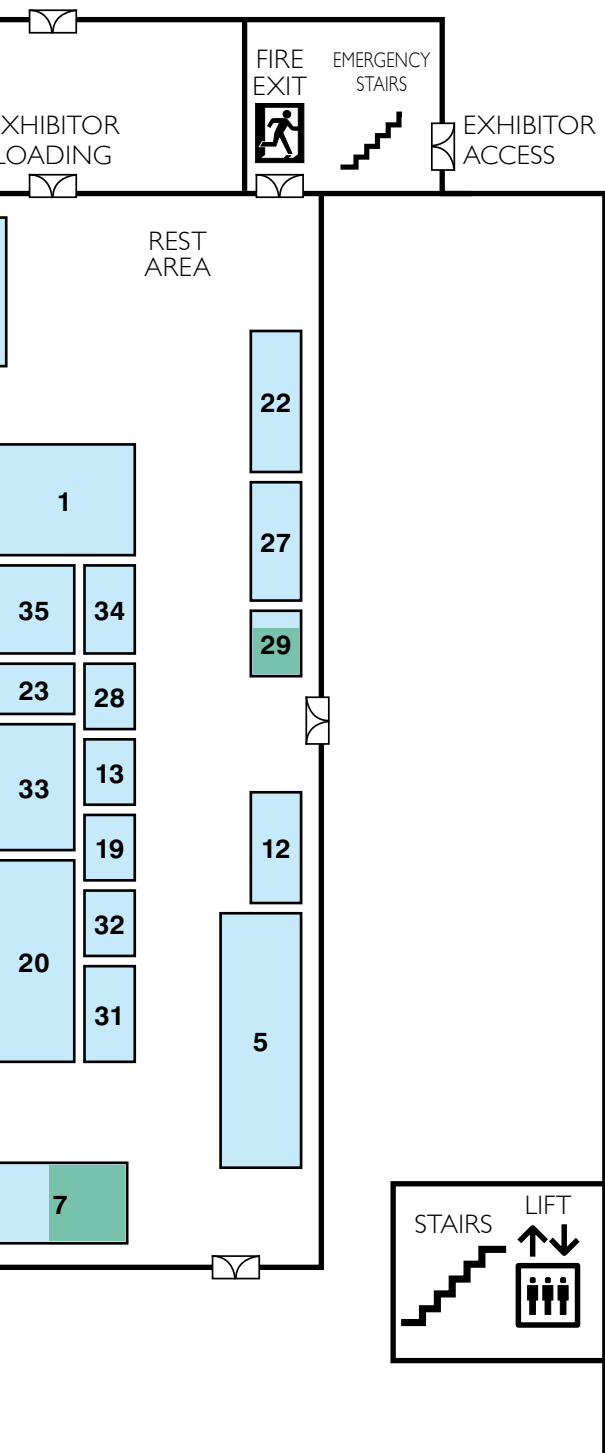
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## **BARRETT WATSON – 7**

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Web: [www.barrettwatsonparrots.co.uk](http://www.barrettwatsonparrots.co.uk)

Barrett is a highly respected aviculturalist and will be bringing his Military macaws to the show for the flying displays, together with some of his other feathered friends. He will be available to talk about how he raises and cares for his parrots.

## **BEAKS 'N' BOBS – 4**

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## **BIRDLINE RESCUE – 22**

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## Catering at the show

Due to building works and changes to the layout of Woking Leisure Centre, catering facilities have been changed. On the ground floor, immediately outside the main hall and lecture hall, there will be tea, coffee and soft drinks together with sandwiches and other cold snacks. Hot food, including burgers, sausages and other items will be available on the patio adjacent to the main entrance on the first floor.



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Web: [www.parrotmag.com/lost-and-found-register](http://www.parrotmag.com/lost-and-found-register)

Expert information on identification, and management of lost and found birds. Advice on crime prevention and general security.

### **NEW LIFE PARROT RESCUE – 34**

Tel: 01480 390040

Email: [nlpr@ntlworld.co.uk](mailto:nlpr@ntlworld.co.uk)

Web: [www.nlpr.com](http://www.nlpr.com)

Promoting parrot welfare through education and the rehabilitation of victims of neglect and abuse.

### **NORTHERN PARROTS – 1**

Tel: 0845 345 2502

Email: [info@northernparrots.com](mailto:info@northernparrots.com)

Web: [www.northernparrots.com](http://www.northernparrots.com)

Northern Parrots is the sponsor to Think Parrots 2013, offering a comprehensive range of goods including food, cages, toys and accessories.

### **OLIVER FRY – 26**

Oliver will, again, be bringing his own companion African Greys and will be willing to speak with authority about how he has cared for his birds, and the many different aspects and behaviour of African Grey parrots.

### **PARROT-TOYS.CO.UK – 5**

Email: [sales@parrot-toys.co.uk](mailto:sales@parrot-toys.co.uk)

Web: [www.parrot-toys.co.uk](http://www.parrot-toys.co.uk)

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### **Safehaven Parrot Rescue - update on Guinness**

On 19 February 2013 Guinness a very special Blue & Gold Macaw, who has been in our care since 1998, underwent surgery to restore her sight. A cataract was removed from her right eye, by specialist Paul Evans, in a 2½ hour operation, at his Eye Veterinary Clinic in Marlbrook, Herefordshire. Avian vet Neil Forbes BVetMed DipECZM (avian) FRCVS administered the anaesthetic and monitored her throughout the procedure.

Two and a half months on, after post-op treatments of eye drops and eye creams, Guinness is coping very well and still tries to bite my feet! She can now see well out of the operated on eye, mainly long distance, and because the operation was so successful it has been decided not to operate on the cataract in her left eye.

The operation, scan and aftercare cost nearly £3,000.

We have already raised approximately £1,500 to go towards the vets' fees, and we would like to thank everyone for their generous support. If you would like to make a donation to help pay the remaining balance, for the procedure that has given Guinness back her sight, please go on to our website: [www.safehavenparrotrefuge.co.uk](http://www.safehavenparrotrefuge.co.uk), email: [christine@safehavenparrotrefuge.co.uk](mailto:christine@safehavenparrotrefuge.co.uk) or phone: 01684 850466 or 0044 1684 850466 if you are outside the UK.



## PARROTS MAGAZINE – 17

Tel: 01273 464777

Email: [office@imaxweb.co.uk](mailto:office@imaxweb.co.uk)

Web: [www.parrotmag.com](http://www.parrotmag.com)

Full colour A4 magazine publishing a wide range of material covering all aspects of the care and breeding of parrots and parakeets.

## PAUL STAVELY – 23

Tel: 07500 894820

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## PRIORS PETS – 33

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## ROB HARVEY – 11

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Web: [www.robharvey.com](http://www.robharvey.com)

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## ROLF C HAGEN – 35

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Rolf C Hagen (UK) are suppliers of the 'Living World' brand of scientifically formulated 'Tropicana' extruded nutritionally balanced complete diet and the 100 per cent 'Tropimix' edible nuts and fruits specialist feeds.

## ROSEMARY LOW – 16

Email: [rosemary.low@virgin.net](mailto:rosemary.low@virgin.net)

Rosemary is past curator of birds at Loro Parque and Palmitos Parque, and can advise on many avicultural topics.

## ROSEMEAD AVIARIES – 27

Tel: 02920 577145

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Rosemead Aviaries has supplied flights for Think Parrots 2013 and can be viewed on stands 7, 26 and 29.

# ★ A Special Insider Offer ★

## for Those Attending The Think Parrots 2013 Show

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*Thank you Leslie!!!!!!!"*

*Lynne Watts, MI, USA*

*"Working with you is absolutely brilliant!"*

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*Roz Paterson, UK*

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This incredible discount on personalized consultations is only available for a limited time. You must email Leslie at [appt@moranscritterconnection.com](mailto:appt@moranscritterconnection.com) before June 20, 2013. In the email ask for more information on the Think Parrots Show Special. You'll be given a time sensitive link to a private website page.

**If you've dreamt of consulting with Leslie, now is the time.**

**Her pioneering work gets unsurpassed results.**

**Start seeing the results you've only dreamed of.**



## SCA - 19

Tel: 0845 634 2193

Web: [www.thesca.org.uk](http://www.thesca.org.uk)

The SCA aims to promote and develop all species of birds that are kept in captivity with special regard to threatened and endangered species both in the wild and in captivity.

## STEFANO SALLES - 29

Stefano has written articles for *Parrots* magazine on parrotlets and will be bringing some of his birds to the show to speak authoritatively about them and give advice and help.

## THE PARROT SOCIETY - 31

Tel: 01442 872245

Email: [les.rance@theparrotsocietyuk.org](mailto:les.rance@theparrotsocietyuk.org)

Web: [www.theparrotsocietyuk.org](http://www.theparrotsocietyuk.org)

Representing a large membership of bird owners, providing advice on all aspects of bird keeping, also supporting conservation.

## UMBERTO MONTEFUSCO (MONTY) - 32

Monty will again be bringing his Amazons to display and talk about to visitors, providing a great deal of information about this popular species.

## VETARK PROFESSIONAL - 12

Tel: 01962 844316

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Web: [www.vetark.co.uk](http://www.vetark.co.uk)

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## WILD PARROTS UP CLOSE - 14

Tel: 07766 303836

Email: [steve@wildparrotssupclose.com](mailto:steve@wildparrotssupclose.com)

Web: [www.wildparrotssupclose.com](http://www.wildparrotssupclose.com)

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## WILDSIDE BOOKS - 21

Tel: 01323 416211

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## THE WORLD PARROT TRUST - 20

Tel: 01736 751026

Email: [uk@worldparrottrust.org](mailto:uk@worldparrottrust.org)

Web: [www.parrot.org](http://www.parrot.org)

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The advertisement features a circular logo of a parrot's head in the top left, a CD/DVD case for 'Parrot Training 1' in the top right, and four photographs of different parrot species at the bottom: a grey parrot on a branch, a red macaw, a colorful lorikeet, and a blue and yellow parrot.



# Parrots magazine

June 2013 issue

**Hot off the press and available today  
from *Parrots* magazine's stand!**

Living with Purdey  
a rescue Yellow-fronted Amazon  
with Karen Chudley

**David Woolcock** provides  
3 pages of great  
enrichment ideas

Keeping Alexandrines  
- and their struggle in the wild

Parrot watching in Panama  
with **Rosemary Low**

Thoughts of a bird trainer...  
- a brand new diary by **Michael Simmons**

**Eb Cravens** discusses:  
How to keep chicks being  
hand-reared, trauma-free

**Alan K. Jones BVetMed MRCVS** discusses:  
A Moluccan Cockatoo that got better  
when the owner went on holiday

Make your own almond milk!

Volunteer Opportunity at Animal Rescue Centre in Guatemala!



Stand  
No. 17

## “A perfect family flick”

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★★★★★ “Vibrant, funny and sweetly uplifting” *Heat*

Rio is available on DVD to buy today from the *Parrots* magazine stand



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# Burning food more lethal than Teflon

The dangers of overheated Teflon-coated non-stick pans and oven-panels have been well documented, but burning food is even more hazardous to parrots, because it emits deadly fumes at lower temperatures.

Any cooking food can create deadly smoke if it is allowed to burn, and overheating oil, butter and margarine can be particularly lethal. These fumes are especially

hazardous to birds because of their small size and the fact that they have very sensitive respiratory systems.

Unlike us, birds inhale and exhale a complete lungful of air in every breath, so their intake of toxic fumes is potentially far more concentrated and potent.

DuPont who manufacturer Teflon-coated cookware have issued the following warning to parrot owners:

- Toxic gases from non-stick pans do not necessarily stay in the kitchen and the whole house should be well-ventilated after an accident.

- Wait two weeks, to ensure that the toxic gases have completely dissipated, before bringing birds back into the house.

Kitchens are dangerous places for parrots and the smoke from outside BBQs can prove deadly too.

Stand  
No. 2

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# Flower power

Have you thought about feeding fresh flower-heads to your parrots? If you haven't, give it a go, you may be surprised by the results. Many parrot-like birds, including lorries, caiques, eclectus and parrotlets, absolutely love them and consider them a real treat! Many parrots eat blossom and flowers in the wild while foraging, and the nectar it provides is an important nutrient-rich food, full of protein and amino acids.

So, while you are planning which annual bedding plants to seed, or buy, why not concentrate on parrot-friendly flowers? Offer your parrots as many different types of flower-heads as possible, and in a variety of colours and sizes. Even if some parrots don't eat them at first, their bright colours, texture and aroma will arouse their curiosity, and they will enjoy playing with them. When they start to pull flower heads to pieces and start sampling them, they will

be enhancing their diet too!

Keep to the common varieties of flower-heads that are known to be safe to feed to birds, as some flowers and sometimes even just the leaves of edible flowers, can be highly-toxic. Hibiscus, nasturtiums, carnations, lilac, chrysanthemums, marigolds, pansies, violas, geraniums, asters, honeysuckle, impatiens, tulips, rose petals and courgette and chive flower heads are all safe and will provide great enrichment for your parrot!

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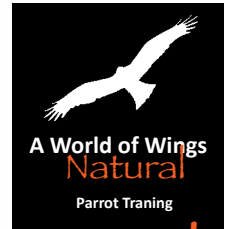


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