



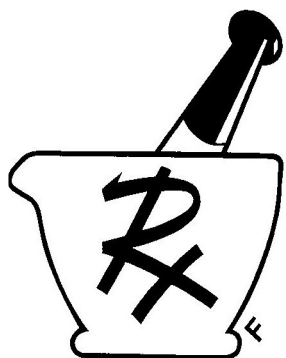
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The Chirpa



The news of the
North West Bird Club Tasmania Inc
Po Box 59
Wynyard Tasmania 7325
<http://www.northwestbirdclubtasmania.org.au>

Issue No 3073 August 2023

Presidents Report

Hi all I hope you are all doing well, I have had a rough few weeks with my father becoming ill and passing away in a period of about 6 weeks, a few of you knew dad and I would like to thank those that have reached out to mum, myself and family. So needless to say the club has been on the back burner for a while for me sorry. Well the breeding season is just around the corner so I hope you have had a chance to get your birds, aviaries and equipment ready for hopefully a busy breeding period.

With the evenings still being cold and dark we will hold a get together at the clubrooms on Saturday the 12th of August at 2pm please bring a plate for afternoon tea (hopefully with food on it) we will catch up on some paperwork and organise a few upcoming events and then have a cuppa and catch up.

Your President Leon

Covered Fruit Delights We love creating recipes that can be used to mentally stimulate your parrot

DIRECTIONS: In a small bowl, combine cinnamon with shredded coconut. Set aside. Drain pineapple chunks and cut mango into pieces of similar size. Halve or quarter the chunks for smaller birds. Roll each piece of fruit individually in the coconut/cinnamon mixture until thoroughly coated on all sides. Serve! Some fun variations... For a fun summertime treat, transfer each coated piece to a tray that is lined with parchment paper and set them about 1" apart. Place them in the freezer and serve frozen! Once frozen, the leftover pieces can be placed together in a ziplock bag with the air removed and stored for up to six months. Try mashing a banana, rolling it into balls and coating it with the coconut and cinnamon. These are especially great frozen. Did you know cinnamon helps keep bacteria away? In the warm weather, we like to add cinnamon to our birds fruit dishes. Fruits are especially wet and after they have been sitting out for a bit they provide both the warm and moist conditions that are ideal for bacterial growth. Cinnamon has properties that inhibits that growth.

Ground Cinnamon ½ tsp
Shredded Coconut ¼ cup

Contacts – NW Bird Club

Leon Richardson (President) Ph. 0407342283
Lorna Dicker (Secretary) Ph. 03 64 421820
Garry McTackett (Editor) Ph. 03 64232121

NORTH WEST BIRD CLUB INCORPORATED. **APPLICATION FOR MEMBERSHIP**

I wish to renew my membership / become a member
(Please circle)

NAME.....

ADDRESS.....TOWN.....P/CODE.....

EMAIL.....

PHONE.....D.O.B. (Junior members only).....

SIGNEDDate.....

If this is a family application please state first names below.

NAME.....DATE OF BIRTH.....

NAME.....DATE OF BIRTH.....

NAME.....DATE OF BIRTH.....

NAME.....DATE OF BIRTH.....

TYPE OF MEMBERSHIP (please circle)

FAMILY / ADULT / PENSIONER FAMILY / PENSIONER ADULT/ JUNIOR

SUBSCRIPTION DETAILS

Family.....\$30.00

Adult.....\$25.00

Pensioner family...\$25.00

Pensioner adult.....\$20.00

Junior.....\$10.00

Return with subscription to:

North West Bird Club Inc.

PO Box 59

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Ellis John Richardson

Sadly, Our Club Presidents father passed away on 14 July 2023, on behalf of all North West Bird Club members we offer our deepest sympathy to Leon and all his family and friends.



Jeremy Rockliff Tasmanian Liberals
Liberal Member for Braddon
43 Best Street, Devonport
(03) 6478 6050

Executive member for the year 2022

President:	Leon Richardson
Vice President:	Barry Dudman
Patron:	Hon. Ruth Forrest MLC
Secretary:	Lorna Dicker
Treasurer:	Lorna Dicker
Bird Stewards:	Leon, Barry, Steve
Membership Officer:	Gaye McTackett
Editor/Web Master:	Garry McTackett
Social Media:	Justin Tippet
Committee Members:	Leon Richardson, Lorna Dicker, Barry Dudman, Garry & Gaye McTackett,

Calendar of Meetings (Fridays 730pm at club rooms unless stated)

March 2023 18th Saturday Wynyard Show

April 2023 15th Bird Expo 10 to 1pm

May 2023 12th 7.30pm meeting Wynyard Showground

June 2023 No meeting

July 2023 No meeting

August 2023 Afternoon tea at clubrooms 2pm

September 2023 No Meeting

October 2023 13th 7.30pm Meeting Wynyard Showground.

November 2023 TBC Stanly show

December 2023 TBC Christmas.

January 2024 12th meeting 7.30pm Wynyard Showground

February 2024 9th AGM meeting 7.30 Wynyard showground

Close and Split Aluminium Sizes	BIRD RING REFERENCE CHART	Split Plastic Sizes
1	Waxbill.	AS
2	Zebra Finch, Gouldian Finch.	
3	Bengalese, Chessnut Finch.	AL
4	Gloster, Fife and Small Canaries	
5	Yorkshire, Border, Red Factor Norwich, Roller and Lizard Canaries.	B
	Java Sparrow.	C
6	Budgerigar	D
7	Neophemas, Bourkes, Blue-wings, Turquoise Parrot, Rock Parrot, Scarlet-chested Parrot and Diamond Dove.	
8	Lovebird, Peachface, Fig Parrot, Grass Parrot, Golden Shoulder, Little & Purple-crowned Lorikeet, Hooded Parrot and Redrump.	E
9	Cockatiels (Quarrion), Varied Lorikeet, Weiros, Mulga, Blue Bonnet, Swift Parrot, Kakariki, Red Cheeked Parrot and Western Rosella.	F
10	Eastern & Northern Pale-headed Rosella, Plumbheaded Parakeet, Princess Parrot, Red-capped Parrot, Scaly-Breasted Lorikeet, and Sun Conure	
11	Indian Ringnecks, King Parrot, Red-collared Lorikeet, Crimson Wings, Crimson & Green & Yellow Rosellas, Rainbow Lorikeet, Regent, and Superb Parrot	G

BROCCOLI/ CABBAGE SLAW FOR BIRDS

Ingredients... 1/2 cup shredded cabbage, 1/2 cup shredded carrots, 1 tsp celery seeds, 2 broccoli stalks (shredded or cut in matchsticks), 1 peeled cucumber (diced), 4 tbsp plain low-fat yogurt.

In a medium mixing bowl, toss together all shredded vegetables and celery seed. Set aside. In a blender combine cucumber and yogurt. Mix on high until well blended. Add yogurt mixture to shredded vegetables by spoonful until it is lightly coated. Mix well and serve cool or at room temperature. This recipe is not just good to look at - every ingredient in it will benefit your bird! Cabbage is an anti-oxidant and anti-inflammatory. It benefits the stomach and digestive tracts. It reduces cholesterol, and studies suggest that it plays a role in the prevention of several types of cancer. Carrots, based on a 10 year study done in the Netherlands, have been found to be the vegetable that is the most protective against cardiovascular disease. Those who eat carrots at least twice weekly show fewer instances of glaucoma and cataracts. Broccoli stalks contain a great deal of the overall nutrients found in the broccoli plant. It helps to detoxify the body by neutralizing and eliminating contaminants. It plays a substantial role in helping the body to overcome vitamin D deficiencies - something all parrot owners should be aware of. Cucumbers contain three types of phytonutrients that provide antioxidant, anti-inflammatory and anti-cancer benefits. Yogurt is a probiotic which delivers healthy "good" bacteria to the digestive tract that assist your body in digestion and help keep the immune system strong. However; when using dairy in recipes always keep it to a minimum and serve in moderation.



Roger Jaensch MP

YOUR LIBERAL MEMBER
FOR **BRADDON**

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 www.rogerjaensch.com.au