

WAES 2018

Summer Picnic

August 11th 2-5 pm

WAES will provide meat, buns and drinks, as well as ve-
gan options. Please bring a
side dish or dessert to share.

Come enjoy the afternoon
with us - bring your friends
and family, and of course that
includes birds! (with supervision)



Hosted by Richard Nowak at *Avian Sanctuary and Protection*

1232 W Parkway Ave, West Valley City, UT [\(801\) 688-6911](tel:8016886911)

Turn east at the lights off of Redwood Road onto Parkway Blvd. (2495 South), turn left on Chatham Street, then right onto Parkway Ave. The Sanctuary is on the north side of the road.

Door prizes for one and all!!

W.A.E.S.

Wasatch Avian Education Society

Monthly Meeting

Sept. 8, 2018

7:00 pm

Salt Lake County Complex

2001 S. State Street

Room N1100

(North Building)

Our meetings are free
and open to the public.

Come meet other parrot
enthusiasts.

Refreshments & Raffle
Table

Come see what our
volunteer

Flock is all about.

August:2018



MY BIRD LOVES FRESH FRUIT. IS THERE ANY DANGER IN GIVING TOO MUCH - OR EVEN ANY OF CERTAIN FRUITS?

During this time of year we have a wide variety of fresh fruits for our feathered friends to indulge in. Bird experts say that a variety of fresh fruits can be a vitally important part of your feathered friend's diet. While this is true, it's important to know which fruits are safe for your bird, and which provide essential nutrients that can help make your pet healthier, stronger and happier.

BANANAS are almost irresistible for many of our feathered friends, and as a bonus, the peel can make a fun toy for your bird while providing important foraging activity as well!

BERRIES of any type safe for human consumption, such as strawberries, blueberries, and raspberries, are also safe for your pet birds to snack on. In addition to being tasty, juicy treats, berries are also packed with vitamins and antioxidants, compounds that can help your pet attain a healthy and strong physique.

APPLES can be a healthy and fun addition to your bird's diet. Take caution when serving this treat, however -- apples are entirely safe for your bird as long as they are peeled and sliced before you serve them to your pet. Things can get dangerous quickly if your bird gets hold of an apple seed, however. Apples are in the rose family, and while their flesh is very good for your pet, their seeds contain a toxin that is highly poisonous to birds.

GRAPES are fun, bite-sized fruits that are a hit with birds, and it's no wonder why. Grapes are very sweet and contain a rather high level of fructose. This means that they can work to give your bird a quick energy boost -- but should be fed sparingly for that very reason.

ORANGES not only taste great, they are packed with a super dose of Vitamin C, which can help build your bird's immune system. They are a good treat to feed when you know that your bird is going to experience some stress, like a vet visit or when you have rowdy company coming over. They might help give your pet's natural resistance to illness a little boost. Make sure that any oranges that you serve to your pet have been peeled and had any seeds removed.

Other safe fruits include apricot, cranberry, mango, nectarine, papaya, peach, pear and pineapple.

Geri Driggs,
President, WAES