



## WAES MARCH NEWSLETTER

May your heart be light. May good luck pursue you each morning and night.

A few words from our President:

Happy March everyone. Winter is almost over and it's time to start spring cleaning. Making everything anew is always fun and is a great way to help our feathered friends have some fun also. We are going to have a toy making party this month, so let's clean out the old toys and give them some toys that have new life from items that we have around the house. We need everyone to bring paper towel and toilet paper rolls, scrap wood, blocks, and pretty much anything else that you feel would be fun and colorful for our friends.

I know this is going to be a fun meeting this month. It will give us all a chance to get creative, and learn from each other some ideas for toys we may have not thought about. As always, bring new people to join the fun. Hope to see you all there.

Heidi Shelton-Grimes  
WAES President

**harness  
the sun**

INDOOR LIGHTING FOR BIRDS



**Full Spectrum Lighting: Provide the  
Ultraviolet Light Your Bird Needs**

*Drs. Foster & Smith Educational Staff*

**N**atural sunlight, and the angle at which it moves around the earth, drives avian feeding, sleeping, breeding, molting, migration, and other behaviors. Since some of our pet birds spend a majority of their lives indoors, they get minimal exposure to natural light.

# ARTICLE OF THE MONTH

*Full-spectrum lights emit light across the entire range of the possible light bulb spectrum and some contain UVB in amounts beneficial to our avian friends. Because humankind has not, or cannot compete with nature, we are still unable to exactly mimic the light of the sun with manufactured materials. Therefore, no light bulb can emit light that spans the full ultraviolet, visible, and infrared light spectrum the way that natural sunlight can. However, the avian full-spectrum light bulbs with UVB Birds need ultraviolet (UV) light emitted from the sun. It is UVB light, specifically, that induces Vitamin D production in birds, which helps them absorb calcium and assists other important bodily functions. that are available today better mimic the sun than ever before, thus are well suited for avian care.*

**On a seasonal level**, the duration of light (photo period) affects physical and mental health, as well as the reproductive cycle of birds. Changes in the length of daylight dictate various metabolic processes and trigger various physical and behavioral changes including breeding, molting, migrating, sleeping patterns and other daily behavior.

## What are the benefits of light?

The most basic benefit of light is sight. Birds have very keen vision and use vital visual information regarding their environment to navigate and to locate and identify food, other birds, and predators.

**On a physiological level**, UV light assists in the synthesis of Vitamin D and in turn the proper utilization of calcium for strong and healthy bones.

## What kind of light is best for birds?

Natural sunlight is the best, and should be part of the lighting regimen when it's practical and safe. With proper supervision and an appropriate cage, many guardians bring their birds outside when the weather permits. However, it may not be practical to rely only on sunlight as a light source. You can create proper lighting conditions indoors with special avian lights. Select full spectrum bulbs designed specifically for birds and look for bulbs that emit light in the ultra violet wavelength. These bulbs replicate natural sunlight to provide all the beneficial properties of sunlight. Mount or suspend these lights approximately 12" to 18" above the cage to best simulate the manner in which light falls upon birds in nature. However, be sure to research your particular species regarding their specific lighting needs.



## *OUR MARCH MEETING*

Our next meeting is Saturday March 8<sup>th</sup> at 7:00 pm. We are very excited to be having a toy making party!!!! Please bring any items suitable for making bird toys and we will also have a supply of items available for use. These can be toys for any size beaks: conures, cockatiels, amazons, grays, macaws,cockatoos, etc. See you March 8<sup>th</sup>!

Our meetings are held in:  
The Salt Lake County Complex  
2001 S. State Room N1100 (North Building)  
Salt Lake City

Our free meetings are open to the public. Come and enjoy our presentations, conversations with other parrot enthusiasts, snacks, and a donations table to [benefit](#) our birds in foster care.



Just take a look at some of our marvelous March adoptable birds!  
Maybe the luck of the **irish** will be on their side and they will find their new loving home.



Buddy is a Umbrella Cockatoo. Buddy is a sweet bird who loves to snuggle on your shoulder. She will lift her wing for scratches and say "I love you". She was too loud for the condo neighbors of her former owner, but she is not excessively loud as cockatoos go. Buddy is 3-4 years old, and likes to have you fetch her ball. All vet tests normal, does not come with a cage. \$300 + \$30 membership



Rio is a Blue and Gold Macaw. Rio left his former home, where he was hatched 14 years ago, because his parents are retiring. He is a bit of a showoff, he's playful and not particularly loud. He talks and spells his name. All vet tests normal, microchipped. Comes with a reconditioned cage. \$400 + \$30 membership



Sassy is a Sulphur-crested Cockatoo and is 16 years old, hatched June 1997. She is a sweet bird and prodigious talker. Comes with small cage and large play stand.



Tico is a Yellow-naped Amazon and is an older bird, possibly 30+ and wild-caught. He whistles, talks, likes ambient attention, and puts himself to bed at night. Comes with small cage. \$175 + \$30 membership



Paco is a green-cheeked (or red-headed) amazon. He is flighted, 17 – 18 years old, one home. He talks, interacts with his animated bird toys, and just likes to hang out with people. Paco comes with a corner cage and two play stands. \$350 + \$30 membership.