

## Dr. Mike Cannon lecture:



If you were not one of the 65 people who attended our special lecture by Dr Mike Cannon on October 19<sup>th</sup> you missed a great afternoon/evening. Not only because of the information that was available but also with the camaraderie that was in the hall. New friendships were made, jokes were told and laughter was to be heard everywhere.

Thank you to Hilary Berger who assisted Di Neale and myself in the kitchen, a big thank you to Peter Berger and his band of merry men doing the cooking, to Heather Farren-Price and Anne Knudsen for manning the door and selling the raffle and

hamburger tickets, to Errol Willey for bringing down icy cold drinks and to everyone else who assisted by putting up chairs, cleaning the hall afterwards etc.

Another special thank you is extended to Kevin Hall & Anne Knudsen for donating the bag of seed and to Glenn & Damen Winch and Trish Johnson for the second and third raffle prizes, and to Peter & Hilary Berger for donating the sausages. What a great club we have!

The biggest thing to come from the night was that nutrition impacts on the health, longevity, fertility, appearance and behavior of our birds (as it does in humans). It is mentally important for birds to forage so try different feeding programmes.

Excess fat must be avoided as it causes obesity, infertility, hardening of the arteries, fatty liver etc. Also a common deficiency is vitamin A when the birds are exposed to an all seed diet, vitamin D deficiency which causes a lack of calcium so give your birds access to direct sunlight.

The amount of fat we give our birds is determined in the seeds we are feeding.

Sunflower seeds contain approx 51% fat:

Safflower seeds contain approx 38% fat:

Jap Millet seeds contain approx 10-15% fat:

French White contains approx 11.6% fat

Millet sprays contain 11.6% fat.

Canary seed contains 11% fat.

Hulled oats contain 7% fat

Wheat contains 1.5% fat.

Rape/Canola contains 1 -2% fat.

Linseed contains 32% fat.

If feeding Rape/Canola, it should consist of no more than 5% of the birds diet as it has a hot pungent taste. Naturally the content varies according to the soil it is grown in so please take that into consideration.

The recommended fat levels in a budgerigars diet is between 4-8%

Vegetables should be provided and this can include everything other than the onion family and the cabbage family. If giving potato, sweet potato or pumpkin, cook first. Mashed potato can be given as well. I learnt you could give them capsicum and the birds love it.

Shell grit and cuttle fish should be given as well as Liquid calcium and vitamin D but all in moderation. Another source of calcium is to feed the birds boiled eggs including the shells.

Fruit should make up no more than 10% of the diet which should amount to no more than ¼ apple a day. Treats can include cooked brown rice, pasta and unsweetened whole wheat cereals.

If giving sprouted seed, rinse three times, soak for 3 hours in water containing a small amount of anti bacterial bleach then rinse thoroughly.

If birds are moulting, protein and energy foods should be increased.

If birds are courting, again protein and energy foods should be increased.

If birds are laying, calcium should be increased

If birds are fledging, calcium and protein need to be increased.

Fresh native tree branches should be made available not only as a food source but also as an activity for the birds to make them more active and less bored.

If feeding pellets, it should consist of no more than 60% of the birds diet. If feeding a seed diet, supplements should be canary, millet, hulled oats and wheat with 40% vegetables and treats , seed and vegetables to make up the rest.

It was a great evening and I cannot thank Dr. Mike enough to giving up the weekend in his very busy schedule.