

here & there

CARE

Finches 'social, beautiful, fun'

Giving birds enough room to fly important for their health, wellbeing

Jessica D'Amico

Animal
Talk



Many species of birds are available as pets.

And they each have different needs

Finches are some of the smallest birds suitable as pets.

They are wonderful to have around, with their beautiful colours and uplifting songs. Shelters often have finches that need a home and they can make a nice addition to your family.

Finches are social birds, so it is very important for their wellbeing to have more than one in the same space. Ideally, finches should be housed in their own large room or aviary with perches, toys, food and water.

Tools for enrichment

■ Mirrors: They should be used as an additional enrichment tool, not as a substitute for a cage mate

■ Hanging bells.

■ Swings.

■ Treats: Millet, sticks of seed, honey and dried fruit

■ Make sure that any toys added to their habitat do not have hanging strings or dangerous sharp points where birds can get their legs caught, damage their feathers or injure themselves.

■ More information: Go to <http://www.finchinfo.com/general/index.php> for more information.

Giving birds the opportunity to fly is important for their exercise and welfare, so the bigger the enclosure the better. If you don't have a spare room or an aviary available, a large cage is accept-



Two finches perch on top of an enriched cage. A typical cage size is at least 48 inches in length, 48 inches in height and 24 inches in width per pair of finches.

JESSICA D'AMICO/SUBMITTED PHOTO

able. A typical size is at least 48 inches in length, 48 inches in height and 24 inches in width per pair of finches. For extra enrichment, you may let them out of their cage regularly to fly around the room if they are tame enough to put back into the cage.

Finches generally are not as tame as bigger birds so giving

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JESSICA D'AMICO/SUBMITTED PHOTO

Two finches sit on a perch at their owner's home.

Happy adoption



ELIZA WILSON/SUBMITTED PHOTO

Serena Tiger's new family recently celebrated one year since her adoption from the P.E.I. Humane Society. She is learning to walk on a leash and looks forward each day to her time outdoors exploring her neighbourhood.

COMMUNITY calendar

Classes/Presentation

Shorehill Gentle Yoga program is offering gentle hatha classes in Charlottetown on Mondays and Thursdays at 11:30 a.m. at Trinity United Church. New students are welcome anytime, and the first class is always free. Go to www.Shorehill.ca or contact Annella, at 902-626-7560 or shorehillyoga@gmail.com.

Shorehill Yoga is offering chair yoga classes (for anyone who may have difficulty getting up and down from the floor) in Charlottetown on Mondays and Thursdays, 1 p.m., at Trinity United Church in Charlottetown. New students are welcome anytime, and the first class is always free. Go to www.Shorehill.ca or contact Annella, at 902-626-7560 or shorehillyoga@gmail.com.

A free Taste and Learn...Pasta! class is Sept. 18, 2-3 p.m., at Sobeyes West Royalty. Join the Sobeyes dietitian and learn to prepare tasty recipes. Samples and recipes are provided. Call 902-566-4399 or email shannon.ochsner@sobeyes.com to register. Space is limited.

There is an exercise for seniors class at the Seniors Active Living Centre, Bell Aliant Centre, UPEI, on Tuesdays at 10 a.m.

The Seniors Active Living Centre, Bell Aliant Centre, UPEI, will be having a brown bag lunch on Tuesday, Sept. 18, 11:30 a.m. Mayoral candidate Kim Devine will answer questions and share her plans for the city if elected.

Chair yoga is every Tuesday, 6:45 p.m., at Sanctuary Yoga and Massage in the Sherwood Business Centre 161 St. Peters Rd. No previous yoga experience is required. Call 902-629-5800 or visit the Sanctuary Facebook page to register.

Meetings

Charlottetown Toastmasters Breakfast Club meets every Tuesday from 7:30 to 8:30 a.m., at Smitty's Restaurant in Charlottetown. Guests and new members are welcome. Contact Stéphane at 902-940-6695.

Hampshire Friendship Club for Weight Loss and Healthy Living meets Tuesdays, 8:45 a.m., at Hampshire Hall. Call Jean, 902-621-0398.

The Miltonvale Walking group meets Tuesdays, 9 a.m., at the Miltonvale Community Park, 413 Sleepy Hollow Rd.

The P.E.I. Hospital Nurses Alumnae will meet Tuesday, Sept. 18, at 5 p.m., at Andrews of Stratford. The agenda includes the annual and the regular meeting.

T.O.P.S. PE #5055 Cardigan meets Tuesdays, 6 p.m., at the Cardigan Fire Hall. New members are welcome. Call Dianne Gill, 902-651-2536 or 902-626-5752.

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duates. Everyone is welcome at the next council meeting on Sept. 5:30 p.m. in the library conference room. Students should be aware that the nurse dropped on or after Oct. will appear on their transcript discontinued." Parents are reminded to subscribe to the MRHS calendar on the calendar, so they don't miss any events.

Stokora Regional High School

Welcome to all KRHS students, especially the new Grade 9's. This year the school has 150 students, 12 teachers, three educational assistants, two youth service workers, one workplace assistant, one support staff and seven bus drivers.

A warm Blazer welcome to new staff members Jo Cullen (school counselor), Samantha Dawson (youth service worker), Ceildh O'Suited (educational assistant), Iney MacFadyen (youth service worker), Tracey MacMillan (math teacher), Jocelyn Mullin (workplace assistant) and Kirk O'Neil (music, English).

Appreciation is expressed to staff who left in June to pursue new endeavours. This includes: Gail Allen, Glenda MacDonald, Ann MacKay and Peter Wynne. The 38th annual KRHS Terry Fox Run will be held Sept. 19. All funds raised go to cancer research. Appreciation is expressed to Kevin Stewart and student council for their tremendous efforts in organizing the event. Students and staff will participate on the Confederation Trail. \$870 was raised.

On Sept. 20, KRHS Peer Helpers will be attending Provincial Peer Helping Training at Credit Union Centre with various other Island schools. Appreciation is expressed to Peer Helping teacher Shelley Cousins.

There is still time and space available for students to sign up for Victory in Europe Tour 2020. Commemorates the 75th anniversary since the end of World War II in Europe as well as im-

take photos. Signup sheets are in the office window. If students miss the opportunity at school they will have to go to Heckbert's Studio in Summerside for their grad photos. Lifetouch will also be doing photos on Sept. 28 for all students.

Westisle, Callaghan and Hernewood are now offering a pilot late bus program on Wednesdays and Thursdays. Two buses will leave Westisle at 4:45 p.m., with one traveling to Hernewood and one to Callaghan, continuing from there to each elementary school for alternate stops. Students are encouraged to take advantage of this service.

A back to school dance is Sept. 20. The Terry Fox run is Sept. 21. The breakfast program is preparing to run again, and morning volunteers are needed. Anyone who is looking to help can call 902-853-8626 for more information or to sign up.

For more information about Westisle events go to westisle-wolverines.wordpress.com or the Parent Group on Facebook.

Colonel Gray High School

Junior Achievement will have an information booth in the main lobby during lunch from Sept. 18-19.

Recruitment is taking place for Grade 10-12 students interested in the After School Company Program.

Meet-the-Teacher Night is Sept. 20 at 7 p.m. Parents first meet in the cafeteria then circulate, using the student's timetable, meeting each teacher in the classroom.

School pictures will be taken Sept. 20-21 using the cafeteria stage.

Colonel Gray students and staff will participate in their own Terry Fox Run on

Sept. 27, starting at 2:25 p.m.

There will be no classes on Sept. 28, due to School Goals Day.

Duke of Edinburgh students will be participating in an adventurous journey the weekend of Sept. 28-30, with yoga, hiking, overnighting at a hostel and cooking all meals.

of the Writer's Compass (<http://www.thewriterscompass.com/>), she has mentored screenwriters

COMMUNITY calendar

T.O.P.S. PE #5051 Charlottetown meets Tuesdays, 6-8 p.m., at the Sherwood Rec Hall. Call Margaret, 902-566-9991.

T.O.P.S. PE 3715, North River, meets Tuesdays at the North River Fire Hall (back door entrance). Weigh-in is at 5:45 p.m.; the meeting is at 6:30 p.m. Call Cynthia, 902-566-4680.

T.O.P.S. PE809, Hunter River, meets Tuesdays in the music room, Central Queens Elementary School, Hunter River. Weigh-in begins at 6:30 p.m.; the meeting is at 7 p.m. New members are welcome. Call Cathy, 902-628-2069, or Carolyn, 902-964-2417.

Cards/Cribbage/Crokinole Crokinole is Tuesdays, 10 a.m. at St. Peter's Circle Club. Admission is \$2,

CARE

Looking after finches

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them the largest area possible to fly around on their own is the best scenario.

The enclosure should be in a quiet place with a well-lit sunny area as well as a shady area. The temperature in the room should be around 22-24 degrees C. Habitats should be cleaned daily.

Place food and water bowls in areas away from perches to prevent contamination from feces. The bowls should be available to the birds at all times and changed daily. Pet stores sell finch seed that can be used as a base for their diet, but extra supplements are needed. You can supplement their food with a hard-boiled egg

for dinner. Dinner for five nights is included in the fee that will also cover the costs for Dodd's travel,

which includes lunch. Call 902-961-2445. No partner needed.

Cribbage is Tuesdays, 1 p.m. at the Star of the Sea Seniors' Club, Sunrise Crescent, North Rustico.

Euchre is played at the Seniors Active Living Centre, Bell Aliant Centre, UPEI, on Tuesdays at 1 p.m.

Mayflower Seniors Tuesday cards are at the Cotton Centre, Stratford at 1:30 p.m.

An ACBL sanctioned duplicate game is Tuesdays, 7-10 p.m., at the Haviland Club, Charlottetown, with a guaranteed partner and fun play, as well as a mini lesson, 6:30 p.m. Contact irene.macarthur.pei@gmail.com or 902-394-3179.

The Star of the Sea Seniors' Club,

peiscreeenwritersbootcamp.net or 902-213-7684. The deadline for registration is Sept. 30.

Sunrise Court in North Rustico, hosts Auction 45 card parties, Tuesdays at 7:30 p.m., with a 50/50 draw and a light lunch. Contact Alberta Gallant, 902-963-2083.

Bridge is played at the Silver Threads Club in Souris on Tuesdays at 7 p.m.

Community of Afton Auction 45s is Tuesdays, 7:30 p.m., Afton Hall, 1552 Route 19, New Dominion. All are welcome. Lunch is served.

Kensington Lions Crib is every Tuesday at the Kensington Legion, 30 Garden Ave., 7:30 p.m.

Weekly card parties (45s singles) are at Tracadie Community Centre, Tuesdays, 7:30 p.m. There is a toonie pot, and a light lunch will be served.

the proper care, both you and your birds can thrive.

as well as fresh fruits and vegetables, millet, mealworms and insects.

Find a veterinarian who cares for birds or exotic animals in your area. This is important if one of your finches becomes sick as birds are fragile and things can progress very quickly.

Your veterinarian can also help if your finches need their beaks or nails trimmed. Signs of possible illness include crusty or scaly eyes, beaks or feet, missing feathers, discharge from the eyes or beak, laboured breathing, decrease in appetite, a change in feces colour or consistency or acting sleepy.

Finches are beautiful and fun to have in your home and with

Jessica D'Amico is a third-year veterinary student at the Atlantic Veterinary College with a strong interest in wildlife. Animal Talk is a bi-monthly column in The Guardian produced by the Companion Animal Welfare Initiative (CAWI), the goal of which is to improve the welfare of owned and unowned companion animals on PEI. Members of CAWI are the P.E.I. Cat Action Team, P.E.I. Department of Agriculture and Forestry, P.E.I. 4-H, P.E.I. VMA, Sir James Dunn Animal Welfare Centre at AVC, SpayAid P.E.I., and P.E.I. Humane Society. For more information, see gov.pe.ca/agriculture/CAWI. Readers may send questions related to the well-being of owned and unowned companion animals to askcawi@gmail.com.