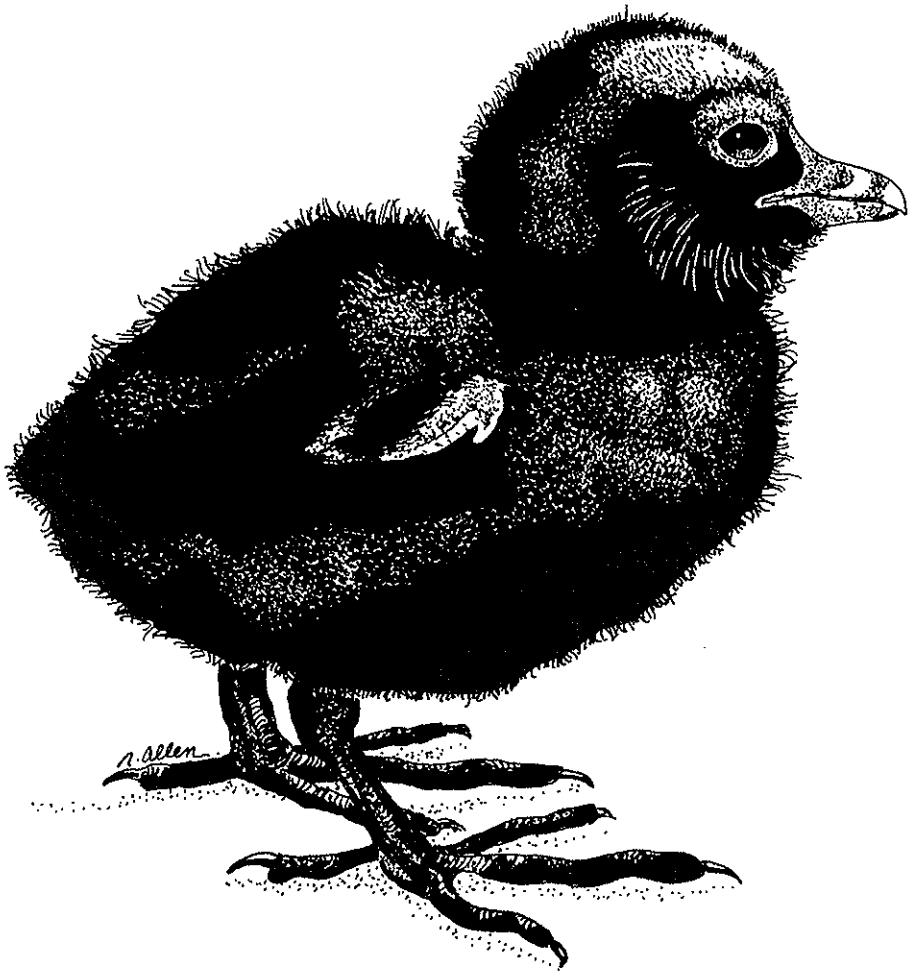
Spring 1991 Vol. 14, No. 1

WILDLIFE JOURNAL

Journal of the International Wildlife Rehabilitation Council



Raising Common Moorhens . . . Page 9

Guidelines for Authors for the *Wildlife Journal*

The *Wildlife Journal* is designed to provide useful information to wildlife rehabilitators and others involved in the care and treatment of native wild species with the purpose of returning them to the wild. All featured articles are subjected to a review process, and our staff and reviewers work with authors to produce the most accurate information possible in our ever-changing field.

The *Wildlife Journal* has various feature categories. We solicit submissions in the form of feature articles, rehabilitation notes, book reviews, news articles related to major events in the field, and selected case studies. Articles on veterinary medicine as it relates to wildlife rehabilitation are also welcome. We would like to expand the *Wildlife Journal* to include wildlife rehabilitation articles from countries outside the United States and welcome inquiries regarding such articles. We have two short features we use for basic information: "For The New Rehabber" and "Simple Things That Make a Difference." They are intended for basic information or new ideas that are easily demonstrated with a short text and photos. We pay authors a $25 honorarium for each article accepted for publication or provide a one year membership or renewal.

Submission Instructions

1. An original and two copies of the manuscript should be submitted to the Editor, IWRC, 4437 Central Place, Suite B-4, Suisun, California 94585, USA. The manuscript should include references, photo legends, and footnotes, and should be typewritten, double-spaced, if possible. The author's name, address, and phone number should be placed on at least the first page of the article so it can be readily identified and the author contacted.

2. The *Wildlife Journal* is prepared on a Macintosh personal computer with desktop publishing software. If papers are already on a personal computer disc, the submission cover letter should include that information, as well as what type of hardware and software systems were used. Obviously, being able to use the author's disc directly or translate by machine to Macintosh format prevents input errors and speeds up the process.

3. Manuscripts are received with the understanding that they have not been accepted for publication elsewhere. **It is the author's obligation to obtain permission or reprint rights if the submitted copy has been published elsewhere.** All accepted manuscripts are subject to editing. Unused manuscripts will be returned.

4. A separate page should be submitted with a short synopsis of information on the background of the author. Included should be the name, address, rehabilitation organization, and phone number of the author. Where appropriate, please list any academic degrees, special training, or experience that is relevant to the article (i.e., physical therapy—RPT, etc.)

5. Black and white photographs are preferred for use in the *Wildlife Journal*. When no other option is available, color slides and prints can be converted but this is costly and to be avoided when possible. Photo credits should be listed with the photographs.

6. Acknowledgments are limited to people who have contributed to the article in a major way.

7. References should be noted in the text with the last name of the author and the year published (i.e., Leighton, 1983) and listed at the end of the manuscript in alphabetical order in the following style:

LEIGHTON, FA; Peakall, DB; and Butler, RG. 1983. "Heinz-Body Hemolytic Anemia from the Ingestion of Crude Oil: A Primary Toxic Effect in Marine Birds." *Science* 20:871-873.

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Features

Make Your Own
Rickert Foster
Wild & Alive Wildlife Rehabilitation and Education Center
Huntington, Oregon 3

A Quick and Easy Display Booth
Louise A. Shimmel
Cascades Raptor Care Center
Eugene, Oregon 6

Rehabilitation Notes: The Common Moorhen
Jan White, DVM
International Wildlife Rehabilitation Council
Suisun, California 9

Wildlife Rehabilitation:
The Ultimate Escape for the Co-Dependent
Dianne Pearce
Chesapeake Wildlife Sanctuary
Bowie, Maryland 15

Departments

Editorial 2
Book Review 19
1990 IWRC Annual Report . . . . . See center insert

Cover by Nancy Allen.

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Editorial . . .

Taking Wildlife Rehabilitation into the 21st Century

It's happening again. The risk takers, otherwise known as leading edge wildlife rehabilitators, are out on the front lines, in the jungles, taking wildlife rehabilitation to new heights. This time, the new frontiers are as far away as like Jubail, Saudi Arabia, Argentina or Honduras. The wildlife they are trying to save range from Socotra Cormorants to Scarlet Macaws, and Magellanic Penguins!

If you are starting to envision rehabilitators hacking their way through the jungles, or seafaring on boats to remote islands with screaming monkeys—you are a lot closer to reality for these adventuring souls than you think. We may have our own version of "Jewel of the Nile"!

Beginning early this year with the Gulf War and concurrent oil spills, thousands of birds as well as mammals and reptiles were affected by oil. No professional team was hired to help the animals. Instead, for a few days or weeks at a time, experts (and some not-so-expert) came in to advise the Saudi Arabians on what they could do to try to save the birds that CNN (Cable News Network) showed day after day. Lynne Frink, President of Tri-state Bird Rescue and Research, did her best to advise the Saudis and assembled a team of oil spill experts to travel there, train them on oiled bird rehabilitation and assist them with damage assessment. Her team also included reptile and mammal experts. What was unique about this effort was that it was sponsored by the United Nations who underwrote the costs as well. This reflects a new level of acceptance and support for wildlife rehabilitation and is a good thing in general for our field.

As the year progressed, another project, sponsored by the Humane Society of the United States, began to take shape. Karolann Kemenosh, a wildlife rehabilitator who has worked with many species of birds in centers from New Jersey to Alaska, set up a program in Honduras to rehabilitate wildlife there which had been caught for sale to the pet trade. The goals of the project were to: 1] staunch the flow of wild birds into captivity and 2] rehabilitate confiscated birds (Mealy Amazons, Scarlet Macaws, White-capped Parrots, White-fronted Amazons, Red-lored Amazons, and Yellow-naped Amazons) for return to their free-living flock life.

The challenges were enormous! Not wanting to create an "ugly American syndrome," the goal also included training native peoples to assist with the work. Coping with the economics of third world countries meant that a one time, short-term gain (the pet trade) must be replaced with a conservation ethic, but conservation that has a pay-off. The answer to that is to promote eco-tourism which would provide some long-term benefits including a vested interest in species preservation! Then there were the red-tape problems associated with customs which required the patience of a saint. Medical supplies, even with the support of the Honduran President, arrived six weeks after the HSUS team went in to set up the project.

IWRC Board member, Curt Clumpner, was on the initial team and went in to assist with the construction of facilities and implementation of the program. The team built temporary facilities

Continued on Page 20

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Make Your Own Catch-Pole

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Introduction

The wildlife rehabilitator needs numerous tools for many jobs, but these tools cost money. Therefore, it sometimes becomes imperative to develop safe, usable, and inexpensive devices that simulate some manufactured equpment. Wild and Alive Rehabilitation Center has developed a snare that works well for the capture of medium-sized mammals. It is durable, easy to make, and inexpensive, with all material readily available at a well-stocked hardware store.

Materials

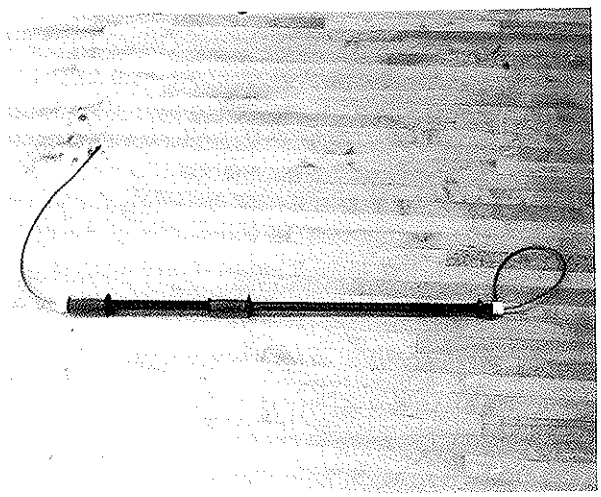
Pipe: 3/4" diameter light metallic tubing (not heavy iron) such as aluminum electrical conduit; 4' long (or to whatever length is desired)
2 BMX bicycle handles
2 PVC slip-style end caps (3/4")
1 hose clamp large enough to fit over the cable and pipe
Cable: 3/16"-1/4" diameter* plastic-coated wire cable such as used for bicycle locks; 8'8" long (for a 4' snare);
Tape: 10-speed bicycle handle-bar cloth tape; electrical tape can be used but lacks good adhesive and under this kind of use can come off easily
Glue: Fast-drying epoxy
Paint: Optional; non-toxic, rust-proof enamel
Tools: Drill bits, screwdriver, knife, hacksaw (if pipe needs to be cut), wire cutters (if cable needs to be cut)

The catch-pole can be assembled in approximately two hours, and the estimated cost is $10.00 but will vary by area.

* 3/16" refers to the diameter of the wire cable; 1/4" is the diameter of the cable after it has been wrapped in plastic.

Assembly

1. Using a knife, drill bit, or drill with a cutting bit, cut a hole in each end of the bicycle handles so that the handles will slide onto the conduit. Do not make the holes too large or cut through the sides of the handle. Using soap or some other non-toxic lubricant such as Vaseline™, slide the bicycle handles onto the pipe per Figure 1. Initially, sliding may be difficult but once started, placement should progress smoothly. Place one handle approximately 11" down the pipe shaft; place the other near the end of the pipe, leaving a couple of inches for final adjustment.



2. Drill a hole (approximately 21/64") in the center of the closed end of both PVC end caps, large enough to allow the cable to pass freely with little friction (see Inset A in Figure 1).

3. Using the fast-drying epoxy, glue a PVC end cap on the pipe end opposite the bike handles and allow it to dry for 10 minutes. There should be some space between the end of the conduit and the end of the cap. Approximately 1/4" above the end of the conduit, drill a 9/32" hole (or whatever diameter will allow the cable to barely pass through) straight through both sides of the end cap (see Inset B in Figure 1).

4. Pass the cable through the sides of the end cap and allow a tail of some 2-1/4" inches to remain outside one side. Take the long end of the cable and pass it through the end of the PVC end cap, down through the shaft and out the other end (see Figure 2).

5. Slide the other PVC end cap onto the cable and down to the end of the conduit; glue it in place with the fast-drying epoxy; and butt the closer bicycle handle up to the cap.

6. Use your handlebar tape to wrap the pipe shaft between the two bicycle handles. This allows for a better grip, enhances the overall appearance of the snare, and helps prevent broken teeth should an animal try to bite at the pole.

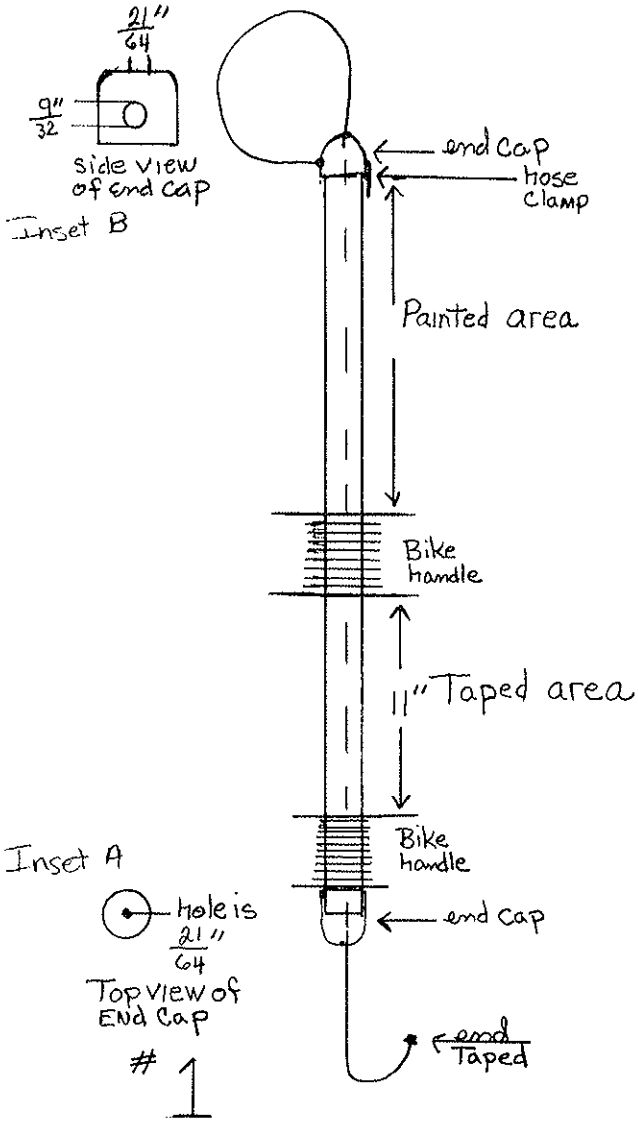
7. Place tape on the free end of the cable on the handle end of the catch pole. This will help protect the handler and prevent the cable from passing through the end cap and down the shaft (see Figure 1).

8. On the snare end of the pole, place the hose clamp over the short piece of cable and butt the clamp against the end cap. Tighten the clamp securely and then wrap it with tape (see Figure 2).

9. Paint the exposed pipe between the snare end and the middle bicycle handle, if desired, in order to give the pole a more professional appearance. This may need to be repeated periodically, as it will get scratched.

Use

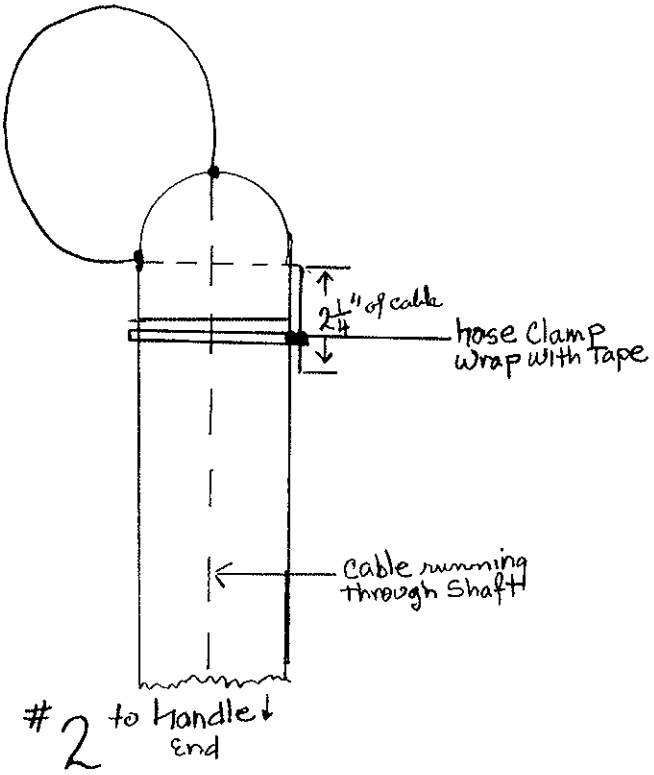
The size of the snare loop is easily adjusted by pulling on the free end of the cable, thus sliding the cable from the handle end down through the shaft. The snare loop is stable and will maintain its shape during capture. Upon proper capture,

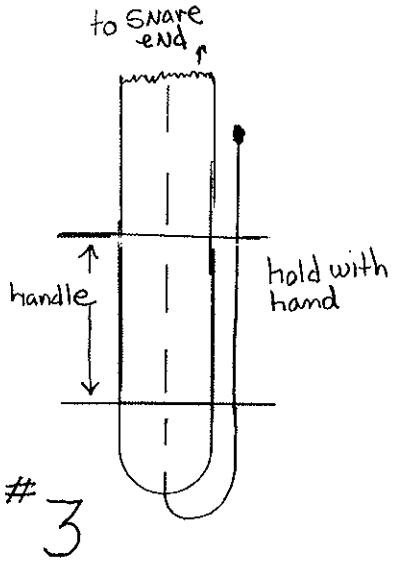


quickly and firmly pull the cable tight and fold the excess along the end handle, holding it in place (Figure 3). The cable should not loosen, due to both friction and to being held against the handle. Although eventually this friction may enlarge the holes in the PVC end caps, necessitating more hand strength to keep the snare from loosening, the user should get many safe uses before the caps need to be replaced. To release the animal, let go of the cable and slide however much of it is necessary back through the handle and up the pole. The animal will then be able to slip out of the enlarged snare.

Conclusion

Wild and Alive Rehabilitation Center has not encountered any problems with this piece of equipment. Although it lacks some benefits of a commercial snare, such as the instant release ability, it is much less costly and does the job.





Join Now! **Be an active member of the International Wildlife Rehabilitation Council. Are your volunteers receiving the Journal? They should be. . . for Your benefit . . . and THEIRS!**

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A Quick and Easy Display Booth

Louise A. Shimmel
Cascades Raptor Care Center
P.O. Box 5386
Eugene, OR 97405

Introduction

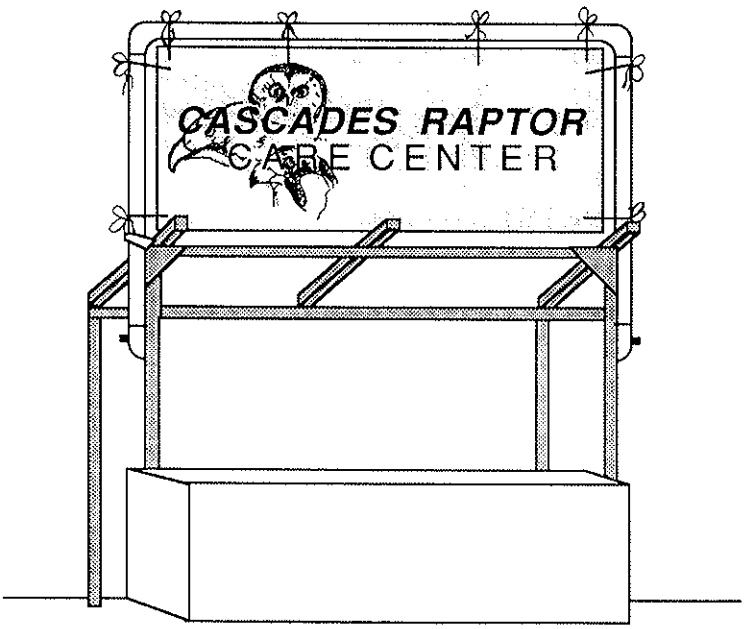
Both while doing public education for Willamette Wildlife Rescue over several years and currently for Cascades Raptor Care, a booth built following the illustrated diagram presented here has been used quite successfully. It has served very well for numerous outside public events at which we have had a display, even in Oregon with its notoriously unpredictable weather! The material is relatively inexpensive, yet the finished booth can look very attractive; and it is easy to store, transport, set up, and take down. The set-up has even been done single-handedly - though extra hands definitely make the process go faster!

The Booth

A 10' x 12' camping tarp can be purchased to cover the roof, and the sides made out of a high-count nylon taffeta - the most expensive part of the booth. Nylon was chosen because it was washable, durable, and wouldn't need ironing even after a month stuffed in a bag. It is also very light, highly compactible and thus easy to store, and water repellent (water proof material is also available at a slightly higher cost). The material was purchased through a mail-order fabric company* who specializes in material for outdoor clothing. For added protection from tears, rip-stop nylon is available, though the color selection is not as wide. As an alternative to the camping tarp - apparently only available in that bright blue which makes everything under it look like it's under water! - you can make a nylon, water-repellent roof in a color more flattering to you and your display, while keeping a clear 6 ml plastic cover on hand for when it really rains.

To make the sides, simply set up the booth, measure, cut, and sew to fit, adding ties (out of the same material or shoe-strings) at strategic points for attaching the sides to the booth structure. The water-proof nylon, if you opt to spend the extra money, is coated and thus seams or holes will not ravel. However, the uncoated, water-repellent material must be carefully laid out to take advantage of the most finished (selvage) edges, or rolled into hems to minimize the risk of raveling. If grommets are used, the holes are very easily made with an electric soddering iron rather than a punch, again to limit the risk of raveling.

The booth can also be made with sides made out of whatever else you might want to try; an attractive alternative idea is panels of white 2" x 3" wire or other decorative fencing material, on which are then hung art-work, clothing, or whatever a vendor might have for sale or a non-profit



Drawing by Nancy Allen

might want to bring to the attention of the public.

Since the sides and back are separate pieces, the booth can be set up with only the front open, or with the front and one side open, with all but the back open, or even, using the ties on the side pieces, with a panel only half up. This helps provide some privacy for the larger birds of prey, who can be placed at the back of the booth, very visible but out of reach of the curious public and where no one can startle them by approaching suddenly from behind.

Two or three tables - 6' or 8' - can be placed at the front and sides of the booth, with covers or skirts out of washable cotton in the organizational colors, so boxes of extra sale items (or brochures or lunch) can be hidden under the table. On the tables are the smaller education animals on screen or block perches or in cages, as well as literature, donation jars, and sale items (e.g., T-shirts). A large framed picture or laminated posters can be hung in the back of the booth.

An 8' banner slips easily with shoe-string ties onto three pieces of sturdy PVC pipe (Schedule 40, 3/4"): the two upright sections of PVC stand up like flagpoles on each front support post of the booth and are joined with PVC elbows to the crosspiece. This makes the name very visible from a good distance and yet is not in the way of the display inside the booth. Beware of stiff winds, however, as the raised banner can act like a sail and lift the booth right up and over if not staked to something sturdy, like a tree or into the ground! A banner can also be secured to the front table - but it is then hidden by the people standing at the front of the booth. If placed inside the booth across the back panel, the inside dimensions are only 7'6", if the booth is made per the plan provided here, and the organization name is visible from a much shorter distance away.

Conclusion

An attractive and easy display booth can make a big difference in an organization's outreach. Since many public events seem to be scheduled to coincide with warm weather, a booth which is easy to transport and set-up necessitates fewer hands, which are often in higher demand keeping babies fed. This booth has worked well for our organizations in Eugene, and can be adapted to be slightly larger if your locations permit. Our thanks to the Eugene Saturday Market for sharing their booth plans with us.

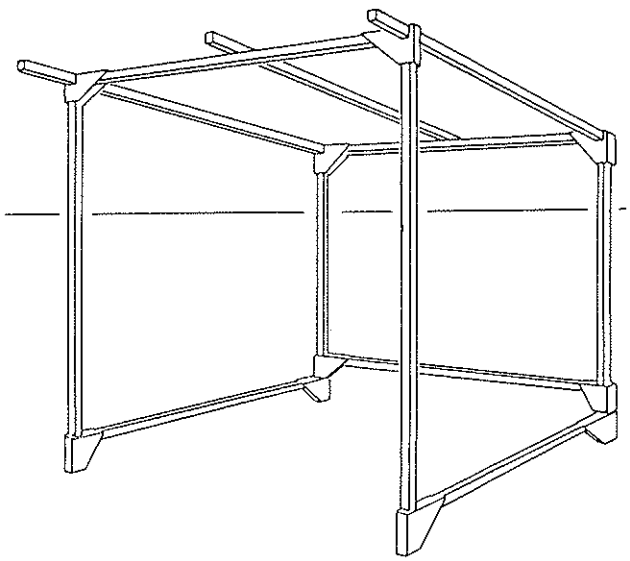
**** If no fabric companies in your area carry these nylon materials, contact The Green Pepper, 1-800-767-5684 for a catalog and samples.***

SATURDAY MARKET BOOTH PLANS

The following booth plan is merely a suggested plan. You are only limited by the size of the Saturday Market booth spaces, which are 8' x 8', and safety; these plans can be adapted to make a slightly larger booth if the locations where you will be using it allow.

These plans were first printed in June 1978 and the response was quite favorable. This booth was originally designed by Dick Cross, a woodworker in Eugene, Oregon. The plans were pulled together by Fred Warner and Howard Leighty.

A well-built booth is worth the small investment in time and materials required to build it. The booth that is described here can be erected or taken down in about five minutes. All parts of the booth just slip together, so there are no nuts or bolts to lose. Before we begin, there are two important things to keep in mind:



1. FOLLOW INSTRUCTIONS. Read them through first.
2. Lumber sizes can be confusing! A 2"x4" is really only 1-1/2" x 3-1/2", and a 2"x2" is really only 1-1/2" x 1-1/2".

MATERIALS REQUIRED

Twelve 2"x2"s, 8 feet long*
Half sheet of 1/4" plywood with exterior glue**
1 pound of 4 penny nails***
2 1"x2"s, 8 feet long****

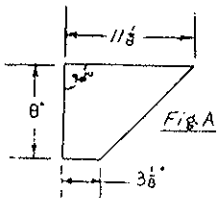
* Try to select pieces that are free of knots and as straight as possible.

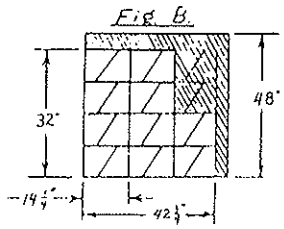
** 1/4" masonite may be substituted.

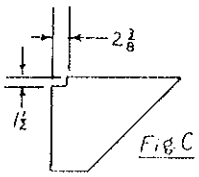
*** You may wish to use galvanized nails to prevent rust and streaks.

**** When selecting the 1"x2"s, try to obtain material that is 1-5/8" or more on the long side. Otherwise, it will be necessary to acquire 1"x3" or 1"x4" material and cut it to the proper 1-5/8" size as described in Step 2.

Step 1: On the half sheet of plywood, draw twenty (20) trapezoid-shaped gussets as shown in Figs. A and B. Cut out the 20 trapezoids. Cut a notch out of the corner of 6 of the trapezoids as shown in Fig. C. SAVE the notches.

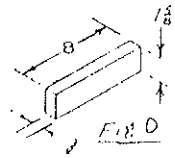


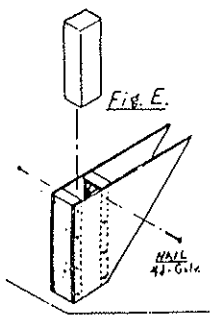




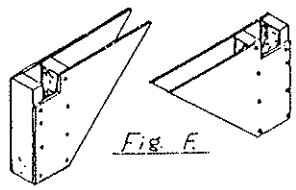
Step 2: Using either a table saw or a hand plane, ensure that the two 8 foot 1"x2"s measure 1-5/8" on the longer side. Next, cut these into twenty 8" lengths and eight 3" lengths. Depending on what tools are available to you, it may be easier to cut the 1"x2"s into short lengths first and then plane them to the required 1-5/8" size. See Fig. D.

Step 3: Cut nine of the 2"x2"s to the following lengths: two 6'5-3/4"; two 5'10"; three 6'11-3/4"; and two 6'10".





Step 4: Make a trapezoidal "sandwich" using two trapezoidal gussets and two of the 8 inch 1"x2"s assembled as shown in Fig. E. Use a short piece of 2"x2" scrap to test that the 1-5/8" hole is neither too tight nor too loose. This should be an easy slip fit with slight clearance all around. Make a total of six such "sandwiches."



Step 5: Using one notched trapezoid and one un-notched trapezoid, make a "sandwich" as shown in Fig. F. Make two of these. Take care to make both a left-hand and a right-hand "sandwich" as shown.

Continued on Page 13

Rehabilitation Notes:

The Common Moorhen *(Gallinula chloropus)*

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Introduction

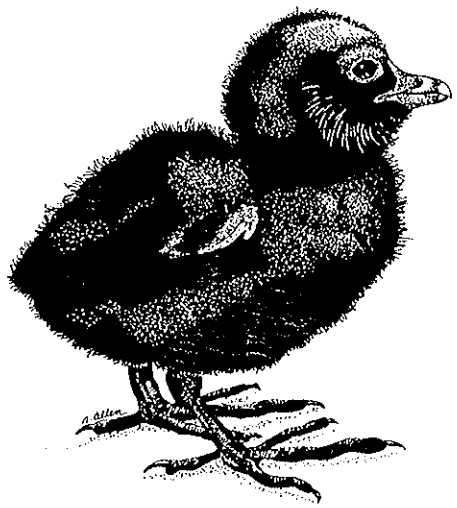
The Common Moorhen (formerly Gallinule) , a member of Rallidae (rail family), is coot-like in appearance. The latin name *Gallinula* means "little hen" and *chloropus* means "green footed," which is a decent description of a pretty nondescript bird (Eckhart, 1987).

They have a wide range and inhabit all continents except Australia and Antarctica (Terres, 1980). These birds summer from central California to Arizona/ Texas and north to Nebraska, Minnesota, and throughout the east coast (from Maine south). In the winter they are found in s. California, Arizona and along the Gulf states.

The wide distribution of the species probably has something to do with the variety of habitats that it frequents. It may be seen in marshes, swamps, along bayous, along the marshy edge of a river or pond, or even in water ditches. They are not particularly shy and may frequent these areas when they are near cities or towns. They favor broad muddy areas or areas that have become overgrown with water hyacinth (Eckhart, 1987). In freshwater marshes, they are found in association with cattails, bullrushes, or willows (Terres, 1980).

Adult Description

- The adult Common Moorhen is 12-14 1/4 inches (average 13.1") long and has a wingspan which averages 20.8 inches (Eckhart, 1987). Sexes are alike. The bird has a slate gray head with the neck, underparts, back and wings a deep brown. It has white feathers under the tail and along the sides. Adult Common Moorhens have a bright red frontal shield and bill with a yellow tip. A scarlet ring encircles the leg just above the heel (along the tarsus). The legs are lime green down to the first joint after which they are orange. The immature birds are lighter in color and lack the frontal shield (Udvardy, 1977).
- These birds weigh about 14 oz. with the males being slightly larger than the females (Terres, 1980).
- Adults usually have a complete moult starting in August and extending into October.



They have a partial prenuptial moult in the spring. Neither moult results in substantial variation in coloration (Eckhart, 1987).

• Life span is not known but several banded birds have lived longer than six years.

Juvenile Description

• Precocial and downy. Hatch weight 15-17 g. (White, 1989). Chicks are black with black tipped red bill. The skin at the base of the bill is also red. There are white-tipped curly hairs on the chin and throat. They are guaranteed to meet the most stringent definition of "cute"!

Natural Diet

• These birds can be seen walking on surface vegetation picking up seeds, grass, tender new shoots, rootlets, leaves or other plant matter, jerking their tail as they walks. While once thought to be primarily insectivorous, actually the Common Moorhen has a diet that is 85-90% herbivorous. The remainder of their diet is comprised of aquatic insects, mollusks, and gastropods (Bent, 1926, Terres, 1980, Eckhart, 1987).

Nesting, Egg laying and Incubation

• Mating rituals involve a male display (especially of the white undertail coverts) to entice the female. These displays, when accepted by the female, result in copulation. Such activities are repeated daily for four or five days and then nest building is begun.

• The nest is built in reeds or bullrushes usually close to open water. They sometimes nest in small colonies. The nests are usually 4-6" above the water with a walkway of reeds for access. Some pairs will build platforms on which they brood the young.

• From four to seventeen, eggs are laid from May to July. The incubation period begins when the first egg is laid and lasts for 18-21 days (Terres, 1980). Young may hatch together or over a period of several days. Both sexes will incubate the eggs (Harrison, 1978).

• Upon hatching, parent birds continue to brood the young and present them with insects (e.g., nymphs of dragonflies or mayflies). Older siblings from earlier hatches of the same year may help feed the younger chicks (Harrison, 1978).

• Young are able to find food alone in three weeks and are independent in five weeks (Harrison, 1978).

Nestling Housing/Care

• Hatchling moorhens, like killdeer or chickens, need to be brooded. They can be housed nicely in a baby incubator or brooder that is 20-25" L x 12" W x 12"H.

• These birds require fairly high ambient air temperature during the first two weeks after hatching. Starting with temperatures of 95-99° F, the temperatures can gradually be decreased over a two week period to about 85° F. By the 21st day, they can be housed at room temperature. Setting up a brooder where the ambient temperature varies within the same unit allows the birds a choice. Light sources should not be in a place where the birds can come into direct contact with them. Birds are generally housed in an incubator initially and switched to a brooder once they are eating and growing normally.

• If rearing singly, a feather duster can be inserted into the caging to allow a lone chick to huddle. If the bird is orphaned past the age of imprinting, placing it with other similar species may provide it with company and competition/stimulation to eat on its own.

• Water should be very shallow, otherwise birds will either get too wet or potentially can drown. Initially, a jar lid is used with gravel rock pebbles lining the bottom. Birds will place their beaks between the rocks to drink.

• Once old enough for normal ambient air temperature, the birds should be moved into larger caging (i.e., 3' L x 2' W x 2' H). When they have enough feathers to begin flying, they should be put into a flight cage in order to gain motor flight skills and build up stamina. They should have access to a water pond with a shallow edge to enable them to bathe and retain their waterproofing.

• Reduce visual stress and noise levels wherever possible by blocking the view without obliterating the light into the enclosure (which may affect the animal's willingness to self-feed).

• Clean surface water is very important in assisting birds to maintain their own waterproofing. If allowed to swim in dirty water, they will generally emerge wet and preen out the debris. In addition, stagnant water allows for bacterial growth. Water should be changed at least twice daily for drinking and pond water should be allowed to slowly overflow during the day to keep the surface water clean.

• Birds should be given at least 30 minutes per day of exposure to sunlight (not through a window) to allow them to manufacture vitamin D_3 unless it is present in their foods. Check the label of the feed products used. Care should be taken in hot weather to ensure birds do not overheat when in the sun (i.e., shade should be provided). Predator-proof caging should be used when sunning birds.

IWRC 1990 Annual Report

President's Message by Jay Holcomb

I am approaching the end of my term as the president of the International Wildlife Rehabilitation Council. I have been on the IWRC board in one way or another for about 15 years and have had a front row seat to its metamorphoses. But more importantly, I have watched "wildlife rehabilitation" develop into a profession that has now gained wide recognition on an international level.

I started caring for wild animals about 20 years ago. At that time, the concept of returning wild animals to their native habitats fell on deaf ears for the most part. When I would explain what it was that I did for a living, most people were understanding but would laugh and associate human drug and alcohol rehabilitation with wildlife rehabilitation. To this day people still chuckle with the thought of squirrels and birds detoxifying in a Betty Ford-type clinic. Maybe this is just a California thing but none the less, wildlife rehabilitation was a new concept about which most people had never given much thought.

Now, twenty years later, it is a completely different story. Today there are thousands of individual wildlife rehabilitators and hundreds of care centers throughout the world. In the U.S., there are rehabilitation centers that take in up to 10,000 patients annually. Some programs specialize in and will only admit certain types of animals, i.e., marine mammals, raptors, passerines, etc. The world of wildlife rehabilitation is the occasional focus of a variety of media outlets including newspaper and magazine articles, books, and TV segments. My organization, The International Bird Rescue Research Center, received praise and criticism for its involvement with the Exxon Valdez oil spill rescue efforts; the Humane Society of the United Stated just began a pace-setting new program in Honduras aimed at rehabilitating wildlife confiscated from poachers; IWRC's first international conference will be in Vancouver, British Columbia, this October; IWRC conducted its first international skills seminars in Canada and Guatemala; and Tri-state Bird Rescue Center just returned from an oiled bird training tour in the Persian Gulf. We have grown beyond our bedrooms and garages.

Nowadays, most of the general public has an idea of what wildlife rehabilitation is or at least knows of the local person or wildlife care center in their area that takes in injured wildlife. And to top it off, certain humane organizations, and federal and state wildlife departments who once criticized the validity of rehabilitating wild animals have not only grasped the concept of wildlife rehabilitation but in some cases have started their own wildlife rehabilitation programs. It seems as though everyone wants to get into the act. We have struggled through the years with minimal support but none the less our dream has for the most part come to fruition. I think that you could say that wildlife rehabilitation has arrived and is here to stay!

Now, my questions are, "Are we taking responsibility for our work, are we preparing for the future and are we handling our place in society in the most professional way possible?" My position in IWRC has given me the opportunity to observe the development of our field over the years. I think we should be proud of our accomplishments. We have come along way but are we prepared to clean up our acts? When I talk about responsibility, I am speaking of the responsibility we each must assume by virtue of just being a rehabilitator. Sharing the knowledge that we gain while rehabilitating wildlife and acting in the best interest of our profession should be foremost in our minds. Sharing our successes and our failures are equally important. I have noticed that there is often a lot of energy put towards guarding personal rehabilitation and management methods and keeping at a distance from other rehabilitators. There seems to be this wide-spread fear that if we tell others what we are up to in our own centers and homes then we make ourselves dangerously vulnerable to criticism and change. Are people afraid of losing animals or of losing credit for their achievements? Don't they care about sharing their experience or about learning from others? I know of many centers and individuals that will keep animals that would be better off in other,

more-experienced hands, just because the animal was rare or unique and they wanted to keep it, or they didn't "like" someone from the other rehab. center. Are we putting personal goals or attachments above the well-being of the animals the public is entrusting to our care? Or in many cases, maybe we just never thought of asking for help. Why should we? Wildlife rehabilitators are so typically guilt-ridden and driven by martyrism that we wouldn't even dream of asking for help. After all isn't it our burden in life to save every animal on the earth?

There are those who have had great success in rehabilitating certain species of animals but when asked how they do it they are not willing to give the information verbally or write it down. Whatever the reason for these counter-productive behaviors, the result is poor communication, lack of networking and limited information being shared--which ultimately affects the animals. Isn't that why we are in this? For the animals? Have you forgotten that? My suggestion to anyone who has in the past or still fits in this category is "Get over it and grow up!" We cannot afford to behave in such an unprofessional manner. This behavior affects all of us because we are all seen as one. A rehaber is a rehaber to the public and the federal and state agency personnel with whom we regularly deal. When one of us behaves unprofessionally, it adds credibility to the belief held by some that we are a bunch of unprofessional, bleeding-heart, animal-rights maniacs! I am not talking about being outspoken or controversial. That's normal for us. I am talking about unprofessional and unethical behavior. This affects all of us.

Along with increased recognition and attention comes the criticism and challenges to prove that our work is valid and worth the money and time spent on it. I have especially learned this in my work with oil spills. Our behavior, management techniques and animal care methods need to be state of the art. We should at least *strive* for that. We also need to strengthen our forces. That is done by sharing and documenting information. This means that if someone has found the secret to raising orphaned cottontails, for example, then everyone else should soon hear about it so that they can try these methods and improve their own survival rate. The International Wildlife Rehabilitation Council was designed as a forum where rehabilitators can share what they know and learn new information. We created the *Wildlife Journal* as an avenue for this type of information. My experience has been that getting people to submit articles to our quarterly journal is like pulling teeth. I know of many individuals that have a



Drawing by Nancy Allen

wealth of information but are unwilling to share it. There are people out there that need to know what you know. Being a rehabilitator is not just being responsible for the animals in your care. It's recognizing that you are a piece of a larger effort and have a responsibility towards the whole. Looking at the whole field and giving what you can to make the whole more complete is where it's at. That is what this is about. That is your responsibility.

Our profession needs the support of its professionals. That is you—all of you. Don't cop out by saying you're only a volunteer. By "professional," I'm talking about the commitment to the field, the animals, the planet - not whether or not you get paid or work at a big center. Share what you have learned and take responsibility for your actions. Improve your record-keeping so you can share diets, growth rates, new techniques, successes and failures. Ask questions that others may answer. This will help strengthen the wildlife rehabilitation network that you will ultimately benefit. The work you do is worth preserving and is being noticed on a larger scale than ever before. What we do makes an incredible impact on those who come to recognize it. People may not remember the sparrow that you released but they will always remember the act of giving a life another chance. The future of wildlife rehabilitation will reflect how you conduct your business today. Do the right thing. Share what you have learned, bridge the gap between you and other rehabilitators, and go about your important work knowing that you are an important part of the wildlife rehabilitation movement.

If nothing else, just do it for the animals!

IWRC Revenue/Expense Statement
January 1-December 31, 1990

Cash on hand 1-1-90		**$3,810.71**
Revenues		
Skills Seminars	30,513.00	
Conference/Symposium	64,017.50	
Literature	17,628.81	
Membership	27,373.88	
Standards/Accreditation	2,206.00	
California Issues Meeting	1,735.00	
Grants	21,500.00	
Other Income	2,875.38	
Total Revenues		**$167,849.57**
Expenses by Committee		
Skills Seminar	28,630.41	
Conference/Symposium	58,321.06	
Journal	24,994.95	
Literature	10,949.28	
Membership	1,077.66	
Administrative Costs	32,414.19	
Board of Directors	982.79	
Standards/Accreditation	1,950.64	
California Issues Meeting	5,052.59	
NWRA	1,261.40	
Miscellaneous	826.27	
Total Expenses		**$166,461.24**
Ending Balance 12/31/90		**$ 5,199.04**

Treasury Notes

by Jan White, Executive Director
Crystal Norris, Treasurer

IWRC had a successful year financially in 1990. More energy was devoted to getting special funding for committee projects and more funds were obtained! The conference committee raised $10,000 to help underwrite the basic costs of the 13th Annual IWRC conference in Washington, D.C., which helped enormously. A special membership meeting luncheon was sponsored by Chevron for the first time in 1990. It took a lot of work for the host committee, Chesapeake Wildlife Sanctuary, and its executive director, Dianne Pearce, but the whole event was a great success!

IWRC's Executive Director, Jan White, had an opportunity to work with Exxon Company, USA, officials during the 1989 Alaska oil spill and approached them for an $11,500 grant to underwrite the costs of a special oil spill issue of the Wildlife Journal. That request was approved and that issue was recently mailed to members.

We instituted easy payment methods for our programs by setting up a charge system for Master Card, American Express, Visa, and are currently adding the Diners Club card. Members found this a convenient method to pay for larger

expenses such as conference registration and skills seminars, and large literature orders. While this program does cost IWRC to offer, we feel that it serves the members and enables them to stretch those hard-to-come by dollars.

We are still working on having a savings program. End of the year figures don't quite include all the conference/symposium expenses, but generally, the cash on hand this year is higher than it was last year. However, we need to have at least 10% of our operating budget held in reserve for times when cash flow decreases temporarily. For most of 1990, we did in fact have more than that due to the grants that were received before they were spent. However, more attention must be focused in this area to insure that IWRC is here when needed.

At this time, we are looking for sponsors for several worthy projects and would love to have any membership ideas or support for them. We have completed the new membership directory but we need about $700 to publish it and $150 to mail it. We also are in the final stages of putting together the 14th Annual Conference in Vancouver, British Columbia, and need more sponsors for various functions held to benefit members and other registrants.

What can members or supporters do? Renew your membership and get other wildlife rehabilitators to join! IWRC provides a great number of services considering it has only 1300 active members to support it. Looking at the balance sheet, it is clear that membership income only accounts for about 16% of program expenses. The balance of funding must come from program funding and grants, which vary from year to year. The more membership money we have, the more solid a budget we can plan for!

In 1991, the Board of Directors will be instituting a life membership program. This new support level will enable members to join once and never have to renew. It will also allow those who would like to do so to commit to making a significant financial statement of support for the organization. For those who cannot afford to make a life membership commitment, IWRC is happy to receive any contributions (which are tax deductible) that are made.

Members will be receiving a letter requesting a donation of an item for our membership raffle or silent auction to be held at the 14th Annual Conference. Please give us as much support as you can! As you can see, the funds we gather are spent on bringing wildlife rehabilitators the best programs available. With your continued support, IWRC will continue to grow and serve the changing needs of wildlife rehabilitators!

Skills Seminars 1990—Another Successful Year

by Rose Green, IWRC Office Manager

There were thirteen Basic 1AB Skills Seminars and seventeen advanced classes held during 1990. We served 460 people with basic skills classes and 257 in a variety of advanced skills seminars. These programs, developed in 1983, have regularly served 450-500 wildlife rehabilitators annually. This unique program is the only nationwide program that offers hands-on learning opportunities for wildlife rehabilitators.

Basic skills classes were held in eight states and two foreign countries—Virginia, Florida, Ohio, California, Colorado,Oregon, Vermont, Alaska, North Carolina, British Columbia, Canada and Guatemala. There were a total of eighteen states and three other countries represented at our 1990 classes.

Taking these classes to other countries has presented special challenges. For Guatemala, we had to translate the entire 1AB manual, homeworks, tests, and visual aids into Spanish and send instructors who spoke Spanish to teach them. Further, they had to have a working knowledge of the tropical species that wildlife rehabilitators in that country would handle. An incredible amount of coordination went into the logistics for the course. In the end, our efforts paid off as the participants were very appreciative. We learned that there is a lot we need to do when we cross national boundaries and cultures!

We look forward to the continued growth of this program and the benefits it brings both to wildlife rehabilitators and the animals they work so hard to return to the wild.

Adult Housing

• Cage rest usually requires a solid-sided cage. However, converted large laundry baskets lined with screen, or play pens can also work well. Common Moorhens have rather delicate long unwebbed toes which, on one hand, can become tangled (and subsequently injured) on net bottom caging, while on the other can develop bumble foot if on solid flooring. Cage flooring should offer a variety of surfaces with large perches, toweling, walk though water pan, and even cat litter or sand.

• These are birds who prefer to stay hidden while in captive care. Provide them with reeds or other cover that will give them a sense of security.

• For rehabilitation of wing injuries, birds must be placed in flight aviaries that will allow them the opportunity to build flight stamina and be evaluated on their ability to angle and sustain flight. A pen at least 20' long, 8-10' wide and 12' high should be used to house and test flight ability.

• Access to water should be provided for adults as well as juveniles during rehabilitation.

Juvenile Feeding

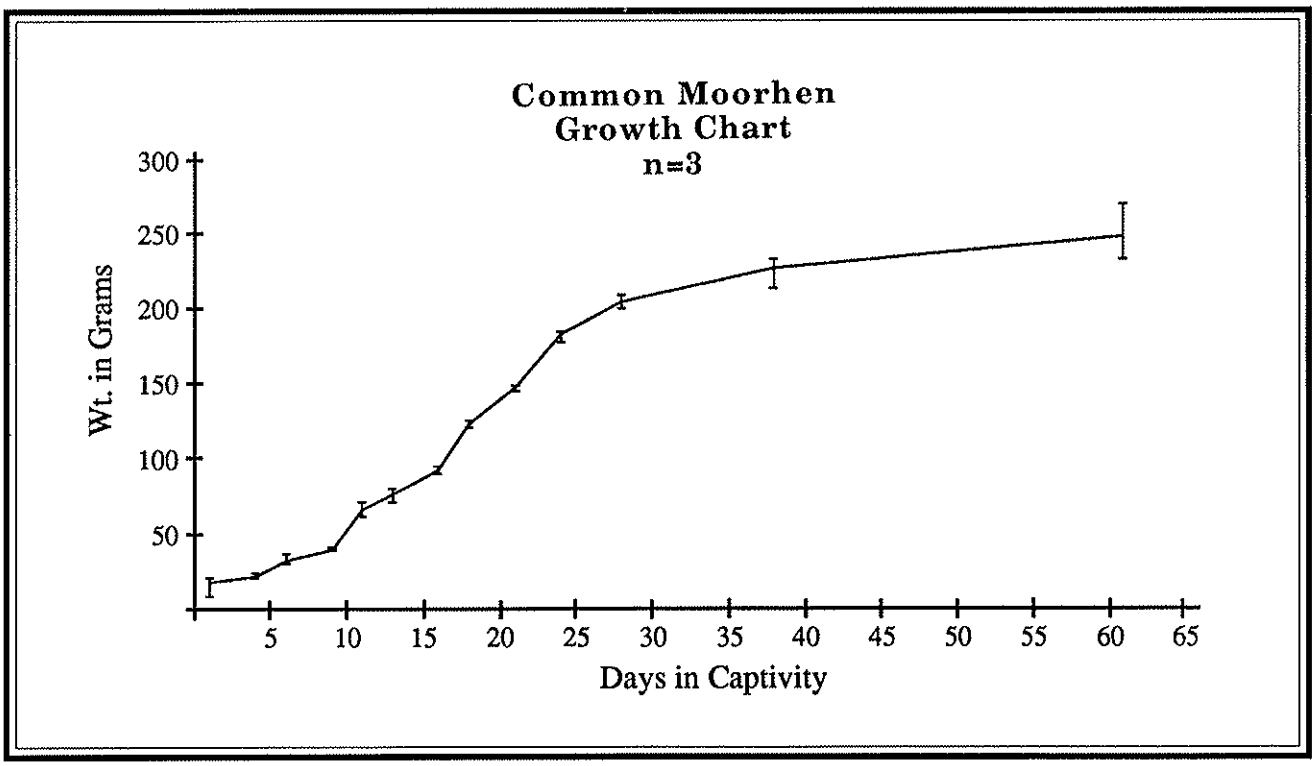
• Food dishes should be non-tippable. The amount of food offered should not exceed what would be expected to be eaten in four hours. These birds will walk through the food, defecate in it, and it will get wet. Grain-based products ferment in a warm environment. Thus, it will be necessary to change the food 2-4 times daily, depending on the birds.

• Offering live food is critical to initiating feeding behavior unless the birds recognize grain products upon arrival. The size of the food item should bear some relationship to the size of the chick's mouth/beak. Start with small tubeflex or meal worms. These are curious birds and will usually self-feed providing they are properly warmed as indicated above. Additionally, dehydrated birds will not self-feed until hydrated.

• With the live food, offer non-medicated grain-based products such as game starter chow, turkey starter or duck starter chow. If these products are unavailable, offer chicken starter. As the birds grow to four weeks of age, switch them to feeds intended for older chicks (grower, finisher). Offer native greens from nearby marshes to teach them native foods (e.g., fat hen, rush seeds, curley dock, brass buttons, whatever is local and safe to eat).

• Since the captive diet is loaded with insects which may or may not have a proper Calcium-Phosphorus ratio, supplementation is required. This is critical in birds that grow as quickly as these. Calcium carbonate powder should be added to the dry worms. Additionally, 75-100 mg. of Calcium carbonate is given orally once daily. If the birds become deficient, even for 3-6 days, they can become affected with metabolic bone disease. This will often manifest itself as an inability to walk (or walking on their hocks) prior to any fractures being noted.

• Offer food continuously. These birds will consume large amounts of live food as they grow.



Depending on their size and age, birds can often consume up to 100 meal worms a day! Weights should be taken daily and they should show a continuous gain.

- Make sure clean water is available at all times.
- Offer a bird vitamin daily, especially if birds are eating only a small variety of food items!

Special Problems

- The two most common problems encountered in housing precocial chicks such as these is insuffucient heat or failure to provide easy access out of water which can result in drowning. These two problems can be averted with proper planning.
- Precocial chicks are often presented in a chilled condition. When cold, they are not particularly active. Unlike songbirds, they are covered with a downy coat and it is not obvious when their feathers are "ruffled."

Chicks should be warmed by heating the ambient air temperature and observed further for more normal active behavior. Heating pads will not provide a good overall warm-up and should be avoided.

- Chicks can become quite dehydrated with high summer temperatures. Once dehydrated, they will not self-feed. Fluids can be given orally or subcutaneously if dehydration is severe. Placing one drop of Lactated Ringers at a time on a young birds beak may be required. Chicks are not easy to tube feed! Try to give them 3-5% of their body weight in oral fluids and then see if they will eat.
- Metabolic bone disease can be a life-threatening problem. Make sure that the diet the birds are eating has adequate calcium, a balanced calcium:phosphorus ratio and adequate amounts of vitamin D_3.

Adult Feeding

- Offer a variety of live food items such as tubeflex worms, meal worms or other soft-bodied worms, small minnows, small crustaceans, crickets, etc. Cut up fish or dead crustaceans can also be offered.
- A daily multivitamin supplement with thiamine should also be given when dead fish are being fed to any bird on a regular basis (Stoskopf, 1986).
- These birds will eat grains. They can be maintained on game, turkey, or duck chow. They will also eat seeds/mixed grains. These can be offered several times daily in a water solution ("duck soup") to get the birds eating. Once eating regularly, grains and water can be kept separate to reduce the opportunity for fermentation.

Release

- Since they are precocial in nature, release timing is based more on when they are capable of escaping predators rather than when they look adult. The age of first flight is not recorded but they are noted to be strong and active at 42-49 days of age (Terres, 1980). The author kept one clutch of three hatchlings for 60 days to record the growth data (see growth chart). At two months, they were approximately 2/3 their adult weight and were certainly releasable.
- Diurnal; release during the day.
- Release should be in appropriate habitat with water. Be aware of migration in or out of the release area.
- These birds spend a great deal of time in or on water. They need to be water-proof. This can be checked by using a water spray bottle. Water should bead up and roll off the plumage. More information on how to waterproof birds can be obtained from IWRC (Thorne, 1986).
- Packed cell volume should be about 40%.
- The bird should have basic flight skills. Bone injuries should evaluated for healing so that the bird can escape predators.

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Acknowledgements:

Special thanks to the volunteers of the Suisun Marsh Natural History Association for their diligence in weighing the birds regularly and especially to Ed Shaw for his record keeping of the data used for the growth charts.

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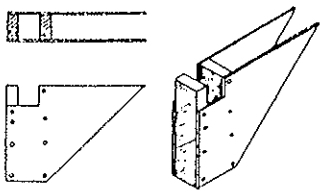


Fig. G.

Step 6: Using two notched trapezoids, make a "sandwich" as shown in Fig. G. Make two such "sandwiches." Make sure that the 1"x2" projects upward at the edge of the notch as shown in Fig. G.

Step 7: Take the two 2"x2"s that are 6'5-3/4" long from Step 3, and four of the "sandwiches" from Step 4, and make two side pieces as shown in Fig. H.

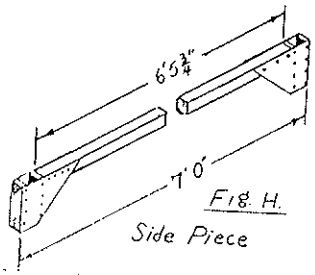


Fig. H.
Side Piece

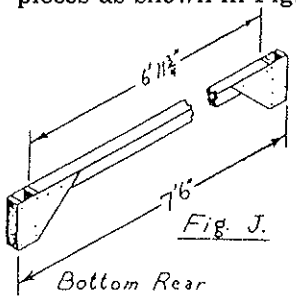


Fig. J.
Bottom Rear

Step 8: Take the last two "sandwiches" from Step 4 and one of the 6'11-3/4" long 2"x2"s and make the bottom rear piece as shown in Fig. J.

Step 9: Take the right-hand and left-hand "sandwiches" from Step 5 (Fig. F) and one of the 6'11-3/4" long 2"x2"s and make the top rear piece as shown in Fig. K.

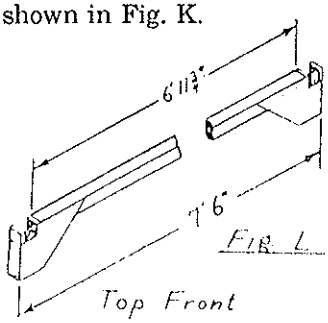


Fig. L.
Top Front

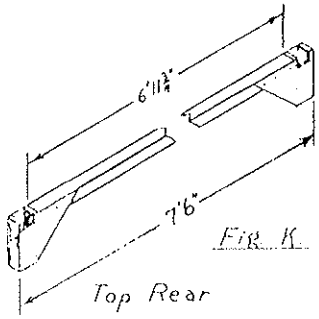


Fig. K.
Top Rear

Step 10: Take the "sandwiches" from Step 6 (Fig. G) and the last 6'11-3/4" long 2"x2" and make the top front piece as shown in Fig. L.

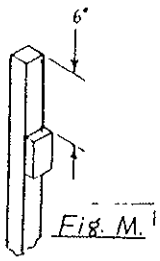


Fig. M.

Step 11: Take the two 2"x2"s which are 5'10" and the two 2"x2"s which are 6'10" and designate them as the rear posts and front posts, respectively. Take four of the 3" long 1"x2"s and nail the 1"x2"s onto the front and rear posts 5-1/2 inches down from the top as shown in Fig. M.

Step 12: Take the small notch pieces that you saved from Step 1 and cut them in half (a hand saw is safest for this one) so that you end up with pieces that are approximately 1-1/2" x 1-1/8". You should have a total of six small pieces. It is okay to use old scrap wood and leftovers.

Step 13: Taking two of the three remaining 8' long 2"x2"s, stack up three small notch pieces and nail them onto the end of the 2"x2" as shown in Fig. N. You now have only one 8' long 2"x2" left untouched.

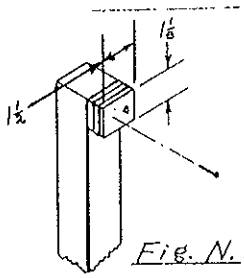
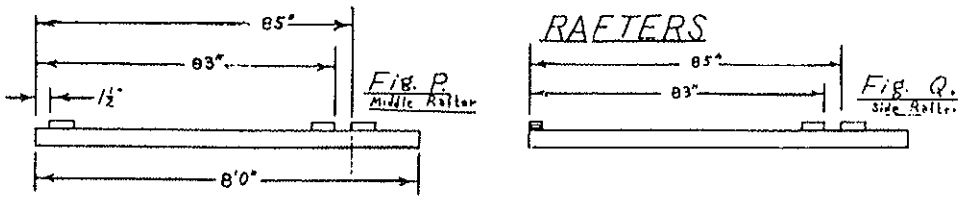


Fig. N.

Step 14: If you followed instructions when doing Step 2, and taking into account the width of the saw blade, you should have a leftover piece of 1"x2" about 6 inches long. Cut this into three equal pieces. If you don't have such a piece, find some old scrap that will do and cut it into three 2" or 3" pieces.

Step 15: Nail the three pieces onto the last 8' long 2"x2" as shown in Fig. P.



Step 16: Take the 2"x2"s from Step 13 and nail two of the 3 inch long 1"x2"s onto each 2"x2" as shown in Fig. Q.

Step 17: Assemble the booth by inserting the bottoms of the rear posts through the appropriate holes in the bottom rear and side pieces; insert the front posts in the other holes in the side pieces. Next put on the top rear piece and the top front. Finally, lay on the rafters so that they mesh with the top front and rear pieces. The ends of the side rafters "hook" into the slots cut in the top rear piece, and interlock with the top front piece slots as shown in Figs. R and S. The middle rafter lays on and supports your cover cloth.

Note: Fiberglass roofs might work, with a careful inspection for safety; however, soft coverings are encouraged.

News from the NWRA

The National Wildlife Rehabilitators Association announces its small grants program. This program makes available **two** $1,000 research grants in the field of wildlife rehabilitation. Each may be applied to one large project or several smaller research projects each totaling less than $1,000.00. Applicants must demonstrate financial need and submit a typewritten proposal that includes: name(s) and resume of personnel involved, objectives of the project, a brief description of how the project will be carried out, a brief literature review and an itemized budget.

An annual report on progress is required. It is expected that those receiving NWRA support will present the results of their projects at an NWRA national meeting within two years of receipt of the grant.

The deadline for submitting proposals for research grants is December 15 of each year. Recipients will be announced at the NWRA annual meeting in February and in writing.

Proposals should be submitted to:

Mark Pokras, DVM
Tufts University School of Veterinary Medicine
Wildlife Clinic
200 Westboro Road
North Grafton, MA 01536

Wildlife Rehabilitation: The Ultimate Escape for the Codependent

Dianne Pearce
Chesapeake Wildlife Sanctuary
17308 Queen Anne Bridge Rd.
Bowie, MD 20716

Introduction

Today is Sunday morning, the start of one of my two days off this week. It has been only a short time that I have been faced with making decisions about what to do with my time. As the founder and director of one of the nation's largest wildlife rehabilitation centers, I have spent the last 11 years of my life dedicated primarily to the nurturing and survival of that organization.

Family and friends had grown accustomed to me always being late for dinners and special occasions. In fact, many times I didn't show up at all knowing that they would assume that something urgent at work had come up.

As the daughter of an alcoholic, I have watched with keen interest the development of the Adult Children of Alcoholics' movement. Even though I always thought I chose to get my degree in Child Development and Family Relationships (Brigham Young University), I now feel that I was drawn to that field as a result of the dynamics of my early years.

My father was not a physically abusive alcoholic. His talent was in mental and verbal torment. He, like many alcoholics, would blow up over the smallest and most unexpected things. This left our family living in fear of doing almost anything.

As Melody Beattie wrote in her book, *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*, I have heard and read many definitions of codependency. In an article from the book *Codependency, An Emerging Issue*, Robert Stubby wrote codependency is: "An emotional, psychological, and behavioral condition that develops as a result of an individual's prolonged exposure to, and practice of, a set of oppressive rules - rules which prevent open expression of feelings as well as the direct discussion of personal and interpersonal problems."

Codependents generally use school, club and service activities as escapes as they are growing up. Many are the achievers, those voted "most likely to succeed." Codependents are good volunteers and friends to a myriad of causes and downtrodden individuals. "Codependency means," said one woman, "that I am a caretaker."

Wildlife rehabilitation provides the ultimate caretaking opportunity. The wild animal patients need help so badly and there are certainly not enough wildlife rehabilitators to go around.

I remember sitting in the Director's Roundtable at the NWRA in Ithaca, New York. I was called on a lot to tell of the successes of many of the Sanctuary's projects, programs, policies, and procedures. Many seemed to provide solutions to a multitude of questions presented during the session.

I vividly remember a woman sitting on my right who said we should be ashamed for not being open 24-hours-a-day. She demanded to know how I could sleep at night knowing that there were animals who needed me.

This woman could have been me during the early years of our center. In fact, I thought exactly like her back then. There was a need to fill, I had the knowledge, and if I were a good person, than I better fulfill the need.

"If I were a good person. . ." That phrase is one of the hallmarks of a codependent. We, for some reason, were not able to fully develop our self-image and self-confidence to a point where we could go forward with living our lives. Instead we spend our days neglecting the basic necessities of our own life, like paying bills on time, doing our laundry, making love to our spouses, and eating nourishing meals. We are too busy trying to fix the wrongs in a desperate effort to give our lives the

meaning and happiness they lack.

Take the following self-test, take from *"Codependent No More: How to Stop Controlling Others and Start Caring for Yourself,"* to see if you may be leaning toward a codependent lifestyle:

Caretaking

Codependents may:

- think and feel responsible for other people or for other people's feelings, thoughts, actions, choices, wants, needs, well-being, lack of well-being, and ultimate destiny.
- feel anxiety, pity, and guilt when other people have a problem.
- feel compelled - almost forced - to help that person solve the problem, such as offering unwanted advice, giving a rapid-fire series of suggestion, or fixed feelings.
- feel angry when their help isn't effective.
- find themselves saying yes when they mean no, doing things they don't want to be doing, doing more than their fair share of the work, and doing things other people are capable of doing for themselves.
- not know what they want and need or, if they do, tell themselves what they want and need is not important.
- try to please others instead of themselves.
- find it easier to feel and express anger about injustices done to others, rather than injustices done to themselves.
- feel safest when giving.
- feel insecure and guilty when somebody gives to them.
- feel sad because they spend their whole lives giving to other people and nobody gives to them.
- abandon their routine to respond to or do something for somebody else.
- overcommit themselves.
- feel harried and pressured.

Low Self-Worth

Codependents tend to:

- come from troubled, repressed, or dysfunctional families.
- deny their family was troubled, repressed, or dysfunctional.
- blame themselves for everything.
- pick on themselves for everything, including the ways they think, feel, look, act and behave.
- get angry, defensive, self-righteous, and indignant when others blame and criticize the codependents - something codependents regularly do to themselves.
- reject compliments or praise
- get depressed from a lack of compliments and praise (stroke deprivation).
- feel different than the rest of the world.
- think they're not quite good enough.
- feel guilty about spending money on themselves or doing unnecessary or fun things for themselves.
- take things personally.
- have been victims of sexual, physical, or emotional abuse, neglect, abandonment, or alcoholism.
- feel like victims.
- tell themselves they can't do anything right.
- be afraid of making mistakes.
- wonder why they have a tough time making decisions.
- expect themselves to do everything perfectly.
- wonder why they can't get anything done to their satisfaction.
- have a lot of "shoulds."
- feel a lot of guilt.
- feel ashamed of who they are.
- think their lives aren't worth living.
- try to help other people live their lives instead.
- get artificial feelings of self-worth from helping others.
- wish good things would happen to them.
- believe they don't deserve good things and happiness.
- believe other people couldn't possibly like or love them.
- try to prove they're good enough for other people.
- settle for being needed.

Repression

Many codependents:

- push their thoughts and feelings out of their awareness because of fear and guilt.
- become afraid to let themselves be who they are.
- appear rigid and controlled.

Obsession

Codependents tend to:

- feel terribly anxious about problems and people.
- worry about the silliest things.
- think and talk a lot about other people.
- lose sleep over problems or other people's behavior.
- worry.
- never find answers.
- check on people.
- try to catch people in acts of misbehavior.
- feel unable to quit talking, thinking, and worrying about other people or problems.
- abandon their routine because they are so upset about somebody or something.
- focus all their energy on other people and problems.
- wonder why they never have any energy.
- wonder why they can't get things done.

Dependency

Many Codependents:

- don't feel happy, content, or peaceful with themselves.
- look for happiness outside themselves.
- latch onto whoever or whatever they think can provide happiness.
- feel terribly threatened by the loss of any thing or person they think provides their happiness.
- don't love themselves.
- believe other people can't or don't love them.
- desperately seek love and approval.
- often seek love from people incapable of loving.
- believe other people are never there for them.
- equate love with pain.
- feel they need people more than they want them.
- try to prove they're good enough to be loved.
- don't take time to see if other people are good for them.
- worry whether other people love them or like them.
- don't take time to figure out if they love or like other people.
- center their lives around other people.
- look to relationships to provide all their good feelings.
- lose interest in their own lives when they love.
- worry that other people will leave them.
- don't believe they can take care of themselves.
- stay in relationships that don't work.
- tolerate abuse to keep people loving them.
- feel trapped in relationships.
- leave bad relationships and form new ones that don't work, either.
- wonder if they will ever find love.

Lack of Trust

Codependents:

- don't trust themselves.
- don't trust their feelings.
- don't trust their decisions.
- don't trust other people.
- try to trust untrustworthy people.
- think God has abandoned them.
- lose faith and trust in God.

Progressive

In the later stages of codependency, codependents may:

- feel lethargic.
- feel depressed.
- become withdrawn and isolated.
- experience a complete loss of daily routine and structure.
- abuse or neglect their children and other responsibilities.
- feel hopeless.
- begin to plan their escape from relation ships they feel trapped in.
- think about suicide.
- become violent.
- become seriously, emotionally, mentally, or physically ill.
- experience an eating disorder (over- or undereating).
- become addicted to alcohol and other drugs.

A few others I would personally like to add with regard to wildlife rehabilitation are:

Codependent wildlife rehabilitators:

- like animals better than people.
- must be all things to all people.
- wish someone would see how hard they work and give them a million dollars to let them do it the right way.
- feel like murderers and evil people when they make a mistake and an animal or

animals die as a result.

- sometimes get in the "my way's the only way" state of mind regarding wildlife re habilitation techniques and become closed-minded to new techniques.

Conclusion

The above characteristics have at one time and may still fit many of us in the wildlife rehabilitation field. I recently watched a series of programs on public television called "Homecoming" by John Bradsahw. At one point Mr. Bradshaw tells a story of how someone asked him if he ever had an "out of body" experience and he replied, "I spent the last 32 years in an out of body experience." What he meant was that he had been going through the motions, live life numbly, passing time, getting through it since that was all he knew how to do.

If you fit much of the profile consider reading the books on the following list; getting in touch with a local chapter of Adult Children of Alcoholics if that applies; or seeking individual, one-on-one counseling from a mental health professional. I have done all of the above and am glad that I did.

Reading List

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself. Melody Beattie, Harper/Hazelden Press, 1987. May be ordered from Harper and Row, Publishers, Inc., 10 East 53rd St., New York, NY 10022

Five Days to an Organized Life. Lucy H. Hedrick, Dell Publishing, a division of Bantam Doubleday Dell Publishing Group, Inc., 666 Fifth Avenue, New York, NY 1990. May be ordered from the publisher.

Lifebalance: Bring Harmony to Your Everyday Life. Linda and Richard Eyre, Ballantine Books, a division of Random House, Inc., New York, NY. May be ordered from Dianne Pearce, P.O. Box, 1495, Bowie, Maryland 20716 for $3.95 plus $2.00 for postage and handling.

Smart Love, A Codependence Recovery Program Based on Relationship Addiction and Support Groups. Jody Hayes, Jeremy P. Tharcher, Inc. publisher, 1989. May be ordered from the publisher, Jeremy Tharcher, Inc., 9110 Sunset Blvd., Los Angeles, California 90069.

Wellness Workbook. John W. Travis, MD, and Regina Sara Ryan, Ten Speed Press, 1988. May be ordered from the publisher, Ten Speed Press, P.O. Box 7123, Berkeley, CA 94707.

*. . . . **The Bad News is:** Our printing costs are rising and so must our prices!*

***The Good News is:** IWRC literature is continually being upgraded--take a look over the next year as papers get revised and take on a more durable look. We are making every effort to use **recycled paper** (which in some cases is more expensive), and will be using more permanent bindings to help prolong the papers that are available.*

New Pricing Effective November 15, 1991

Immobilization of Simple and Compound Fractures in Songbirds and Raptors by Victoria Welsh	*$5.00*
Hand-rearing Non-Domestic Mammals by Debbie Marcum	*$5.00*
Practical Avian Triage by Gail Hedberg, AHT	*$5.00*

Book Review

Getting Funded - A Complete Guide to Proposal Writing

Mary Hall
Continuing Education Publications
Portland State University
P.O. Box 1491
Portland, OR 97207
Price $21.00, 206 pgs.

Getting Funded is "everything you ever wanted to know about grant writing but didn't want to take fifteen years to learn." It is what it says it is, "a complete guide to proposal writing."

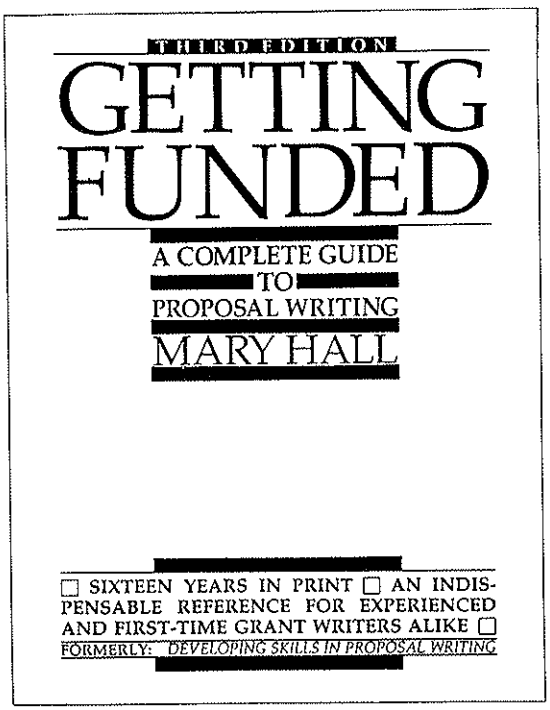
The information is current, concise, and easily understandable. After finishing an in-depth reading of this book, the reader could not only write a credible grant proposal but also be assured that it had a good chance of being funded.

Covered in the well-laid-out chapters are such topics as "Assessing Need", "Building Support and Involvement", and other basics of good fund-raising as well as a good sampling of application form examples which are commonly used by public and private funding agencies.

My personal favorite was Chapter 5, "Writing the Proposal". Covered in this chapter are the major components of grants for foundations and corporations as well as components for grants from state and federal agencies. A very comprehensive list of "do's and don'ts is included as well as a suggested timetable for grant writers. (Unlike most of us, the author suggests at least a year's preparation time for writing a grant and I must admit, after reviewing her timetable, it seems like a much less stressful way to go about it.)

Preparing a budget is covered in Chapter 13 and the author brings up a few items (like grant) which should be included in any grant proposal, but which are frequently are ignored by non-profit agencies when applying for grants.

All in all, *Getting Funded* is a remarkably easy-to-use book, both for the novice grantwriter and the "old hand". It's a must for every rehabilitation organization's grant writing library.



Continued from Page 2

at the Metropolitan Zoo in Tegucigalpa. Later this year, other facilities are planned in a more tropical area that will allow the workers to rehabilitate, hack out, and release wildlife in the same general area.

Once the construction was underway, other aspects of the program had to be set up. Using the wildlife care medical data base system Karolann and her husband, Martin Longo designed (ARIS), a patient care system was started to track birds through the rehabilitation process. Hematology, clinical chemistries, parasitology, weights, physical exam data were collected routinely and charted on the computer. Birds were screened for common psittacine ailments and general health assessments were done. Local foods and healthy diets were compiled and presented to the birds. Exercise programs were implemented to bring birds back to the high level of physical stamina they required to go from cage-living to free-living birds.

In order to successfully release these birds, protected release sites had to be inventoried and assessed. Local biologists were linked into the systemfor both general awareness and for help monitoring the birds following release. Provisions were made to transfer non-releaseable birds into government-operated captive breeding programs which will further reduce the demand for the capture of wild birds. Sounds great, huh? Well, it is, and where the leaders go, detractors follow. Following the first release, some of the press has questioned the validity of this kind of program and its impact on the wild population. What I have learned in the last 20 years of doing my work is that you know you're on the leading edge if you stimulate enough interest to bring out both the best and the worst of reporters! My advice is to go with your gut and do the very best you can—the long-term history has been to support wildlife rehabilitation—even the zoos now are getting into the act of wildlife "reintroduction." It is at times like these that patience is a virtue.

The third act in the trilogy of international wildlife rehabilitation adventures began to unfold in early September. I got a call from a researcher from University in Washington in Seattle who works on the penguins in Argentina. My heart sank as she began to tell her story. It did not appear to be another oil spill (I had just come off the devastating *Tenyo Maru* in Washington). But, there were plenty of oiled penguins. The problem, it seems, is bad behavior from the shipping industry. Some shippers bilge their oily tanks—often oiling many incredible creatures. Reports varied from a few hundred oiled and live birds, to thousands dead. As a biologist, the researcher who contacted me was opposed to cleaning the birds. However, the political reality, was that the people were cleaning them anyway. She had volunteered in 1988 at the Ocean Shores spill which was contracted out to the International Bird Rescue Research Center from Berkeley, CA. She remembered that there were problems getting the birds to float and thought it was the soap that had removed the natural oil from their feathers. She called me, then the IBRRC veterinarian, to ascertain what could be done to avoid the problem.

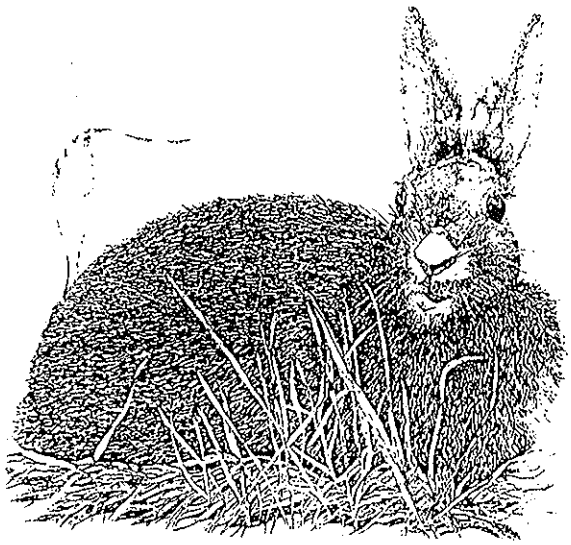
I gave her a mini-lesson on hard water and water-proofing and explained that the natural oils had no bearing on the problems the birds had experienced. Realizing that what was really needed was professional intervention, I referred her to Curt Clumpner and he began the process of further briefing her and mobilizing funds and supplies to journey to Argentina to help the birds. The Humane Society of the United States came through with a donation to help get the project underway. Curt was able to talk other response team members, Chris Battaglia (Swiss) and Ken Brewer (American), Patric Grab (German) and Patty Chen-Valet (Canadian) into taking the trek and off they went to work with local people who were trying their best to help the birds. At last word, they had about 300 Magellanic and one Rock-hopper Penguins in several sites. According to Jay Holcomb, they were working with water that had to be trucked in and were washing birds outside. There were high winds blowing ash from arecently erupted volcano which among other things, affected driving visibility and delayed transport of birds along 150 kilometers of dirt roads! This story continues to unfold and we will look to Curt to tell us his own story of this "Indiana Jones" adventure when he returns.

It has been a pleasure to watch these colleagues develop projects requiring enormous initiative and perseverance in foreign lands to help wildlife. What they do now lays the foundation for wildlife rehabilitation in the 21st century, especially in Third World countries which, play host to both critical habitat (rainforest, arctic marine ecosystem) and critical endangered species. What these rehabilitators do, like working oil spills, sometimes meets with criticism from just about everywhere. Yet, history will be the judge of the effectiveness of their efforts. If it is anything like what has happened here in the United States in the last twenty years, there may be more reason to hope than one would think!

IWRC Presents:

Beyond A Bird in the Hand

Proceedings of the 1990
International Wildlife Rehabilitation Council Conference



Cost: $15.00 plus $2.50 for postage ($3.50 if outside the USA).

Papers included in this latest IWRC publication include: Conservation - Keeping it in Perspective by Richard Block, A Tenderness Towards All Creatures: Paradoxes and Portents in Wildlife Rehabilitation by John E. Cooper, DTVM, MRCPath, FlBiol, FRCVS Care of Hedgehogs by Les Stocker, Rehabilitation and Release of White-Tailed Deer at the Chesapeake by Wildlife Sanctuary by Michele Paquin, Rehabilitation of the Northern American Raccoon *(Procyon Lotor)* by Jeanne A. Wasserman, Basic Procedures For Raising Baby Opossums by Janice Hughlett, Life Balance and Stress Management For Rehabilitation Professionals by Ellen Kean Rudolph, Electrocution and High Wire Accidents in Birds by Douglas R. Yearout, DVM Evidence Preparation, The Case of Cruelty to Animals vs. Proper Rehab Care by Lisa Gibson, Hand-Rearing Orphaned Eastern Cottontails *(Sylvilagus Floridanus)* by Anne M. Hiss, About Tree Squirrels by Jennifer Simmons, Avian Rehabilitation: Nutritional Aspect by Beverly A. Mathison, Rehabilitation of Tree Squirrelsby P.C. Hanes and Jennifer Simmons, Fox Rehabilitation by P.C. Hanes, Wildlife Telemetry by John Hadidian, Urban Wildlife Solutions by John Hadidian and Guy Hodge.

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