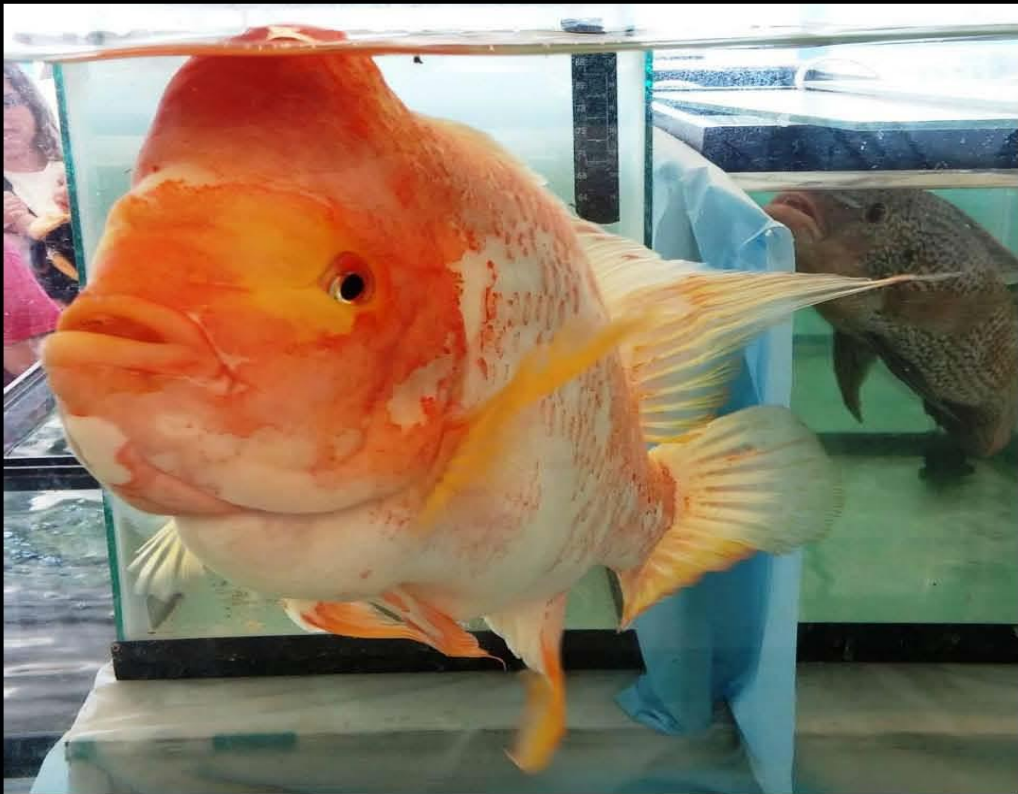


# **The Cichlid Chronicles**



## **Clash of the Cichlids 2**



**Also: My Dream Tank  
Breeding Cichlids and more!**



### *And now a message from our CCY President*

It's hard to believe that we are celebrating our 2<sup>nd</sup> anniversary of **The Cichlid Club of York PA!** The saying "time flies when you are having fun" is so very true and many times there just doesn't seem to be enough time in a day. I am so proud of the leaps and bounds we have made as a club over the past 2 years. We have set in place by laws that we will be reviewing in our January 2015 meeting, we are close to having our non-profit status set and announced, we continue to add to our stellar list of guest speakers and thanks to "YOU" through membership fees, raffles and auctions we now have funds to keep our club alive and growing. I want to thank all our sponsors who have generously given to our organization because they believe in our vision. I want to thank all the speakers who come to speak at minimal cost while still bringing donations to help raise money for our club. I want to thank the CCY board for all the hours of hard work they put into this club day after day. This club would not be where it's at now if it wasn't for the team we have assembled. And last but not least I want to say "Thank You!" to all our members who support our club. You guys come to meetings, you bring food, you bring auction items, you pay your members' dues and you support our raffles. It's only through your efforts that we prosper as a club. As I enter my 3<sup>rd</sup> stint as CCY President you will see much less of me and much more of the CCY Board. We have some very talented and enthusiastic board members who are ready to come forward with their ideas and vision to build on our already solid foundation. I ask you to welcome these new voices and give them your support as you have done for me over the last 2 years. It is new blood, new vision and new ideas that will keep this club active, popular and most importantly ever growing and promoting the hobby we love. So cheers everyone and a very happy birthday to the CCY!

Lastly a big thanks to Joel Antkowiak and Danielle Warren for photos used on this month's Cichlid Chronicles cover!

*- Scott McLaughlin*





# CCY Contest Winners

CCY "Selfie" Contest winner- Shane Mell



Clash of the  
Cichlids Winners!!!



Mo Devlin Photo Contest- Winner Gary Haas





# **Cichlid Club of York** **Membership**

## **Dues**

### *Annual dues:*

Individual membership: \$20  
Couples (under one roof): \$30  
Family membership (under one roof): \$40  
Junior/Student (18 & under): \$10





Past recipients:

1979	Betty Mueller
1980	Martin Bernard
1981	Penny Faul
1982	Ray Horn
1983	Lee Finley
1984	Ann & Walter Howe
1985	Kathy Beebe
1986	Jack Adinolfi
1987	Sandy Billings
1988	Al Faul
1989	Dave Quinn
1990	John Galvin
1991	John Stankevitch
1992	Bill Kenney
1993	Aline Brousseau
1994	Faith Quinn
1995	Tony Terciera
1996	Don Johnson
1997	Sue & Wally Bush
1998	Diane Adinolfi
1999	Chuck Davis
2000	Aline Finley
2001	Janine & David Banks
2002	Wayne Leibel
2003	Karen Randall
2004	Mark & Anne Broadmeyer
2004	Honoree, Ray Lucas
2005	James White
2006	Rit Forcier
2007	Christine & Frank Policastro
2008	Joe Masi
2009	Linda & David Giza
2010	Barbara Day
2011	Bill Cole
2012	Claudia Dickinson
2013	Leslie Dick
2014	Richard Pierce

## Call for Nominations



### Betty Mueller Memorial Honor Lifetime Achievement Award

**Deadline: January 31, 2015**



This special recognition is given to individuals who, over the years, have given overwhelming dedication and support to the aquarium hobby and to the Northeast Council of Aquarium Societies, Inc.

The rules are as follows:

Any NEC member club or NEC member can nominate up to three persons a year. Each nomination should be accompanied with a paragraph explaining why you feel this person is qualified. You cannot nominate anyone who already has received this honor. A committee of persons who have received the honor and are still active in the NEC will make the decision.

**Please send nominations to:**

<mailto:president@northeastcouncil.org>

# THE CICHLID CLUB OF YORK PA

**Making your fish dreams an affordable hobby**

**By: Scott McLaughlin**



There is no question that the keeping of tropical fish both fresh and saltwater can be an expensive hobby. I'm an avid golfer who plays regularly and I can tell you that the cost of building and maintaining my tanks is comparable to playing golf on a yearly basis... Lost golf balls included!! So you can imagine the look on my adorable wife's face when I told her my plans for building my "dream tank" in our basement or better known as project "man cave". The look on her face reminded me of that famous scene from The Empire Strikes Back... You know the scene..... Luke Skywalker is holding on for dear life, his hand cut off and Darth Vader says the words "Luke, I am your Father!" Luke has that scared, disbelief look and then screams.....



# **“Nooooo!!”**

## **Yeah that look!**

Once my wife regained consciousness (smelling salts and splashes of aquarium water seemed to do the trick) I was able to explain to her how I could create this tank without breaking our piggy bank. Anyone interested in knowing how?

It is amazing how much is at our disposal thanks to the Cichlid Club of York PA. We have sponsors who support the CCY and donate some of their best products to be auctioned and raffled in an effort to help support the club. That is why it is so important to buy raffle tickets every meeting and to bid strong at our auctions. Did I say auctions? Yes the CCY has probably some of the best auctions around loaded with various cichlids and supplies at a fraction of what you would pay in a store. But again it's important that our members don't take advantage of the auction and low ball great deals as a very small percentage of the auction goes back to the club which in turn keeps the club you love growing and giving you the very best speakers and presentations available. We also have a forum at [cichlidclubofyork.com](http://cichlidclubofyork.com) and our CCY Facebook page that allows us to sell and/or buy equipment needed for tanks and our fish. Lastly we have a large group of members who are always running across great deals and bringing them to the CCY's attention.

This is how I struck gold.

I started to mention to my CCY family that I was looking to get a bigger tank. Another great thing about our club and fellowship is if you tell someone within the club that you are looking for something our members will try to find it for you. That's when the always "chatty" Kerry Dilks called me one day to tell me a friend of hers was selling a 250 gallon tank. With the tank came an oak stand and lights all for the grand total of 350.00! Simply put that's a deal of a lifetime. Go to a store and you will be paying 4 times that amount.

With tank, stand and lights in place what I needed next was a great filtration system. Again the CCY came to my rescue as CCY member (and member of many other great clubs) Karen Haas began posting about canister filters she was looking to get rid of. I jumped on the post and before I knew it I had purchased not 1 but 2 canister filters from Karen for roughly 50.00! What



a steal! Tank- check! Stand- check! Lights- check! Filters- check! Now all I needed was water and decorations.

Being a tank banger big boy cichlid keeper I stay away from live plants (aside from Java moss and ferns) because these guys are notorious diggers and will uproot even the hardest plants. So I have no special needs when it comes to a substrate for my tanks. Because of this I have found that I can purchase substrate/gravel from such lawn and garden stores such as "Stauffer's". There is a Stauffer's Lawn and Garden store just 2 short blocks from my house. There they have 50lb bags of "river pebble" gravel in many colors and sizes. Stauffer's sell these 50lbs bags of gravel for the incredible price of \$4.99 a bag. They also have a wide selection of rock, slate and stone. Again in various shapes and colors for the unbeatable price of 0.49 cents a pound! Now keep in mind this gravel and these stones are not in the pre-cleaned condition that you will find most substrates and stones sold in pet stores. But if you are on a budget like I am and don't mind rolling up your sleeves and getting dirty, then purchasing substrate and décor from a lawn and garden store may be a great idea for you.



***Freshly washed sand stone***



***River pebble gravel in bag and after washed***



So for 30.00 I was able to provide a natural looking substrate for my tank as well as add several pounds of sand stone that became the focal point of the final look of my tank. Lastly for that touch of green I found some incredibly affordable silk plants at AC Moore that do a great job giving the illusion of live plants and lush water environment.

**A picture is worth a thousand words.**



So for about 425.00 I was able to create the tank of my dreams with a fixed budget. My wife is pleased and I have the pleasure of coming home from a hard days work and enjoying a small piece of paradise. Use your resources CCY members! Being a member of this special club allows you to make your aquarium dreams come true!



## Pennsylvania Dutch Livebearer Weekend



**May  
1 - 3  
2015**



See Facebook pages: <https://www.facebook.com/groups/2015ALAConvention/> or  
<https://www.facebook.com/2015ALAConvention> for more information.



See You Tube video at <https://www.youtube.com/watch?v=CvGakfG2JL4>,  
Website: <http://www.acaconvention2015.com/aca.html>, or  
Facebook page: <https://www.facebook.com/groups/ACAConvention/>  
for more information.

## **-BLAST FROM THE PAST-**

Before I created the FAAS award winning CCY Cichlid Chronicles Newsletter, I did some articles for other publications including the Aquarium Club of Lancaster County “**Tank Tales**”. Here is one of my earlier articles that I thought some of our newer members may enjoy. Thanks to the ACLC for allowing me to reprint this for you. Thanks to Brooke Moone for some updated photos.



**By Scott J Mclaughlin**

## **NEW WORLD OR OLD WORLD- WHICH CICHLID IS BEST FOR YOU?**

There is a notion that people buy pets that fit their look or personality. How many times have you seen a dog and when you look up at the owner they look similar. Although science hasn't proven it, there are some parallels between who “we” are and the pets we select. Over the years I have introduced many people into this wonderful hobby of ours and most times the very first question I'm asked is “**Which cichlid is best for me?**” This month we will briefly touch upon the different cichlids available and the myths associated between **New** World and **Old** World cichlids. To begin our discussion let's define what New and Old World cichlids are. **New world** cichlids come from the North, Central and South American regions. Some of the more popular breeds include the **Jack Dempsey** (*Cichlasoma octofasciatum*) **Green Terror** (*Andinoacara rivulatus*) and **Oscars** (*Astronotus ocellatus*). These are fish that can reach some great size, be very aggressive and display lots of personality.



New world also offers the smaller American “dwarf cichlids” such as the popular **Blue Ram** (*Mikrogeophagus ramirezi*) which are a smaller, colorful and more community oriented cichlid. Lastly the New World also offers unique cichlids such as **Discus** and **Angelfish**.



**The Old World** cichlids hail from the Rift Lakes of Africa specifically Lake Malawi, Lake Tanganyika and Lake Victoria. Some of the more popular Old World cichlids are the **African Butterfly Peacock** (*Aulonocara jacobrebergi*) the **Electric Blue Johannii** (*Melanochromis johannii*) and the **Red Zebra** (*Pseudotropheus estherae*). These are mid-sized cichlids (4-8 inches) with lots of color and pizzazz. They are mildly aggressive but through strategic over populating their aggression can be managed. Like the New world, the Old world has dwarf cichlids as well coming out of the West African area. **Kribensis** (*Pelvicachromis pulcher*) are by far the most popular dwarf cichlids from this region. Kribensis are nicely colored and very hardy cichlids. A perfect cichlid for beginners.

So this gives us a brief introduction to the diversity of cichlids. Now we will break the New and Old world cichlids into categories (size, personality, colors) in an effort to help you select which cichlid is best for you.



**Color:** I think the general belief is that African cichlids are the most colorful of all the cichlids. In fact I've heard many people say that they were initially interested in saltwater fish, but when they saw how beautiful and colorful the African cichlids are they decided to skip the expenses of keeping a saltwater tank and go freshwater. I certainly agree that African cichlids can bring the color like a big bag of Skittles, but don't sleep on the New world cichlids. There are many cichlids from this region that can hold their own in the color

category. The Red Terror (*Heros Festae*) and many cichlids from the “Vieja” family can certainly add a blast of color (and a little spice) to your tank. So keep this in mind if color is a major factor in deciding what cichlid is best for you. I would have to give the nod to the African cichlids in the color department as the spark they add to a tank is undeniable.



**Size:** Like the association between African cichlids and color, many hobbyists associate the New World with having the largest cichlids in the industry. However the truth is there are quite a few African cichlids that can reach some incredible sizes such as The Emperor cichlid (*Boulengerochromis microlepis*) the Frontosa (*Cyphotilapia frontosa*) and Venustus (*Nimbochromis venustus*) to name a few. But with that said the New World probably offers a larger selection of big cichlids and are more readily available. Cichlids such as the Jaguars, Peacock Bass and Wolf cichlids to name a few easily tip the scale at 12 inches and longer. My advice to you is if you are looking for one or two larger cichlids, is to explore the New world cichlids. If you are looking to stock your tanks with a generous number of medium to small cichlids then go with African cichlids.



Photo by Brooke Moore

**Personality:** Looking for cichlids that are going to recognize you or welcome you when you come home? Do you want a cichlid that is going to watch you as much as you are watching them? Then look no further than the New World cichlids. **Oscars** (*Astronotus Ocellatus*) are the perfect cichlids for those who want a personable pet without the chores of walking, washing or grooming it. Like the many of New world cichlids, Oscars are highly intelligent and very interactive with their owners. They will run to the top of their tanks when they see you coming, hoping for food but also just happy to see you. With time they can even be taught to eat food directly from your hand. African cichlids are very intelligent as well and can show some personality but more of their appeal is watching them interact with other cichlids and their own environment. A community of African cichlids is like enjoying an “aquatic ant farm.” So in review if you are looking for a single cichlid to “name and call your own”, then I would go New world. But if you are looking to recreate an environment like something out of National Geographic, then I would lean towards the Old world cichlids or dwarf cichlids of both the New and Old worlds.

**Summary:** In the end whether you pick Old or New world you can't go wrong. Cichlids are amazing fish and like that sappy love quote goes “there is a cichlid for everyone.” Many collectors (including myself) have multiple tanks so we can enjoy all the different aspects of both the New and Old world cichlids. My advice to you is find a cichlid that catches your eye. Do some research and then get your hands wet. You will never regret it!





**AN EDUCATIONAL AND SOCIAL WEEKEND OPEN TO ALL!**

**GIANT ALL-DAY SUNDAY AUCTION!**

Featuring dry goods, livestock & plants from hobbyists all over the Northeast—and beyond!

**WEEKEND-LONG SILENT AUCTIONS!**

Benefiting the  
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**VENDORS & MANUFACTURER EXHIBIT HALL!**

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**BUFFET DINNER, BREAKFAST, & BANQUET!**

**SPECIALTY CLUB MEETINGS!**

*Don't miss this opportunity to see great speakers, get new fish, and meet and learn from new friends around the region who share your interest!*

**14 PROGRAMS FEATURING:**

Ariel Bornstein	Pam Chin
Mark Denaro	Mike Hellweg
Shane Linder	Brian Perkins

Hartford  
Sheraton South 

Visit our Convention webpage for all details including auction info & rules, online registration, hotel reservations, event schedule & speaker info:

[www.northeastcouncil.org](http://www.northeastcouncil.org)

For information please contact:

Leslie Dick  
ConventionChair@northeastcouncil.org

**COME CELEBRATE OUR RUBY ANNIVERSARY CONVENTION!**

# Breeding Cichlids

By Kerry Dilks



Many simple techniques come into play when breeding your cichlids. First thing is... do a little research on the species you are interested in housing and planning to breed. When keeping any living creature you want to make sure you are giving them the best care possible whether it be diet or tank size. We would not attempt to shove a dog in a cat house. View images or videos of the species and it's natural habitat. Knowing its surroundings and temperament will help you prepare a better tank for your fish... Check what PH the fish prefers and what kind of tank decor he/she prefers as well. An inexpensive breeding tool is terracotta flower pots that can be purchased at any craft or department store. It gives them shelter plus a place to lay eggs.

Cichlids or any fish will breed when something threatens there general surroundings. Things such as switching to a new tank, heavy water changes, change in tank decor, change in water temperature, etc. are all factors that can trigger spawning.

Egg layers vs. mouth brooders

These are my personal experiences with each species and some opinions or facts may differ person to person.

Mouth brooders are only aggressive prior to spawning to ward aside the rest of the tank mates. The male does his deed and leaves the female to hang on her own. If you notice them spawning take note. Make sure to prepare to extract fry in nineteen days or near if you want to



raise them. Once the female releases the fry most or all will be devoured by the tank mates or the mother herself. Aggression with males is fairly short and sweet which makes it possible to stock many mouth brooders together in a tank. Some will remove female after she is holding. Personally I let her stay in the tank with fellow tank mates until she is ready to release fry. Of course one tale sign a female is holding fry is she will not come up to eat.



As time continues on she will also have a full mouth which is another indication. If you were not aware of the spawn or female holding one method is take a close look at her mouth. You can usually see the fry in her mouth. You can extract fry if they appear ready. When extracting the fry be careful netting your female out of the tank. If stressed enough she may release fry into the tank or swallow them. When extracting fry I always prepare a bowl or container to place fry into. A great and simple way to assist the female into opening her mouth is a bread twist tie. You can form it into a lasso and use the circular end to pull the bottom lip open. As you become more comfortable to the process the twist tie will not be needed. I then place fry into their own grow out tank. The female is placed back into the main tank and offered food since she has been well over a week ago. Of course mouth brooders do not have as large of a brood-roughly around thirty. You have the advantage of a heavily stocked tank with less risk of extreme aggression when breeding mouth brooders. I do recommend at least two females per male. The more the merrier.

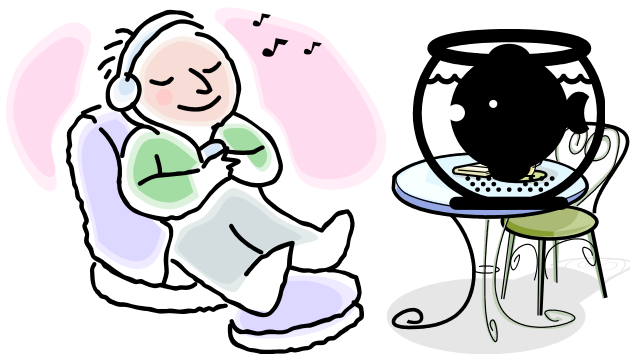


There are many species of egg layers from small to large cichlids. No matter the size they are quite territorial over their eggs. Most stay a true mated pair and will lay eggs regularly after the first time. Broods of fry range in the hundreds. For many reasons most will lose fry over a time period and the number will dwindle. Don't panic at the site of many new occupants. I prefer to keep my egg laying pairs housed separately from other tank mates. If you have a large enough tank you can consider a few more pairs but do keep in mind aggression may pose as an issue. Egg laying pairs will guard the eggs warding off bypasses at any given moment. They will even take turns eating while one guards. Having many tank mates poses as a problem. The other occupants often end up with frayed fins, missing scales, or better yet deceased. Safest bet is raise and house your mated pair alone. You may even end up in occasions where the pair will turn on each other as well. After eggs have hatched fry will not be free swimming, once again, the parents will guard the new young. I generally leave fry with the parents for a month or more before I remove to raise in a grow out tank. Egg layers are much better parents than mouth brooders and generally do not eat the fry. On occasions yes they have been known to devour the fry. The downfall with egg layers is more aggression resulting in less or no tank mates but larger broods of fry. As you can see housing egg layers or mouth brooders have its positive and negative. In the end the amount of fry will equal out since one tank will have more fish to reproduce and the other will have more fry born. It comes down to supply and demand or preference of owner.

If you are looking to trigger spawns in your cichlids do a nice water change. Add a new breeding cave or change things around. Raise your heat a little. Offer the cichlids some live or frozen foods. You can even go as far as moving them to another tank. You will likely have them in the mood in little time if not hours after.

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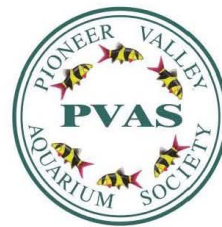
## **SIMPLY FISH FUNNY – BY SCOTT MCLAUGHLIN**



**What does a fish have to do to get a water change?**

**Nominate myself for the ALS Challenge!?!?!?**

# Pioneer Valley Aquarium Society



## Annual Tropical Fish Auction



**Sunday, February 22, 2015**

**Knights of Columbus Hall**

460 Granby Road, Chicopee, MA 01013

Auction starts at 11:30 AM  
Doors open at 9:00 AM for viewing  
and vendor registration

**Free Admission!! Everyone is Welcome!!**



**Giant Auction of Live Tropical Fish, Aquatic Plants, and Dry Goods**

**Silent Auction Plant Table!! Raffles!! 50/50 Cash Raffle!! Vendor Tables!!**

**Food & Refreshments Available From the Knights' Kitchen**

**Bring the Entire Family and Enjoy the Day with New and Old Friends!**



### **DIRECTIONS TO KNIGHTS OF COLUMBUS HALL**

From I-91 north or south: Take Exit 12 to I-391 north, go 1 mile to Exit 3, take a right onto Granby Road, go straight thru lights and up the hill, Knights of Columbus Hall is 1 mile on the left.

From I-90 east or west: Take Exit 5 Chicopee, bear left after toll booth, take a right onto Montgomery Street and stay in left lane, take a left at lights onto Granby Road, Knights of Columbus Hall is 1-1/4 mile on the right.

For more information contact:

Jacob Guinasso [jguinasso@pvas.net](mailto:jguinasso@pvas.net)

Christina Guinasso [cguinasso@pvas.net](mailto:cguinasso@pvas.net)

Martha Morris [martha\\_morris@hotmail.com](mailto:martha_morris@hotmail.com)

**DON'T FORGET TO VISIT YOUR LOCAL PET STORE FOR ALL YOUR PET NEEDS**

# What food is the best for your cichlids?

“You are what you eat”

By Scott McLaughlin



There have been many times in my short tropical fish hobby career where I have been asked what my secret is to getting my cichlids so large and colorful. This happened several times at



are our recent “Clash of the Cichlids” CCY cichlid show. My answer is always 2 things- #1 frequent and regular water changes and #2 a great diet in foods. This article I would like to focus on the foods available for cichlids in an effort to point you in the right direction for your cichlid needs. This article is a combination of my personal experience/ opinion along with information I gathered from various tropical fish food manufactures and websites including Tropical Fish Hobbyist.com (TFH).



**So let's get started!**

The first thing you need to know is what foods your cichlids would eat in their natural environment. This takes a bit of research which from my standpoint can be very enjoyable. I like to read information on where my cichlids originate from, what their environment is like, what other fish and animals co habitat in this environment and then ultimately what foods are available for them to eat. In the wild, cichlids often have specific diets. Lucky for us most species do very well without the exact food items they would select in nature.

Cichlids are generally broken down into 3 groups **herbivorous** (eats plants), **carnivorous** (eats animals), or **omnivorous** (eats both). There are an enormous amount of different brands

and commercially prepared foods that can be used in a cichlids diet. Most choices are up to you, but if you don't provide your cichlids with the proper diet they could be more susceptible to diseases and ultimately die.

In each classification of commercial fish foods you will find a variety of different types. Some of the most popular types of fish food include flakes, pellets, granules and sinking wafers. Commercial fish foods are designed to appeal to different kinds of cichlids – those that tend to swim near the surface prefer flakes while bottom-feeders or mid-level swimmers may prefer pellets or sinking wafers. It is important for you to know what kind of food the cichlids in your tank prefer so they can thrive in your aquariums.

***The following is a list of the various forms in which you can feed your cichlids. I have copied the following information courtesy of TFH (Tropicalfishhobbyist.com) to help you get a better understanding of what is available to “you” the consumer.***

***----- TFH -----***

## **Dry Foods**

- These come as flakes, pellets, wafers, or sticks. They are available in formulations for herbivores, carnivores, and omnivores, as well as for specific fish such as bettas, goldfish, cichlids, growing fry, conditioning breeders, etc.
- Each type has its pros and cons. Flakes, for example, are easily crumbled or pulverized to service different size fish, but they are not bulky enough to sustain truly large-bodied fish. Sinking wafers are excellent for bottom feeders like catfish, but they are of little use for surface feeders like hatchetfish.

Some foods are designed with floating, sinking, and slowly sinking particles to provide for fish that feed at different levels of the tank. These foods are available in a range of sizes from tiny pellets for growing fry up to hefty sticks for large predatory fish.



## **Frozen & Freeze-Dried Foods**

- Although some frozen and freeze-dried products are formulations or mixtures of ingredients, the majority of them are processed food organisms such as blackworms or brine shrimp. Some people argue that freeze-drying conserves more vitamins than freezing, since the cells in the frozen animals burst, releasing some of the nutrition, but

freeze-drying obviously results in some nutrition loss, too. The usual advice to feed a variety of foods will make up for deficiencies in any one of them.

- Freeze-dried foods are much more convenient, but frozen versions sometimes seem to have more fish appeal. One nice thing about freeze-dried foods is that you can easily crumble them for smaller fish. Brine shrimp, daphnia, blackworms, tubifex, and krill are among the commonly available freeze-dried choices.

- While you can store freeze-dried products on the shelf, frozen foods obviously must be kept frozen until ready to use. Never use foods that have thawed and refrozen, as they can kill your fish. You do not have to thaw the food to use it; just break off a small piece and float it in your tank. The fish will greedily pick it apart as it thaws in the warm water.

## **Live Foods**

- In the early days of the hobby, live foods were the only choice to provide fish with the nutrients they need. Fortunately this is no longer true. While a few diehards still feed only live food, most hobbyists take advantage of the excellent quality and variety of commercial foods, which are actually superior to live foods in many cases.

- All fish, however, greatly enjoy live foods as a treat, whether they are chasing daphnia around the tank or munching down on a juicy stalk of anacharis. Many live foods, like white worms and microworms, can be cultured easily at home.

- There are a very few fish that will not survive without live foods, and a few more that will not spawn unless they are fed live foods, but none of these are popular species common in the hobby. There are, however, quite a few species in which wild-caught individuals may not recognize nonliving items as food. It is a fairly simple task in most cases to wean such fishes to prepared foods.

- Sometimes just feeding pieces mixed with the living organisms will do the trick. You can also condition large predators to strike at worms or crickets that you throw on the surface until they will strike at anything, including pellets or sticks. For stubborn cases you can use a string or



feeding tongs (see “Feeding Accessories”) to wiggle food in front of the fish until it learns to take anything you offer, whether it is moving or not.

- Piscivorous predators often present the greatest challenge, but in most cases you can train them to take nonliving food items with a little patience. Even wild-caught fish learn quickly who brings supper, and they are likely to strike at anything you offer after a little training. Prepared food items are nutritionally superior to common “feeder fish,” which are poor choices.
- Remember also that if you are feeding live fish to marine predators you must offer marine fish, not goldfish, guppies, or other freshwater species, which are not nutritionally suitable.

-Thanks again to TFH for the information used in this article-

-----TFH-----

The next step of my research was to “Google” “The Top 10 cichlid food brands”. I found several different sites with information and most of them were consistent with the same rankings. I gathered this information from **Justcichlids.com** and have provided the information here for your viewing:

-----justcichlids.com-----

***The fun of keeping cichlids is enjoying their wonderful behavior only to be matched by their coloration. With advances in science and advanced technology you can amplify the colors of your cichlids with fantastic color enhancing cichlid flakes or pellets. This is a current collection of the top 10 foods available for cichlids in flake and pellet forms. Supplementing their diet with color enhanced foods will keep cichlids looking great and in optimal health.***

### **1. TetraColor Tropical – Cichlid Flakes**

This color enhancing flake food is the perfect supplement to the diet of any cichlid. Designed for the omnivore with higher protein to fat ratio than standard flakes. Plus these flakes contain carotenoid laden yellow and red flakes and offer balanced nutrition as its core formula. The Crude protein amount is (min) 46% to promote brilliant color in freshwater cichlids. These flakes are known to be relished because of its taste.

## **2. Hikari Cichlid Gold – Floating Pellet Fish Food**

A popular color enchanting floating pellet high in beta carotene and NS Germ, which brings out natural brilliant colors. Contains stabilized Vitamin C and will not cloud water. Meets the needs of all types of cichlids for daily diet use. Hikaris exacting quantities produce food that bring out brilliant colors of your cichlid and promotes long healthy life. Contains carotene, white Fish Meal, Wheat Flour, Wheat Germ Meal, Brewers Dried Yeast, Soybean Meal, and Shrimp Meal.

## **3. Hikari Cichlid Gold - Sinking Pellet Fish Food**

Loaded with Astaxanthin, this food brings out natural and brilliant colors in fish. This is a sinking pellet that will not cloud water. Cichlid Gold Supports immune system health and proper form in large cichlids. Hikari uses the highest grade of ingredients formulated in exacting quantities to produce a food that will bring the brilliant colors of your fish to life, fish clearly enjoy the taste.

## **4. Aqueon Color Enhancing - Cichlid Pellets**

Made with a unique blend of A unique blend of marigold, chili powder and natural astaxanthin brings out the brilliant colors in cichlids. These are slow sinking pellets that contain premium nature ingredients like krill and shrimp and will not cloud water. The bag is resealable to maintain freshness. Aqueon food promotes taste to attract the pickiest eaters while its formula keeps fish healthy and energetic.

## **5. Cobalt Aquatics - Color Flakes**

This is a high tech premium fish food for color enhancing. Contains naturally occurring probiotic bacteria into every flake, which improves digestion, resulting in less waste. Super-packed with immunostimulants and a triple-vitamin boost which helps the fish fight off disease and helps to keep in top shape and color. Ingredients include salmon fish meal, freeze dried plankton, and freeze dried krill, dry spirulina algae and numerous vitamins.

## **6. Marineland Labs - Color-Enhancing Cichlid Pellets**

These floating pellets are highly nutritious color enhancing pellets that promote superior growth and clear water. Comprised of green veggie pellets that contain healthy spirulina algae meal

that is rich in natural carotenoids. Their unique formula is made up of a high protein Peruvian anchovies as well as Cod, Haddock, Halibut, Herring, Pollack, Mackerel, Whiting and Red Fish.

#### **7. Aqua Master - Cichlid Pellets**

For superior color enhancement in cichlids such as Flowerhorns and Red Parrots. This new formula helps fish look great, feel healthy and meanwhile keeps your water clean. Fortified with astaxanthin and spirulina to quickly and naturally enhance color by using Premium krill meal and fish meal for better taste. Contains Natto Probiotics which helps digestion and thus reduce water contamination. Contains Astaxanthin & Spirulina which quickly enhances color and attractiveness to your pet naturally.

#### **8. Omega One Super Color - Cichlid Pellets**

These small color enhancing sinking pellets are designed for your cichlids to thrive on. Contain the same great nutrition and unsurpassed palatability as the existing lines made by Omega, but made even better. Packed full of vitamins: Vitamin A Acetate, Vitamin D3 Supplement, Vitamin E Supplement, Vitamin B12 Supplement and whole salmon, halibout, whole shrimp, krill, fresh kelp, wheat flour, Lecithin, Astaxanthin, and Zeaxanthin.

#### **9. Wardley Corp - Cichlid Flakes**

From a name you trust, Wardley's formulated cichlid flakes with an optimal blend of ingredients to deliver superior nutrition and color enhancers. This product is fortified with Fish Meal, Wheat Flour, Rice Flour, Corn Gluten Meal, Fish Protein Concentrate, and Soy Protein for growth and vitality of all cichlid fish.

#### **10. Ocean Star International - OSI Cichlid Pellets**

Designed for most types of African and both South and Central American cichlids to enhance natural colors in cichlid fish. These are high quality floating pellets with high protein content to ensure ideal appearance and health. Contains high levels of color enhancing pigments, spirulina and stabilized Vitamin C, including all necessary vitamins. Will not cloud the water and can be fed regularly.

**Thanks again to Justcichlids.com for the use of their information**

-----justcichlids.com-----





Now I will be the first to tell you that I haven't used all the products we have discussed today. I will tell you that I am a huge Hikari foods fan and have raised my cichlids largely on their cichlid products. I have also recently started using Paradigm fish foods in combination with Hikari and my cichlids absolutely love it. I was so impressed with Paradigm foods that I contacted one of the owners Stephanie Butt and asked her about her products. This is what she had to say:

**Paradigm**



**Fish Food**

*My name is Stephanie Butt and I am one of the owners of Paradigm Fish Food. We pride ourselves in being a very unique company. We are the only tropical fish food company that actually makes our own food in our home. Our foods are not milled or extruded....we use a dehydrator. The dehydrator works by cooking the food at a low temperature of 150 degrees. It takes out almost all of the water which helps preserve the food naturally and also helps with retaining each of the ingredients original vitamins and minerals. We are also the only company*

*whose whole food line is All Natural AND 100% Grain and Gluten Free. Each one of our 5 different formulas (Carnivore, Omnivore, Herbivore, Grow and Graze) uses a total of 9 ingredients. We don't use any fillers what so ever and our foods use dried egg whites as a binder. Dried egg whites are the best source of protein you can eat. It offers a complete amino acid profile and is 100% digestible. Our ingredient list includes: Whole menhaden fish meal, shrimp meal, green pea flour, dried egg whites, human grade spirulina powder, whole menhaden fish oil, astaxanthin, paprika, and cayenne pepper. We tried many other whole fish meals before deciding on using whole menhaden. The reason we chose the whole menhaden meal was because the fish seemed to actually target the menhaden faster than the herring or salmon. Another big reason we use whole menhaden is that we didn't want to use a fish that is also used for human consumption. Finally, our food is not a pellet or a flake. Paradigm is a crumble which is more cost effective. Consumers do not need to purchase a bunch of the same exact type of food in different size pellets to suit all the different sizes of fish one has. You just buy one bag of the desired formula and you can crumble the food up to the size needed for that particular fish tank. We are hobbyists and fish breeders who wanted to give our fish the very best fish food that we possibly could so we set out on a mission to make it ourselves. Almost 6 years later of trials and tests and we created what we think is the healthiest fish food available. Our motto is: Quality in every crumble..*

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So there you have the very basics on foods based on my personal experience and information gathered from various reputable sources. I think this is a great starting point for those just getting into the hobby or those wanting to get the best color, condition and attitude from your cichlids. You can find many of these foods in sample bags at our meeting so make sure you pick up a few on your next visit. In parting I would like to say as a hobbyist who shows cichlids at various events, a cichlids diet is very important in how they look and perform. So as our big CCY Cichlid Show "Clash of the Cichlids" gets closer you may want to examine what you're feeding your cichlids because like they say

**"You are what you eat!"**

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## NEC Member Clubs

(click on individual logos to go to the respective website or contact info)



# The Clash of the Cichlids



The Clash of the Cichlids took place in Spring Grove PA on September – 2014. This was the 2<sup>nd</sup> cichlid show the CCY has put together the first being January of 2014. September will be our official month to have the CCY cichlid shows moving forward as January proved to be too cold with messy weather. This year we had over 60 entries doubling the amount from the previous CCY contest. The CCY also invited participants from neighboring clubs such as Capital Cichlid Association (CCA), North Jersey Aquarium Society (NJAS) and the Aquarium Club of Lancaster County (ACLC). To add to the fun we raised the stakes by introducing the **“Club Bragging Rights Trophy”**. Whoever won” best of show” would also take back with them a beautiful trophy to display at their primary fish club. Obviously with the CCY hosting this great event it was our every intention to win Best of Show and keep the Bragging Rights Trophy with us. Sadly for us that would not be the case. But first let’s quickly review some of the happenings at the show along with some photos supplied by **Danielle Warren**







To get the show off to a great start **Kevin J Carr** did a wonderful presentation on “**Tips of Showing Cichlids**”. The presentation highlighted areas such as isolating those show cichlids in separate tanks to prevent damage, proper diet, how to transport them safely to shows, and lastly tips on how to get them to look their best the day of the show. Kevin did an amazing job and was showered with many gifts all themed around his love for the Grateful Dead. After the presentation Kevin went straight to work as head judge of the CCY cichlid show. **Matt Quinn** of the CCA and **Joshua Wiegert** of Batfish Aquatics joined the panel of judges with Dwayne and Liz Walker as assistants. Before we go any further I must acknowledge the tremendous job **Michael Mull** did designing and setting up the CCY show tank area. Simply put his efforts made the show a success!



- Mike Mull and Orlando Torres hard at work the day before the show -





The overwhelming feeling throughout the show was how excited everyone was, and how many amazing cichlids were entered in this CCY event. While the judges were busy scoring the various cichlid entries, all attendees of the show enjoyed a large feast with friends, browsed through auction items and just enjoyed the many cichlids on show. Most of the feast was provided courtesy of the CCY and its faithful members. Also with the feast came lots of prizes thanks to our generous sponsors. Due to the hard work of **Elizabeth Napier- Bonvillian** who contacted our sponsors (and companies that would later become sponsors of the show) we were able to give each contestant a large bag of cichlid food for each of their entries. So for 5.00 you got to enter your cichlid in our show, get a 10.00 bag of cichlid food, a really cool CCY pin, all you can eat food and a ribbon or trophy if your cichlid placed in the top 3 of its class. How's that for a memorable event? Save the date gang, this event will only get bigger and better as we move forward.

## Now on to the cichlids, judging and winners.

Cichlid Club of York PA

Clash of the Cichlids - CCY Cichlid Show

### JUDGING SHEET

ENTRY	<input style="width: 50px;" type="text"/>	
JUDGE'S NUMBER	<input style="width: 50px;" type="text"/>	
SIZE	<input style="width: 50px;" type="text"/>	20 POINTS MAX
DEPARTMENT	<input style="width: 50px;" type="text"/>	20 POINTS MAX
COLOR	<input style="width: 50px;" type="text"/>	20 POINTS MAX
CONDITION	<input style="width: 50px;" type="text"/>	20 POINTS MAX
FINNAGE	<input style="width: 50px;" type="text"/>	20 POINTS MAX
TOTAL POINTS	<input style="width: 50px;" type="text"/>	
<u>COMMENTS:</u>		

With over 60 cichlids to judge and close to 100 people in attendance the judges had quite the task of reviewing cichlids and answering questions at every turn. Kevin, Joshua and Matt did a wonderful job of juggling everything that came at them while maintaining a friendly demeanor that only fish keepers have. The competition was fierce as each cichlid was closely examined by each judge. The judging score sheet was broken down into 5 main groups: Size, Department, Color, Condition and Finnacle. 20 points was the maximum a cichlid could receive for each category for a 100 total score. After watching the judges in action I was pleased that I had picked the right team for such a tough task. Finally after great deliberation the judges were ready to announce the winners.

Drum roll please!!



### Class 1 South American:

1<sup>st</sup> Place- **Elizabeth Napier- Bonvillain** –  
Geophagus altifrons

2<sup>nd</sup> Place- Elizabeth Napier- Bonvillain-  
Geophagus Boliviense

3<sup>rd</sup> Place- Andrew Schwartz- Aequidens  
Metae

**Class 2 Central American** (less than 6 inches)

1<sup>st</sup> Place- **Andrew Schwartz**- *Cryptoheros Cutteri*

2<sup>nd</sup> Place- Liz Walker- *Cryptoheros sajica*

3<sup>rd</sup> Place- Karen Haas- *Amatitlana nigrofasciata*

**Class 2 Central American** (6 inches and larger)

1<sup>st</sup> Place- **Sam Phelan**-  
*Amphilophus citrinellus*

2<sup>nd</sup> Place- Orlando Torres-  
*Astatheros robertsoni*

3<sup>rd</sup> Place- Scott McLaughlin-  
*Paratheraps bifasciatus*



**Class 3 Malawi**

1<sup>st</sup> Place- **Mike Mull**- *Cynotilapia afra* Jalo Reef

2<sup>nd</sup> Place- Will Wiles- *Copadichromis borleyi*

3<sup>rd</sup> Place- Jay Stephan- *Protomelas* Red Empress



#### **Class 4 Victorian**

1<sup>st</sup> Place- **Karen Haas**- Xystichromis phytophagus

2<sup>nd</sup> Place- Brooke Moore- Paralabidochromis chrom

3<sup>rd</sup> Place Will Wiles- Copadichromis borleyi

#### **Class 5 Tanganyika**

1<sup>st</sup> Place- **Paul Sherman** – Neolamprologus Multifasci

2<sup>nd</sup> Place- Mike Mull- Neolamprologus brichardi

3<sup>rd</sup> Place- Oreochromis tanganicae

#### **Class 6 Discus/Angels**

1<sup>st</sup> Place- **Kristina Bryson**- Pterophyllum scalare

2<sup>nd</sup> Place- Karen Haas- Pterophyllum scalare (albino)

3<sup>rd</sup> Place- Wayne Smith- Koi Angel



**Christine Keys “Best of Show” Apistogramma panduro**

**Class 7 Dwarf cichlids**

1<sup>st</sup> Place- **Christine Keys**- Apistogramma panduro

2<sup>nd</sup> Place- Karen Haas- Laetacara Araguaia

3<sup>rd</sup> Place- Bill Vallari- Mikrogeophagus ramirezi



**A glowing Christine Keys as she is crowned Grand Champion!**

It was a tremendous day of fun, excitement, food and laughter! Great bonds were made between clubs, friendships were created and everyone left happy having enjoyed a great day of cichlid fellowship! Christine Keys of the CCA left with the “Best of Show” and “Club Bragging Rights” trophies with a strong showing from her *Apistogramma panduro*. Anyone who saw this great cichlid could hardly complain as this cichlid is one beautiful animal. CCY’s own Elizabeth Napier- Bonvillian won “Best Reserve of Show” trophy with a strong showing of her *Geophagus altifrons*. 2 years in a row Elizabeth has won “Best Reserve” and she has vowed to win the “Best of Show” trophy in 2015! That about wraps it up my cichlid fans. Next year we hope to reach 100 entries and bring even more clubs aboard for this great day of fun. Special thanks again to all the clubs and sponsors who made this event such a very huge success.

So start today and prepare your favorite cichlids for September 2015. The competition will only get better and the awards and prizes will only get bigger! Hope to see you there!



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## NEC Convention Update

The 40<sup>th</sup> Annual Convention will be held on the weekend of March 20-22, 2015 at the Sheraton Hartford South hotel in Rocky Hill CT. Please mark your calendars and plan to celebrate with us!

**Convention Advertisement:** Ted "P. T. Barnum" Coletti reports that we got a LOT done in October! We established a Facebook presence and Event Page; submitting our ad to all the major magazines, and mailing or distributing color postcards and flyers to all the NEC clubs (and 10 other big clubs). Now, we need **YOUR help**: please help us promote the convention on the web by posting on aquarium forums and social media, and any club to which you are a member; sharing posts and inviting friends in our NEC and Event pages; and requesting website to post our bannered ad with a link to the NEC convention URL. If you are a member of a Non-NEC club or national organization, please let me know so that we can send convention postcards to the club or organization to promote our event. My e-mail address is [ConventionChair@northeastcouncil.org](mailto:ConventionChair@northeastcouncil.org). Thanks!

Attached at the bottom of the newsletter is our convention flyer. Please print out copies and distribute to friends and club members.

**Hospitality Room:** Steve Lundblad, owner of Wet Pet in Portland, Oregon, is this year's hospitality chair. Steve has hosted the Hospitality Room at our 38<sup>th</sup> Annual Convention and we are very pleased that he will be joining us again this year!



**Speakers:** Our confirmed speakers are Ariel Bornstein, Pam Chin (28<sup>th</sup>), Mark Denaro (38<sup>th</sup>), Mike Hellweg (36<sup>th</sup>), Shane Linder (23<sup>rd</sup>), and Brian Perkins. Two of our speakers have never spoken at the NEC Convention, two have spoken recently, and two haven't spoken in quite a long time. As a group, the speakers will present 14 talks on Friday and Saturday on a variety of topics and species that I'm sure you will enjoy!

**Vendors:** Would you like to be a vendor at our 40<sup>th</sup> annual convention? Do you have a vendor you'd like to see in our vendor room? Please send an e-mail to Vendor Chair Nancy Villars/Hallgring at [NECconvention@aol.com](mailto:NECconvention@aol.com).

**Donors and Sponsors:** Barbara Romeo is our Donor and Sponsor Chair again this year. If you would like to sponsor or contribute as a donor, please contact Barbara at [BRomeo234@optonline.com](mailto:BRomeo234@optonline.com).

**Conservation:** The James J. White Memorial Conservation Fund committee has decided upon the two organizations as recipients of our conservation efforts this year! The freshwater conservation organization is Conservation International (<http://www.conservation.org/where/pages/indonesia.aspx>) and the saltwater conservation recipient is OLAZUL – innovation for Marine Conservation (<http://olazul.org/>).



Conservation International is involved in conservation of the Asian Arowana (Dragon Fish) which is listed as Endangered on the IUCN Red List, and OLAZUL is involved in developing market-based alternatives to ocean goods produced via destructive methods. They are currently working with fishing communities in Mexico and Indonesia to design sustainable methods for producing seaweed, shrimp and aquarium fish for consumer markets.

**Hotel Registration:** The Sheraton Hartford South is located at 100 Capital Blvd., Rocky Hill, CT 06067. Room rates this year are just \$99 per night! You may make your reservation by calling 1-888-627-8263 and mentioning the Northeast Council of Aquarium Societies 2015 Convention. To reserve online, please copy and paste the following link into a web browser): <https://www.starwoodmeeting.com/Book/Aquarium>.

**Convention Registration:** Prices are the same as last year!

Remember to check our websites – convention and main website – for updates at [www.northeastcouncil.org](http://www.northeastcouncil.org)

That's all for November – just 4 months until we celebrate our 40<sup>th</sup> annual convention!  
Leslie

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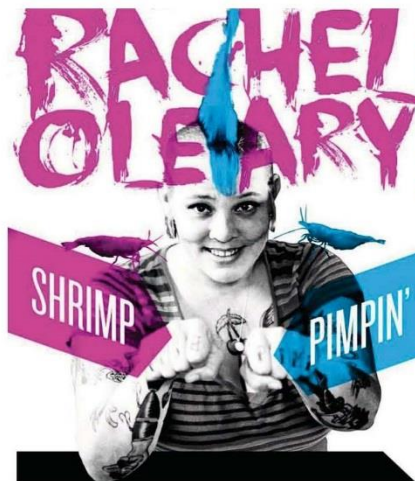


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