

# Squawk 'n Talk

Volume 5, Issue 5

July 2005

## Presidential Perch

### Monthly update

Phyllis is having technical/computer problems, so we don't have the word directly from her mouth...

Of course the big message is the upcoming All American Hook-bill Fair, August 27, 28. Everyone will attend, right? But have you made your plans for helping out at the Fair? Debby Martin is coordinating volunteer schedules. Contact her, info at back of newsletter, to find out what needs to be done. Please, please, guilt, guilt...

By way of preparation for the Fair, we have flyers to distribute anywhere you think will reach potential visitors. Pick them up at the meeting or contact Kinkades to get a stack.

You can be a TV star; your bird too! To help promote the Fair with local media, we have a confirmed appearance on Channel Five's Show Me St. Louis program, August 23 at 3:00 PM. This will be at the KSDK studios at 1000 Market Street. Janet Draper is coordinating this event. Please contact her for details at (314) 432-3019, or [JDraper@aol.com](mailto:JDraper@aol.com).

Janet is also coordinating our appearance at Window on St. Louis. Details for that will follow. I believe that is a morning appearance.

Please join us for dinner at the Fair, Saturday evening. Visit with vendors and speakers in a casual atmosphere and enjoy a tasty meal provided by Orlando's. Pre-registration is required and will close July 31. Register on our website or call Phyllis.

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## Tid Bits

Trey Shaffer

The Fair is right around the corner. We have articles this issue from two of our featured speakers, Michelle Karras and Cliff Patterson. But don't forget all the education opportunities at the Fair, including Rich Weiner, Dr. Kersting and Dr. Jarasek.

### **Breeder Listing**

As you may know, we list breeders on our website. The list has not been updated in some time, and is not accurate. Any active member may have a free listing. I will try to review the list periodically, but for now, I will assume all listings are out of date, and will remove them unless I get confirmation and/or updated information.

*I will make updates as I receive them. I will remove unclaimed entries July 30.*

Please send me current information including contact info and information about breeding activity, such as breeds available. I can include phone, email and/or a link to your website. Our website will not include pricing and short term availability information. It is assumed all breeders listed support the Club's position on not selling unweaned babies.

## Step-Up Training

Michelle Karras

**Note:** Look forward to hearing Michelle speak both days at the Fair next month.

The term step-up is a universal command to "ask your bird to place themselves onto your hand to be moved or to spend time with you". Step-up is as universal as the sit command is to a dog and should be instilled upon your parrot as sit is to a dog. Parrots being wild animals and not domesticated you will have to be a bit more patient when training especially an older parrot or a parrot that has not been handled in awhile. I believe that a parrot should be asked if they would like to step-up as they are not domesticated and do not always want to do what we tell them. Therefore showing respect to them by asking and using the correct body language when asking is always appropriate. By asking I mean do not walk

## Contact Information

We welcome your questions and suggestions...

### Officers

President	Phyllis Cotton	(314) 427-3679
Vice President	Janet Draper	(314) 432-3019
Secretary	Dorene Olson	(314) 956-1310
Treasurer	Dave Kinkade	(636) 343-8097
Membership	Carole Grommet	(636) 529-0026

### Board Members

Christine Kinkade	(636) 343-8097
Nancy Marron	(314) 984-9524
Pat Seiler	(636) 462-4732
Trey Shaffer	(314) 432-4317
Debby Martin	(314) 968-0949
Larry Martin	(314) 968-0949

### Committees

Education/Outreach	Dorene Olson	(314) 569-1310
Hospitality	Pat Seiler	(314) 462-4732
Librarian	Christine Kinkade	(636) 343-8097
Ways & Means	Larry Martin	(314) 968-0949
Website /Newsletter	Trey Shaffer	(314) 432-4317

## Attendance - June Meeting

All board members present except Nancy Marron, Debby and Larry Martin

21 members present

3 visitors: Rachel and Darwan Potvin, Daffanee Johnson

No new members at meeting

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## Mission Statement

Gateway Parrot Club

A not-for-profit organization

Established in 1988

*Dedicated to the following goals:*

- Bring people together in a friendly atmosphere in the interest of exchanging information on bird care and breeding.
- Create interest in bird care and responsible breeding through monthly educational programs and annual bird fairs.
- Reduce neglect, cruelty and abuse of captive birds through education and public outreach.
- Educate the public, as well as ourselves, on the ever present danger of extinction in the wild.

up and demand that your parrot step-up onto you, this is just asking for a bite. You should be relaxed in demeanor and calmly walk up to your parrot and ask, "Would you like to step-up?" during this time you will want to watch the parrot's body language. Some parrots' may put their foot right up for you, some may strike to intimidate you, some may pin their eyes and flare their tails, and some may step-up and then bite. The outcome of having a wild animal step-up onto your hand there will always be a risk of being bitten. If you show fear or apprehension the parrot will sense this, therefore if you feel that you are not confident enough you should use a perch or a Booda rope for stepping up to help give you the confidence you need when working with a parrot that is un-known to you or has not been handled in awhile. Know that a bite is always a possibility, yet the more confidence and trust you show the parrot the better chance you will have in succeeding in this process.

Many people I see use what I call "Noodle Hand" this is a limp hand that you put out when you ask your parrot to step-up, no parrot will step onto a perch that they feel is not secure. So your hand should be firm with your thumb tucked into your palm. This shows the parrot that this is a strong safe perch for them to place their body onto. This also shows that you trust the parrot and that you are confident in your handling capabilities. Many parrots that are young may use their beaks to test the perch before stepping onto it, the mistake we make as humans is that we will try and reprimand them for this when in all actuality we should not respond and let them test the waters'. Once a parrot feels your hand is a secure perch especially a baby you gently push your hand into their belly and ask them to step-up. If they refuse, try to bite or strike at you, you can switch to using a small perch or Booda rope (my preference because they cannot run right up to you shoulder because you will keep the rope perch bent in a U shape) to help you and the parrot feel more confident.

Another method is to give them a choice of an un-familiar item versus a familiar item. The un-familiar item being something they do not know yet is not scary in any way such as a magazine, strange toy etc. Hold this item with your opposite hand off to the side slightly above the parrot to distract, and ask them to step onto the familiar being your hand. This technique works like a charm with many parrots'. Remember that when working with parrots' that tend to get very nippy to keep their minds distracted by going right into another step-up or wing flap them. Once they are a little tired they are more amicable to being worked with as parrots fly anywhere from five to twenty miles a day in the wild. They work all day; they do not just sit on a perch in the wild. We as humans

expect our parrots to adapt to us when we should be adapting to them and their needs. Once again showing them respect is of the utmost importance. When you give respect you receive respect back. Many people could use a lesson on exactly what respect is.

**RESPECT:** To have to have courteous regard for: esteem, to treat with politeness or kindness, to avoid intruding upon; Regard as sacred, a high regard for appreciation and worth. To be treated as sacred.

Knowing this take a different look as to how you interact with your companion parrot. Do you treat your parrot with respect? Or do you expect?

Example: Every morning when I wake up my flock, I go into their room and go around and change waters, I say good morning to all of them, I do not rush them out of their cages. Once everyone has had their morning greeting, food, and water change, I go from cage to cage and ask them if they would like to come out and play? Some do, some don't. They are all required to come to the perch on the door if they would like to come out. There is a perch on the doors of every cage, I never enter their space with my hands, if they want to come out they come down to the perch, the cage door is opened and I ask them to step-up. They are then praised and I place them out in the room. This is their morning time where they play up high without me interrupting or trying to pet or handle them. I know I do not like to be bothered right when I wake up so I give them that same respect. After a couple hours they are climbing down and asking me for attention and scratches and loving. I respect their space and they respect mine. I do not ever force touching or petting on them, I wait until they ask for it and then they shall receive. I have nine-foot ceilings in my bird room and they all play up high, do I have aggression problems? NO. Why? Because they know that if they do not step up for me when I ask them, whether it is to move them to a play gym or place them back into their cages they know if they do not step-up that up-high privileges will be taken away the next day and step-up training will be done through out the day on and off. This shows respect on both sides, I respect their time and they respect me for it. FYI up high privileges has not been taken away from my parrots for over five years.

Okay, now let's go back to step-up training. Step-up training should be done in short segments of a few minutes with lots of praise and reward, it should be done from a T-stand, and if the bird is having aggression problems it should be done in a neutral room that is used only for training sessions. Although I do firmly

water bottle correctly. It was awful, even though Dr. Kersting did put yummy stuff in the medicine.

Carpet cleaning solutions and glues and fabric stain protectors can all emit toxins that can be fatal to your bird

Electrical cords – Mozart will home in on any cord anywhere faster than a laser beam! The danger is obvious – not to mention constant replacement of Mom's tape player ear phones.

Furnace heat exchanger can crack and emit small amounts of carbon dioxide – just sufficient to kill your bird. We'll have to deal with this one before next winter – Mozart is very upset about our defective furnace! I keep pointing out our carbon monoxide detector but he's still worried and rightfully so.

Teflon (polytetrafluoroethylene) has no sound or smell but can cause an agonizing death for your bird. It floats on the air currents so the bird doesn't have to be in the same room. The pan does NOT have to burn – this toxin can be released at a temperature as low as 285 degrees. Not just Teflon cookware uses it; Silverstone, Fluron and T-Fal are just some of the others. Some light bulbs are coated with it but come with an FDA warning. Other products to check out carefully are heat lamps, portable heaters, sole plates on irons, ironing board covers, hot air popcorn poppers and coffee makers.

Household cleaners that include ammonia or chlorine bleach, self cleaning ovens and solvent based paints all create a hazard.

Houseplants that are poisonous – see websites below

Websites with Useful Information on Bird Safety

[www.birdsafe.com](http://www.birdsafe.com) [www.theaviary.com](http://www.theaviary.com)

They knew the bird was in serious difficulty and to make matters worse, there was standing water in the pole. They ran for their teacher and together created a solution. They got a ball of yarn and made several loops in one end. Then one of the boys shinned up the pole and dropped the yarn loop into the opening. When they heard the bird flapping its wings they started pulling the yarn up. The yarn loops emerged with the bird. They gently untangled the bird and it streaked away, apparently unharmed. They also closed up the top of the pole. That made me wonder about safety hazards in our house: have I not noticed – or just become blasé and careless about them? So, aided by Mozart, I've surveyed the house, my behavior and the Internet and we hope some of these points help you avoid a tragic accident. "Now out of this nettle, danger, will I pluck the flower, safety" – Shakespeare: [King Henry the Fourth, Part I](#).

### **TOYS**

When rotating toys, check for loose parts or frayed fabric/rope. Discard toys with loose parts and trim frayed rope and fabric to ensure that little (or big) feet and claws don't get entangled. Birds have been known to chew off their own toes in a state of panic to get free.

Never buy lacquered or painted toys which can have zinc or harmful chemicals and additives

If using leather make sure it's vegetable tanned

Rope should be 100% cotton

Avoid toy attachments or chains that might contain zinc – stainless steel is a safe choice

Avoid colored magazines and newspapers which can have harmful dyes.

Check birdie condos and happy huts carefully and discard immediately when holes are chewed and fraying occurs.

### **HOUSEHOLD**

Do not have the birds out when cooking. The tragic stories on the internet are legion about drowning, burns etc. – it only takes a second!

Hand scrub or use the dishwasher to clean food and water dishes daily to prevent bacteria and yeast growth. This includes any water bottle and its components. Mozart has a perfect horror story about a beak infection probably due to Mom's failure to wash the

believe that you should also move the T-stand into familiar areas to work with the bird once you are comfortable with handling. Praise should be done with each and every wanted behavior that your bird shows you. The first time a parrot steps onto your hand you should praise the parrot for at least five seconds, go into another step-up praising the whole time that the parrot is pleasing you. Be excited but not too excited. At the end of the session reward your parrot with a favorite food that is used solely for these sessions. After your parrot has the step-up command instilled you can do the training sessions a few times a week instead of a few times a day. Always break the sessions up into small segments and always, always end on a good note. If your parrot goes to bite because it is tired, distract and have them do one more step-up onto the T-stand to end the session on a positive not a negative. If you stop when your parrot bites, you have just taught it that all it has to do is bite you to end a training session. Eventually the bite will come before you even begin.

How many sessions should be done and how long should the sessions last?

This will depend on each individual parrot. If you have a baby that you have just brought home, sessions should be very short about one to two minutes, three times a day. If you are working with a rescue bird or a bird that has issues, sessions should be about five minutes three times a day. If you are having no problems just simply asking them to step-up each time you handle is usually enough, although I do like to give my guys a little refresher course about once a week for about three to five minutes.

Some things not to do:

- Never chase a bird around a cage to get them out
- Never wear gloves
- Never use force or demand
- Never yell, hit or scream
- Never handle a parrot when you are stressed
- Never just expect your parrot to step onto you without being asked

Things to do:

- Be calm
- Be confident
- Be respectful
- Be patient
- Set boundaries
- Be positive in all training

- Give lots of praise
- Set your parrot up to succeed in training

Most of all remember they did not choose to be taken from the beautiful blue skies and green trees and raised in captivity by man so be aware that this is not their choice and we need to adapt to their needs by giving them as fulfilling life as possible.

Michelle Karras

- Avian Behavior Consultant
- [www.thepoliteparrot.com](http://www.thepoliteparrot.com)
- Board of Directors and licensed foster home for A Refuge for Saving the Wildlife
- ( 501c3 non-for-profit parrot rescue)
- Published Birds USA
- Lecturer
- Video Positive Parrot Behavior Volume 1 "The Importance of Toys"
- Slave to twelve rescued parrots'

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## Cookie's TV Debut

Cliff Patterson, [www.babybirdfarm.com](http://www.babybirdfarm.com)

Our local sports stadium in my town or Rockford, IL, has a family pet expo each fall, and a few years ago the management approached our local bird club about helping them put on a bird fair in conjunction with it. I agreed to help them, and was surprised to hear that they had scheduled me to be interviewed on all three local TV stations' morning talk shows.

They wanted me to bring my birds, of course. I decided to bring a clutch of baby Quakers and put them out to play on a boing, or spiral rope perch. I also decided to bring Toby, my blue crown conure who plays "dead bird" and does a head stand.

Of course, I also had to bring my sweet little fourteen-year-old pet Quaker, Cookie. Cookie loves everybody, and frequently accompanies me to bird fairs where she entertains the crowds by climbing willingly from hand to hand and dispensing kisses to everybody who says to her, "Gimme kiss!"

lets, a little seed, broccolini and birdie muffins. He would like to comment on Mom's choices but I refuse to type them and since he's busy shredding Dad's papers on the shelf, you all will NEVER know!

But, seriously, would you like to help your companion birdies have a health snack? How about this birdie muffin recipe?

Prepare a box of low-fat Jiffy cornbread according to package directions

For finely added calcium, wash the egg really well and then add the egg and egg shell finely crushed to the batter.

For added vitamin A, add a small jar of sweet potato or carrot baby food, or ½ cup mashed yams

Add chopped broccoli or grated carrots.

Add chopped nuts and pellets

Cook according to recipe directions. Allow to cool and cut into small cubes and freeze. Thaw as needed.

Don't forget about our outside birdy friends. Here is a recipe you might find useful:

Melt 2 cups shortening and 2 cups crunchy peanut butter in a saucepan. While that's cooking mix together 4 cups yellow cornmeal, 1 cup sugar and 2 cups each of flour and thistle and instant oats in a large bowl. Stir in the melted mixture and spoon into ice cube trays and pop them into the freezer. Will make 6 to 7 trays of suet. Drop cubes into suet holders and hang from trees as needed.

## Precaution Is Better than Cure...

Edward Coke

Debby Martin

After reading our April-May issue of "Birds and Blooms," Mozart and I are contemplating the subject of safety. There was a letter from a reader entitled "Nice Assist" about a hazard I never would have anticipated – although Mozart thinks he would have spotted it immediately. The students on a playground were playing by a basketball hoop and heard the frantic flapping, crying and scrabbling of a bird INSIDE the pole. Apparently the bird had flown down and tried to perch on the edge of the open top and missed.

Try to position it in his cage so that he can enter it from either end, then just walk through it and leave by the opposite end. If he only has access to one end, then he will have to back up to get out, and this rubs his feathers the wrong way. Very few birds like that.

There are many benefits to a happy hut if your bird's cage is large enough to accept it (and if it isn't, consider getting him a larger cage!). It protects him from cold drafts while he sleeps. It gives him a sense of security, and makes him more contented. Best of all is that it is just so *CUTE* to see that little head peeking out of his tent!

Total construction time required once you have all the parts should be no more than a half hour, so why not consider making your little guy his very own happy hut? Doesn't he deserve it?

If you aren't handy with a needle and thread, you can always stop by [www.babybirdfarm.com](http://www.babybirdfarm.com) and order one. We carry five sizes to fit Parrotlets to Macaws.

## Snacks

Debby Martin

"To eat is a necessity, but to eat intelligently is an art"

La Rochefoucauld

Ah, food, glorious food! Mozart and I have two huge holidays to get through – Memorial Day and the Independence Day. On both occasions we are in the country and faced tables loaded with enough healthy and unhealthy food to choke a Macaw. We needed to exercise self discipline and "choose wisely" as the old crusader said in the Indiana Jones movie *The Last Crusade*. Our intentions were pure and we had the perfect example of all the wild birds darting back and forth with healthy tidbits in their mouth. Mozart insists that I point out HE remained true and only ate pel-

The first appearance was scheduled for 6 am, and it was still dark when we headed out because it was in the fall. I put the carriers on a cart and wheeled them into the studio. The anchor was doing a news story and we had to wait.

Cookie, the bird who never gets flustered at bird fairs, knew that something completely different was going on. She was very nervous, so I took her out and cuddled her while we waited.

I had recently taught her to accept wearing a Flight Suit, and it was only about four weeks after the World Trade Center disaster, so I had gotten her a little "Uncle Sam" suit to wear. It had a red tummy and a red, white and blue striped chest, with a little red bow tie. She looked so patriotic and cute in it!

While a commercial was on, they hustled us onto the set. I set up the boing, hanging it from a chrome fixture about seven feet tall, so it was hanging right behind us. The baby Quakers happily began climbing around on it. Cookie, in her little suit, went on my shoulder and Toby was on my hand. The weatherman and the anchor joined us, and suddenly, we were on the air!

They began asking me questions about the upcoming bird fair, and I felt every one of those thousands of eyes staring at me out of that camera. Then it was time for Toby to perform. He willingly lay on his back on the palm of my hand, with his little pink feet sticking up in the air. Then, I balanced him on the back of his head and on his shoulders on the palm of my hand, and he obligingly flared out his maroon tail feathers for us. He did everything perfectly!

Next came Cookie. She perched proudly on my index finger while the camera came in for a close-up of her little Uncle Sam suit. The anchor leaned over to her and said, "Hello there, little bird." Cookie quickly reached out and touched his lips with her beak, made a smacking sound, and very distinctly said, "I love you!" You should have seen the anchor jump, because he had no idea she would do that!

The weatherman asked if Cookie would give him a kiss too. Not only did she kiss him, but she gave a great leap and landed right on top of his head. The weatherman left her there, and walked over to the weather area and gave the weather report with Cookie happily sitting in the middle of his carefully coifed hair. Cookie was a TV star!

They went to commercial, and I quickly loaded all of my birds back into their carriers, put them on the cart and headed for the parking lot. As I stepped out the door, there was a huge crack of lightning

that hit the giant antenna behind the studio, and the lights went out and the station went off the air! I ran for the car as the skies opened up and the rain came down.

Cookie was the last into the car (except me, of course) and she was soaked. Even her little Uncle Sam suit was wet. She seemed to realize that she had been a TV star, though, because she chirped softly all the way home, quite proud of herself!

Cookie will be accompanying me to the Gateway Parrot Club's All American Hookbill Fair this August, so stop by our booth to meet her. In addition to the standard bird toys and books and boings, this year we will have a special section for speech and trick training. There will be a wide selection of tapes, books, CDs and DVDs. We will also have a big selection of Zoo-Max's new line of trick equipment, acrylic items with instructions for teaching your bird colors and counting, just like Alex the Grey. Plus there will be roller skates, basketball hoops and little scooters. Who knows, maybe you and your bird could appear on "Pet Star!" on Animal Planet!

And not only can you meet Cookie but, who knows, maybe she'll even give you a kiss!

## Avian First Aid Kit

Debby Martin

Newby bird "parronts" are advised to put together a Bird First Aid Kit. I've seen this advice several times but with no specifics as to content. Mozart found this suggested list at [www.theaviary.com](http://www.theaviary.com) and thought it might be useful.

- Vet's telephone number
- First-aid booklet
- Small bright flashlight
- Heat lamp/Heating Pad
- Tweezers
- Scissors
- Several emery boards/ nail files
- Corn starch to control bleeding
- Various towels or baby blankets
- Masking tape
- Q-tips
- Bottled water

part, because for the most professional appearance, you want the two ends sewn together *INSIDE* the tent. I find that the easiest way is to go half way in from one end, then turn it around and finish it off from the other end. Complicating this is the fact that the ends of the 4" cord loops need to be sewn in at the same time. You will get the best support if you put them about 1" in from each end.

***Hint:*** Make sure that the loops will be on top of the tent when you're finished, not inside it!

All you have to do now is insert the quick links through the loops, and your masterpiece is finished! Now you get to fasten it to the ceiling of your bird's cage, preferably towards the rear, and watch in anticipation as he runs in terror from it.

Don't be disappointed. Birds almost never welcome a happy hut until they discover how snuggly they are. Some birds will make this discovery within a couple hours, but some stubborn ones will hold out for weeks. Most of them come to love them, though.

When they are in there, all you will see is a tail sticking out the back. If you look in the other end, you will see your bird all warm and safe and snuggly, with a contented look on his face. Amazingly enough, few birds will poop inside their cuddle tents. They are smart enough to know to back up until their little feathered butts are sticking out before letting go.

Few birds will chew up their tents, though occasionally one will. You need to check out the tents when you clean the cages. If there are frayed spots, trim the loose threads with a small pair of scissors. If the tent becomes badly chewed you may need to discard it and make him another, rather than take the chance that he could become caught in the loose threads. This isn't a problem with most birds, however.

them, but this is rare. I have sold them for years at bird fairs and get a lot of feedback from my customers. Most birds will take a few hours to a few weeks to get used to them, but eventually they become their favorite snuggle spots, even their bedrooms.

I'll give you directions for making one yourself. This is the appropriate size for a Cockatiel, a Quaker, a Senegal, etc.

You will need two pieces of cloth 8" x 16". For the cloth that will be the interior, I recommend that you use flannel or fleece, both warm and snuggly fabrics. Many folks are using the colorful bird fabrics that are now available for the exterior, but it can be any fabric that both you and your bird will like.

You will need two four-inch lengths of a small cord (the round-type shoelaces work well), and you will need a couple quick links. The pear-shaped ones work just fine and are the least expensive, but any quick links will work. Lastly, you will need a piece of plastic to keep the floor flat. Do not use cardboard; because the first time you try to wash it, it will be ruined. The plastic should be light and flexible, about 4" x 7". You can probably find the ideal plastic at a crafts store.

You lay the outside fabric face up and the interior fabric face down on top of it. Sew both the 16" edges together about a quarter inch in. After you have finished both sides, turn the fabrics inside out. You will now have a 16" tunnel with the sewn edges on the inside.

Insert the plastic floor and center it in the middle, with the 7" length of the plastic extending across the tunnel. Sew the fabric together on either side of the plastic to keep it from shifting. This will give you a flat floor about 8" x 4 1/2", with 5 3/4" lengths of soft fabric on either side.

To complete your tent, bring the two loose ends together at the top for sewing. This is the most difficult

- Betadine scrub or Hibitane or other bird-safe disinfectant recommended by your vet
- Neosporin or other antiseptic recommended by your vet
- Assorted syringes without needles
- Baggies to put stool or other samples in
- Pet carrier
- Rubbing alcohol and alcohol swabs
- Various Gauze swabs
- Artificial tears – in case of irritant eye exposures
- Sterile saline for irrigation
- Hot/cold pack
- Magnifying glass with light

This website also had several vendors for avian First Aid kits

#### Exotic Bird Care

Bird Aid  
7514 Charmant Drive  
San Diego, CA 92122

#### Petiatic Supply Company

First Aid Kit  
3030 Mascot  
Wichita, KS 67204-4406  
info@petiatric.com

## The Fever Recipes

Note: The following recipes come from Mandy Baumgartner, found on a Quaker discussion group. Thanks to Anna Lee, who originally posted them. The recipe names have been changed slightly to avoid conflict with commercial products.

### Nutritious Berries

#### Ingredients

1 C	Dried fruits of your choice
2 TB	Coconut
1/2 C	Old fashioned Oatmeal, uncooked
1/4 C	Seed mix of choice
1/4 C	pellets of choice
2 - 3 TB	creamy peanut butter
2 - 4 TB	Honey and/or Molasses

### Preparation

- Put first three ingredients in processor and blend well. Add the rest of the ingredients (it will be sticky.)
- Roll into balls. Use wet hands.
- Bake at 325 degrees for 15-20 min.
- Check periodically to make sure they do not brown, just set. Put them on parchment paper on the cookie sheets instead of greasing them.
- Cool and put in airtight jars.

### Avian Cakes

#### Ingredients

2 C	Crushed cereal (Shredded Wheat is good)
2 C	Crushed or whole pellets of choice
2 C	Assorted seed mix of choice
1 ¼ C	Honey and/or molasses

#### Preparation

- Stir until mix is wet but not dripping.
- Pour onto a parchment paper covered cookie sheet and spread out.
- Bake in a low (200-225deg.) oven for approx. 45 min.
- Halfway through, score the block to make cutting easier. You can also shape these around popsicle/craft sticks and bake to use for hanging in the cages.

FLOCK MEMBERS - WE NEED YOU  
VOLUNTEER TODAY!

Debby Martin

The All-American Hook Bill Fair and Seminar on August 27<sup>th</sup> and August 28<sup>th</sup> is getting closer and the call goes out to the Gateway Parrot Club flock – Can you help?? Some flock members have already signed up and Mozart and I are SOOO grateful to them. But we still need some volunteers.

You're probably asking yourself – volunteer to do what? Mozart suggests it might help if we share what needs to be done.

Set up for the Fair Friday August 26<sup>th</sup> – gentlemen we really need you!

- Take down for the Fair Sunday August 28<sup>th</sup>
- Staff the registration, raffle, silent auction and seminar tables
- Staff the membership table
- Distribute flyers to stores and vet offices etc.
- Solicit donations to the Raffle Table
- Solicit donations to the Silent Auction Table
- Bring desserts Saturday August 27<sup>th</sup>
- Bring soda and snacks 27<sup>th</sup> and 28<sup>th</sup>
- Make coffee and set out donuts for volunteers and vendors in the mornings
- Miscellaneous tasks as assigned by Phyllis

If you could donate a couple of hours (or more) for any of the above it would be WONDERFUL!!! Please contact Debby Martin if you can help! (314) 968-0949 home, (314) 623-0617 cell, debby-martin@charter.net.

## Birdy Sleeping Tents

Cliff Patterson, [www.babybirdfarm.com](http://www.babybirdfarm.com)

Are you handy with a needle and thread? Are you just dying to try out that new sewing machine you got? Then I've got a project for you that your bird will just love you for!

Everyone has heard of "Happy Huts." That's the trade name of the original little bird snuggle tents. There are now other manufacturers using names such as "Cozy Tents," "Bird Condos" and so on, but they are all talking about the same basic product. It's a small triangular structure, with a flat floor and two soft sides coming together at the top. There are a couple loops with quick links at the top to hang them from, and they're soft and fuzzy inside.

What most folks don't realize is that these tents are very easy to make, and are almost universally loved by our birds. Keep in mind that they are rugged individuals and there are a few stubborn birds that won't accept