

Squawk 'n Talk

Volume 8, Issue 7

July 2008

Greetings from the Presidential Perch!

Summer is here! I hope everyone had a fun and safe Fourth of July celebrating Independence Day.

I would like to thank everyone for showing up for the Toy Making Party. Fifty+ toys were made for this year's Fair. Thank you again for making it a success. I also would like to thank Dawn Breer for her help and assistance in making the toys.

I hope everyone is getting excited about our upcoming Fair. It is just a month away! We still need volunteers. You may be called or emailed within the next few weeks to volunteer for a small block of time to help setup for the Fair, or help out during the Fair. Any time you can volunteer will be appreciated. The Fair is not just work, but also a lot of fun. There are many interesting people to meet, things to see, and things to learn about parrots and birds. Please see Suzanne Dohack at the meeting for the volunteer sign-up sheets. The Fair can't happen without the help of all the volunteers.

The July meeting will be the last meeting before the Fair, so be sure to attend. We still have important business to conduct as well as finalizing our plans for the Fair.

See you at the Meeting. ---- Dave

Tidbits

Fair Time! – Its crunch time for Fair preparation. Dave mentioned the need for volunteers. I will reiterate, more bluntly... Step up and sign up. Don't wait to be called. You were going to come to the Fair anyway, right?

AFA Convention, St. Louis – Just a reminder, the American Federation of Aviculture has their annual convention in St. Louis this year, actually, this month. The dates are July 30 – August 2. It is at the Renaissance, by the airport. You can get details on their website, www.AFABirds.org. Thanks to Carole Grommet for the reminder, and pointing out that if you volunteer to work a few hours at the event, you get some free seminars in return.

Love Birds? – Of course we do. Or, Love Birds, as in Peach Faced. If you are looking for Love Birds, contact Suzanne Dohack. She'll be at the meeting, or her contact info is on the website, with the Board Members.

Feathers Needed!

Here is a note from Jonathan Reyman, of The Feather Distribution Project. Bring your feathers to the meeting this week, and we'll ship them off the following week...

Hope all is well with you and the club members.

On June 7-8, the Third Mesa Hopi village of Hotevilla held a Parrot Katsina dance with 93 masked dancers. Some weeks earlier they had asked for macaw and parrot feathers. We sent more than 350 macaw tail feathers and almost 9,000 other macaw and parrot feathers. A few days after their request, we received a request from the Second Mesa Hopi village of Mishongnovi for macaw feathers for their upcoming Longhair Katsina dance. We sent most of our macaw side tail feathers and another 3,000 macaw feathers. Right after this, Acoma Pueblo requested macaw and parrot feathers for a ceremony. The last 2,000 or so feathers that we had on hand went to them.

Since then we've received very few feathers, and except for macaw wing feathers, we have almost none on hand. Requests for feathers arrive several times each week, so if you have any that club members have donated, please send them as soon as convenient. The greatest need is for tail feathers, especially center

tail feathers: Scarlet, Green-winged, Military, Blue-and-Gold, and Hyacinth in that order; and all other macaw and parrot feathers as well.

Thanks so much.
Best regards,
Jonathan

Varietee of Items

Many of you are familiar with Varietees Bird Shop, in Valley Park, run by Tracy Schwarztrauber. They too have a newsletter. You can subscribe to it on their website, at www.VBirdsShop.com. Someone, I think Suzanne, sent me a copy for the newsletter. I didn't plan ahead and get permission to reprint it, but here is a brief summary of the good bird care tips included. You can get the details from the newsletter itself...

If you are planning a trip, think ahead and make plans for your birds, and all your pets.

Holiday and party hazards include some scented candles, incense, carpet/air fresheners. Substitute with boiled mint, cinnamon, etc.

Not just holidays, but kitchen hazards... First on the list is non-stick coatings for pans; Teflon, etc. Make sure birds don't end up near the stove. Open drawers can be a hazard.

Get more from the full newsletter edition. Thanks Tracy...

Also at Varietees, there will be a meeting June 22 of the group, "A Parrontly So", described as a get together to share experiences, advice and socialize with like (bird) minded folk. The information I had did not specify time, but did give the contact, AParrontly-So@GMail.com, for information; or maybe contact the shop.

Parrot Toy Angels

In the June newsletter we mentioned an auction to benefit, or further the work of Parrot Toy Angels, and I included something of a

disclaimer because I had no personal knowledge of the organization. I asked for feedback, and Sue Owens sent this...



I have some experience with Parrot Toy Angels. We went through a bad time in 2005 when my husband died. Bird toys started arriving in the mail from someone anonymous. I had no clue who was sending them! They were beautiful, huge some of 'em. My guys were delighted and so was I.

I found out later they were gifts from PTA. So now, in gratitude, I donate so they can help other birds/folks who need it.

www.ParrotToyAngels.com

What Makes A Parrot?

Ron Spittler brought this information to a recent meeting. He said he got it from www.BirdBrain.com. The site is commercial, selling things to enhance your yard. Check it out. Anyway, here is a list of characteristics that define a parrot.

- Can your bird talk?
- Does your bird have a hooked bill?
- Does your bird have good eyesight?
- Is your bird colorful?
- Does your bird grasp with its feet?
- Is your bird zygodactyl: having four toes, two pointing front, two pointing rear?
- Is your bird's beak hinged both upper and lower?
- Apparently the parrot is the only bird that can raise food to its mouth.

A lot of these are not unique to parrots, but perhaps the combination of them is. I thought the zygodactyls thing was interesting, and didn't realize other birds couldn't raise food to their beak.

Parrots And Vets (War Vets)

This is another of those “reviews” to give you the flavor of an article we didn't have permission to reprint. It comes from a Reuters article by Jill Serjeant, dated May 31, 2008. This is a win-win story about using parrots in rescue to help returning veterans at the Los Angeles Veteran's Affairs facility.

Lorin Lindner is the principal in this story, a psychologist working with veterans who noticed positive responses when vets visited a parrot sanctuary. Now the birds and vets heal together as the vets take care of the birds...

Google “parrots veterans los angeles” to get a list of links to this story.

Beauty and the Beak

Thanks to Keifers for forwarding a link to this story. I emailed Jane Fink Cantwell at her website, www.BirdsOfPreyNorthwest.org asking if they had an article we could reprint. In the meantime, here is a little summary of the Associated Press content... You can find the article several places by Googling “disfigured bald eagle bionic beak”.

An Alaskan bald eagle, now named Beauty, lost its upper beak in 2005, apparently from a gunshot. Cantwell, et al, nursed the bird through recovery and have tended it for several years. Beauty is now healthy, but unable to perform critical tasks, like eating and grooming, without help or accommodation. Recently a team of specialists formed to attempt construction and attachment of a prosthetic beak.

The outlook is unclear, but in the best-case scenario, Beauty may be able to manage her grooming and unassisted eating, but not return to the wild. The Raptor Center looks forward to using her for educational programs and help raise orphan eagles.

Pisces Hatchday Horoscope

Debby Martin

Mozart was watching the chickadees and cardinals at the feeder right outside the playgym window and began to wonder what were birds like whose hatchdays were between February 19th and March 20th. He found a website about “Marlon” the African Grey with a birdy horoscope Pisces.

“You notice everything. You are more willing than most birds to learn tricks and do them when asked. You respond well to change and are the least upset when given new toys and perches. You tend to throw water around a lot when you bathe. You like to soak pellets and other hard foods in your drinking water. You let other birds bully you too much, but at least you try and get along with everybody. You are fond of chewing on clothing – oh specially buttons!! If one of your humans has a headache you can be counted on to screech.

Weak Point: If not challenged by your flock, parronts or those ‘outside’ birds, you tend to become a ‘perch potato’.

Does somebody in your flock resemble this?

NestWatch

Again, thanks to Keifers for forwarding a link to this... For those who follow the birds outside our windows, as well as our indoor companions, you may be interested in a project called NestWatch. Essentially, it's a web-based coordination of volunteers to monitor and report nesting activities, from the www.NestWatch.org website,

Anyone can monitor nests - it's a rewarding way to spend time outdoors and participate in science.

NestWatch is a continent-wide, citizen-science project and nest-monitoring database of the Cornell Lab of Ornithology, funded by the National Science Foundation and developed in collaboration with the Smithsonian Migratory Bird Center.

Why – A part of monitoring the global environment should include the “biological organisms” to understand the causes of species decline. NestWatch hopes to provide “a unified nest monitoring scheme to track reproductive success for all North American breeding birds.”

What – NestWatch teaches about bird breeding and engages “citizen scientists” to observe and report nesting activity. The project then evaluates collected data to help understand and manage the impact of environmental change on birds.

Who – You, me and any/everybody.

Data – Cornell has maintained a paper-based program of nest monitoring for decades. This legacy data is being converted to an online resource and combined with new data from the web-based program. The data is available online.

How – Visit the NestWatch website and browse the information available. There are instructions on how to create an account and get started collecting information.

Oh, by the way, you/we paid for it. The project is funded by the National Science Foundation, so it is some of our tax money at work.

It's OK to watch – Also part of the Cornell Lab of Ornithology, the NestCams program takes you right into the nests of birds. [Here is a link to the NestCams website](#). It is also available from the NestWatch website, and I will put a link on our website.

Book Picks of the Month

Christine Kinkade

There will be no Library Picks for July and August. August is our GPC Bird Fair. Library Picks will resume in September. However, if you have any book requests, contact me and I will be glad to bring them to the July meeting.

Also, if you have a book to be returned to the Library, please return it at the July meeting.

A complete listing of the GPC library is available on the GPC website www.GatewayParrotClub.org. If you wish to check out any of these, or any of our videos, please contact me prior to the next GPC meeting.

- By phone: (636) 343-8097
- By email: Librarian@GatewayParrotClub.org

I will bring them to the next meeting.

All books checked out should be returned at the following GPC meeting. If that is not possible, please return the books by mail to Christine Kinkade, 2412 Angela Dr., High Ridge, MO. 63049-2848.

Happy reading!

Christine

Fat Bird

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Obesity and its Consequences in an Amazon Parrot

Laurie Hess, DVM, Dipl ABVP-Avian

Due to the feeding of high-fat, all-seed diets and the sedentary lifestyle of many companion bird species, obesity is a widespread problem among pet birds. Species in which obesity is common include cockatoos, budgerigars, Amazon parrots, African grey parrots, cockatiels, lovebirds, Quaker parrots, and macaws. This case

Recipe of the Month

involves an obese Amazon parrot (*Amazona aestiva aestiva*) with a post mortem diagnosis of severe hepatic lipidosis (fatty liver) and diffuse atherosclerosis.

An 11-year-old Amazon parrot (*Amazona aestiva aestiva*) was examined following an episode of weakness, regurgitation, and disoriented behavior. Radiographs showed enlarged heart and liver shadows. Despite treatment and a change in diet, the bird became weaker and more disoriented. Six months after the bird's initial examination, the bird died under anesthesia for radiographs. Necropsy showed gross obesity, severe hepatic lipidosis, hypertrophic cardiomyopathy, and atherosclerosis.

This case demonstrates how a high-fat diet, such as seeds, may result in obesity and may be associated with several important clinical syndromes, including atherosclerosis, cardiovascular dysfunction, and hepatic lipidosis. In this case, occlusion of the coronary arteries and the aortic valve was theorized to have caused left ventricular hypertrophy, hypertension, and death. Atherosclerosis occurs when vessel walls become rigid and thickened secondary to the formation of lipid-laden plaques. In addition, hepatic lipidosis can result from the deposition of excess dietary fat in liver cells. Other pathologic conditions that may be associated with high-fat diets and obesity include reproductive disease (including infertility, egg yolk peritonitis and egg binding), musculoskeletal abnormalities, hypertension, cardiovascular dysfunction, pancreatitis, diabetes mellitus, lipomas, thyroid dysfunction, and gastrointestinal malabsorption. High-fat diets may lead to diarrhea and deficiencies of certain nutrients, such as calcium and vitamins A and E.

Treatment of obesity includes increasing exercise and changing to a lower fat, higher fiber diet to promote gradual weight loss (not greater than 1-3 % body weight per week). Any concurrent disease should also be treated.

Release #8, August, 2005. The Association of Avian Veterinarians welcomes membership from veterinarians with an interest in avian medicine. Annual meetings and a quarterly journal provide a format for the latest in avian medical information. Is your veterinarian a member?

Recipes from the Birds n Ways website, www.birdsnways.com

Apple Surprise Muffins

Posted by: **Cindy Cook**

cinderella@accessunited.com - April 8, 2001

- 1 Box Jiffy Blueberry Muffin Mix (lower in fat and sugar than others)
- 3/4 c. Raisin Bran Cereal
- 1/2 c. Cheerios Cereal
- 1 c. dry oatmeal
- 1 c. baby apple juice
- 1 egg w/shell crushed
- 1 jar baby diced apples
- 1/4 c. light corn syrup
- 1/4 c. grated carrots or sweet potatoes

Bake at 350* in muffin pan with paper liners. Can use mini muffin pan and mini paper liners. Makes 12 regular sized muffins. Cut into 1/4 and freeze. Thaw as needed.

15 Bean Soup

Posted by: **Kathy Johnson**

kjohnson@ddc.com - March 8, 1997

- 1 package 15 bean soup
- 1 bag frozen corn
- 1 cup raw brown rice

Soak beans overnight. Add rice, cook for 1 hour or until done. Add corn 50 minutes after you started beans cooking. Drain water and serve. Store excess in leak proof containers. May be frozen in 3 day serving sized containers, and thawed before use.

2008 Schedule

July 20
August – Fair
September 21
October 19
November 16
December 14

Our Mission

The Gateway Parrot Club, Inc. is a not for profit organization established in 1988 to:

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.

Contact Information

We welcome your comments and suggestions...

Officers

President	Dave Kinkade	(636) 343-8097
Vice President	Phyllis Cotton	(314) 427-3679
Secretary	Cathy Wendler	(636) 586-0604
Treasurer	Nancy Marron	(314) 984-9524
Membership	Niki Shaffer	(314) 853-5323

Board Members

Christine Kinkade	(636) 343-8097
Dawn Breer	(636) 464-8085
Suzanne Dohack	(636) 734-4527
Trey Shaffer	(314) 432-4317
Janet Draper	(314) 432-3019
Jim Berk	(636) 586-1445

Committees

Education	???	
Hospitality	Pat Seiler	(636) 462-4732
Librarian	Christine Kinkade	(636) 343-8097
Ways & Means	Suzanne Dohack	(636) 734-4527
Website Newsletter Public Relations	Trey Shaffer	(314) 432-4317