

Squawk 'n Talk

April 2018



**Gateway Parrot Club
Come Join Us
Sunday, April 15, 2018
Varieties Bird Store
Valley Park, MO
1:00 p.m.**



**Special guest speaker,
Joe Hoffmann, Executive Director
Wild Bird Rehabilitation
Overland, MO**

Did you know that Wild Bird Rehabilitation is the only organization in the St. Louis area that cares for native wild songbirds? Their mission is to insure the survival of songbirds through professional medical care and education. Come to the meeting on April 15 to learn more about this important organization where they care for close to 2,000 birds a year, representing over 100 different native bird species.

You don't have to be a member of Gateway Parrot Club to come. We would love to have you as our guest. You are welcome to bring your bird(s). The only requirement is that your birds' wings be clipped (for their safety). If fully flighted, please keep them in a carrier. Business meeting will be at 1:00; food served at 1:30; Joe's presentation at 2:00; raffle drawings after presentation.

Chirps from the President's Perch

We had a wonderful speaker last month. Dr Susan Friedman gave a fantastic presentation about helping us understand our companions and how to train them.

I know that we all learned a great deal. Many thanks to Dr. Friedman and also to Heidi Hellmuth for setting everything up.

We voted on the nominated Organizations to send our 2018 Grants to - The top four who will receive grants are:

1. World Bird Sanctuary (WBS)
2. Wild Bird Rehabilitation (WBR)
3. Association of Avian Veterinarians (AAV)- Medical Research
4. Bird Endowment - Save the Blues

Each of these very worthy organizations will receive a check for \$500 from Gateway Parrot Club. We all work hard at our annual fair to raise funds so that we can contribute to worthwhile groups like these. I wish to thank everyone for donating your time and working hard to help GPC help others.

This month's speaker is Joe Hoffmann, Executive Director of Wild Bird Rehab. (WBR) who will let us all know about the important work they do for our local wild bird population and I'm sure about the volunteer opportunities available for anyone who would be interested.

I'm looking forward to seeing y'all on the 15th.

Georgia Fletcher

Pictures from our March Meeting:



We had very positive feedback of Susan Friedman's presentation from the 60+ attendees at our March meeting. Heidi Hellmuth took an article of Susan's from 2012 and pulled out highlights for a quick, fun overview of some of the main points that Susan teaches. As noted in the beginning, it is an abbreviated version but shows where to get the full article.

P-A-R-R-O-T

Six Gold Nuggets for Effective, Humane Behavior Change for All Species of Learners

S.G. FRIEDMAN, PH.D.

Dept. of Psychology Utah State University www.behaviorworks.org

(Editor's note – this article features excerpts from the above paper, which is available at www.behaviorworks.org)

P-A-R-R-O-T

P is for POWER

- Behavior is the engine that gives animals power to exert control over their environment
- That's what behavior has evolved to do – to have an effect

P-A-R-R-O-T

A is for APPROXIMATIONS

- The key to teaching new behaviors is differentially reinforcing a sequence of smaller steps that lead to the terminal behavior
- People tend to expect too much – complete behaviors; and when the animals fail, force is the go-to solution

P-A-R-R-O-T

R is for REINFORCEMENT

- Reinforcement is not manipulation
- Reinforcers are not bribes
- Consequences are essential feedback about how to behavior in the future

P-A-R-R-O-T

R is for REPETITION

- A high rate of positive repetition across different conditions builds fluid, generalized behavior
 - Behavioral fluency – quick, accurate performance
 - Generalization – the process of learning to do the behavior in different conditions
 - Positive practice – a high rate of repetition that results in a high rate of reinforcement
- Repetition doesn't need to be time-consuming
- A bonus outcome – big trust accounts

P-A-R-R-O-T

O is for OBSERVABLE

- For an objective understanding of behavior, focus on what you see – behaviors and conditions
- Behavior is what animals DO, it's not what they ARE
- Unlabel Me!



P-A-R-R-O-T

T is for TEACHING

- See teaching opportunities where others see punishment opportunities
- Misbehavior is a lack of information, motivation (weak or competing reinforcers), or practice
- Animals learn something with every interaction
- Answer "what should the animal do instead?" and teach that behavior

www.behaviorworks.org



A Make the right behavior easier.



B Behavior is an action not a label.



C Make the right behavior rewarding.

General Meeting Information:

Come and enjoy the fun and bring a bird (as long as it is clipped). It's so enjoyable seeing all the different species of parrots and talking to other parrot owners.

You don't have to be a member to attend, but we would love to have you join. Meeting starts at 1:00 and it will be a full afternoon of meeting, socializing, eating, program, and raffle. For members who have not renewed their membership or who would like to join, please see Renee Davis, our membership chair person. She will be at the meeting to sign you up. An annual membership fee of \$20.00 includes your family (two voting members) and brings you our monthly newsletter by email, and helps us to provide special speakers. Thank you for joining and helping support the parrot community in St. Louis.

We meet at Varietees Bird Store, 60 Meramec Valley Plaza, Valley Park, MO. Varietees will be open in the afternoon so you can purchase bird food, supplies, toys, cages, play stands, etc.

We do have a raffle most months so if you would like to donate item(s), they are always welcome. They do not have to be bird related. We sell raffle tickets for \$1.00 each or 6 for \$5.00.

Chef Christine will be making glazed ham with rolls, potato salad, seven layer salad, black bean salad, and strawberry jello angel food cake dessert. There will be an assortment of soda and water. Feel free to bring something to add to the buffet (snack, salad, dessert, vegetable, fruit, etc.)

Membership Report (Renee Davis):

Welcome New Member:
Debbie Hixson

GPC March Meeting Attendees:

Georgia Fletcher	Donna Ruben
Dick Grommet	Scott Ruben
Cathy Timma	Mike Schwarztrauber
Renee Davis	Tracy Schwarztrauber
Heidi Hellmuth	Pat Seiler
Dixie Danzeisen	Kristen Smith
Bryan Gilchrist	Andrea Stoppelmann
Carole Grommet	Don Thompson
Christine Kinkade	Michelle Vrbka
David Kinkade	Sandy Warren
Beth Poll	Sharon Wilkins
Pamela Alsop	Rosemary Wilson
Ruth Anderson	Anita Woods
Jorg Augustin	Judy Baughman
Megan Augustin	Korie Golden
Jim Berk	Adeline May
Cindy Burquin	Abigail May
Dan Fogarty	Ken Siwek
Debbie Hixson	Owen Siwek
Todd Hixson	Shirley Siwek
Steve Johnson	Myndi Smith
Aubrey Kiener	Mary Starb
Nancy Marron	Audra Warren
Julie Morgan	Tim
Jane Mueller	Anna
Katherine Mueller	Kevin
Richard Mueller	Donielle
Sandy Newcomb	Ann
Sue Rodgers	Kelsey
Rick Ruderer	

Gateway Parrot Club



Meeting Dates 2018:

April 15, Joe Hoffman, Wild Bird Rehabilitation
May 20, Brian Prather & Diane Bricmont, Bird ID and Bird Songs
***June 10*, Melanie Allen, Hagen Group**
July 15, Toy Making Party, Lisa Rose and Dawn Breer
August 25, All American Hookbill Fair (no meeting)
September 16, BONZAbird, Michell Vrbka

*** Meeting will be on 2nd Sunday**



**Association of
Avian Veterinarians**
Advancing & Promoting Avian Medicine and Stewardship

March 2018 AAV Bird Club News Release

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Don't Let Clean Food Foul the Air

By: Jodi Berls, CVA, LVT

Many of us these days are searching out and trying new ways to eat healthier, cleaner foods. But before you bring home that trendy air fryer or switch to avocado oil for cooking, you should give some thought to possible toxic effects on your pet bird.

How Can Cooking Harm my Bird?

Birds are very sensitive to airborne toxins because of their extremely efficient respiratory systems. In effect, they process oxygen into their bloodstreams much more efficiently than mammals do; likewise they process any toxins in the air much more efficiently. You may have heard the expression "canary in a coal mine," which comes from miners who used canaries to warn them of the buildup of hazardous gases like carbon monoxide. The canaries would die before the toxic gases reached concentrations adequate to harm the miners.

Veterinarians routinely advise against keeping pet birds in the kitchen and protecting them against smoke and fumes generated by cooking. Many cooking methods, such as frying, baking, broiling or sautéing, generate at least small amounts of smoke, and even small amounts can be harmful. You may already know about the unsafe effects of cookware coated with Teflon (polytetrafluoroethylene, or PTFE), but what about new "green" cookware with a different non-stick coating? Or that new air fryer or rice cooker?

The Danger of What We Don't Know

Consumer products undergo rigorous testing for toxicity to mammals (humans, dogs, cats, etc.) before they're released to the market for sale, but it's exceedingly rare for those tests to include potential toxic effects to birds. To make matters worse, there are no laboratory tests available for most airborne toxins in birds, so it rarely is possible to determine what toxin was involved even after a bird becomes ill. That means new culinary products or cooking

methods can be especially hazardous, because their effects are not known in advance.

For example, a veterinarian in California reported in January 2018 that she had treated two birds that became ill after their owner tried a new recipe that included fried avocados. One of the birds died soon after reaching the vet clinic. Pathology results later showed signs consistent with inhaled fume toxicosis. There is no test available for the presence of avocado, so it remains unknown whether cooking it can cause fumes toxic to birds. It is known, however, that avocado contains persin, a compound that has been proven toxic when ingested by small birds, such as budgerigars and canaries. The incident raises questions not only about cooking avocados, but also about cooking with avocado oil, often touted for health benefits such as the presence of Omega-3 fatty acids.

Similarly, unverified reports surfaced in 2013 of birds experiencing acute death after their owner "grilled" salmon on cedar planks in the oven. There's no way to be certain the cedar planks were the cause, but cedar is known to contain phenols that are respiratory irritants in many species.

- more -

So What Do We Know?

Common inhaled hazards include:

- Fumes produced by any item or appliance that contains a non-stick coating, particularly PTFE, especially if the item is designed to withstand high heat. These may include slow cookers, skillets and saucepans, baking pans and tins, drip pans, coated heating bulbs, coffee makers, hair dryers, toasters, ironing board covers and many others.
- Smoke from any source, such as cooking oils, burning food, melting plastics or tobacco products.
- Fumes or smoke given off by self-cleaning ovens.

- Fumes from gasoline, paints, glues, nail polish, air fresheners, scented candles, mothballs, hair spray, and cleaning products such as bleach or ammonia.
- Pesticides, including the "bird saver" discs sold at pet stores for the control of mites.
- Carbon monoxide and/or natural gas from a malfunctioning home furnace system, wood-burning stove or fireplace.
- Formaldehyde in new carpeting.

How Can I Protect my Bird?

Because there are so many products and cooking methods that can pose hazards, the best way may be to think of them in categories: Will it get very hot? Will it make smoke or have a strong odor? Are you sure the ingredients are safe when ingested? (This may give a hint about whether any fumes generated may be hazardous.)

If your home is an open plan where it's difficult to separate your birds from the kitchen, good ventilation may be a key part of protecting your pets. Note, however, that unless your range hood vents to the outside of your home, it may not be adequate to remove smoke and fumes. Consider cracking a window to increase airflow out of the home.

If you're thinking of buying a new appliance, such as an air fryer, you can contact the manufacturer for information about whether its internal components include any non-stick materials. If the answer is vague or you don't get a response, you may want to investigate another brand of that appliance.

Overview

If you're looking for ways to achieve a happier, healthier lifestyle by adjusting your diet, good for you! Just be sure to keep your feathered pets' health in mind, too, by exercising some caution about what you cook and how you cook it.

Sources:

<https://www.petcoach.co/article/teflon-toxicity-ptfe-toxicosis-in-birds->

signs-and-preventio/ <http://www.vetstreet.com/our-pet-experts/10-everyday-items-that-are-toxic-to-birds>
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