SQUAWK N' TALK

BEAK N WINGS EDUCATIONAL NEWSLETTER

Volume 26, Issue 2

February 2025



FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Open 1
						1pm-4pm
Open 2	3	4	5	6	7	Open 8
1pm-4pm						1pm-4pm
Julie Burge,	10	11	12	13	14	Open 15
						1– 4pm
Open 16	17	18	19	20	21	Open 22
1-4pm						1pm-4pm
Open 23	24	25	26	27	28	
1 - 4pm						

Highlights

Bird of the month

Upcoming Events

February Speaker:

OWL - Bald Eagles

Bird Enrichment
Temperature and
Humidity

Contact Us:

Phone:

913-322-3398

www.beaknwings.org

Email:

admin@beaknwings.org

Adopt.BNW@gmail.com

Stuff to check out inside this newsletter

We have many events coming up this year, we will just touch on them here, check out the flyers within the newsletter

Speaker: Operation Wildlife

Bald Eagles

Business meeting 1pm-2pm

Training class - 2-4pm

Date of events are subject to change due to vendor scheduling.

We could add more events as they are set up.

Check out our HELP
WANTED section in the
newsletter



Dear Beak N Wings Members,

I hope this message finds you well. My name is Tammy Campbell, and I am honored to introduce myself as the new Executive Director of Beak N Wings. It is a privilege to serve this incredible organization and work alongside such passionate individuals dedicated to the welfare of parrots in need.

A little about me—I have long been an advocate for animal rescue and have a deep appreciation for the intelligence, beauty, and unique needs of parrots. Whether through hands-on rehabilitation, public education, or advocating for responsible ownership, I am committed to ensuring that every bird we rescue receives the care, love, and second chance they deserve. As we move forward together, my goal is to build upon the strong foundation already in place while exploring new opportunities for growth, outreach, and impact. I welcome your ideas, feedback, and involvement to help strengthen our rescue efforts and expand our reach.

I look forward to getting to know each of you, working together on upcoming initiatives, and, most importantly, making a meaningful difference in the lives of the parrots we all cherish. Please feel free to reach out to me at tammy.downey02@gmail.com if you have any questions, suggestions, or simply want to connect.

We have several events already on the calendar for this year and will be adding more as we go along. Members, volunteers and support is always wanted, needed and encouraged. Please come out and join us! Most of all, thank you for your continued support and dedication to Beak N Wings. Here's to a bright future for our feathered friends!

Warm regards, Tammy Campbell Executive Director, Beak N Wings



Join our Flock

Beak n Wings is a place for people who enjoy birds to meet and learn, to share our love for birds, and to have a really good time. In addition, since 1993 BNW has taken in over 2200 birds that needed new homes. But we wouldn't be able to do this without our members and volunteers. We hope you'll join us!

Discounts on Bird Expo admission Eligible to be foster homes

Single Membership	\$40.00	Annual Renewal	
Family Membership	\$50.00	Annual Renewal	Membership Application
Business Membership	\$60.00	Annual Renewal	<u>rippiiodeloii</u>

	Flocking Together Monthly	
Where	9010 Rosehill Rd., Ste B, Lenexa, KS 66215	
When	Business Meeting: 2nd Sunday of the month at 12:00 PM	
	Educational Speaker: 1:00 PM	
Admission	Open to the public, no fee unless otherwise posted	
You may bring healthy pet birds unless otherwise posted. For their safety, all birds must be brought in a carrier		

Discounts on Bird Expo admission Eligible to be foster homes

Eligible to hold positions within the organization

Earn "Birdie Bucks" for time spent volunteering*

May apply to adopt birds during their 30 day observation period**

Monday Tuesday Wednesday Thursday	Friday	Saturday Sunday		
By Appointment Only	By Appointment	1:00 PM—4:00 PM		
Please call 913-322 3398				
email admin@beaknwings. org to set up an appointment or to meet our foster birds				

Missouri Vets

Brock Exline, DVM

Cory Entriken, DVM

Kansas City Veterinary Care

7240 Wornall Rd.

Kansas City, MO 64114

816-333-4330

Full Service

Julie Burge, DVM

Burge Bird Services

13833 South 71 Hwy

Grandview, MO 64030

816-356-4700

Full Service

Avian Exclusive

Andrew Rambo

Gladstone Animal Hospital

7027 N. Oak Trafficway

Gladstone, MO 64118

816-436-1100

Full Service

Jay Schweizer, DVM

12440 East New 40 Hwy

Independence, Mo 64055

816-358-2857

Full Service

List last updated

1/18/2025



Coming soon - Get over 180 recipes



A Gourmet Cookbook for Exotic Birds

A Fundraiser for Beak n' Wings Inc. Rescue & Adoption Program

New at Beak n Wings

Needed

We are needing the following at the facility

Paper towels
Toilet paper

Our annual Harley ride is June 14, 2025

We are needing donations for the raffle which is held after the ride, this is when we make the most money from the ride.

Anything that you think you might like, they might like as well. Many of them are married as well. We are going to go to the Amazon stores and see what we can get, order items in, we are looking to collect a minimum of 60 items, anything over 60 is good also.

If you can go to stores and ask for donations, such as QT, pizza shops, etc. We have a form that will need to be filled out so that we can give a shout out in the newsletter and website (will need web page link). Thank you for your help in advance.

Cut out the card below and keep in your wallet.

I HAVE PET	S THAT NEED DAILY ATTENTION, TO THEIR CARE, PLEASE CONTACT:
NAME:	
PHONE:	
NAME:	
PHONE:	
CALL OU	THIS CARD PROVIDED AS A SERVICE OF THE LONG ISLAND PARROT SOCIETY. R HOTLINE (\$18) 957-1100 FOR FURTHER INFORMATION.

AWARDS YOU CAN EARN

Are you earning any? They will be awarded at the annual Christmas Party. If you want to know more or you would like to nominate someone for an award, please let us know. Start striving to earn one or more this year. Any member in good standing could earn one of the awards. Can nominate for: Achievement, Animal Advocate, Corporate or the Humanitarian.

ACHEVEMENT

ANIMAL ADVOCATE

ATTENDANCE (Those who attend meetings but not all)

CORPORATE

EVENT ATTENDANCE (member attending events, highest number of hours. Must sign in to receive hours)

FOSTER HOME (VP of R/A will nominate)



HUMANITARIAN

LIFETIME (can be given a lifetime award)

MEMBER OF THE YEAR (Anyone who receives another award is eligible. Voted by members at the party. Winner will receive a free one year membership)

PERFECT ATTDANCE (attend all scheduled meetings. Must sign in)

PRESIDENT AWARD (The president will award 1 member)

HELP WANTED

Below are positions we are still looking to fill. Filling these positions will help the organization run smoother. Most positions will take less than 4 hours a month.

Officers:

Appointed Positions:

VP Events

Open

Secretary

Open

VP Rescue/Adoption 2

This person will assist VP of R/A

Committee Chairs

Event Chair

vou the duties.

Open

Co-R/A Chair (need up to 4 more)

Open

We do need help to fill these positions. If you would like to see what the duties are, please email admin@beaknwings.org and we will send

Officers, Committee Chairs, are voted in positions

Appointed positions are appointed by the president.

Admin. Assistant

Open

Photographer

Open

Newsletter Edit

Open - Looking for up to 4

Librarian

Open

Education

Open - Assist VP of education

Hospitality

Open

Ways and Means

Open

Parliamentarian

Open

Historian

Open

Bird Enrichment Tips: Keeping Your Pet Parrot Happy and Active

There comes a time in every parrot's life when love just isn't enough. That's not really a well-known phrase, but hear us out. For those of us who live with, or plan on living with, parrots, it's important to love them, but it's also crucial to create a world for them that is mentally stimulating. **Keeping parrots curious is just as important as keeping their cage clean.** So let's talk about one of the best ways to keep your parrot stimulated: teaching your parrot foraging behaviors.

What Is Foraging?

In the wild, parrots spend their days interacting with other parrots, grooming, sleeping, evading predators, and searching for food. Foraging involves searching for food and dealing with the obstacles that come between them and their next meal. The truth is, they spend most of their days foraging in the wild, occupying much of their time and providing stimulation and fulfillment of survival instincts. On the other hand, pet parrots don't have to search for food because it's always available, right?

The upside of feeding your parrot? They won't go hungry. The downside? With food always readily available, your parrot needs to find something else to fill its days. Sadly, many times unstimulated parrots turn to excessive preening, which can lead to feather destructive behavior and other behavioral problems including aggression.

But I'm Not a Bird

Good news! In the wild, foraging seems to be a skill that is taught. This means that we can learn how to provide foraging options and teach our companion parrots how to search and work for their food. And just like any skill, it isn't something you learn overnight.

So How Do I Teach Them?

There are a few techniques, and you will need to get creative in the process (to keep your parrot's interest and your own). You should always consult a parrot vet if you're out of ideas, or want to test one out. Start out by making the food easy to find, then slowly work towards making it more complicated and challenging.

Here are some ideas on how to teach your pet parrot to forage: Continue on page 14

Who Are We at Beak n Wings?

We are the only licensed shelter exclusively for companion birds (mostly parrots) in Kansas. Our goal is to take in homeless, unwanted, or abused parrots; "rehabilitate" them, and find them good, permanent, loving homes. BNW also strives to educate the community on the needs of these wonderful birds. We promote good health, enriched lives, and loving homes for our feathered companions. Our members range from the novice, single or multi-pet owner, to the experienced owner of multiple species. If you have a bird question, there's sure to be someone in the club who will be happy to help you. To check for meeting and event times and locations, please visit us on Facebook. We encourage you to explore our website to find out what we are all about.

Beak n Wings was created by Dean Tyson January 1, 1999, as a "Pet Bird Club". A place to meet other people with the same interest and educate each other. Soon, people who could no longer care for their own birds started seeking out BNW for help re-homing them. We then evolved into a "Parrot Rescue, Adoption, and Educational Pet Bird Club". In 2004, BNW became licensed by the state of Kansas as an animal shelter. We remain the only licensed shelter in the state exclusively for birds.

In 2005 Beak n Wings became a federally recognized 501(c)3 non-profit organization. We have a five-member board, officers, chairpersons, and various appointed positions.

Our current board members are:

Dean Tyson, Executive Director Marci Walters Jennifer Clair Chris Campbell

Ron Gillespie

Beak n Wings attends many events, bringing our birds and introducing them to the public. We have attended home and garden shows, pet stores, parades, pumpkin patches, and many other venues.

As of May 2021, over 2200 birds have been surrendered to Beak n Wings. Most of these have been adopted to loving homes.

Until 2014, BNW had no shelter facility! All 1,459 birds taken in prior to 2014 lived in foster homes and we worked out of storage units. In 2015 Beak n Wings moved into our first store front at the Great Plains Mall in Olathe, Kansas. We were in this location for about a year and then we had to move because the mall was being torn down.

In 2016 Beak n Wings moved to our new location in Lenexa, Kansas where we hold educational meetings and have guest speakers as well. (Except in 2020, when we held no meetings due to COVID19.)

In summer 2021 Beak n Wings will be expanding into additional space at our location at 9010 Rosehill Rd. Ste. B Lenexa, Kansas.

Our Core Values & Beliefs

- We do not breed or place animals with those who breed.
- We promote education on all aspects of avian welfare.
- We do not sell, trade, or use animals for profit.
- We promote responsible ownership of all captive animals.
- We educate the public about proper bird care.
- We support conservation of birds in the wild.
- We are against the sale of un-weaned baby birds.
- We do not endorse the breeding of birds in captivity, but we will educate those who do to breed birds properly.
- We support and encourage responsible legislation protecting the health, rights, and safety of all captive animals.



Bird of the Month - Meet - Mango and Taco



Hi, we are Mango (2) and Taco. We are Sun Conure clutch mates and are about 8 years old. We have been together all our lives and are bonded, our sex is not known. We came to BNW when our owner was no longer able to care for us. We are a bit shy until you get us out of our cage, and then we are friendly. We are not aggressive. We are ready to find a forever home that can keep us together. Diet: Pellets and seed, fruits & veggies, nuts as treats. Adoption fee: \$450 each.

How YOU Can Make a Difference

Surrendered Birds

2003 = 58

2004 = 124

2005 = 110

2006 = 2002007 = 177

2008 = 164

2000 - 104

2009 = 210

2010 = 64

2011 = 142

2012 = 100

2013 = 106

2014 = 110

2015 = 49

2016 = 74

2017 = 160

2018 = 126

2019 = 1262020 = 138

2021 = 121

2022 = 107

2023 = 117

2024 to date 46

Total to date 2664

Updated 7/16/2024

Donation

Since 1993, Beak n Wings has taken in over 2000 birds! Today, Beak 'n Wings has over 60 parrots in our rescue program. We are in great need of donations to provide homeless parrots with proper care.

WE ARE A NO KILL SHELTER

Our parrots will never be euthanized due to overcrowding. It costs a lot to feed each bird a healthy diet, and provide appropriate cages, toys, and veterinary care. We also must cover other costs, such as website fees, rent, office supplies, transportation costs, phone bills, etc. Our volunteers receive no pay.

WE DEPEND ENTIRELY UPON YOUR DONATIONS

From quality pellets, fresh foods, toys and aviary repairs to utilities, accounting, office supplies, insurances, internet and phone service to trash service...your donation helps with all the daily nuts and bolts of running a parrot rescue.

Volunteer

Volunteering with Beak n Wings is a great way to learn more about parrots. Whether you are considering your first bird, moving from a small bird to a larger one, or caring for an established flock; working with our members will improve your knowledge of parrots. Our events range from a few hours meeting the public to multiple day events. No matter what size or location though, we always have a lot of fun and there will always be parrots!

Beak n Wings is seeking volunteers to help us in a variety of areas

Volunteers are needed to help with general bird care at our facility at 9010 Rosehill Rd. Ste. B Lenexa, Kansas. Experience with parrots is not necessary.

We need motivated, reliable individuals that can help with fundraising, help set up and take down our equipment for events, and help our foster homes with general bird care.

We are also looking for tradesmen such as a plumber, electrician, and builder etc. to help with repair and changes within the facility.

For questions, contact us at admin@beaknwings.org.

Download Volunteer Application

Download Release Form

Thank you for your interest in volunteering with Beak n Wings, Inc. This release is to provide protection to Beak n Wings from law suits, misrepresentation, and for the protection of our parrots.

Forms may be emailed to admin@beaknwings.org, faxed to 913-322-2583, or mailed to:

Beak n Wings, Inc. 9010 Rosehill Rd, Suite B Lenexa, KS 66215



KANSAS VETS

Margurite Ermeling DVM

Darren Rauch DVM Gentle Care Animal Hospital

601 Kasold D-105

Lawrence, Ks 66049

785-841-1919

Full Service

JC Burcham, DVM

Mariposa Veterinary Wellness Center

13900 Santa Fe Trail Dr.

Lenexa, KS 66215



913-825-3330

Full Service

Crista Wallis, DVM

Monticello Animal Hospital 22026 W. 66th St. Shawnee, Ks 66226 913-422-0301 Full Service

List last updated

2/13/2022

How YOU Can Make a Difference

Become a Partner

A Corporate or Business Sponsorship benefits both your company and our mission. Your company's sponsorship is recognized by BNW with an acknowledgment in our advertising, website and signage that your business supports our activities, programs, or special events.

Additionally, corporate sponsorships attract the attention of for-profit businesses because sponsorships offer public recognition of the business's connection with a certain charitable cause, which may help your business attract new customers or bolster your company's reputation because of the association with a nonprofit's good will. BNW, as a charitable nonprofit, in turn, receives financial support and may also experience increased attention from the media and the public, in-kind services, and/ or product donations.

We would love to have your company partner with us! For inquiries please email admin@beaknwings.org

Planned Giving

If you have a favorite cause that is important to you, you can leave a positive legacy and make a real difference to that cause by Planned Giving. You may leave funding for a non-profit that is meaningful to you through your Will, a Trust, or through various Financial Accounts, such as life insurance or an IRA account. If you wish, you may also specify a specific area to which your gift would apply. Your legacy is

making an investment in our success!

In-Kind Donations/Shop

We welcome gifts of building materials, cleaning and maintenance supplies and equipment, bird stands and toys, pellets or nuts in shell, clean, safe cages... anything that would be useful to a bird rescue. Your donation of goods is tax-deductible.

Also, if you have a skill or area of expertise you can share with BNW such as electrical work, plumbing, building, architecture, design, event planning—all kinds of professions—are all much needed skills if you can spare a weekend to help out. Your time is not tax-deductible, but we have loads of fun working together on projects at BNW, and the parrots are always entertaining!

Shop for Beak n Wings

You can help raise money for Beak n Wings by shopping for items you already want or need! These businesses will donate a percentage of what you spend to Beak n Wings:

iGive

Amazon Smile

Can't Adopt? Then You Can Become a Sponsor!

Our birds are family. We do everything possible to help our birds if they become sick or injured. We also provide lifetime care for birds who will never be adopted due to health or behavioral issues. This isn't often, thank goodness, but with the quantity of birds in our flock, one or two are usually in need of special care at any given time. You can sponsor one of our special needs birds

Tommy - sponsored by Steff Barton

Hi, my name is Tommy, I'm a Goffin's Cockatoo and I need your help. I was rescued from an abusive home by a very kind woman, but when she couldn't care for me anymore I came to Beak n Wings. I have been cared for in special foster homes since 2007! I have made so much improvement that I am now (in 2021) allowed to visit the BNW facility. You can see me running around on the floor in the meeting room sometimes. I still require close supervision, so I am not up for adoption.

Joey - sponsor needed

I'm Joey, the Yellow Collared Macaw. I came to BNW in 2019, and I am now over 30 years old. I have health issues that make me unadoptable. I have a severe beak deformity that requires careful grooming, as well as liver problems. I am very fond of my foster mom, and I'm happy to be staying with BNW permanently. Would you like to sponsor me?



February Adoptable Birds

Buttons Cockatoo, Goffin

Joey Macaw, Greenwing

Joker Ringneck, African

Lani Cockatoo, Goffin

Loco Cockatoo, Lesser Sulfur Crested

Odie Amazon, Yellow Front

Pete African Grey, Congo

Retro Cockatoo, Moluccan

Rocky Macaw, Blue & Gold

8 Finch, Zebra and Society

9 Parakeets

Freddie, Cockatiel, Pied

Blueberry, Parrotlet, Blue

,Cockatiel, Cinnamon

Witney, Ringneck, Yellow

Rooter, Conure, Green Cheeked (has app)

Mango, Taco, Conure, Sun

Lucy, Amazon, Dbl Yellow headed

Issac, Amazon, Red Lored

Charlie, Macaw, Blue & Gold (has app)

Baba, Amazon, Orange Winged

Murphy, Cockatoo, Bare-Eyed

Roxanne, Cockatoo, Triton,

Valentine, Conure, Green cheeked

Willow, Macaw, Greenwing (Aval 2/20/2025)

Pina, Green Checked Conure, (Aval 2/20/2025)

Queene, Green Cheeked Conure, (Aval 2/20/2025)

Our Feathered Friends Looking for a Home

Check out our website at **www.beaknwings.org** which explains our adoption process and has answers to most FAQ. Beak n' Wings adopts within the greater Kansas City area and up to 150 miles of the surrounding area. We do not ship birds. We do not adopt birds out for breeding.

Most of our rescued parrots live in foster homes, are treated like companions, and rehabilitated if necessary. We have found that this provides them with the best environment for successful rehabilitation. Because most of our birds are in private homes, they are only able to receive visitors by appointment. A few of our foster birds do stay in our facility in Lenexa, KS and these may be visited during our normal business hours.

Appointments to visit birds are set up after an application has been filled out and a home visit performed. Our adoption process does take some time, generally two weeks. Our priority is not to have a speedy process, but a careful one that ensures proper placement of our companion birds. Multiple changes can be difficult for the bird, and we wish to ensure their safety.

Beak n Wings is not a source to acquire free animals. The adoption fees we charge help us defray costs we incur when providing for the birds in our care. It costs a lot to feed each bird an appropriate diet, and provide appropriate cages, toys, and veterinary care. In fact, veterinary care is usually our largest expense. The exact fees depend on the species of bird and are listed on our website.

Fostering a Feathered Friend

Help us grow our "Happy Tails" list - become a Beak n Wings foster home! Beak n Wings can always use good clean homes for foster care. We are happy to help train our new foster homes in parrot care if needed.

Here are our foster home rules:

- You must have been a BNW member for 90 days to foster. To get your membership application click here.
- To get your copy of the foster application click here.
- You must agree to bring the foster birds to our events at LEAST ONCE per month, this allows the public to see the bird, and increases the chances to adopt the bird to a good home. Therefore, you must live within reasonable driving distance. Birds with certain behavioral problems are an exception.

^{*}Please note, our foster homes are not trial adoptions. We expect our foster homes to work on socialization of our birds as well as providing their daily care. Our Rescue/Adoption staff assign birds to foster homes taking into account the personal preferences and experience of the foster home, but we do not accept requests to foster a particular bird.

^{*} You must agree to follow up visits on all birds you are fostering. We must keep watch over all birds in the program.

Officers and Committee members

2025 Contributors / Donations

Officers

Dean Tyson

CEO

Executive Director Tammy Campbell **VP Operations** Marci Walters

VP Events

Chris Campbell

VP Rescue & Adoption

Jennifer Clair

VP Marketing/PR

Ron Gillespie

VP Membership

Camille Ficken

VP Education

Angel Chase

Secretary

Open **Treasurer**

Marci Walters

Assistant Treasurer

Kris Snyder

Board of Directors

Dean Tyson Jennifer Clair

Chris Campbell Marci Walters

Ron Gillespie

Committee Chairs

Event Chair

Open

Media PR Chair Chris Campbell Co-R/A Chair

Marci Walters

Open

Bird Expo Chair

Dean Tyson

Appointed

Admin. Assistant

Open

Co-Membership

Stacy Schrader

Photographer

Open

Newsletter Edit

Open

Librarian

Open

Education

Open

Hospitality

Open

Ways and Means

Open

Parliamentarian

Open

Historian

Open

Sergeant At Arms

Chris Campbell

Donors

Claire Carterer

Rudolf Waldner

Kris Snyder

Michael & Camille Ficken

Evelyn-Sheput-Gonzalez

David Pruitt

Joanne Budler

Angel Chase

Kelsey Coon

Lori Bennett

James & Summer Hill

Carolyn Woodburn

Bird Enrichment Tips: Keeping Your Pet Parrot Happy and Active

Set Up Multiple Food Stations

- You can place multiple food dishes in various levels of the cage. Put in small portions of different types of food in each dish. Switch the location of the food types at each feeding.
- Try placing food outside of the respective dishes and get creative! For example, weave items through the cage bars, or wedge pieces between the cage bar spaces. Just make sure birds are not able to get tangled or stuck with the set up.

Make feeding time less predictable by not feed on a precise schedule.

Hide Your Parrot's Food

- Once they know that their food comes from different feeding stations, here are some ways to make it more interesting: Cover the food dishes with a piece of paper or cardboard. In the beginning, you want them to understand that there is food under the cover. You can help them out initially by poking holes in the cover and allowing your parrot to watch you place the food in the bowl, and the cover over it.
- Once that becomes obvious to your parrot, gradually start covering the bowl in different ways that make it more difficult to reach the food. Avoid using toxic materials like metals, plastics, or rubbers. Use things like crumpled paper cups, twisted corn husks, cardboard paper rolls, PVC piping with holes, and untreated wooden tubes to hide their food. But be safe: Make sure that whatever you are using is non-toxic, and has not been sprayed with pesticides! Use unbleached coffee filters or lettuce leaves to wrap up their food. Once they figure that out you can start changing locations of the surprise snacks! You can leave these packages on the cage floor, or even hang them from the bars or integrate them into natural material toys already in the cage. Just remember to take them out during food changes so food doesn't get lost and rot!

Look for Puzzles at the Pet Store

If you don't have time for a DIY project, some shops will sell things like puzzle toys and puzzle boxes. The most important part is safety when selecting these puzzle toys so make sure to get natural materials that are not treated with any chemicals or pesticides.

Foraging Trees

If you have the space for it – or maybe you should find the space for it – foraging trees are one of the best options. You can construct one from large tree branches. Place food dishes at various levels in different locations of the tree.

Some Final Tips for Parrot Owners

- Safety first! If you're not sure if the items you are using are safe, speak to your avian vet!
- Start off easy! Gradually make it more difficult and be patient.
- Monitor your bird when you give them a new item, or a large piece of food. Like we said, safety first!
- Stimulate your bird's curiosity by letting them watch you hide the food.
- Keep track of your parrot's progress. At first, you might have to help them out by showing them where the food is and how to find it.
- Sometimes pet birds quit easily so it's important not to give up! Keep in mind that they often require repeated encouragement.
- Check out <u>Captive Foraging by Dr. Scott Echols</u> for more tips and visual aids on how to teach foraging behavior.

Make sure your pet parrots favorite items are being used to encourage foraging or training behaviors rather than being offered freely in the food dish. The most coveted treat should be the one they are searching for!

Temperature and Humidity

Parrot Temperature and Humidity

Parakeets were first introduced as pets into the United States in the 1940s, but as more was learned about larger parrots, they increased in popularity as house pets as well. Parrots are widespread throughout the world and can be found on every continent with the exception of Antarctica. Knowing that they are found in areas of ambient to warm temperatures means that cage placement also plays a role in your parrot's daily life and considerations when adding one to your family. Keeping parrots in areas of the home that are not affected by rapid, drastic temperature fluctuations are important, and keeping temperatures in their area ambient or warmer based on where your parrot species is native too, but a good start if unsure is keeping your parrot's area above 70 degrees Fahrenheit. Remember that using a space heater in your birds area can be a toxicity risk to your parrot if you do not purchase a bird-safe heater; some materials used in heaters are toxic to birds such as Teflon.

While temperature is one consideration, humidity is also important to maintain for parrot owners. Parrots are able to freely bathe in the wild, are often in the rain, and many species come from humid tropical climates. Adequate humidity plays a role in skin and feather health and appearance, and also affect a birds respiratory tract so opportunities to periodically bathe are important in a bird's routine. Misting birds with just water, offering a bowl or sink with just water for a bath, and bringing your bird in the bathroom while you shower so they can enjoy the warm water steam are all great ways to make sure your bird has adequate humidity and some enrichment too! If you notice feather abnormalities such as feather dropping, the presence of stress bars, or feather picking and plucking, a visit to an avian specialty vet is warranted as soon as possible. These changes can have many different causes and an avian pet vet can help.





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Avian a la Carte

Curried Sweet Potato

Your bird will indulge this sweet and healthy treat.

(All organic ingredients)

- Garnet yams cut into strips wedges or squares
- Purple kale minced (or any leafy green, except chard)
- Any whole grain
- Raisins

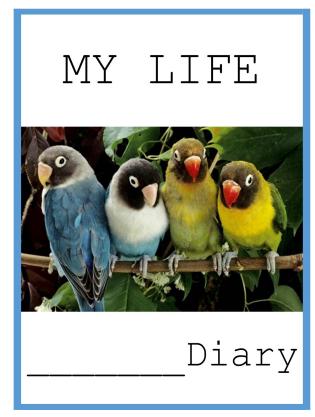
Soak grain overnight to germinate. Fill heavy pot with enough veggie broth to cover drained grains. Add a dash of currie and cinnamon. Bring to a boil, turn off heat, cover and let sit. Simmer sweet potatoes and raisins in broth until the potatoes are tender. Place sweet potatoes, wheat and raisins into bowl and sprinkle with finely minced kale. Serve warm.



Did You Know?

The Beak n Wings Library has over 300 books, bird related magazines and videos. These are available for check out to our members. If you'd like more information on borrowing books or seeing what else is available please send and email to admin@beaknwings.org

Will be ready February 2025



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Avian a la Carte

Carrot Salad

Quinoa Pumpkin Balls

- * 2 c. pine nuts, chopped
- * 1/2 pound carrots cut into chunks
- * 1/2 c. raisins
- * Avian vitamins

HINT: Spray Organic Apple Cider on your fruits & veggies to remove harmful toxins. Wait five minutes then rinse.

one can pumpkin puree quinoa greens CraisinsTM

Mix all ingredients, except quinoa. Add only as much quinoa as is needed to make the mixture stick together in order to roll into balls.

Bake balls on a lightly greased cookie sheet at 250 F (low heat) until set. Depending on what your bird likes, you can make them hard or with a gushy center with a shorter cooking time.

Foster FAQs

Beak n Wings can always use good clean homes for foster care.

- You must have been a member for 90 days to foster. To get your membership application click here.
- To get your copy of the foster application click <u>here</u>.
- You must agree to bring the foster birds to our events at TWICE per month, this allows the public to see the bird, and increases the chances to adopt the bird to a good home. Therefore, you must live within reasonable driving distance. Birds with certain behavioral problems are an exception.

*Please note, our foster homes are not trial adoptions. We expect our foster homes to work on socialization of our birds as well as providing their daily care. Our Rescue/Adoption staff assign birds to foster homes taking into account the personal preferences and experience of the foster home, but we do not accept requests to foster a particular bird.

* You must agree to follow up visits on all birds you are fostering. We must keep watch over all birds in the program.

Beak N' Wings' Wish List

Bird Supplies

□ Towels– Hand & bath, thick
□ Heavy-duty Shop Vac
□ Toys—for both large and smaller birds
□ Portable hospital cages
□ Pet Carriers
□ Paper Towels/Shop Towels
□ Toilet paper
□ Food– seed mix, walnuts, almonds, pecans,
fresh fruit & vegetables—containers must be uno-
pened
$\hfill\Box$ Toy making items– beads, quick links, stainless
steel wire, bird-safe rope such as cotton, seagrass
untreated sisal, paulie, paper twist, acrylic pieces,
plastic fun links, chew toys and shred toys
□ Cleaning supplies– anti-bacterial wipes, soap-
less scouring pads, misting bottles, baby wipes,
hand cleaners, Dawn Original dish soap.

Apple Cider Vinegar Money!

Many birds enter our rescue program in poor condition — sick, feathers plucked, malnourished, injured — often needing ongoing medical care. The veterinary bills for these birds can be extremely high. We do all our rescue work using volunteers — no one is paid a salary. Your tax deductible donation in any amount would help Beak N Wings continue to provide the Kansas City area with bird education and services. You may make a donation online at www.beaknwings.org or mail your check to:

Beak N' Wings, Inc.

"Over The Rainbow Bridge"

May they forever fly free and May you be comforted knowing



REFRESHMENTS

We all like to snack at our meetings.

Bring that bag of cookies or help us stay healthy and bring a fruit platter that you can share with fellow members or your birds!

Beak n Wings Purpose

The purpose of Beak n Wings, Inc. shall be to furnish and exchange knowledge about and to promote the humane care of pet birds, and to introduce the general public to the field of aviculture.

BEAK N WINGS - NOTICE

CLUB MEETING RULES FOR BIRDS

Your bird is welcome, provided you follow the club rules. If you are unable to follow these rules, please leave your bird (s) at home or you will be asked to leave the meeting.

- 1. All birds must be in good health, not on any medication, or have wounds or sores of any kind.
- 2. Owner is responsible for bringing newspaper or a clean large towel for each bird brought to the meeting. A bird stand is helpful but not mandatory.
- 3. Owner must clean up after their bird and ensure that the room, carpet, floor and furniture are kept clean.
- 4. No birds are to be left unattended.
- Bird owners accept full responsibility and liability for the actions of their birds - ie. Bites, damages, droppings, damage to property and / or members.
- 6. All birds **MUST** be transported into each meeting in a carrier or cage, you may NOT carry the bird into the meeting without the carrier or cage. 7. Always ask before picking up or holding another persons bird.
- 8. Always try to remember and clean your hands between holding birds.

Remember when walking around the room, your bird is only allowed to leave it's droppings on you.

Thank you for your cooperation

SHOP FOR BEAK N WINGS

You can help raise money for Beak n Wings by shopping for items you already want or need!

Just visit our website and scroll down to the bottom of the front page. There you will find links to several businesses that will donate a percentage of what you spend to Beak n Wings. Or click on the links here:

iGive

Good Bird, Inc.

Amazon Smile

Thank you in advance for helping.



COME JOIN US

EDUCATION

PARROT RESCUE

Wish list

Paper towels Rolls of butcher paper and/or newspaper

Toilet paper Dish soap (Dawn)

Baby wipes (unscented)

<u>Certified electrician:</u> Looking to have wire ran so that we can hook a stove up in the facility. We will pay for the wire, you volunteer the labor.

Volunteers to help do a DEEP clean on the facility.