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NEWSLETTER 2ND QUARTER 2012

JULY 1, 2012

Beaks and Feathers

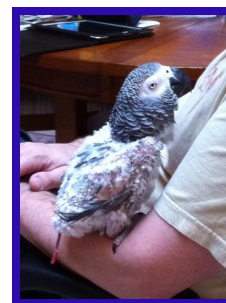
This Quarter's Adoptions

Florida Parrot Rescue has adopted 76 birds so far for 2012 as of June 30th! With more than 100 birds in rescue at this time, we need to keep up this momentum and continue to spread the word to our families, friends, co-workers and anyone else you can think of. Keep in mind we always need new fosters as well, We have approximately 25 birds on the waiting list needing to come into rescue at the moment, and we will soon have to close intake due to slowing adoptions and limited room in foster homes, so we need help!

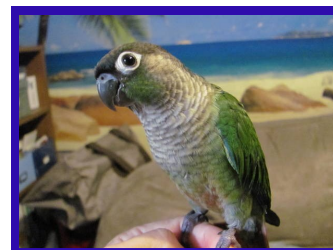
Remember that our foster/adoption application is available on our website (www.floridaparrotrescue.com) and can be e-mailed after completion to flparrotrescue@aol.com. We begin processing applications as soon as we receive them electronically. Requirements for adoption or foster are as follows: all dogs and cats owned must be up to date on vaccinations, dogs must be on heartworm prevention, all birds owned must have been seen by a vet within the past year with a minimum of an exam and gram stain (not just wing and nail trims). If the vet reference passes, there will be a home interview by an FPR member. Please e-mail if you have any questions!

The following birds were adopted in April, May and June 2012: Abby (Blue & Gold Macaw); Allie (Ringneck Parakeet);

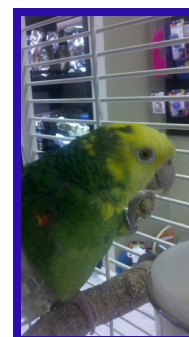
Angel (Congo African Grey Parrot); Angel (Greenwing macaw); Athena (Greenwing Macaw); Baby (Umbrella Cockatoo); Baby Blue (Blue & Gold Macaw); Bobo (Yellow Head Amazon); Booger (Cockatiel); Bridgette (Quaker Parrot); Buddy (Double Yellow Head Amazon); Buddy (Fishers Lovebird); Eros (Green Cheek Conure); Hansel & Gretel (Pair of Cockatiels); Jack (Sun Conure); Little Guy (Senegal Parrot); Louie (Greenwing Macaw); Neon (Blue & Gold Macaw); Pepper (Nanday Conure); Puck (Lovebird); Rainbow (Blue & Gold Macaw); Rocky (Blue & Gold Macaw); Rorry (Umbrella Cockatoo); Scooter (Sun Conure); Spike (Quaker Parrot); Stella (Umbrella Cockatoo); Sunny (Cockatiel); Tiki (Catalina Macaw); Toby (Quaker Parrot); Toothless (Mealy Amazon); Willow (Indian Ringneck Parakeet); Zoey (Moluccan Cockatoo);



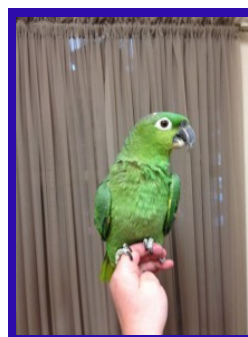
Angel - African Grey



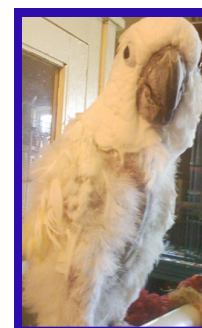
Eros - Green Cheek Conure



Buddy - Double Yellow Head Amazon



Toothless - Mealy Amazon



Rorry - Umbrella Cockatoo

Letter From The Director

Dear Friends and Supporters,

It's been 3 months already!? Wow, time sure does fly. Karen, Jen V., myself and all of the FPR coordinators have been very busy. In April, we participated in Fashion Feathers and Fur, hosted by Timberlane Pet Hospital and Resort in Plant City, it was a total success! All 4 of the rescues involved (FPR, Florida Boxer Rescue, Pit Stop Bullies and The Humane Society of Tampa Bay) each received a check for \$6,000! Mr. Bob Reina of Talk Fusion wrote a check for \$15,000 for the event that was included in that total, we are so very thankful! Now, we are gearing up for our first ever Chopalooza on July 14th at Bonnie's Birds in Port Charlotte. This event is hosted by Bonnie Grafton, Janet Hilton, and Patricia Sund of Bird Talk Magazine. We have a lot of GREAT sponsors who have donated some awesome items that we will be auctioning and raffling off. You do not have to attend Chopalooza to participate, you can purchase tickets for any of the raffles and bid on any of the auctions regardless of your location! Go to the websites for details and requirements or refer to the article in this newsletter. As always, I am humbled and extremely grateful for all of the support provided to our rescue. On another note, I am not sure how many of you know, but before FPR was "FPR" we were "Tampa Bay Parrot Rescue & More". The "and more" was of course other types of animals. Well, as of late, Karen and I have been asked to be a part of a rescue association of sorts that allows all of the rescues in Hillsborough County to work together to save more animals. She and I share a board position in this group. In the first general meeting that was held, there was a woman from Florida English Bulldog Rescue who announced that they were the largest "non cat" rescue who was saving animals from Hillsborough County Animal Services (HCAS). I had NO idea that we were permitted to pull animals other than birds. In addition to running the rescue, I also manage CountryChase Veterinary Clinic in Tampa. At CountryChase, we have been taking in kittens from the public and then adopting them out, but now with the help of FPR, we will be saving kittens from the HCAS high kill shelter and adopting them out. So far, we have saved the lives of 4 kittens that would have otherwise been euthanized. While we are fully aware we cannot save everything, we are sure going to try to save as many as we can. That being said, we are starting a new "leg" of our rescue that will involve working with HCAS on a regular basis. To read more, please visit the section titled "Florida Parrot Rescue KIDS" on our website, coming soon!!

Until next time,

Jennifer James



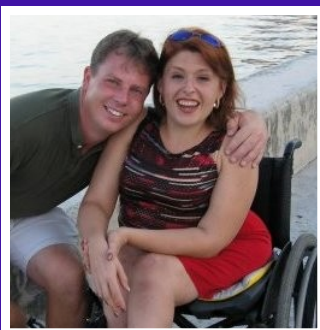
**Jennifer Underwood
James - Co-founder,
Director and
President of Florida
Parrot Rescue, Inc.**



Kirsten Krame



Nicole Bennett



Lorry & Chris Burger

Volunteers of the Month

APRIL

Kirsten Krame is our volunteer of the month for April! Although Kirsten is a new member to FPR, she has volunteered for a myriad of events to help educate the public. Not only is she now running our events at the Petco in Tampa, but she is also educating young people at the Humane Society of Tampa's summer camps. Each week, the Humane Society has a new set of kids come in and one day each week, Kirsten travels to the HSTB and educates these kids on avian care. Thank you so much for all of your hard work Kirsten, we are so lucky to have found you!

MAY

Congratulations to Nicole Bennett, our volunteer of the month for May! Nicole has been part of Florida Parrot Rescue for over a year and in that time, she has volunteered for many duties consistently, including transports, emergencies, events, education, etc... More recently though, Nicole was asked to step up and take the position of West Coast Foster Coordinator, which she happily accepted! This position takes a lot of time and energy and she has performed her duties flawlessly. She is a real asset to FPR and to the fosters that she coordinates. We are so happy and lucky to have her!

JUNE

Lorry and Chris Burger have once again, been awarded volunteers of the month! Lorry and Chris, husband and wife team, are tirelessly dedicated to the welfare and care of parrots of all kinds. They travel great distances to transport birds into rescue and they also love to care for special needs birds that need fostering. When ever we need something in their area (and sometimes even across the state!) we know we can count on Lorry and Chris to get the job done! FPR would not be as successful as we are without Lorry and Chris, and we are truly grateful for their dedication!

Upcoming Events and Volunteer Opportunities

Saturday 07/14/2012 11am
Parrot Nations Chopalooza the 2012
Tour! At Bonnie's Birds
4300 Kings Highway Unit 401
Port Charlotte, FL

Wednesday 07/25/2012
McKee Gardens Childrens Camp
Vero Beach, FL

Wednesday 08/01/2012
McKee Gardens Childrens Camp
Vero Beach, FL

Saturday 8/18/2012 10am-4pm
PetCo Adoption Event
13127 N. Dale Mabry Highway
Tampa

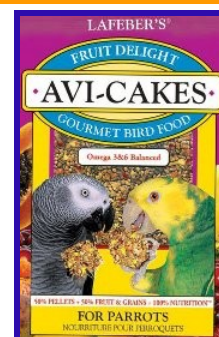
Saturday 09/15/2012 9am-4pm
Responsible Dog Ownership Day
Tampa Florida Fairgrounds
4800 Highway 301 North

Saturday 10/13/2012
Tampa Bay Veg Fest 10am-6pm
Cotanchobee Fort Brooke Park
601 Old Water Street, downtown

Saturday 10/20/2012 10am-4pm
PetCo Adoption Event
13127 N. Dale Mabry Highway
Tampa

Saturday 12/15/2012 10am-4pm
PetCo Adoption Event
13127 N. Dale Mabry Highway
Tampa

As always, thank you to the veterinary offices that work with FPR for their generous discounts and support: Country Chase Veterinary Clinic in Tampa, Timberlane Animal Hospital in Plant City, East Orlando Animal Hospital, The Exotic Bird Hospital in Jacksonville, the Lake Howell Animal Hospital, Animal Hospital of Pensacola, The Weston Road Animal Hospital, Broward Avian & Exotic Animal Hospital, Blue Pearl Veterinary Specialists, All Animal & Bird Hospital in Melbourne and Ark & Bark Animal Clinic in Palm Bay.



Thank You Lafeber and Harrisons for your donations!!

Don't forget you can go Cruisin' for Florida Parrot Rescue! You can go on a 5 night Western Caribbean Cruise leaving out of Tampa on February 11, 2013 with stops to Grand Cayman and Cozumel! Each booking raises money for Florida Parrot Rescue and the birds in our care! Prices start at \$533 per person, double occupancy AND you can make payments! Please contact cruise organizer Sherry Leybovich at Toll-free 888-464-1827 Local 813-657-0844.

If you would like to advertise in our newsletter, please e-mail us at flparrotrescue@aol.com
Thank you!!

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Healthy Food Choices for your Parrot: **CHOP!!**

by: **Michelle Magon**

Michelle is from Tucson, Arizona and has shared her home with parrots for over twenty years. She enjoys coming up with new healthy recipe ideas for her flock of six pampered parrots: Aztec the Blue and Gold Macaw, Apollo the Umbrella Cockatoo, Einstein the African Grey, and the three conures; Paulie, Tiki and Marigold. Michelle has recently agreed to be our columnist for "Healthy Food Choices for your Parrot" and we are very excited! We can't wait to see what she will cook up next!

I was so excited the first time I stumbled across Patricia Sund's Parrot Nation blog and found her page on "Chop". All of these years I had spent so much time chopping veggies by hand. It was now time to dust off that food processor that was hidden away in the back of my cabinets. Chop is a fantastic idea and concept as a means to obtain nutrients from a wide variety of different foods in every single bite. Chop is an easy way to add fresh nutritious food to your parrot's diet. I think of it as a finely chopped salad with healthful grains, herbs and spices added, make it a complete meal by adding cooked or sprouted beans to it. Good examples are garbanzo beans, mung beans, adzuki beans as well as lentils, they are very nutritious and easy to digest for parrots. I still feed a good daily pelleted diet and a large variety of good foods for my birds, buying human-grade organic food from the health food store really makes me feel good about what I am feeding my birds. People are organizing Chop parties for avian enthusiasts, bird clubs and rescues to get together to make Chop. Many are sending Patricia their Chop pictures from all over the world. If you haven't made a batch yet, it's time to join the party and give it a try.

It all started with Patricia Sund's Parrot Nation blog, go to www.parrotnation.com then go to the left column and look for the heading for instructional videos. There are easy to follow, step by step videos to give you lots of great ideas for your Chop. There is a bean video there too that Patricia uses along side with her veggie Chop. Pat's wit and charm make her educational videos fun to watch and learn from too.

So read on and learn more about Chop and how you can use it to diversify your parrots diet and read about our exciting upcoming event, Parrot Nation's Chopalooza, the 2012 Tour! We hope to see you all there!



Chop with the fresh fruit and sprouts added. Raw finely chopped: broccoli, cabbage, zucchini, squash, cucumber, carrots with tops, celery with tops, ginger roots, sweet peppers, arugula leaves, romaine lettuce, and mustard greens. Sprouted: sesame seed, black, white and red quinoa, garbanzo beans, mustard seed, fenugreek, wheat berries, corn, lentils, adzuki beans, and mung beans.

* Fresh apple, pear, strawberry, orange and mango added just before serving.

* I don't feed much fruit but this was a special treat where I included a lot of it. The fruit is not frozen with the Chop batch and was served fresh right at the feeding time. Same with the sprouts, I want to keep them alive and fresh so I do not freeze them, and just add them fresh at serving time.

Sprout Wheel: Fresh sprouts ready to be added to a batch of Chop. Starting at top, clockwise: Garbanzo beans, short grain brown rice, green lentils, wheat berries, mung beans, red lentils, buckwheat groats and adzuki beans in the center. See last quarters FPR newsletter (April 1 Q1, 2012) for detailed information on sprouting.



Chop, fresh sprouts, with soaked plumped almonds.



CHOP: So easy a 6 year old can do it! In this batch:

Brown rice

Quinoa

barley

dried cranberries

Whole wheat pasta

green peppers

Yellow peppers

Jalapeño peppers

Cucumbers

Squash

Zucchini

Kale

Green beans

Lima beans

Corn

carrots

spinach

cabbage

red chard

green chard

arugula

tat soi

broccoli

sliced almonds

Crushed walnuts

herb mix

bean mix - soaked overnight, slow cooked, then drained & dried

(Volkman's Fancy Soak & Simmer— soy beans, paddy rice, whole wheat, Alaska green peas, yellow corn, white peas, popcorn, pearl barley, oat groats, red lentils, green and yellow split peas, white corn, green baby lima beans, small red beans, black turtle beans, kidney beans, pinto beans, black eye beans, buckwheat, white northern beans)



red chard
green chard
arugula
tat soi
zucchini
squash
spinach
sliced almonds
brown rice

red pepper
green pepper
jalapeno pepper
broccoli
kale
parsley
cucumber
blueberries
rolled oats

whole wheat pasta



PARROT APPROVED!



Crystal the Alexandrine
digging in!



Chop face!



Kizmet the Hahns says "please
hurry up and make this chop.
I'm hungry!"



Patricia Sund's birds (Parker, Pep-
per & Nyla) enjoy her chop!

The Chop Revolution

“A method of feeding your birds without losing your mind.”

By Patricia Sund (reprinted with permission)

For more information on “Chop” and to see instructional videos, go to:
parrotnation.com

“Chop” is a feeding concept. Think of it as though you’re making two lasagnas; you cook one for dinner that night and put the other in the freezer because you can bake it some evening when you don’t have time to cook.

If you’ve ever heard of “Once-a-month-cooking,” or “OAMC” as it’s called, making chop is the same thing. You make a *huge* batch of a fresh vegetable mix for your birds, package it up in baggies or plastic containers in an amount that will feed ALL your birds for one meal, and then freeze it. My baggies contain about 6 tablespoons of chop that will feed my three Greys one meal. Each bird gets about two tablespoons for breakfast along with other various items like sprouts, a portion of warmed, previously frozen bean mix, (my “Teenie Weenie Beanies” bean mix concept is a good choice) their formulated pelleted diet, nuts and healthy table food. After an hour or two, I discard the leftovers as it is a fresh mix and can spoil.

Each evening, take out two baggies the night before you are going to serve them; one for breakfast, one for dinner and let them thaw overnight in the refrigerator. The next day, they’re ready to rock and serve up to your little dudes. This lowers the daily “pain factor” in your daily routine. “Chop” can consist of absolutely anything that is good for your birds, but the base is primarily fresh vegetables which is what the little feathered gangsters should be eating more of. One of the reasons “Chop” is so good for your birds is what I call *the illusion of choice*. While they might want that piece of carrot, it probably has some quinoa or broccoli stuck to it and they eat it all, including that bit of quinoa and broccoli. In other words, they’re on the bonus plan and they don’t even know it!

In the day-to-day, “Chop” is easy, fast, convenient and consistently good for your guys. It is as good as what you put into it. The trick is to take the initial time to make a big batch of it, package it, freeze it and you’re off the hook for as long as it lasts. It’s easier if you have a few people get together and make a batch for everyone to share; it’s more fun and there are extra sets of hands to snap open the baggies while you’re filling them. This way, you share the work, the expense and the “Chop.”

Here are some suggested ingredients you can use, but this is in no way etched in stone. Buy what’s fresh, in season, inexpensive or on sale and available. Add a cooked brown or wild rice, some cooked beans, whole wheat pasta, cooked quinoa and you’re off! It’s quite versatile: You can put it in bird bread or mix it in with scrambled eggs for them. Crush up one of the shells and add it to the mix; it’s great calcium! You can spice it with herbs, add extra healthy seed, put pureed squash over it, or cook it in wild rice pancakes for them. The options are endless with “Chop.”

Toppings

Introducing assorted healthy toppings to your bird’s chop can add variety and flavor. Try healthy toppings such as sprouts, red pepper flakes, bee pollen, HARI’s Living World Clay-Cal™, a drizzle of coconut oil or a nutritional supplement. Leftover healthy table food adds interest as do beneficial teas like chamomile, rose hip, dandelion leaf, or clover. A bit of whole wheat toast with some almond butter? Why not? Some star anise or a cinnamon stick? Have at it!

Nutritional Content of Some Suggested Items used in “Chop.”

Quinoa:

Quinoa is high in protein and includes all nine essential amino acids supplements. It is a popular choice for vegans as it helps them absorb adequate amount of proteins, sometimes a tricky task if you’re a vegan. It is gluten-free and a wonderful source of phosphorous, magnesium, zinc, copper and manganese. It contains vitamin B6, niacin and thiamine. It has lysine for building proteins in the body, and contains riboflavin (vitamin B2), an extremely important vitamin for producing energy.

Watercress:

A wonderful source of vitamins B1 and B6, vitamin E, beta-carotene and vitamin A equivalents, iron, and calcium. Watercress is loaded with beta-carotene which converts to vitamin A after ingestion as well as important antioxidants that are needed for healthy skin and eyes.

Amaranth

Amaranth contain large amounts of protein and essential amino acids, such as lysine. This grain grows quickly and their large seed heads can weigh up to 1 kilogram, containing a half-million seeds. *Amaranthus* species can have a 30% higher protein value than cereals, such as rice, wheat flour, oats, and rye. It’s high in iron, manganese, magnesium, phosphorus and calcium. It’s low in gluten and sodium. Amaranth has the highest lysine content of all the grains. Quinoa comes in a close second.

Spelt

Spelt contains 15–21% protein; much higher than wheat. It's also higher in complex carbohydrates, iron, potassium and the B Vitamins than wheat. Spelt is also rich in protein. These proteins contain all of the eight essential amino acids needed by the human body. These amino acids are called "essential" because the body cannot manufacture them. You need to get them from food. Spelt is high in the "bioavailability" department; The nutrients it contains are easily and quickly accessible to the body. It's easily and rapidly broken down and used without much effort.

Peppers

Red peppers have very high levels of vitamin C; yellow and green peppers have nearly as much. The red varieties are also rich in beta carotene that converts to vitamin A. Vitamin A is important for healthy skin, boosts the immune system, and aids in night blindness. They have high antioxidant properties.

Kale

Kale is known as a "Superfood." It is an amazing source of an easily absorbed calcium, which is one of the many factors that may help prevent osteoporosis. It also provides fairly decent amounts of vitamin C, folic acid, vitamin B6, manganese, and potassium.

Dandelion Greens

Dandelions are nature's richest green vegetable source of beta-carotene, from which Vitamin A is created, and the third richest source of Vitamin A of all foods. African Greys need high amounts of Vitamin A, so dandelion greens are right up their alley as a standard food for them. Dandelion greens are also rich in micronutrients such as copper, cobalt, zinc, boron, and molybdenum, as well as Vitamin D.

Wheat Grass Powder

Wheat grass is very rich in vitamin A, vitamin C, calcium, iron, magnesium, potassium, sodium, sulfur, zinc, and protein. And it's loaded with vitamins, minerals, enzymes, amino acids, phytonutrients and carotenoids.

Sweet Potato or Yams:

Bursting with Vitamin A, something parrots seem to need a ton of, they are a "superfood." Sweet potatoes have orange-hued carotenoid pigments. In Africa, India and in the Caribbean, they have been shown to be a very effective vehicle for providing children with the necessary amounts of their daily Vitamin A. They were shown in some studies to be a better source of bioavailable beta-carotene than green leafy vegetables. They are available in many countries on a year-round basis. They provide parrots with a key antioxidant like beta-carotene and are a stellar antioxidant food! They are one of the most nutritious vegetables around. These guys are also a very good source of vitamin C and manganese as well as a good source of copper, dietary fiber, vitamin B6, potassium and iron.

Turnips:

Turnips are low in saturated fat and cholesterol, high in Dietary Fiber, Vitamin C, manganese, Vitamin B6, folate, calcium, potassium and copper. Root vegetables are excellent sources of minerals.

Daikon Radish:

A mainstay of traditional Japanese cuisines, Daikon radishes grow in the earth and absorb minerals and nutrients. It has 180% of our nutritional needs of Vitamin A, it's stuffed with Vitamin K and packs a pretty good smack of calcium. It contains a nice array of minerals and well, it just tastes really good. Snappy and flavorful, it has a nice crunchy texture my birds seem to love.

Broccoli Rabe:

Broccoli Rabe is low in saturated fat and a good source of pantothenic acid. It's rich in dietary fiber, protein, vitamins A, C, E (Alpha Tocopherol), and K, thiamin, riboflavin, niacin, Vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, zinc and manganese.

Wild Rice:

Wild rice is actually an aquatic grass. It contains more Niacin (also known as vitamin B-3) than brown rice and it's an excellent source of other B vitamins, such as calcium and potassium. It is a good source of fiber and it's high in carbohydrates; great for boosting your bird's energy.

Swiss Chard

One of the most nutritious vegetables around, chard ranks second only to spinach following an analysis of the total nutrient-richness of the world's healthiest vegetables. It's packed with vitamins K, A, C, E, as well as being high in minerals such as magnesium, manganese and potassium.

Ginger

Ginger contains very potent anti-inflammatory compounds called gingerols. These substances somewhat explain why so many people with osteoarthritis or rheumatoid arthritis experience a decrease in their pain levels and an increase in their mobility when they use ginger regularly in their cooking. Ginger is an ideal supplement for older birds prone to arthritis and joint pain.

Ingredient Suggestions for Chop

carrots with tops
 broccoli rabe
 celery with leaves
 acorn or other orange squash
 green cabbage
 purple cabbage
 kale
 beet tops
 sweet potatoes
 green pepper
 collard greens
 watercress
 zucchini
 yellow squash
 red pepper
 ginger root
 quinoa
 brown and wild rice
 dry oatmeal
 whole wheat pasta
 hemp seed
 chia seed
 rape seed
 flax seed
 wheat grass powder
 spelt
 celery seed
 amaranth
 boiled popcorn
 Twin Beaks Aviary "Herb Salad"
 broccoli slaw
 parsnips
 poblano peppers
 jalapeño peppers
 nori (Japanese seaweed)
 garlic
 dandelion greens
 Swiss chard
 asparagus
 cilantro
 daikon radish
 jicama
 unsweetened coconut
 turnips
 yams
 bok choy
 cauliflower
 parsnips

Patricia Sund is a Columnist for "BIRD TALK" Magazine and has a popular blog called "Parrot Nation," where she writes about life, birds and her adventures in the world of Aviculture including volunteering at Best Friends Animal Society and as a keeper at the Cincinnati Zoo. She has written for "The Bird Channel," Phoenix Landing's "Phoenix Beakin'", "The Alamo Exhibition Bird Club," the AFA "Watch Bird," and the Rocky Mountain Society of Aviculture. She has completed Dr. Susan Friedman's online course: "LLP: Living & Learning with Parrots," and both Beginning and Advanced Levels of the "Natural Encounters" Companion Parrot Training Seminars. When asked why she has parrots in her life, she always responds the same way: "I've been a Flight Attendant for 25 years; I guess I'm just used to serving food, repeating myself, cleaning up crap and getting hollered at."

Announcing Parrot Nation's Chopalooza! The 2012 Tour!

WHEN: Saturday, July 14, 2012

WHERE: Bonnie's Birds Port Charlotte, FL

ALL PROCEEDS TO BENEFIT: Florida Parrot Rescue

OUR SPONSORS: Patricia Sund with Parrot Nation, Bonnie's Birds, Charlene Bebko, Sherry Leybovich with Cruise Planners, Robert Seymour, Deborah Featheredangels, Carmel Mann, Pam Skidmore, Twin Beaks Aviary, BirdBrain Gifts, Janet Holt Hilton, Debby Bruce, Country Chase Veterinary Clinic, Hagen, Canvas on Demand, Rabbit Air Filters, Bird Talk Magazine, Balyhoo Bath and the Golden Cockatoo

PATRICIA SUND WILL BE LEADING A SESSION (WITH FPR VOLUNTEERS HELPING) TO MAKE 200 POUNDS OF "CHOP" TO DONATE TO FLORIDA PARROT RESCUE FOSTER BIRDS. SOME WILL BE AVAILABLE FOR SALE TO THE PUBLIC (PLEASE BRING A COOLER IF YOU PLAN TO PURCHASE CHOP!)

THE DAYS EVENTS WILL ALSO INCLUDE SILENT AUCTIONS, AUCTIONS ON LINE AND RAFFLES ON LINE AND AT THE LOCATION. THE FIRST 20 PEOPLE TO ARRIVE (NOT INCLUDING FPR VOLUNTEERS) WILL RECEIVE A GIFT BAG WITH LOTS OF GOODIES!

YOU DON'T HAVE TO BE PRESENT AT CHOPALOOZA TO PARTICIPATE AND YOU CAN START RIGHT NOW!

You can bid on-line for the auction items (INCLUDING A 5 NIGHT CRUISE FOR TWO!!!!) or you can buy raffle tickets on line to win various prizes (INCLUDING A RABBIT AIR PURIFIER!!!) or you can buy raffle tickets for the 50/50 (TO WIN CASH FOR YOURSELF! WOOT WOOT!) So which way do you want to help! Or hey, why not choose all three?! So here are your links!!

Auction Site:

Users will need to create a login in order to bid. Each item has a picture and a description as well as a minimum bid. The 5 night Western Caribbean Cruise for 2 over Valentines day 2013, starts at only a \$100 bid!! WOWZA!!!

www.32auctions.com/Chopalooza

Raffle Site:

You go through the paypal link on the raffle site to purchase your raffle tickets on line. Scroll down on that page to see what items will be included in the raffle, you will see that AWESOME Rabbit Air Purifier!!

<http://flparrotrescue.eventbrite.com/>

50/50 ChipIn Raffle:

You can purchase raffle tickets for a chance to win money! This is through the ChipIn site and you use paypal for payment!

<http://floridaparrotrescue.chipin.com/5050-raffle-win-money-for-fpr-thru-parrot-nations-chopalooza-2012-tour>

GOOD LUCK EVERYONE! And remember to have fun while raising money for the birds!!! Remember that if you are attending Chopalooza, that you can participate in all three of these events at that location as well!

Would you like to attend? You can go to the Parrot Nation's Chopalooza! The 2012 Tour! facebook event page at <http://www.facebook.com/events/458461950850354/> for more information and updated additions for donated items!

If you are coming in from out of town for this event, we have hotel deals for you!! Days Inn of Port Charlotte has offered our participants a great price! Please call direct to this hotel at 941.627.8900 and the group name is "Bonnie's Birds". The price is \$55 a night for 2 people, \$10 for each additional person up to 4. <http://www.hotelsofportcharlotte.com/days-inn.html>

THE IMPORTANCE OF VETTING YOUR FIDS

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BY: Jennifer Underwood James

Working in both the bird rescue as well as the veterinary field, you would think I would be used to the amount of people who do not understand the importance of regular veterinary visits for avians (or exotic) animals. I learned very early from Dr. Nelmapius at Safari Animal Clinic in Temple Terrace, that exotics/avians do not show signs of illness until they are very sick. Understand, many times, that means it's too late. Therefore, regular veterinary visits with AT LEAST a thorough examination and a gram stain is very, very important. The other thing that people do not understand is that many behavioral problems are due to an underlying medical issue. Through rescue, we've had 2 moluccan cockatoos who have come in with huge self inflicted wounds on their chest. Both of these birds had underlying heart issues and were trying to "get to" the source of the pain. Also, please remember that a healthy bird does not normally need a beak trim, many times that may be a sign of something else going on.

While the veterinarian that you choose does not have to be a board certified specialist, they do need to have a lot of experience with birds. There are veterinarians who see birds and have limited experience and training, therefore cannot always come up with the proper diagnosis and treatment. Many times they do not have trained support staff that can assist with restraint for examinations and diagnostic tests.

Many bird owners go to breeders and pet stores for medical advice. While many are very knowledgeable, they are not veterinarians. The reputable stores that I am familiar with will refer a bird with a medical issue to their veterinarian, as it should be. Over the counter medications should not be used to treat any pet without knowing what the underlying cause is and consulting with a veterinarian. Many medications we take, can kill animals.

Most veterinarians were not trained in every species of animal. For the most part, they are trained in dogs, cats and horses. In order to have the additional avian and exotic training, veterinarians have to request the courses as electives. Some veterinary schools do not even work with exotic animals (though that number is decreasing). Any additional training they get in experience after veterinary school from hands on training or additional continuing education they choose to pursue.

Avian veterinarians who are board certified are few and far between. These veterinarians have gone above and beyond in their training and education. We have several AAV veterinarians who we utilize through the rescue. In the Hillsborough area, all of our birds are seen by Dr. Theresa Lightfoot for surgical procedures and Dr. Terri Readdy for general practice. Dr. Readdy is not boarded, but has extensive training and education, and has worked directly with several AAV veterinarians, including Dr. Lightfoot.

In order to find a veterinarian that is knowledgeable about birds, you can do several things. In the bird community, there are a lot of people who can easily give veterinary referrals. We are usually very picky about the veterinarians we choose. If you're not sure about a vet, ASK! Your regular dog or cat vet should have a good referral for an avian vet as well. Who knows, they might even see birds! Here's one thing I recommend when looking for a veterinarian for ANY animal, stop by unannounced and ask for a tour. There may be a rare occasion when they have an emergency and you have to wait, but if they don't allow a tour, something is not right.

We have a listing of all of our veterinarians on our website and in this newsletter, please make sure to tell them we referred you!

HURRICANE SEASON IS UPON US!! Make sure you are prepared! Have enough water and food on hand for you and your animals for at least 3-4 days and make sure that if you need to evacuate, that you have enough travel crates to accommodate each animal you care for. Also make sure that you have a place to evacuate where your animals are welcome!



Finding
Forever
Homes for
Our
Feathered
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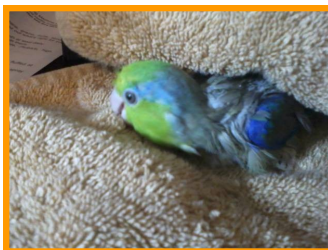
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A 501C3 Non-profit, all volunteer run organization, serving all of Florida!

Phone: 813-516-1759

Florida Parrot Rescue is dedicated to the rescue and rehabilitation of companion parrots. We strive to educate parrot owners on proper handling and care of parrots. Should someone be unable to keep their bird(s) for ANY reason, we want them to know there is a place to turn, and that they are not alone. It is our goal to provide a safe haven for birds that cannot stay with their owners or birds in need, and then to find those birds forever homes with loving and responsible families.

Adoptable Bird of the Quarter: JOCKO the PARROTLET



Jocko is a 5 year old Pacific Parrotlet, also known as the Lesson's Parrotlet or the Celestial Parrotlet. These species are native to Ecuador and Peru and they are the second smallest of the parrot species at about 5" in length (and the smallest found in the US). As you can see, Jocko has shredded most of his feathers. His shredding started from stress when he lost his mate a year before he was relinquished to FPR, which was very traumatic for him as this species of bird form life-long and tight pair bonds with their chosen mate. Jocko, although a quiet and somewhat scared little soul, is quite the biting machine! My family and I are working with him to try and curb this behavior with some success; however, although he is tiny, he can pack quite a wallop of a bite, so he should be adopted by someone with prior bird experience who has tons of patience. He does step up nicely for my oldest daughter and me with little biting, however, please understand that my daughter was raised with a lot of animals and has a lot of experience for her young age, especially with birds, Jocko should NOT be a child's companion. He does not like my other children or my husband, so he seems to be very particular about who he wants and who he doesn't, so I would suggest a meeting before deciding to adopt. Jocko makes various whistles and sounds and is quite entertaining to talk to and to sing to. We are currently working on getting him converted to a better diet which hopefully will help with his feather shredding, although there is no guarantee that will ever stop. Parrotlets can live up to 20 years with the right diet. Jocko is very quiet and would be great for an apartment or condo. He has a large and very nice cage for his species and he loves to shred his toys. If you have lots of patience and love to give (and no children!), then Jocko may be the perfect little man for you!