

# The Parrot Press

The Welcome Issue

## Welcome to PHR's Newsletter



A note from the director -

Thank you for subscribing to the Parrot Hope Rescue newsletter. We are excited to bring back the newsletter after a 10 year hiatus! Be on the lookout for a new issue every quarter. We will share all things happening within the rescue with all types of content in each edition, including upcoming events to add to your calendar.

See you at the next event,  
Tammi



**Education Seminar**  
Join us Saturday, April 30th, at 10am. The topic is Basic Parrot Care. Must call to reserve a spot.



**First Bird Fair of 2022**  
is on April 10th at  
Garden City Hall  
600 Garden City Dr.  
Monroeville, PA



**Picnic with the Parrots**  
is back this summer! More details to come in the next edition.

**Adoptables** If interested, please send a message through the website; available birds change on a regular basis.

**BUBBA - CONURE**



**REGGIE - CONURE**



**NIKO - MACAW**





## Volunteer Spotlight

For the past 4 years Brooke has selflessly served the rescue, donating her time to just about every area and project. You may have encountered her behind the register at the PHR store, heard her voice on Facebook, or have been greeted by her warm smile at events. She can be seen loading her car with parrots needing a foster home or speaking to groups about the rescue's mission.

Brooke is also the creative mind behind the rescue's website, social media presence, and marketing campaigns.

We asked her a few questions to get to know a bit more about her:

- Tell us about your flock.  
"I have a cockatiel, Theo, who I adopted from the rescue a year ago."
- Share a little known fact with us about you.  
"I play the ukulele. Maybe (if I practice) you'll see me play at one of our events!"
- What brought you to PHR?  
"I had a bird growing up. When she passed away I wasn't allowed to own another and I decided to find a rescue where I could at least be around them. So here I am!"

## Birds of Australia

Not only is Brooke this edition's Volunteer Spotlight, she also had the opportunity to travel to Australia over Christmas and see some of the wild parrots of the continent:

"It's true! I was so lucky to be able to travel to Australia for 6 weeks. It was a dream come to life!

It was amazing to see parrots in their natural habitat! I fed wild lorikeets at a sanctuary too. As much as we all love to have parrots as companions, it made it very real to see that they don't belong in captivity. Hopefully one day birds won't be a part of the pet trade.

Below are a few pictures of the parrots I saw in Australia. Be sure to check out the Facebook page for a post of more pictures and videos - coming soon!"



## Community Outings

Last Fall, PHR had the privilege to bring some special parrots to visit some special people at two assisted living facilities. Our objective - to spread joy - was surely achieved; the emotional connection between elderly humans and companion parrots is a powerful and heartwarming thing to witness. Residents' eyes brightened at their first glimpse of the parrots. Several hook-bill beauties settled in on the stage; a bit of the wild on display.

Things kicked off with a presentation about bird behavior, lifespans of parrots in captivity, and the mission of the rescue. Questions were asked and memories shared. One resident spoke of her birdwatching trip in the Galapagos Islands. Another reminisced about his grandmothers' parakeets from his youth. As the stories continued, the room filled with chatter, laughter, and squawking parrots.

Residents were given an opportunity to interact with a range of birds: sun conures, a Moluccan, an Amazon, a hybrid macaw, and two black-capped conures. For most, this was the first time they held a parrot and captured the gaze of those mysterious avian eyes. Time stood still for a few moments, yet the visit came to an end all too soon.

Smiles were generated, parrots were passed, and lives were made a little brighter.



## ADOPTION SPOTLIGHT



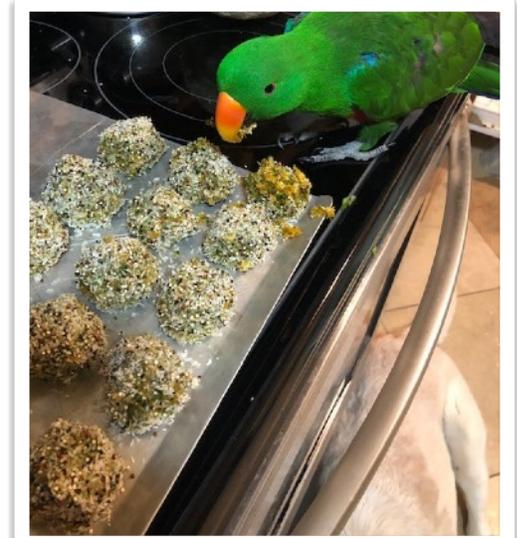
Bailey & Riley are two nanday conures who came to Parrot Hope in November of 2020! They had been with us for over a year and finally were adopted last month by an amazing family who are giving them all the love, work, and attention they need!

They took some time to warm up to the new owners, and now come out of their cage on their own. They are stepping up, love their baths, and enjoy the sun through the window! We couldn't be happier for these two and their new owners!

# COOKING WITH KIWI

## Vitamin A-Bomb Squash balls

- ☆ Choose a base: ~4 cups worth after baked/smashed
  - acorn squash
  - butternut squash
  - pumpkin
  - sweet potatoes
  - yams
- ☆ Broccoli
- ☆ Carrots
- ☆ Cilantro
- ☆ Dandelion greens
- ☆ Dill
- ☆ Dried flaked unsweetened coconut
- ☆ Fennel
  - \* *if your bird has kidney disease leave out or limit due to high potassium content*
- ☆ Oats (old fashioned whole grain breakfast)
  - \* *without sugar added or flavoring*
- ☆ Parsley
  - \* *contains oxalates, feed in moderation*
- ☆ Purple kale
- ☆ Sweet peppers
- ☆ Hemp seed
- ☆ Chia seed
- ☆ Sesame seed



1. Bake any combination of the squash, pumpkin and/or yams you have available.
2. Slice the butternut squash and small pumpkins in half and coat with coconut oil. Place cut side down on parchment paper covered baking pan. Bake at 350 until fork tender. Bake yams and sweet potatoes same as any potato. I Let cool for an hour or so.
  - \* ***This will create a lot of juice in the pan so make sure it isn't a flat pan***
3. Once cooled scoop the insides out into a large mixing bowl
4. Finely chop the veggies and greens in a food processor. (Kale, broccoli, carrot, peppers, etc.)
5. Add chopped vegetables to the mixing bowl with the potato
6. Add oats until the mixture is easily rolled into a ball
7. Cool the mixture in the fridge -- This makes it easier to roll
8. In a bowl, mix together the hemp, chia, and sesame seeds with the coconut. (More coconut than seed) Roll your balls through the mix and place on a parchment paper lined sheet pan.
9. Par freeze balls by putting the sheet pan in the freezer
10. Balls can now be put in a freezer bag and will not stick

### Notes:

You can substitute the veggies and greens in this recipe with what you have on hand/what is on sale.

Parrots will eat them after it defrosts.

Frozen balls can be put in chop bowls in warmer weather to keep chop cool.