

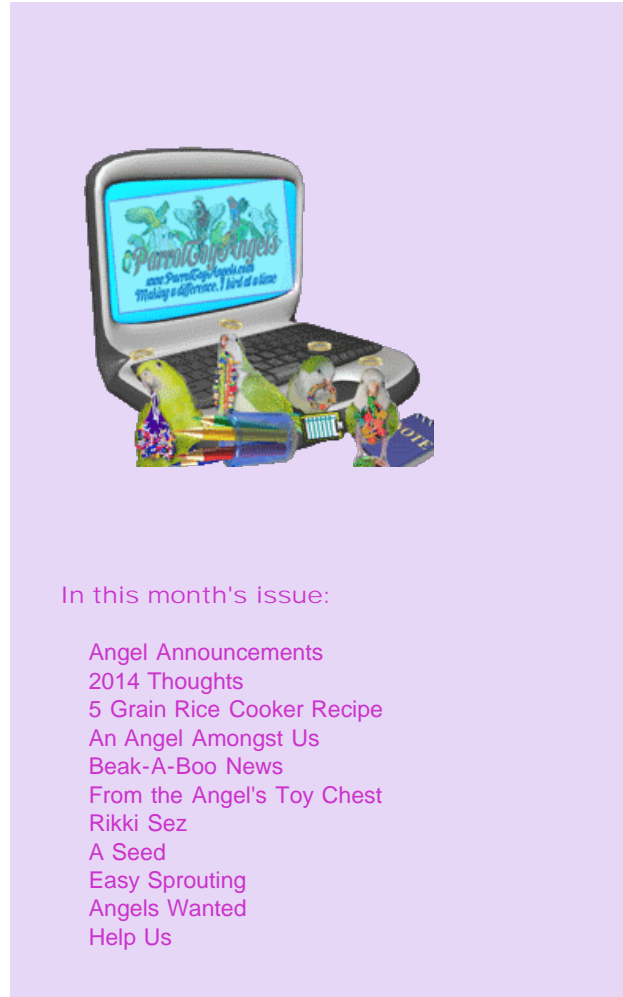


Angel Wings

A monthly journal for human angels who make a positive difference in companion birds' lives.

January 2014
Volume 9, Issue 1

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WELCOME

Nichole W. from Arizona ~~ Vikki J. from Texas ~~
Sheron H. from North Carolina

Angel Toys For Angels

January's Featured Toys



[Boomerang](#)
Medium Birds



[Manzanita Swings](#)
Large - XL Birds



[Ding Dong Dice](#)
Large - XL Birds

Check out all the
[Angel Toys for Angels](#)
now!



Happy New Year from Parrot Toy Angels



ANGEL ANNOUNCEMENTS

Watch for upcoming events, news, website updates, etc. here



NEW NEW

ON THE SITE:

- ♥ [New Items](#) ♥
- ♥ [Happy Flappers](#) ♥



2014 Thoughts
By Ilona Peterson

December is over...the list making, the rushing around in malls looking for the right gifts, the baking. Now we are ready to wish our dear ones the best for the coming Year.

It is the same with us Angels.

We look back on 2013 now and look forward towards 2014. We gratefully acknowledge every one of you...the toy makers, the wonderful supporters who come with donations of gifts, money, auction purchases, and encouraging words...AND...we begin making new goals.



5 Grain Rice Cooker
Recipe
By Toni Fortin

- 1 cup kamut
- 1 cup millet
- 1 cup brown rice
- 1 cup bulgur wheat
- 1 cup barley
- 2 cups frozen corn
- 2 cups frozen collard greens & kale
- 12 oz. bag cranberries, fresh or frozen
- 2 cups chickpeas, soaked & cooked
- 1 cup lentils, soaked & cooked

Put grains and water in your rice cooker according to the directions for your rice cooker, as they are all different. While grains are cooking, place the rest of the ingredients in a very large bowl. When your grains in the rice cooker click to warm, unplug and let sit for a little while. Fluff and add to the other ingredients. This recipe freezes well.

Yield: 14 snack bags

Angels are never satisfied with what 'was' accomplished; there is always the 'wishing we could have done just one more' rescue...just a few more toys. So, this will be our goal for the new year...more rescues...more toys.

The goal can be accomplished, but not alone. We still desperately need YOU, all of you! More and more rescues are contacting us, asking for help...and the pain of having to choose one above the other is agony. Please think of us when you look at your precious bird...and remember the ones who are not so lucky...and know that you are the one who can make a difference, One Bird at a Time.



An Angel Amongst Us

Parrot Toy Angels come in all shapes and sizes, and from all walks of life. Let us take this opportunity to get to know each other better and introduce you to one of our Angels.

This months Angel Amongst Us is Toni F....



Toni lives in North Carolina, and is owned by an African Grey, a Double Yellow Headed Amazon, and a miniature Poodle.

She enjoys cooking, gardening, reading, going to the beach and the mountains, along with spending time with family and grandkids. She also enjoys shower time with the birds, playing get the wiffle ball with her grey, and singing in the car while traveling. Every day is fun; Toni loves the pleasure of their company.

Toni became an Angel to give back some of the joy in her life, to let the birds forget the life they used to have, and to bring a few moments of pleasure to their lives. It warms her heart to see pictures of the birds enjoying new toys after a project.

Parrot Toy Angels is truly blessed to have Toni Amongst Us!



Hey, Boo here! Mom said I had to start earning my keep, she's tired of writing 'bout me, so I gotta do it myself. That's okay, I'm not shy, and I'll write to all my birdie friends out there!

I got to meet a new friend yesterday. Mom said it was something called a Rabbit, funny looking critter, for sure. Didn't talk, didn't make any noise at all, though I tried to get it to talk! It just kinda sat there, eating a carrot and refusing to share - I love carrots! When I yelled at it, it just ran and hid in the corner of its cage. It's not like my friends the Ginny Pigs, they make lots of noise... but they don't talk either. Sheesh, mom needs to find me some friends that talk!

Something happened this morning that kinda freaked me out. When Mom uncovered me this morning, her feathers were all PINK!?! How'd that happen? MY feathers never change color! I wouldn't go up on her shoulder, just sat on her knee and stared, trying to figure out what was going on. I'm still not too sure I like it, but we'll see. Meanwhile, I'll play it up, maybe she'll make me some new toys!

Since this is my first report, I'll keep it short... but here's my Beak-A-Boo Tip of the Month.

How to teach your parronts to dance: If you leave nutshells, or sharp toys strategically placed someplace your parront doesn't expect them, they'll dance and yell, just like you do when they find 'em, especially if they aren't wearing those silly shoosie. I got quite a kick out of that one! Try it!



From the Angel's Toy Chest

By Wyspur Kallis



Skinny Legs

Rikki will try and answer frequently asked questions here.



Rikki, At the end of the day my feet hurt. My cage has lots of things to climb and sit on but they are all smooth and the same size. My toes go all the way around it. I wish I could have something soft to sit on, a branch, maybe, or something flat to rest on. Can you help my mom with this?
Signed, Cramped

Dear Cramped, Since us birds spend just about all of our time on our feet, we do need perches of different sizes and materials, so our feet don't get cramped, tired and sore, and we don't have bigger problems later. Maybe your mom can ask her bird-friends to show her their birds' favorite perches, platforms and swings to give her some ideas? I really don't like those 'dowel' perches, they are too smooth and easy to slip on. I do love more natural perches that are different sizes.



Rikki, I'm spending Christmas at the bird hospital. Mom says I was exposed to metal poisoning from a metal pan that flaked into the bird bread she made. I have to go through a detox process for a while. Mom bought new glass cookware to make bird bread in. My vet says he has never seen this happen before with a pan. Can you explain more? Why is cookware so important?
Signed, Not Into Flakes

Dear Flakes, I'm sure your mom was trying to do good things for you, but if ANY of your cookware 'flakes' off into the food, it's not good for you, or even your parronts. Even if what flakes off into food is completely inert (as some cookware makers claim), who wants to eat that stuff or feed it to their loved ones? Good healthy food deserves good cookware, and any that is damaged or 'flaky' needs to be discarded. Period.



Rikki, My Moms an Dads have been very busy lately with them being at some place called werks and this funny thing called hollodays. They are hardly never home with

This cute little toy, with lots of wood to chew on, is perfect for the smaller birds. This toy measures approximately 12" long including the nickel-plated link. It contains hard wood blocks and plastic tubes strung on hemp rope. This toy is recommended for small to medium size birds such as conures, caiques and birds similar in size. This toy and others are available for sale at www.parrottoyangels.com. Every sale goes to help birds in need.

♥♥♥



♥♥♥



Why buy a Bird Cage from Bird Cages Galore?? Because we do not "just sell" top quality cages at reasonable prices, provide free shipping and a free toy with each cage; we offer first rate customer service and will answer your questions about most bird-related matters. Visit us on the web, browse our selection, join our discussion forum and sign up for our free Newsletter, [The Caged Bird Courier](#).

We are here to help, because we care about your bird!!

♥♥♥

A Seed
By Lori M. Nelsen

A seed, you say? Yes, we soaked it together
I'll bet it will sprout and last forever
No hoe or spade, to keep it alive
Unnecessary things aren't needed to survive
Only water, seeds, and a bit of care
Will make a small seed sprout in the air.

Providing a complete protein for your feathered ones is very important when making their menu. When you are preparing, you will need to consider the amount of either soaked or sprouted grain and legumes in your

me anymore. Me has tried talking to them at the tops of my lungs to explains that me is lonely and sad and upset but Moms and Dads just covers me up in the dark even though its not even my bedtime! I ams so bored and unhappy, the very loud talking isn't werking so I got frustrated and nipped Moms. Me didnt mean it, me is just so upset and confused. Moms wants to gives me away and Dads thinks me needs a friend. A friend?? Theys can't even play with me how is they going to find time to play with me and a friend? Me dont like no other birds! And me don't want to go away, me just want my Moms and Dads to play with me again like theys used to. HELP ME RIKKI!

Signed, Sad and Lonely Parrot

Dear Sad, I've heard this time and time again, and it just makes ME want to nip at them! If they had a human baby, and that baby was bored and they didn't have enough time to take care of it, they wouldn't think of giving it away or having another one, they'd try to adjust their schedules and find time to make it work! Having a bird, or ANY pet, is a lifelong commitment, just like a human baby, and not a step to be taken lightly.

Luckily, the "hollodays" are pretty much over for now, and I hope things get back to a better time for you. But maybe if your parronts are reading this, they will remember how much they loved you, and how special you are, pull off those covers and give you some special time. If not, let me know and I'll come nip them for you!

Do you have a question for Rikki?
Please send it to The Editor at
editor@parrottoyangels.org

♥♥♥

Easy Sprouting:
Part One of Three
By Regina Jankowski

When I hear the word "sprouts" I have an instant image of a long-haired hippie eating a repulsive looking sandwich with tails hanging out. A little dramatic, it's true. I'm the kind of girl who knows the four basic food groups: chocolate, frozen, bagged, and canned. This whole "healthy" thing just doesn't sit right with me. A part of my soul fights it with gusto. Then I looked into my bird's eyes and realized that for them to eat better, I would have to eat better. So I swallowed my hopes and dreams of losing weight through immense chocolate consumption and sought help.

menu. To provide a complete protein, you will need to add two times the amount of grains as legumes. For example, 1/2 grains to 1/4 cup of legumes. This mixture should be approximately 50% of their food for the day along with greens, veggies, fruits, nuts, and essential fatty acids and green supplements.

Grains can be sprouted and fed, sprouted and cooked or just soaked. Legumes can be soaked and fully sprouted (to 1/2 tails) or soaked and cooked. After deciding how you will be preparing these then you can think about your recipes.

I am always very short on time so I have some short cuts that work great for me. I only have one large cockatoo but I make separate batches and freeze both the grains and the legumes. It is easy and I only do it every couple of weeks. I freeze flat in gallon zip lock bags and just break up as needed for the day.

I soak my grains, I do not sprout. The grain swells, in just a few hours, and is ready to pop a little sprout, that is when I feed and/or freeze. With legumes it is different. I soak about 20 hours after rinsing well. I then drain and place in a pot, cover with water, adding some cumin and tumeric, and boil for 20 minutes and then simmer for 10 minutes skimming off the foam. Most "parronts" will only need to boil for 10 minutes and simmer for 20 minutes but Gonzo gets the 'bubbles', if I do. I have found if I only use a couple of different legumes in my mixes for him we have less chance of bubbles (digestive upsets).

I purchase my grains and legumes about twice a year and keep them in the freezer. I keep them separately so I can mix and match. For grains I purchase: Kamut, Spelt, Amaranth, Quinoa, Triticale, Rye berry, Buckwheat, Kasha, Millet, Barley, Wild Rice, and Brown Rice. These grains contain Vitamins A, B, C, E, and K, calcium, iron, lecithin, magnesium, pantothenic acid, phosphorus, potassium, all amino acids, and trace elements. They are up to 30% protein.

For legumes I purchase adzuki, mung, lentils (many varieties), garbanzo, and peas. I choose 2 of these for each

My friends here at Parrot Toy Angels were very supportive. Apparently they realized that my knowledge of my kitchen was merely that it's located in the back of my house and used to wash birdie bowls and get them fresh filtered water. They were kind enough to start me off easy, sprouts.

I cringed at the thought. Have you ever looked at information on the web regarding sprouts? Some of these instructions read like my stereo manual. If it's easier to program my VCR, I get frustrated. Alfalfa sprouts are the only sprouts I had ever heard of. (insert image of long-haired hippie here) Most of the seeds and beans are new sounds to my ears. So I decided that if I have to suffer through this whirlwind of confusion, why should you? (Of course, I just learned what kale is so you're probably better off than I am.) I will clear out the confusion and share my journey of sprouting with you from start to finish.

The first question I had about sprouts was simple. "Why?" A seed is dormant. Water is what transfers a seed from dormancy to a living existence. Once it is alive, it's nutritional value rises dramatically. Sprouting a seed doesn't require dirt, just water. So everything a seed needs to grow into a nutritional plant are already contained in the seed. You just have to wake them up by adding water! So instead of feeding your bird a dormant seed, why not feed them the same seed at its maximum nutritious value? Sprouts contain trace minerals, vitamins and enzymes. What an amazing little miracle seeds are. They almost match my awe at a bird growing in an egg, almost.

So join me on this venture of healthier birds and order your [EasySprout](#) from Parrot Toy Angels today. I just received mine and am looking forward to getting this journey started!

EDITORS NOTE: Regina's journey into the world of sprouts will be continued in the February issue of Angel Wings. Stay tuned!!

This 3 part series originally ran in the March, 2008 issue of Angel Wings.



batch usually including a lentil. The legumes contain Vitamin A, B, and E, calcium, iron, magnesium, niacin, phosphorus potassium, all essential amino acids. They are 20-30% protein.

Just mix and match and have fun.

This article originally ran in the March, 2008 issue of Angel Wings.



The unique quart-size dual container system

- * Uses heat from sprouts to circulate fresh, humidified air by convection
- * Prevents suffocation & dehydration so sprouts need less (or NO) rinsing
- * Grows pound batches of healthier, tastier sprouts faster with minimal effort
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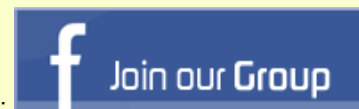
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Have these stories got your toymaking talons twitching? Do you want to help make a difference in somebirdie's life? Come join our ranks! We have Angels from all different backgrounds and walks of life, and there's always room for another generous heart.

Click here for: [Angel Application](#)



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Not a toy maker? Come join our Facebook Group:

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Our Angels generously donate their time making toys for our needy feathered friends. Quality toy-making supplies are expensive and shipping charges are outrageous. That's why we need your support to help keep us going. Every dollar amount, large or small, is gratefully accepted. Donations are tax deductible.

We also welcome donations of toymaking parts and supplies. A receipt will be issued for every donation. Contact us at [Parrot Toy Info](#) for further information on donating.

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While PTA at all times tries to ensure any information provided in this newsletter is accurate, all articles are submitted by volunteers, and we are not avian professionals and make no claim as to the suitability of featured products, food, or toys for your particular bird. PTA strongly recommends that you ensure that all toys are safe, that you make sure your bird is fed a well balanced diet, and that you always provide continuing medical care through your avian vet.

Do you have a question or comment? Perhaps you have an idea for our newsletter, or simply want to share a story on how an Angel has touched your life. Drop us a line at: editor@parrottoyangels.org



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