



*ASCS Meeting*

*Saturday, December 19th at 5:00pm*

*Holiday Dinner and Party*

**December Birthday Wishes**

**Julie Aldrich, Jan Enjada, Melissa Eriksen**

**Visit our new web site!**

<http://www.arizonaseedcrackersociety.org/>

Published Monthly

**President**

Pauline Zamecki 480-833-9301  
[rpprm2003@yahoo.com](mailto:rpprm2003@yahoo.com)

**Vice President**

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[nfontain@insight.com](mailto:nfontain@insight.com)

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**Fund Raising**

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[Azvaughts\\_2@msn.com](mailto:Azvaughts_2@msn.com)

**Directors at Large**

Priscilla Frost 480-354-5680  
Jena Ingram 623-582-9292  
Mary Hoke 480-671-4569  
Richard Zamecki 480-833-9301

**AFA Delegates**

Noelle Fontaine 602-369-3503  
Jim Hawley 480-987-9206  
Debbie Schweikardt 480-833-4001

**Bird Mart**

Board Members

**Library and Education**

Noelle Fontaine 602-369-3503

**Legislation Liaison**

Gary Clifton 480-830-4920  
Susie Vaught 480-898-7564

**Web Site**

Priscilla Frost 480-354-5680  
[TheGambler777@msn.com](mailto:TheGambler777@msn.com)

**Membership Chair Committee**

Cliff and Susan Steele 480-831-2621

**Newsletter**

Jana Julleis 480-241-3950  
[jjulleis@cox.net](mailto:jjulleis@cox.net)

December 2009

**Refreshments**

Tom & Marsha Yarger 480-357-4181  
Lori Steiz 480-981-5772

**Drawing Table**

Mike Rose 480-373-9313  
Richard Zamecki 480-833-9301  
Tom Argiro & Jena Ingram 623-582-9292

**Web Site**

[www.arizonaseedcrackerssociety.org](http://www.arizonaseedcrackerssociety.org)

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**Mail correspondence to  
Arizona Seed Crackers Society  
P.O. Box 9021  
Mesa, AZ 85214**

**Please Note: Birds may be brought into our General meetings when the birds are part of the program or when a pick-up and exchange between members has been arranged. Birds can also be accepted for the raffle table. We are sorry but no other animals are allowed in the meeting hall.**

Published Monthly

December 2009

Are you an AFA member? Yes \_\_\_\_\_ No \_\_\_\_\_

**Arizona Seed Crackers Society Membership Application**

(Please Print Clearly)

Date \_\_\_\_\_

Mr Mrs /Ms \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Newsletter will be e-mailed to members with e-mail addresses

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Members Birthday Month : \_\_\_\_\_

Become an ASCS Emergency Response Member--Circle one Y N

Referred by \_\_\_\_\_

Membership as follows:

Dual @ \$25 (2 votes) \_\_\_\_\_ Single @ \$18 (1 vote) \_\_\_\_\_

Junior @ \$10 (no vote) \_\_\_\_\_

Note: NEW members joining at the sixth month or after pay 1/2 rate

Renewal: \_\_\_\_\_ New \_\_\_\_\_ for year of \_\_\_\_\_

Please CIRCLE letters which applies for inclusion in the directory:

PETS - P BREEDING - B INTERESTS - I

- |                           |                           |
|---------------------------|---------------------------|
| 1. African Greys P- B - I | 9. Finches P - B - I      |
| 2. Amazons P - B - I      | 10. Lories P - B - I      |
| 3. Budgerigars P- B - I   | 11. Lovebirds P - B - I   |
| 4. Canaries P - B - I     | 12. Macaws P - B - I      |
| 5. Cockatiels P - B - I   | 13. Parakeets P - B - I   |
| 6. Cockatoos P - B - I    | 14. Pionus P - B - I      |
| 7. Conures P - B - I      | 15. Softbills P - B - I   |
| 8. Ecletus P - B - I      | 16. Other _____ P - B - I |

**ASCS Meeting  
Saturday, December 19th**

*Holiday Dinner and Party*



*Join us for a delicious holiday dinner courtesy of Arizona Seed Crackers! Dinner starts at 5:00pm . Please bring a side dish or a dessert that you would like to show off for fellow club members. Copies of your recipes available for distribution would be appreciated. Following dinner, the annual gift exchange will be conducted. Participation is optional. Gifts are to be bird-related with a minimum value of \$25.00. Include a card on the gift indicating who it is from.*

*The December raffle table is traditionally one of the best of the year. Don't miss out!*

**ASCS Board Meeting**

Held every month the Tuesday after the ASCS General Meeting at Denny's at 1330 S Power Road. Near Superstition Springs Mall next to McDonalds at Hampton and Power Rd. All members welcome! If you plan on eating please come early enough to be finished eating by 7:00 PM so the meeting will start on time.

## Nest Builders - December 2009

ASCS Pres. Pauline Zamecki

Rod Villemaire gave a great presentation at our November meeting. We saw how there are agencies trying to protect the birds on our shore lines. There were great pictures and great facts. We were really impressed with how hard it is to see the bird's eggs even though they are on top of the ground right out in the open. It was a little discouraging to see people ignore the fence line protecting the nesting areas, and in their walking through how they can unintentionally destroy eggs and even baby birds. It was gratifying to see these people are fined and even can spend some jail time for their careless attitudes. Hopefully we all are becoming more aware of how important it is to safe guard our natural resources, be it fuel, water, animals, and even humans.

We enjoyed the demonstrations Rod's flock gave us. It all begins with trust. The birds trusting us, and us trusting the birds. The trust goes hand in hand with training. We all train our birds. The training is either intentional or unintentional. We either train them to respond to commands to do "tricks" or we train them to respond to attention when they do unacceptable actions. Yelling at a yelling bird gives the bird the attention it is seeking, therefore it yells more. The more response received for any action the more often that action is repeated. I always heard with children that attention is what they crave, good or bad attention, either one is a validation that someone responds to them. The same can be said about any animal we interact with. How are we training our feathered friends? It is hard to ignore unacceptable behavior, but in responding to it we condition the bird to repeat that action to get a response. Rod suggested using "time out" in a space that the bird would not normally go except to experience isolation. A crate is a good example. This area should not have food, toys or anything the bird would enjoy.

The idea is to teach the bird that a certain behavior will result in isolation, therefore training the bird that this action did not result in any attention at all. The isolation should not last

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more than 5 minutes. Birds do not have a long attention span and isolating them for more than 5 minutes does not make a stronger statement in discouraging unwanted behavior. More than 5 minutes and the bird has lost track of what brought about the isolation. The transportation to the isolation area should be done with complete silence. NO scolding, no rough treatment, just a silent removal of the attention the bird craves. Every bird is trainable.

I read an article a long time ago that told how a man had such a fascination with birds that he fenced in a large part of his land. He fenced it completely, sides and top. His goal was to provide a safe haven for the inhabitants of the sanctuary and also to be able to step inside and feel a part of nature and observe the birds. The birds lived for years with their flight confined to the large fenced area. This went on for many bird generations and the birds were trained that the world was just so big, from fence line to fence line and only so far up. When the man passed away his estate changed hands and the new owners tore down the fence. The birds were now free to fly however far or high they wanted. A study was conducted and it was found that three generations of birds later the previously fenced birds never ventured past the fence line that was no longer there. Even though outside birds flew in and out of their territory the previously fenced birds never crossed the "fence line." It was also observed that their third generation descendents did not fly past the "fenced" area. The birds had passed on the training of where the world ended. The fence had trained generations of birds to believe the world was only a certain size space. Inadvertently, the man with good intentions had created a prison for generations of birds. He had "trained" them to react to a fence, even though it was not there any longer. How are you training your feathered friends? Inadvertently or with intent?

Christmas party is December 19<sup>th</sup> at 5:00 PM! Please note the time change. See more about the Christmas Party in an announcement in this newsletter.

*To all of our readers  
 May this season of happiness bring you  
 joy!  
 May each day bring you more to be  
 grateful for!  
 May the New Year bring you abundance.  
 Love,  
 Pauline and Richard*



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One of our most popular lines are our range of Soak and Cook recipes. See them on display at our stall at Bird Shows in the Phoenix area.

We offer the following Soak and Cook mixes:

- |                |                   |
|----------------|-------------------|
| Almond Fruit   | 5 Bean Cuisine    |
| Banana Stew    | Superior Sprout   |
| Hemp Pasta     | Little Beak Treat |
| Protein Pepper | Barley & Pea      |

These mixes are very popular with birds of all sizes, and offer a valuable nutritional boost to their diet. They are especially good for birds who like softer foods, and birds who have babies.

Directions:

Soak overnight in tepid water.

Stove Top: Add 1 cup of mix to 2 1/2 cups of water. Bring to boil, lower heat, cover and cook gently for 30 minutes. Serve warm or cold.

Microwave: Add 1 cup of mix to 2 1/2 cups of water. Cover. Cook 8 minutes on high. Stir. Rotate. Cook 12 minutes more.

Refrigerate unused portion or freeze in individual servings.



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  - \* LLAMAS \* DEER \*
  - \* RABBITS \* FERRETS \* RODENTS \* REPTILES \*
  - \* AMPHIBIANS \* FISH \* INVERTEBRATES \*
  - \* RESTRICTED LIVE WILDLIFE WITH PERMITS \*
- IF YOU DON'T SEE IT, CALL AND ASK!

**\*\*\*\*\* WE DO NOT SEE DOGS AND CATS \*\*\*\*\***

KEVIN WRIGHT DVM, EXOTIC DVM OF YEAR 2008

JAY JOHNSON DVM

BERNEY MANGONE DVM (MOBILE SERVICE)

KRISTY RAMELLA DVM, INTERN

## ASCS Board Members for 2010

**President** Pauline Zamecki  
**Vice President** Noelle Fontaine  
**Secretary** Marsha Yarger  
**Treasurer** Mary Rose  
**Fund Raiser** Susie Vaught

### Directors at Large

Pricilla Frost  
 Mary Hoke  
 Jena Ingram  
 Richard Zamecki

### New Committee Chairs

**Education** Noelle Fontaine  
**Drawing Table Purchaser** Mike Rose



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When we say 'keep your bird safe', we don't mean the turkey!

Fumes from heated nonstick cookware and appliances can kill your bird quickly! These odorless, colorless fumes are emitted from polytetrafluoroethylene, (PTFE), a component in non-stick coatings such as Teflon, Calphalon, Silverstone, Anolon and other brand names. Pots, pans, roasting pans, baking racks, turkey racks and muffin pans are just a few items that may be coated with non-stick polymers! Use stainless steel, glass or anodized aluminum instead...or use disposable aluminum roasting pans...don't forget to rinse and recycle!

Self-cleaning ovens have been implicated in avian deaths! Smoke and fumes emitted during the cleaning cycle can be harmful or deadly to your pets! Fumes are especially potent when you clean your oven in cold weather when windows are closed. Clean your oven with vinegar and water; use a scouring pad on stubborn spots. If you must use the self-cleaning cycle, open all the windows and remove your birds from your home during the process.

Be careful what you feed your bird! Stuffing that's been sitting around for hours is likely full of bacteria...make your birds its own 'special' plate of bird-healthy food for the holiday! Sweet potatoes are great! Don't offer birds salty or sweet snacks (particularly chocolate!) or alcoholic beverages- they can be toxic.

Escapes happen during winter too! Keep your bird safely inside its cage when you have a houseful of visitors and check its flight feathers for regrowth regularly.



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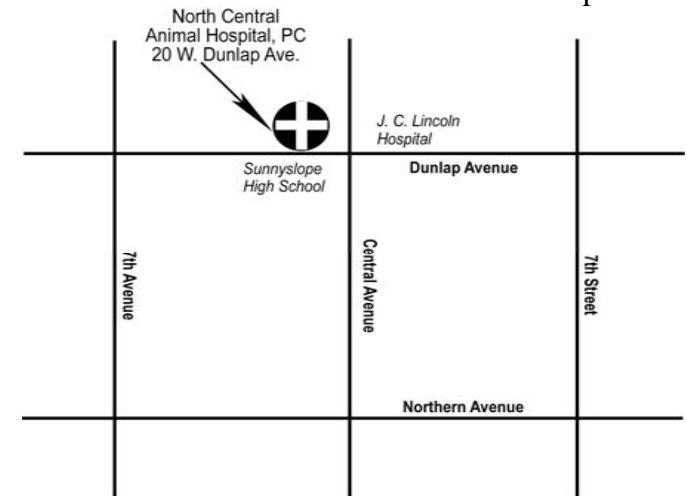
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## Arizona Seedcrackers Financial Report November 2009

<b>Beginning Bank Balance 11/01/09</b>		<b>\$2,868.51</b>
<b>Income:</b>		
Drawing Table	\$110.00	
Bird Endowment donations	\$20.00	
<b>Total Income:</b>		<b>\$130.00</b>
<b>Expenses:</b>		
Bird Endowment Sponsorship (Aug-Sept)		
Drawing table expenses	\$266.62	
Rent - 2 months	\$220.00	
Christmas dinner expenses	\$105.47	
Bank fees	\$5.00	
City of Mesa business renewal	\$20.00	
Drinks, supplies	\$57.46	
<b>Total Expenses:</b>		<b>\$674.55</b>
<b>Ending Bank Balance 11/30/09</b>		<b>\$2,323.96</b>
Savings account balance 11/30/09	\$1,033.25	(Interest \$0.08)
CD 11/30/09	\$5,320.91	(Interest \$5.60)

Arizona Seed Crackers Society, Inc.

November 21, 2009

General Meeting Minutes

The meeting was called to order by President Pauline Zamecki at 7:05 PM

Secretary's report was approved as published in the newsletter.

Treasurer's report was approved as read.

Beginning balance	\$ 2819.24
Income	615.00
Expenses	565.73
Ending balance	\$2868.51

Savings \$1033.17 (interest .09)  
 CD \$5315.31 (interest 5.41)

Old Business - We will not be participating in a joint Bird Mart & Reptile show. We have been unable to set a meeting with the reptile people. Our Spring Bird Mart will be at Love of Christ Lutheran Church. The Christmas party will be at the church beginning at 5:00 PM. Anyone who wants to participate in the gift exchange will please purchase a bird related item for the minimum of \$25.00. Each gift must have the givers name so you can be thanked personally by the recipient of your gift. The meat will be supplied by the club, Debbie Clifton and Susie Vaught will prepare the meat and potatoes. Everyone else is asked to bring their favorite dish and recipe to share with others. Mike Rose will be buying for the drawing table from now on. For the Christmas drawing table he will have a painting, a large cage donated by Noelle Fontaine, and a limited edition book on birds.

The Club business cards have a typo on the back. See Pauline to get stickers with the correct spelling.

Membership - Cliff and Susan will be at the Way Out West Bird Mart. They will hand out brochures and talk to people about the club.

Drawing table tonight has bag of birdie goodies, basket, toys and a play stand plus more.

Bird Endowment - The club sends 50.00 a month to the bird endowment and there is a container if anyone would like to help with this project.

Officers for the year 2010 will be President Pauline Zamecki, Vice President Noelle Fontaine, Secretary Marsha Yarger, Treasurer Mary Rose, Members at Large Richard Zamecki, Mary Hoke, Jena Ingram and Priscilla Frost. Fund Raiser Chairman Susie Vaught.

The meeting was adjourned at 7:30 PM.

Respectfully Submitted,  
 Marsha Yarger, Secretary

## Support the club through your online purchases!

Buying anything online? If so, your purchases can earn extra cash for the ASCS. The club has recently registered as a non profit cause on the One Cause website. What One Cause does is link the club with online suppliers who pay a donation to the club each time you make a purchase. So as an example, if you buy some books on Amazon.com, you can earn the club 2% of the purchase. Donation amounts vary depending on the merchant, but can range from 2% to 20% of your total purchase value. The list of online suppliers is huge and you can earn money for the club just by buying airfare, gift cards, books, electronic equipment, etc. Even eBay will pay a donation on your purchases. One Cause also has weekly specials and additional coupons available for your use.

To start having your online purchases earn donations for the club, just go to [www.onecause.com](http://www.onecause.com) and click on Join in the top right hand corner. The only details you need to supply are name, address, email and then select the club you are supporting. From there whenever you are going to make an online purchase just go to the One Cause website, login and then choose the merchant you want to use. You will be redirected to the website you have selected, and any purchases you will make will earn a donation for the club. So easy and all it costs you is one extra click.

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Standing proud and quite stately, he filled me with trust;  
 but I felt ashamed, his feathers were covered with cockatoo dust.  
 He paused, just a moment, fluffed and preened in a stoop,  
 turned around slowly, saying "At least it's not poop."

Then he laughed out loud--like a real human being.  
 I blinked my eyes twice, at what I was seeing.  
 He picked up a peanut and tossed it my way.  
 "Here's a small Christmas treat. Don't get spoiled, okay?"

He strutted back to the basket, put a strap round each wing,  
 chirped at his flock, who started to sing.  
 Their tones were so perfect, they were magically dear.  
 I was sure it was Memorex or a choir quite near.

The melody lingered, for a moment or two,  
 but I caught one last glimpse, before they flew.  
 His eyes were so merry, twinkling with impish delight.  
 His charming ways had brightened this long Christmas night.

As upward they soared, toward the golden round moon,  
 I heard every word, he joyfully crooned.  
 "Merry Christmas to all, peace, joy and cheer.  
 Be good little birdies. I'll see you next year!"

Author Unknown



Arizona Seed Crackers Society, Inc.

November 21, 2009

Board Minutes

Present: Pauline & Richard Zamecki, Tom & Marsha Yarger, Mary Hoke, Lori Steiz, Susie Vaught, Mike & Mary Rose, Noelle Fontaine and Cliff Steele.

The meeting was brought to order by President Pauline Zamecki at 7:15.

Secretary's report was approved as read.

Treasurer's report was approved as read at the General Meeting.

Old Business - Bird Mart will be April 24, 2010 at Love of Christ Church. Susie Vaught will be the reservation director. There was discussion on combining the Bird Mart and Silent Auction. This was tabled until the January Board Meeting. Christmas dinner will be the next meeting. It will be the Old Fashioned Christmas dinner with members bringing their favorite dishes to pass and the recipe for that dish. Gift exchange with a \$25.00 minimum with a name tag as to who gave the gift. Tags will be provided if anyone forgets their gift tag. We suggest the gift be bird related.

NO BOARD MEETING IN DECEMBER.

There was a proposal and discussion for the club to spend \$348.00 a year to advertise in Bird Talk magazine. We are trying to think of ways to get our club to the public. Lori made the motion and Mary Hoke second.

Drawing table - Mike Rose will be in charge of buying for the drawing table.

His suggestion is that we give one ticket for a donation to the drawing table and one ticket for a treat for the refreshment table. One ticket total for each thing, so if you bring 3 things for the drawing table we will receive one ticket. The

tickets will go in a can and one ticket will be drawn and that person gets a 12 ticket pack. The Board agreed to this with a show of hands.

Membership - Cliff and Susan will continue to do membership. There will be a membership drive from January to March. The member with the most visitors and/or new members will receive \$100.00, Second place \$50.00 and third place \$25.00. There will be one point awarded for a visitor, two points for a member and four points for a dual membership. Mary Rose will keep the record.

Club apparel - The Board gave Mary Hoke the go ahead to order new T-shirts in January. She will be ordering 12 T shirts and the Board gave her a check to place an order. There was a motion by Susie Vaught and seconded by Marsha Yarger.

Meetings for next year - January - Jana Julleis and Noelle Fontaine with a presentation about their trip to Brazil. February - Sid Price, May - Birthday month, July - Christmas in July and Photo contest, August - Birdie Bingo and ice cream social, October - Halloween and costume contest, December - Christmas party, dinner and gift exchange. Nothing is planned for March, April, June, September, or November. If anyone has a suggestion about a speaker or activity the club can do during those months please contact Pauline at 480-833-9301.

Education - Noelle Fontaine will be doing our education for the coming year. Any subject you would like to learn more about please contact Noelle.

The meeting was adjourned at 8:25 PM.

Respectfully submitted.  
Marsha Yarger, Secretary

## OLD SCARLET

Submitted by Jena Ingram

'Twas the night before Christmas, when all through the tree,  
the birdies and parrots were all filled with glee,  
The clutches were snuggled in their down feathered nests,  
while vision of flight, sent them all soaring west.

Fresh millet sprays had been hung with great care,  
with hopes that "Old Scarlet" soon would be there.  
The Conures and Amazons had all settled down,  
but those crazy cockatoos were still hopping around.

When high in the tree tops, a ruckus arose,  
I thought I should check, just to see what goes.  
Peeking through branches, leaves lit by the moon,  
I thought I was dreaming it looked just like noon!

When what to my wondering eyes should there be,  
but a flock of eight Goffin's landing in the next tree.  
Gliding behind, holding reins in his beak,  
I spied the red bird, with a blush on his cheek.

He whistled and squawked, calling each one by name,  
buoyed by a breeze, as closer they came.  
Now Sidney, now Pepper, now Buddy and Kiwi,  
on JoJo, on Rascal, on Gabby and Jazzie.

To the top of the palms, to the top of trees tall,  
now fly away, fly away, fly away all!  
I watched as they circled the green jungle maze,  
and thought for a second I'd lost sight, I was in such a daze!

But, soon they appeared, drawing a basket behind,  
which was filled with new toys of the bright, shiny kind.  
Back to my branch I climbed mighty quick,  
I'd heard of Old Scarlet, surely this was no trick!

He carefully perched by an old snoring grey,  
while I fretted and wondered if he'd get scared away.  
He wasn't even distracted when the parakeet sneezed.  
He hung the new whirlygigs, sighed and looked pleased.