

# PQ

PARROT'S QUARTERLY

HEALTH

**MARROW  
DOES  
THE  
BODY  
GOOD**

**A CLEAN  
BEAK IS A  
HEALTHY  
BEAK**

**CARRYING  
THE NAME  
OF A  
COUNTRY**

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# KIT and his CAN

**INSIDE**  
THEIR  
ABUSIVE  
LOVE/HATE  
RELATIONSHIP



**FEAR  
THE  
ROUND  
& RED**

**PERFECTING  
THE  
SNEAK  
ATTACK**

# Kit & CanCan

Sure, to everyone else, she was just a ginger ale can. But not to Kit; he saw CanCan for the full-bodied perfection that she was. So the love affair between a Senegal parrot and his can began.

Looking back now, Kit admits that they were not the most compatible. He struggles with his unpredictable temper, while CanCan is a persistent taunt and tease. They would playfully push each other's buttons for fun, as so many couples do. Inevitably, small resentments built up and the playful pokes lost their humor. As the months went by, what started as small arguments here and there tuned into full physical violence. Most often, Kit would grab CanCan and bash her body against his head. Thankfully, neither CanCan nor Kit have ever suffered an injury from their fights. Domestic abuse in any form – verbal or physical – is not acceptable; but we can be grateful that no vet visits were required.

Kit and CanCan have been in counseling to help with their tenuous relationship. Their therapist believes that they are in a sadomasochistic relationship, since it's Kit's decision to use CanCan to inflict spankings & slaps on himself. Psychiatrist Dr. Neel Burton asserts that consensual sadomasochism should not be confused with acts of aggression. "the sadist may derive pleasure from feelings of power, authority, and control." Burton continues, "the masochist...taking on a role of subjugation and helplessness can offer a release from stress or the burden of responsibility or guilt".

What is unique in this relationship, is that Kit takes on both roles as sadist & masochist by slapping himself around with CanCan's body.

The health of their relationship may be in question, but Kit and CanCan's love is strong; neither are willing to walk away despite violent outbursts. A Tease and a Temper they remain.

**IN MARCH OF 2022,  
KIT'S LIFE WAS  
FOREVER CHANGED.  
HE SAW HER.  
EYES PINNED.  
FEATHERS FLUFFED.**

**INSIDE  
THEIR  
ABUSIVE  
LOVE/HATE  
RELATIONSHIP**

*Kit  
&  
CanCan*



# MARROW DOES THE BODY GOOD



## BONE MARROW & PARROTS

Typically in the companion parrot world, food encompasses fruit, vegetables, grains, healthy seeds, sprouts & pellets. What about bone marrow?

Bone marrow is a nutritionally dense food that people & animals alike have relied on for as long as recorded history. Before the days of grocery stores, pre-packaged food & supplements, bone marrow was vital for providing essential nutrients during cold months & times of poor crops or famine.

Bone marrow is an excellent source of omega-3, calcium, copper, iron, selenium, zinc, and vitamins A, B2, B12, D, E, and K.

But is a good for parrots?

The consensus from Avian veterinarians: yes, but in small amounts.

## THE CONS:

Bone marrow is high in linoleic acid (Omega-6 fatty acids), which scientists say have been shown to be harmful to parrots. The high fat content of bone marrow can lead to atherosclerosis if consumed too often. There is also a safety concern with the bones splintering. Sharp bone splinters can perforate the esophagus, block the digestive tract, or be a choking hazard. It's advised that cooked bones be cut in half for your parrots to avoid bone splinters.

Raw bones should never be offered.

So remember: cooked, cut and sparing portions to get the most out of bone marrow for a healthy parrot.



## A CLEAN BEAK IS A HEALTHY BEAK

*Kit loves a clean beak.*

He has his hooman mom scratch & polish his beak using her nails & fingers. Sure, he could just wipe his beak against a perch to clean it like some wild hooligan... but why do that when he can be spoiled & catered to? Nothings puts a hooman servant in their place like having them clean your beak. Well... other than pooping on them, that is...

## THE PERFECT SNEAK ATTACK

IT'S ALL ABOUT NONCHALANCE.  
MASTERING FEIGNING DISINTEREST.  
BE CASUAL, LOOK THE OTHER WAY WHILE WALKING PAST YOUR TARGET.  
THEN IN A SPLIT SECOND, SPIN AND LEAP BACK IN AN ATTACK!  
THE VICTIM NEVER SEES IT COMING.  
YOU'RE WELCOME.

# FEAR

## RED ROUND THINGS

Kit's strategy to staying alive.  
Most bright red things in the wild are poisonous.  
Most big, round things are evil.  
It just makes sense...

# SENEGAL

## NAMED FOR A COUNTRY . AN INSPIRATION FOR ART

Representing all of West Africa is an honor for Senegal Parrots.

Their quiet, poised confidence makes them perfect ambassadors. Don't be fooled, they have the power and strength to defend their land when necessary. Senegals make their ancestors proud.



Kit's mom has had many henna-style portraits hand painted on glass ornaments by FeatherWhipped in his honor.

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