

July 2008
Volume '08/07

WAES MONTHLY

Wasatch Avian Education Society

Affiliated with American Federation of Aviculture

Next Meeting
July 12, 2008
7:00 p.m.
Salt Lake County
Complex
2001 So. State,
Room N1100
(North Building)
Salt Lake City

Scott Baxter President of The Wasatch Audubon Society

Everyone
Is
Welcomed

WAES Picnic is in August. Be on the lookout for a postcard with the details. We will be having it at Madeleine's this year. Go to the WAES web site for updates

Scott Baxter is the President of The Wasatch Audubon Society. He was raised in a Forest Service family and has been involved in conservation efforts his entire life. He visited the Bear River Bird Refuge in the early 70's and has been fascinated with the wetlands of the Great Salt Lake since that visit. He has spent a lot of time with a kayak and a camera documenting this unique area. Scott has published articles and images in national and international conservation and kayaking publications. Scott will speak and show images of the unique habitat of the Great Salt Lake and some of the conservation challenges that it faces. He will also present images of some of the other habitats in the area and the birds that live in them.

WAES meetings offer not only educational lectures but also the opportunity to socialize with other parrot enthusiasts over light refreshments.

President's Letter

From WAES President - Shawna Augustine

Although school is out for the summer, WAES had an opportunity to provide education to some younger children, aged 6-10, at a summer camp. Two teachers of a science camp in Provo contacted us. Susan and Dennis Kelley attended at a spur of the moment arrangement. They brought along Doxie, African Grey; Gigi, Blue & Gold Macaw; Squeekers, cockatiel; Puka and Elvis, both Umbrella Cockatoos. Doxie was entertaining by giving Susan plenty of kisses in front of the crowd. Puka was full of "Hello" and "Bye Bye", including "How are You?", among many others. Elvis not only told the children "Hello, Hello", but also danced with Puka along with most of the children. All in all Susan said it went very well. She spoke a bit about the specific birds, where the parrots came from, how rescue is handled (and how it can happen), cages, and the foods we need to feed them. Susan isn't sure how much they took in but the children were certainly entertained by the birds. My guess is, that the children will remember it, and may be interested in birds in their future. One of the teachers wrote: "Thank you for everything. The kids are learning so much and we want them to gain the skills and excitement to make them bird advocates."

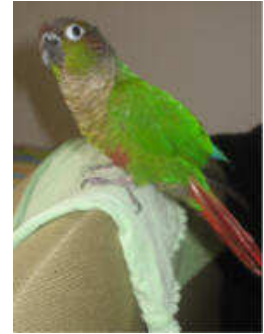
I'd like to express my gratitude to Susan and Dennis for their efforts in education, rescue, and support of the purpose and values of our club.
Thank you, Shawna Augustine

Introducing the following wonderful birds:

Damon the Cute Crimson Bellied Conure

Damon is a green cheek conure about 10 years old, he loves to go exploring and visiting people throughout the house. He is a very adventurous eater (he loves berries, bananas and oatmeal) but mostly he eats Zupreem and a variety of seed, he loves being spoonfed! Damon is afraid of large groups of people (he gets right in his cage and doesn't want to come out) but he is quite friendly in smaller groups. He knows how to step up and he loves doing the dishes with his foster mom. He also loves to take baths. I just put out a lukewarm bowl of water, and he jumps in and has fun. He also loves to eat mandarin oranges.

Adoption fee: \$180



Jasper Another Amazing Amazon, Orange Wing

Jasper was adopted from WAES approximately 3 years ago and has been returned to rescue because of lifestyle changes. Jasper is approximately 11 years old, male, and has a couple of deformed toes. He has been on a good diet of Zupreem, seed, and fruits and vegetables. His favorite foods are tomatoes, apples and bananas. He does talk and has been known to be a bit nippy, but he loves head scratches! He is currently not stepping up very well, but the foster family is working with him. [\(Update on our web site\)](#)

Adoption Fee: \$250.00



Pepe the Amazing Amazon, Red Lored

Pepe is an unpredictable bird. It is estimated that he is 9 years old. He prefers to remain in his cage and not be handled. He is not friendly and is NOT good with children. He bites very hard. Pepe will step up onto a stick, and then to your hand. He will move out of the way while you change his food and water. He eats Pretty Bird pellets and nearly everything else he is offered. He is not loud, and is rather quiet for an Amazon. He only says "Hello".

Adoption Fee: \$250.00



Kiwi the Eclectus

Kiwi is a female Eclectus that comes with a big metal cage and toys. She is 14 years old. She has bitten the lady of the house but not the husband. She shares a cage now with a male Eclectus, and they seem to tolerate each other. They used to be more of a pair than they are now. She laid eggs many years ago, but not in recent years. She had some feather loss but the feathers are slowly growing back in. She says a couple of phrases, but is not often vocal. She says "hello", "who's the pretty bird/girl", and "how are you". [\(More on our web site\)](#)

Adoption Fee \$250



Yellow Crown the Yellow Crown Amazon (Who would have guessed?)

Yellow Crown is a Yellow Crown Amazon. He/she has been in foster care for a couple of months for rehabilitation. He/she has been to the vet twice since being in Rescue and the Doctor said that he/she is back to "whole health and is doing alot better". He/she is a complete sweetheart. Yellow Crown has become a great cage mate with Keiko, yet will now come to individuals easily as long as they both get some attention. [\(More on our web site\)](#)

Adoption Fee \$390



Puddles the Bare-Eyed Cockatoo

Puddles is a male Bare-Eyed Cockatoo. He is very loveable and in perfect feather. He was purchased from a pet store over 10 years ago and has only one owner. He is used to living with dogs and other birds, which he has been friends with for over 10 years. (Tiger and Pilot) Vet results normal.

Adoption Fee \$250

**Pilot the Yellow Collared Macaw**

Pilot is a male Yellow Collared Macaw. He was purchased from a pet store and he is terrified of people because of people poking fingers and other items in the cage bars at him, which absolutely traumatized him. He tries very hard to talk. He has lived with one owner for over 10 years. He is used to living with dogs and other birds, which he has been friends with for over 10 years. (Puddles and Tiger) Vet results normal.

Adoption \$250

**Little Bird - Senegal**

Little Bird is close to 22 years old. She has been in her latest home for 7 years. She is pretty much a one-person bird. She is very loving with her "mate" but has a vicious bite with those who are unlucky enough to not be 'the love of her life'. Little Bird has a wonderful repertoire of calls and whistles. She can mimic telephone ringers and makes Star War sounds. She says 'pretty bird' in several voices and will on occasions say 'what's up?' She has plucked as long as we know of. She does not have a cage. She had some health issues. Vet results normal.

Adoption fee: \$150.00

**Larry Bird is a Male Ecelectus.**

Larry Bird was formerly the cage mate of Kiwi but they did not get along. Larry Bird has been plucking but his foster mom is putting him thru Madeleine's re-feathering program. Larry is very companionable and would like you to spend a good bit of time with him. He doesn't play with toys much. He enjoys his food. He responds verbally to female voices. Vet results are normal.

Adoption fee \$250.00

**Tikki is a Blue and Gold Macaw**

Tikki is a 20 year old Blue and Gold Macaw. (We do not actually know if she is male or female). She/He loves bananas, oranges, apples, applesauce, peanuts, all nuts and cooked sweet potatoes. She bites due to some bees getting into her cage and stinging her on her face. She scares easily. She loves to be rubbed on her head. She can be gentle but if scared she will bite. She does talk. She says, sugar, pepper, Tikki and stop it. Due to family circumstances she has been alone a lot and she has been plucking and moody. Vet results Pending

Adoption fee: pending



Thank You Peggie, WAES Public Relations

"Mister Sunny and I just got home from Farr West Elementary. We did a presentation to Ms Nelson's second grade class. We have been invited back and will be going next week. We were well received and the kids were very excited and asked lots of questions about parrots."



We saw Milo last weekend. Milo was looking very content sitting in a peach tree in front of his home and was reluctant to get out of the tree, which he is happily damaging.

He is very friendly and walks all over the home to find his family members and was really friendly to us as people who he only met a few times. He is still over preens and has bare areas on his belly and flight feathers. He came across a happy friendly parrot and his family is delighted with his engaging personality. Some parrots might never get over feather abuse issues but can still be happy contented birds and find someone to love them.

Susan Kelley



WAES Rummage Sale

A big thanks to Susan and Dennis Kelley for allowing WAES to have a fundraiser / yard sale at their house today. It was a fun and successful event, gathering over \$475.

Susan's hospitality kept us all fed and made sure we all had drinks throughout the day.

Thanks to Audrey Hollaar for her donations, and spending the entire day there.

And thanks to Greg and Cari Anders for the two truck loads of goods, the use of a huge sun shade cover that saved us from sun stroke and all the time and efforts they spent with us all day, too.

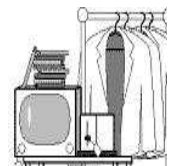
Thanks to Jen for the large furniture donations.

And Thanks to Doug, Candi and Greg for coming by and helping out.

Anyone else who donated goods for us to sell, Thank you!

It turned out to be a great day. Shawna.

(WAES's President was there all day as well and has the sunburn to prove it)



AFA CONVENTION - UTAH RAFFLE TABLE

The AFA Convention is coming up quickly, July 30 - August 2. Early Bird Registration must be completed prior to June 16th for the best rates. Please see www.afabirds.org for more information.

Our first ever Utah Raffle Table is off to a good start. We have received Olympic logo gear bags, a framed feather mask from a Utah artist, several Utah logo tote bags, and a few other items. We need much more to fill our table. To our artists and toymakers, please consider donating one or more of your creations. We are looking for items that show the unique character of our state, as well as bird-related items. Typical souvenirs such as coffee mugs, t-shirts, hats, pens, snow globes, pins, postcards, etc. are welcome. Some logo items from all the wonderful universities in our state would make a great addition. Some books on Utah history and culture would be greatly appreciated. If you think we can use it, we probably can. Please help us make this table a good fundraiser for the AFA. Donations can be brought to WAES meetings (charitable receipts given upon request), or contact one of our officers.

. Wow. That Bird Sure Can Scream!

By Barbara Heidenreich
www.GoodBirdInc.com

“Screaming. Somebody reinforced the heck out of that behavior.” I said to myself. Misty, a double yellow headed Amazon parrot, lived with me for only a few weeks. She was there so that I could put some of her vocal behaviors on cue. However it quickly became apparent she had a few other behaviors that needed to be addressed first. Before her stay with me she resided with Jill Bell for six years. Prior to that time her history is pretty fuzzy. She is estimated to be 19 years old. This meant screaming could have been reinforced for at least 13 years. It must have been, because it was STRONG. Misty was relentless. I’d leave the room; she’d scream and scream and scream.

She had been a good reminder of what companion parrot owners experience when faced with a very annoying and challenging problem. It can be very frustrating. Oddly enough, when I walk into someone else’s home and hear screaming birds I am usually not effected. But when a bird is screaming specifically, in what feels like a demanding way, to get my attention, it strikes a nerve. How does one find the patience to be a good trainer in those situations? It is not easy, but definitely necessary.

My mantra with Misty was “I am solving the problem. Getting angry or letting that knot in my gut sway my strategy will not give me the desired results. I am confident what I am doing will work. It has worked before with other birds I have trained. Hang in there!”

And it is true, my blue fronted Amazon parrot Tarah also learned to scream for attention. Completely through my own ignorance I reinforced screaming. I acquired Tarah, as many people do, when he was offered to me for free. At the time I was working in a veterinary hospital. One of my co-workers also worked part time in a pet store. Someone had walked in off of the street and sold her the bird for \$100. Was the bird stolen, smuggled or desperately unwanted? I don’t know. My co-worker found she was overwhelmed with too many animals in her home and asked if I would be interested in watching the bird for awhile. (That “while” has turned in 18 years.)

Once in my apartment I was thrilled when Tarah offered a “hello” at the sight of me snacking on a piece of bread. However the enchantment wore off as Tarah began to scream anytime I was out of sight. Unaware of how to stop this undesired behavior, I did as many do, I ran back into the room each time Tarah screamed and told him to “Be quiet.” Did it work to stop the screaming? No, and at the same time I found I very much disliked my attempts at punishing reactions to the undesired behavior. I so enjoy having animals respond positively to my presence and did not want to become an unpleasant experience in my bird’s life in order to stop the screaming behavior.

While in the middle of dealing with this problem, I was introduced to the book “Don’t Shoot the Dog” by Karen Pryor. (Also known as the bible of animal trainers) As I read the book, I latched onto two important principles that could help me address the

screaming problem. Extinction and differential reinforcement. Extinction is described as the process of discontinuing reinforcing a behavior that has been previously reinforced. In other words part of my strategy should include discontinuing offering reinforcers for screaming. This meant I should no longer run back into the room, or yell at Tarah. The book did not describe the exact situation I was experiencing with my bird. Rather it described the principles and how to apply them to a variety of examples, human and animal. In reading the words, I made the connection that the concepts could apply to any behavior I no longer wanted to continue. Paired with the principle of extinction was the strategy of differential reinforcement of an alternate behavior. In other words, if screaming would no longer work to get a response from me, what would? For Tarah this turned out to be a whistle. In the middle of a session of screaming and me doing my best to ignore this undesired behavior, Tarah offered a “whistle”. I immediately reinforced this by responding with the word “good”. Tarah replied with a scream. This was because at this point he only had one repetition of whistling being positively reinforced and an entire year of screaming being reinforced. However I remained consistent with my strategies and within two weeks time Tarah learned to whistle instead of scream when he wanted a response from me. 17 years later Tarah whistles when he wants to know where I am, when he desires a toy or treat, when I come home, and when he simply seems to be “happy”. The undesired screaming behavior was extinguished and replaced with a whistling sound.

Misty seemed to throw a kink in our now peaceful, well behaved and relatively quiet household. I “knew” from my past experience that I could repeat the process I had implemented with Tarah. However this time proved to be a bit more challenging. Because I was working out of the home at the time, it meant no breaks from dealing with the behavior problem. Every time I left the room I was challenged with having to be focused on training this bird. I was finding this to be very demanding. In addition there were times in the day when mentally I was just not prepared to train. Rather than feeling inspired to train and ready to resolve the behavior problem, I found myself dreading having to leave a room and work with Misty. I decided I needed to better set myself up for success. In getting to know Misty, who other than the screaming behavior, I found to be a delight, I learned that in the past she was accustomed to being covered at night. I took advantage of this and decided to leave Misty covered during the time in the morning I needed to shower and prepare breakfast and bird diets in the kitchen. This allowed me time to peacefully attend to necessary tasks in the morning. After this, I found I was less stressed and more prepared to begin a training session with Misty.

Throughout the day I would treat each time I left the room for whatever reason as a learning opportunity for Misty. I practiced my strategy of extinguishing screaming by not responding to it, followed by reinforcing a desired behavior. In Misty’s case the desired behavior was not a specific sound. Instead I chose to reinforce silence. My plan was to reinforce small increments of time of silence and gradually increase the duration Misty was silent before I would reinforce her with my presence or attention. If I was in the kitchen I would wait just outside of her view while she screamed. At first if she offered a pause in screaming that seemed the slightest second longer than what she had presented in between screams in the past, I would quickly appear and offer generous amounts of attention. I wanted quiet to receive a greater amount of positive reinforcement than screaming if I could. Overtime I gradually increased the amount of time she remained quiet before I would respond. And it worked!

However this was not without challenges. There were times throughout the day when a training session was not convenient for me when I needed to leave the room. Rather than cover Misty I opted for engaging her in other acceptable activity. For example, I often offered Misty a small cardboard box, a rolled up ball of newspaper, a new toy, or a portion of her diet just prior to leaving the room. This gave Misty another activity to focus on instead of screaming. But it also was not an opportunity for Misty to learn that screaming would not gain my attention and quiet would. It was still important to include training sessions throughout the day. The other activity was meant only to offer a break from training for me. This may have also lengthened the amount of time it took overall to teach Misty that screaming no longer would work.

Another challenge in training Misty was that Tarah was in the same room as Misty. Tarah would whistle at times when I left the room. While I wanted to respond to his whistle, I did not want to also then accidentally reinforce Misty's screaming. My strategy had to be to only reinforce Tarah's whistle if Misty was not screaming. If I was focused on the training session, I also found I could position myself so that Tarah could see me, but Misty could not. This allowed me to reinforce Tarah's "good" behavior and wait for Misty to offer silence before responding to her.

Misty's screaming also appeared to stimulate an occasional screaming behavior in Tarah as well. Fortunately because he had a strong reinforcement history for a whistle, I simply waited for him to offer a whistle before I would respond. Tarah quickly returned to offering a whistle and once again extinguished screaming.

Misty also would on occasion scream for my attention while I was in the room. When this occurred, I simply left the room. Again my thought process was to teach her that screaming now created the opposite response. Instead of people coming to her, people go away. It was also important to reinforce her with attention at times for being quiet while I was in the room as well.

Overall training misty to present silence to gain my attention took about 6 weeks to train. Obviously this was longer than it took to change Tarahs behavior. This could have been a result of the strength of the behavior in each bird based on their individual positive reinforcement histories. It could have also been a result of the fewer training sessions applied to Misty during the given amount of time. It could also be a factor of the birds as individual learners. In any case the end result was a bird that successfully learned to present desired behavior for attention as opposed to the undesired behavior of screaming.

I went through the emotional gamut that many companion parrot owners face when addressing screaming problems. However by focusing on good training strategy and allowing myself opportunities to relieve myself of the stress associated with addressing the problem I was able to attain my desired training goal. Screaming for attention is a behavior problem with a solution. Set yourself up for success and invest the time to train the desired behavior. The end result can be a lifetime of good behavior.

Tips to address screaming for attention

- Extinguish screaming.
- Reinforce any other behavior besides screaming.
- Remember the extinction burst is a good sign! The end might be insight. Change your feeling from frustrated to hopeful when your bird really goes for it.
- If you need to leave the room, but can't focus on training, offer another positively reinforcing activity prior to leaving the room. This may buy you a short window of time to move freely between rooms without screaming behavior. However you will still need to include training sessions at some point.
- Get some earplugs to help you cope with the screaming during the extinction burst.
- Plan to wait in the other room. Prepare in advance a quiet activity you can do when trying to deal with a screaming session.
- Leave the room immediately when your bird screams for your attention.
- Manage your activities to help set yourself up for success. For example keep the lights off or your bird covered for a few extra minutes in the morning until you are prepared to deal with the screaming with good training strategies.
- Get support. If neighbors are having a problem with your screaming parrot, explain to your neighbors that you are working on training your bird not to scream.
- Count seconds in intervals of silence and increase if possible.
- Focus on fixing the problem instead of your frustration.
- Believe you will get there. This strategy does work.
- Keep notes if necessary to determine how and when this behavior maybe getting reinforced. Eliminate any reinforcers for screaming.
- Offer even more reinforcers for the desired behavior than the undesired behavior would normally receive in the past.

© Copyright 2006. First appeared in the Volume 2 Issue 1 Spring 2006 Good Bird® Magazine.

To learn more about products and services to help you train your parrot visit www.GoodBirdInc.com
Barbara has been a professional in the field of animal training since 1990.

She owns and operates a company, Good Bird, Inc., (www.GoodBirdInc.com) that provides behavior and training products to the companion parrot community. These products include Good Bird Magazine, books, videos, and training/behavior workshops. Barbara has provided behavior workshops and/or animal training presentations at the Association of Avian Veterinarians conference, The American Federation of Aviculture conference, The International Parrot Conference at Loro Parque, Parrot Festival, The International Association of Avian Trainers and Educators conference, American Association of Zoo Keepers conference, Association of Zoos and Aquariums conference, The Parrot Society of Australia conference and many more. She is the past president of the International Association of Avian Trainers and Educators (www.IAATE.org) and has been on the Board of Directors since 1997. Her expertise has been utilized by the US Dept. of Agriculture, Fish and Wildlife Service and numerous international professional organizations. In the past 4 years she has met and trained over 600 parrots at her workshops.

She is the author of "Good Bird! A Guide to Solving Behavior Problems in Companion Parrots" by Avian Publications and also "The Parrot Problem Solver. Finding Solutions to Aggressive Behavior" by TFH Publications. She is also the producer of the Good Bird Parrot Behavior and Training DVD series.

Barbara's experience also includes consulting on animal training in zoos and other animal related facilities. She has been a part of the development and production of more than 15 different free flight education programs. Barbara continues to provide consulting services to zoos, nature centers and other animal facilities through her other company Animal Training and Consulting Services (www.ATandCS.com). In her career she has trained animals, trained staff, and/or presented shows at facilities around the world.

We picked up a little Sun Conure "Apollo" at the veterinarian. His owner, who had recent surgery for a brain tumor, decided to give the two Sun Conures up after Apollo plucked himself and his cage mate Daphne as well and was self-mutilating. He was looking very bad, most of his body was plucked, and he had a wound on his back and wing area. He was wearing a big, tape-covered collar. We brought both birds home in a carrier and I put them in separate smaller cages. Apollo was very thin. Daphne was looking better, plumper and somewhat but not badly plucked. Apollo was having trouble eating with the collar. I noticed this when I gave them their 'Pretty Bird' pellets, which was their staple diet, as well as seed mix and some fruit and vegetables. Apollo eagerly took his medicine, a painkiller and an antibiotic from the syringe, which surprised me. I was certainly relieved he was so co-operative since this is not something I am used to doing.

On Saturday afternoon I noticed a hole in Apollo's throat. He had been picking at the collar's cover and exposed the rigid plastic. I was not sure if he'd torn the hole in his throat or if it was injured by the collar.

I called the veterinarian, who confirmed that this was a new wound. He said the collar should come off, but he warned me that Apollo could do himself severe damage in a short time if the collar was removed and he continued self-mutilating. I was very uncomfortable trying to do this myself. I called Madeleine Franco, and she offered to have a look at him and help me. We took Apollo to her home, and she removed the collar. He saw some seed mix there and started eating immediately. We waited while he continued eating for about 20 min. It appears he was very hungry. With the collar removed, we could see that his keel bone was very sharply defined. He had eaten previously, but certainly not with ease, and probably not to his satisfaction. Madeleine gave him a shower and sprayed him with the water and Aloe gel mix she uses on puckers. She outfitted him with one of the leather collars she makes and distributes. For Apollo, this was a lovely green one! The collars are soft and pliable and attach with Velcro strips that make it easy to put them on and take them off.

With a collar on him again, although it was a stylish one, Apollo looked somewhat dazed following his 'treatment'. It did appear that he might not have been adequately fed and that his cage mate got most of the food and possibly kept him from eating. In those 20 minutes he had managed to fill his crop, and he was dozing off. The collar he had worn before did not make it easy for him to eat comfortably. At this point we did think that possibly he might have self-mutilated as the result inadequate food and nutrition, which is not uncommon. After I brought Apollo home from his "field trip," he settled down. I fed him some banana and seeds. The next morning, I easily removed the collar and made sure he got plenty food and water as well as regular fruit and nut snacks. Apollo has stabilized now, and he has not attempted to self-mutilate. He is wearing his collar only when I can't supervise him and at night. He is doing well and has picked up a little weight already. I am applying antibiotic ointment to the wound and continuing to give him oral antibiotic. Now that he is well fed, he is not so eager to take the medicine and resists my attempts. However, we will finish the medication because it's important that he has what he needs to fight infection. He's been through quite an ordeal.

This was a learning experience . . . about the value of observation, about teamwork to get the job done, and about thinking through problems.

It is entirely possible that the prior owner of the birds, not himself well, had failed to observe that one bird was dominating the food dishes. It is extremely important to check for this when two birds are housed together, even if they otherwise get along quite well. In fact, it is best to have at least as many dishes and water bowls as there are birds in the cage, and an extra one wouldn't hurt.

I don't think Apollo is a chronic plucker, but it is clear he needed intervention. His plucking, in fact, may have been merely a symptom of impending starvation. Apollo will need time, of course, to put some weight on and regrow his feathers, but he's a real sweetheart and will make a great pet for the right person.

Susan Kelley WAES Rescue Director



President – *Shawna Augustine*
Vice President – *Clark Caras*
Secretary – *Gayle Chellis*
Treasurer – *Audrey Hollaar*
Fundraiser – *Danielle & Robert Blanch*
Public Relations – *Peggie Tackett*

2008 Officers

Special Events – *Doug Judd*
Rescue Director – *Susan Kelley*
Newsletter – *Dennis Kelley*
Website – *Dennis Kelly*

For contact info. Please visit web site address below

Affiliated with American Federation of Aviculture: WAES Delegates:
Carol Crane, ccc@sypotec.com 801-424-2894.
Utah State Coordinator: Audrey Hollaar, a.hollaar@utah.edu 801-363-8086.
Western Region Director: Lisa McManus, conurecare@comcast.net 720-936-4016.

Newsletters can be sent by postal mail or e-mail. The e-mail version is in color and no waiting. Please send your e-mail address to: utahparrot@yahoo.com

We now have a Calendar of upcoming WAES events on the WAES web site. To get to it go to the Home Page and click on the Menu/ Events then Coming Events

The website has a new look – and gets updated regularly. Check for the latest news

See us for the latest in WAES: <http://www.wasatchavian.com/>

Wasatch Avian
Education Society
P.O. Box 651701
Salt Lake City, Utah
84165
801-424-2589

Please check the address label for membership expiration date. Don't forget to renew. We need you!