

Florida Keys Wild Bird Center Comes Home To Roost

'It's our bird center now.'

On July 19 ownership of the Florida Keys Wild Bird Center changed hands thanks to the generosity of its co-chairman, Ocean Reef member Robert Gintel, whose family foundation made a \$700,000 charitable contribution to the bird center. This donation enabled the FKWBC to purchase the property, which it had previously leased, from prior owner and founder, Laura Quinn enabling her to pay off the \$500,000 reverse mortgage that had encumbered the property.

"Now this potentially valuable piece of property can remain a bird center in perpetuity for the benefit of the residents, tourists, local business community, 14, 000 guests who visit our birds every year, and the 700 birds that are rescued and rehabilitated annually," says Mr. Gintel. "As part of the package, Laura Quinn will continue to reside on the premises, among the flocks of birds that she loves so dearly. Visitors from time to time may see her walking the boardwalk, talking to guests, or just sitting down by the water's edge enjoying the beautiful view."

The FKWBC has had a checkered history. For years, it struggled as a not-for-profit entity relying completely on charitable donations for its survival. With the passage of time, proprietor Laura Quinn, a pioneer in the field of wild bird rehabilitation, had to resort more and more often to increasing her indebtedness on the property. Last November, the situation had reached a critical stage when it became obvious that the bird center

could no longer make ends meet. An urgent appeal for financial assistance, fueled by local newspaper publicity, resulted in a substantial inflow of donations that enabled the bird center to pay all its creditors, bring its accounts payable up to date, and halt the erosion of confidence that had begun to set in.

That was only the beginning. The bird center's board of directors was reconstituted and new management policies and procedures were implemented. Two highly qualified and experienced bird rehabilitators were hired and nearby facilities that were needed to operate were leased. New crews were hired to feed the birds and ensure compliance with all pertinent federal and state regulations. Cleanliness, sanitary conditions and visitor safety improved considerably and the number of birds released after rehabilitation and returned to their natural habitat increased to 62 percent. Computers and software were upgraded and a website, www.fkwbc.org, was developed to market the center. Neighborhood outreach programs to help rebuild reputation and awareness were undertaken along with several fundraising events. One night's ticket proceeds from the Miami Acting Company's production of the musical comedy, "The

Producers," were donated to the center at the new Murray E. Nelson Government & Cultural Center in Key Largo.



Before and after the show, a silent auction was conducted to benefit the center. The new board, with the addition of several new members, is now focusing on future plans to rebuild, restore and modernize the facility. The Gintel Family contribution to purchase the bird center and give it to the

community encouraged the Ocean Reef Foundation to seek a matching \$750,000-gift from its supporters in order to help the bird center achieve its future goals and objectives. So far the foundation has raised approximately \$100,000. Make donations directly on the center's website, www.fkwbc.org, or send a check to the Ocean Reef Foundation, 200 Anchor Drive, Suite B, Key Largo, FL 33037. The Florida Keys Wild Bird Center, located at mile marker 93.6 on the bayside, is open daily from sunrise to sunset.

For more information, please call 305-852-4486.

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To Rise Above Achieving a High Vibration

We reach a high vibrational level when we are whole, healthy, and fulfilling our potential.

All matter is made up of energy, and that energy is in motion continually. Everything in the universe, from the smallest molecules to the most complex living beings, has an optimal rate of vibration to keep it healthy. We reach this high vibrational level when we are whole, healthy, and fulfilling our potential. Human beings are able to consciously control these vibrations within themselves using a variety of techniques. We know when we have reached a high vibrational state because we feel good and can sense that we are aligned with all that is. We find we are capable of healing and have good intuition and perception that are a result of our resonating closer and closer to our ideal frequencies.

Thoughts, emotions, intentions, choices, and actions contribute to our vibrational state, as do the environments we inhabit. Affirmative activities that leave us feeling joyous, appreciative, loving, and peaceful raise our vibration. Constructive, creative, and expansive thoughts do the same. When we cultivate habits that contribute to our physical health and strength, our vibration is likewise raised. Certain mantra meditations, breathing exercises, and chants are designed to increase

vibration. But simply practicing gratitude and forgiveness, surrounding ourselves with loving high-vibration people, eating whole foods, and spending time in nature can also help us transcend our current vibrational limitations.

When your desire for change is strong enough, you will find yourself gravitating toward what can help you achieve and maintain a high vibrational state. A positive outlook will then become the most important tool you possess, and this outlook will sustain you when the path leading toward transformation is wide and winding. As you evolve, your vibrational frequency will also evolve, aiding you in the creation of an even higher reality. Consciously and unconsciously, you will attract auspicious circumstances and positive people that will help you continue exploring the scope of your higher self until you move beyond the earthly plane.



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