



Volume 45 ♦ Issue 1 ♦ January - February 2018 ♦ Established 1974



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Photos courtesy Gala Burkholder and Janet Ragonesi.

# 2017 Annual Fundraiser and Auction

December 10, 2017

By Diane Sivas

It's the most wonderful time of the year, and our Silent Auction and Annual Fundraiser took place on a warm Sunday afternoon, December 10th, in a room filled with more than 200 auction items. The room was beautifully decorated to help get everyone in the mood.

A 30-minute "preview" period was followed by a 30-minute opportunity to "Buy it Now," to make sure we had the chance to get those "must have" items. General bidding began immediately thereafter, with table closings happening every 10 to 15 minutes. As in prior years, shopping was accompanied by the sounds of "Carla D" and her band mates, Art and John. They seem to get better every year!

This always a great event because it gives all of us an opportunity shop for holiday gifts and visit with people that we may have not seen for a whole year. Faces from the past are always fun!

We have a lot of people to thank for helping us put together a successful event. Our members efforts, generosity, and commitment to SBBS is what made (and always makes) the difference. There is certainly a lot of preparation required to put this together, from collection, logging, tagging and wrapping of items, to setting up the room, to cleanup at the end of the day. And we can't forget Ron Ellwood, who, year after year, takes on the seemingly never-ending task of preparing our bid sheets. Outstanding job, as always, Ron! SBBS board members devoted hours of personal time to get

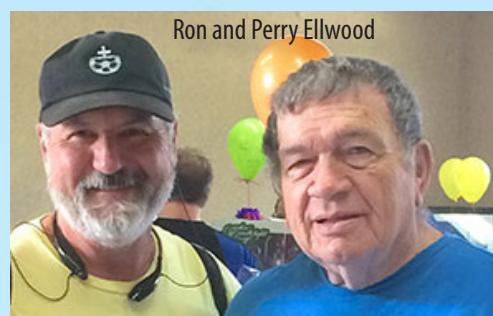


the auction ready, and we thank each and every one of them for their dedication. Special thanks to Marie Calleja's family members who helped with set up and clean up, and to Kathy's friend, Andre, who is always on hand to help with the heavy stuff. (He wouldn't let any

of the women carry anything that was heavy!) A very large "THANK YOU" goes out to all of you who helped make this day happen and, most of all, a SPECIAL thanks to everyone who generously opened their wallets and purchased items. As you know, this is the club's only fundraiser for the year, and the auction proceeds allow us to continue to have great speakers at our monthly meetings.

We had a variety of great food at the event, thanks to Kathy Powell who did all of the running around and shopping. Deborah Peterson worked hard in the kitchen, and Donna Crossley again baked (what seemed like) a billion delicious cookies. Thanks!

Whew! Now we can kick back and enjoy  
*Secretary's report continued on page 6.*



The South Bay Bird Society is a Public Benefit Corporation and a qualified tax-exempt organization under IRS Code Section 501(c)(3).

## SBBS MISSION STATEMENT

The purpose of the SBBS is to study all avian species (native and foreign) and their habitats; to disseminate among the general public and supporting members, information on all aspects of avian care and breeding and the preservation of endangered species and their habitats through written publications, educational lectures, seminars, activities; and to support and promote the propagation and preservation of species that are threatened with extinction.

## GENERAL DISCLAIMER

All prizes or auction items offered by the SBBS are offered "as is". No guarantee or warranty of any kind is expressed or implied. In no event shall the SBBS, its Board of Directors, or its general membership assume any liability for damages or losses, either direct or consequential, which may arise from the acceptance of any prize or auction item. Acceptance of any prize or auction item constitutes agreement with these terms and conditions.

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## Happy New Year!

2017 was a busy year for so many of us.

Good news, SBBS has an updated web site; the site has a variety of topics and bird related information. How we have grown!! I want to thank everyone who contributed to the site with articles, pictures, your time, suggestions and ideas. More to follow throughout 2018! Check out the site [sobaybirdsoc.org](http://sobaybirdsoc.org) or [sobaybirdsoc.com](http://sobaybirdsoc.com) as we have both domains.

**SBBS ANNUAL FUNDRAISER AND AUCTION** was outstanding and we raised \$2,734.00. We had donated items, gift baskets, certificates and all around good will; thank you! Our SBBS Elves were hard at work from September on through the auction. Thank you to the Board, member and friend

## Notes from Janet

volunteers who arrived early to help set up and break down the festivities. If you have baskets from the auction we always appreciate them donated back to the club for next year's fundraiser.

If you have any suggestions or ideas for 2018 fundraiser, we certainly would appreciate your positive input.

**Thank you to SBBS Angel Donors who stepped up for SBBS during 2017** and into 2018. Your donations are appreciated and welcomed. We are grateful for your continued support!

SBBS is a registered 501<sup>c</sup>3 public benefit corporation. Sponsors, members, and friends if you are planning to make a monetary donation to SBBS for your 2017 tax year, please send your tax-deductible donation to SBBS P.O. Box 3863 Redondo Beach Ca 90177-3863.

**2018 starts out with our annual sponsor appreciation and members potluck Friday, January 5th** and not January 1st. View the flyer for details. We look forward to seeing our SBBS sponsors, our members, their birds and hearing your stories. I have a few stories to tell myself!

February 5th speaker is SBBS member, Joni Blank-Malukus, and the topic

is, "Whales, Dolphins and Birds" along with a power point presentation. Check out the flyer for details.

**SBBS members are encouraged to submit articles, and pictures of their flock.** Please contact Janet at [ragonesi@att.net](mailto:ragonesi@att.net) for details. We would love to hear from you! If you have a speaker in mind or topics you're interested in having at SBBS, please contact a board member or Janet (310) 376-5954. Is there a community outreach event that you know is happening in your community that SBBS could attend, or where we could set up a booth? We are always interested in getting the word out to the public about how to care for their birds. Our membership input is valuable.

I wish everyone a safe and prosperous new year with a kind and gentle hum!

See you January 5th.

Cheers, Janet





## Sponsor and Member Appreciation Evening and Potluck



Friday, January 5th  
at 7:00 p.m.

All SBBS sponsors are  
welcome to attend and  
celebrate the new year  
with us!

Bring your best bird  
stories along with a dish  
to serve 8-10 people. If  
not, your \$10 donation  
will be appreciated.

Remember:

Birds are Welcome!



**Location: Kiwanis Club of Hermosa Beach**  
2515 Valley Drive • Hermosa Beach • Cross streets are Gould and Valley  
Drive For more information [www.sobaybirdsoc.com](http://www.sobaybirdsoc.com)  
Janet: 310-376-5954 • Kathy: winebird1@msn.com



# Whales, Dolphins and Birds

Monday February 5, 2018 • 7 p.m. • Monthly Drawing • Outstanding Food



## The speaker is Joni Blank-Malukus

Joni has been a volunteer naturalist for 20+ years for several whale-watching boats including Redondo Beach.

Joni is very knowledgeable about various types of whales, dolphins, and birds that reside near the seashore.

Joni is a member of West LA Bird Club and SBBS. Tango, a Blue Crown Conure is Joni's therapy parrot that she takes for visits to people in Hospitals.

Join Joni and Tango for a power point presentation February 5th, 2018.

It will be Whale of an experience!



**Location: Kiwanis Club of Hermosa Beach**  
 2515 Valley Drive • Hermosa Beach • Cross streets are Gould and Valley Drive For more information [www.sobaybirdsoc.com](http://www.sobaybirdsoc.com)  
 Janet: 310-376-5954 • Kathy: winebird1@msn.com

Secretary's report continued from page 2.

the Holidays with our friends and families. As we turn the corner into 2018, just a reminder that our next meeting will be on Friday, January 5th at 7:00 p.m. This will be the official "Annual Potluck" and I know from experience that we have some great cooks out there, so bring it on for January. We'll kick back, tell funny stories, and get to know each other once again.

Very happy holidays to everyone, and we will see you in 2018!





Karen has been involved with birds 35+ years, has been an SBBS member 35+ years, and has become an honorary lifetime member of SBBS. She has her own bird shop, she counsels and trains new bird owners, and is a published writer.

Send your questions to Karen Allen, P.O. Box 3863  
Redondo Beach CA 90277-3863  
Email: Birdsnmore@aol.com



## Q &A by Karen the Parrot Lady

The answers to your questions are MY opinion based on nearly 50 year's experience. I donated my time to Avian and Exotic Animal Hospital, working with Doctors Rosskopf and Woerpel, for almost 20 years. I have hands-on experience managing my own exotic bird shop, so I am experienced in raising and breeding, grooming, and caring for parrots of all kinds.

Ask me your questions and I will answer to the best of my knowledge.  
If I don't have an answer I will make every effort to find one for you and tell you my source.  
Here we go!!!!

### December 2017

Here is some news that is important and imperative to all of us bird owners:

There are new cooking classes being given that teach us how to cook avocado. (Good grief, who ever heard of cooking avocado? Not me, 82 years behind me and I never heard of an avocado being cooked)

One of my dear clients took the new class. Her homework was to fry avocados for a sauce for veggies or steak or something. Two minutes into frying the avocados her two Caiques were down at the bottom of their cage gasping for air. They were rushed to the vet, one made it and the other did not.

Regular pans, not nonstick, plain old fried in oil. The avocados gave off fumes that killed the one bird and nearly killed the other. Please do not cook with AVOCADO EVER!!!

**Q.** I was told not to let anyone whistle at my baby birds, why?

**A.** Baby birds learn by listening and when they learn to whistle before they learn to talk they tend to whistle their words instead of saying them. Seems silly but the birds that talk the best learn to talk first and whistle later.

**Q.** Why should I DNA my bird? I honestly don't care if it is a boy or girl.

**A.** Males can have testicular problems, females can have ovarian problems. For the most part you cannot tell unless you have an eclectus, which is dimorphic. (The male is green, female is red.) All the organs are inside so there is no peeking to see what you have. When you go see a vet generally they will ask you if you have a male or female and you might just be able to save your bird's life with the correct answer and not a guess.

**Q.** My bird likes to sleep with me, how do you feel about that?

**A.** The size difference between you and your bird should be your answer. Would you feel safe sleeping with an elephant? Should either of you roll over, you or the elephant, the sight would not be a pretty one. Need I say more?





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## *The Parrots of L.A.*

FEBRUARY 17, 2018 at 10:30AM

Kimball Garrett will introduce us to the life, history and secrets of LA's ever-expanding parrot population. Kimball is a renowned ornithologist and has been the Ornithology Collections Manager at the Natural History Museum of Los Angeles County since 1982. He is the co-author (with

Jon Dunn) of "Birds of Southern California: Status and Distribution" and has been interested in parrot populations in the region since the early 1980s. In addition to his many credits, Kimball is also a member of Western Field Ornithologists -- California Birds Records Committee.

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2. Under "Select a charity", input South Bay Bird Society under where you see "Or pick your own charitable organization".
3. When you log into this site, you will see "Supporting South Bay Bird Society" at the top.
4. Tell you friends and family – everyone can participate as long as they are in SMILE.AMAZON.COM. We'll receive .05% of each purchase made from AMAZON from everyone that buys anything off this page.
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7. Please spread the word: "SMILE.AMAZON.COM". A little money is good, bigger money is better!



# Association of Avian Veterinarians

Advancing & Promoting Avian Medicine and Stewardship

## November 2017 AAV Bird Club News Release

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### Physical Exercise (Part 5 of a Series on Enrichment)

*By: Kenneth R. Welle, DVM, Dipl ABVP (Avian), University of Illinois College of Veterinary Medicine;*

*Adapted from: "Extreme Enrichment for the Modern Macaw," Session #137, ExoticsCon 2016*

The benefits of physical exercise are well documented.<sup>16-18</sup> Likewise, the negative effects of inactivity are well known. As the number of aging birds increases, the frequency of certain degenerative diseases has grown by an even greater degree. While not all of these conditions are preventable, many are much less prevalent in animals that receive appropriate diet and exercise. Cardiovascular diseases in particular, such as atherosclerosis and congestive heart failure, are responsive to the effects of physical activity; they are less frequent in active animals. Obesity, hepatic lipidosis, and arthritis are other conditions that may result from a severe lack of physical activity. The musculature will be stronger with regular exercise. The joints require activity to nourish the articular cartilage. Bone density improves with physical activity as well. Physical activity has a great deal of psychological benefit as well. In humans, stress reduction is considered to be a major benefit of exercise. In animals, it can help reduce displacement behaviors. The expenditure of energy on healthy physical activity can only help reduce the use of energy on pathologic behaviors.

As in any animal or person, an examination should be performed to determine the safety of a new exercise program. Certain conditions may require restriction of exercise, even if it originated because of inactivity. Such conditions may include some orthopedic conditions, atherosclerosis, and heart failure. Some exercise may be beneficial in these cases, but they should be instituted very carefully. Forcing these birds to exercise may cause them to decompensate.

There are many types of exercise. For birds, the simplest and most obvious is flight. The largest mass of muscle in flying species is the pectoral musculature and this is the exercise they are best adapted to. There are complications to having a flighted bird as a pet. These include injuries, escapes, or difficulties with training. Most of these complications can be managed with appropriate training and flight skills. Recall (flight to the handler), flight to a perch, and other such games are easy ways to promote flight activity. An enclosure that is large enough to allow flight will passively encourage this type of exercise. In some cases, though, an owner may wish to keep the wings trimmed to prevent some of these complications. In these cases, wing exercise is more challenging. Wing flapping can be encouraged, but should be trained rather than forced. Dropping a hand while a bird is perched upon it will force a bird to flap. However, this can promote biting, sometimes just to hold on. Most birds will flap when the surface they are perched upon moves. Using swings, flexible branches, ropes, or other movable perching surfaces is a good way to encourage some passive wing flapping.

More so than any other avian species, parrots are also adapted to climbing. The hooked beak provides a strong hold on objects to allow for this activity. Parrots can hang from just the beak or from one toe. They can flip back on top of a branch with a few flaps of the wings. Even fully flighted parrots will often use their climbing abilities to negotiate a maze of branches rather than fly over them. Tarzan himself would be jealous of the gymnastic capabilities of a fit parrot! This can be readily encouraged by providing branches, ropes, ladders, and nearly any other type of structure a parrot can grip.

Beak activity is a relatively low energy form of exercise. It is fairly constant however. Parrot owners are fully aware of the destructive capability of psittacine beaks. Some birds may initially require encouragement to chew. Soft items like paper, cardboard or soft woods can be given to encourage this. As beak strength improves, harder woods can be given. Some may require a small nick or other starting spot to allow the beak to get purchase on the object at first. Also unique to parrots is the ability to manipulate items dexterously with the feet. This activity is often paired with chewing activity as items are often held up for the beak to engage. At least some of the chewing items should be loose to allow for this manipulation.

#### References

16. Alessio HM, Hagerman AE, Nagy S, et al. Exercise improves biomarkers of health and stress in animals fed ad libitum. *Physiol Behav.* 2005;84:65-72.
17. Brown MD. Exercise and coronary vascular remodelling in the healthy heart. *Exp Physiol* 2003;88:645-658.
18. Orimilikwe SO, Wong HYC, David SN, et al. Effect of exercise and guanethidine on plasma cholesterol and aortic atherosclerosis of atherogenic-fed cockerels. *Artery* 1983;12:60-73.

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## A CLEVER IDEA – GRASS MATS

Dr. Teresa Micco has placed grass mats on her birds sleep cages.

The birds love to chew on them and the material cannot cause injury. Teresa uses zip ties to attach the mats to the cages.

Check out the picture below!

The mats are a clever way of placing them on your birds' cages so their toes do not get bitten if they are out on top of the neighbors' cage. I also use grass mats for the birds to chew on, but never thought to place them on top of their cages.

A clever idea for sure! Thanks Dr. Micco



### West L.A. Bird Club Meeting

Wednesday, January 10, 2018  
7:00 pm • Speaker: TBA



Please contact President  
Doreen Seelig  
for further information  
(310) 488-9749 or  
refer to their website.

listed below.

American Legion Hall  
5309 Sepulveda Boulevard  
Culver City, California  
[www.westlabirdclub.com/](http://www.westlabirdclub.com/)



### Welcome SBBS New & Returning Members

New

Gary Golson

Returning

Luana Feigelstock, Norma Schrader

Lifetime Members

Diane Bock, Cary & Anita Pao, Lorrie Mitchell,  
Jimi K. Anderson, Karen Allen (Honorary)  
and Deven & Bree Brozey

### Don't fly off the membership list. Please pay your dues!

SBBS is currently upgrading our membership files. To help us, please go to [www.sobaybirdsoc.com](http://www.sobaybirdsoc.com) and click on Memberships to find the new membership application. Please fill it out and include your check and send it to SBBS, P.O. Box 3863, Redondo Beach 90277-3863.

If you want to join and have received a hard copy or found the membership application on the back of the newsletter, fill it out and send it to the above address. If you have any questions about your membership, please contact Elaine Dunn at (714) 306-5513. Other names will follow in upcoming months.



## MEMBERSHIP UPDATE:

When a new or renewing member pays for a 2 year membership in advance, the member receives \$5.00 off the 2nd year, excluding lifetime members.

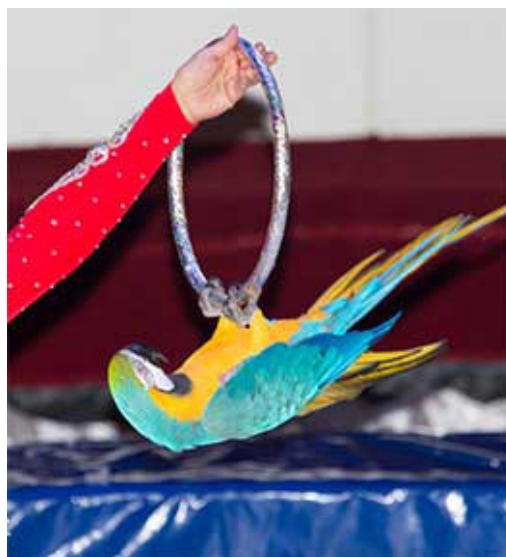


### West Valley Bird Society Meeting

7:00 PM the 3rd Friday of  
each month

For more information, visit  
their website:

[www.thewestvalleybirdsociety.com](http://www.thewestvalleybirdsociety.com)



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**Long Beach Bird Breeders Club**

September Speaker - Steve Duncan  
Topic to be Decided  
Meetings - 4th Tuesday each month  
7 p.m. - American Legion Hall  
5938 Parkcrest Street, Long Beach, CA.  
(S. of Carson, East of Woodruff Ave.)  
For Info, call 562-881-9847



**PARROT EDUCATION & ADOPTION CENTER**



PEAC is not taking in any parrots right now, but they do have a lot of nice birds ready to be adopted. There are classes going throughout the month. The San Diego location has classes the last weekend of the month. Classes in Orange County are on the third Saturday of the month. There is a new class now being offered in Hemet on the first Sunday of the Month. Please check the website for topics, times, and directions.

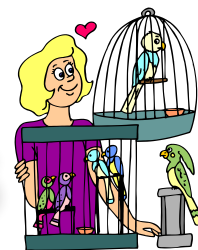
Please contact PEAC at [parroted@cox.net](mailto:parroted@cox.net) or visit their website [www.peac.org](http://www.peac.org) for more information.



Meetings are  
2nd Saturday each month  
7:00 p.m.



**Adoptions**



There are so many birds needing homes out there. If you are considering another bird, please think about adopting one. Call one of these rescue/adoption groups. They all have many wonderful birds just waiting for someone to come and take them home. Many of these groups have websites – take a look!

Organization	Phone	Contact
Parrots First	(866) 248-7670, ext. 5937	<a href="http://www.parrotsfirst.org">www.parrotsfirst.org</a>
The Lily Sanctuary	(714) 442-9474	<a href="http://www.lilysanctuary.org">www.lilysanctuary.org</a>
Parrot Rehabilitation Society	(619) 224-6712	<a href="http://www.parrotsociety.org">www.parrotsociety.org</a>
Southern Nevada Parrot Education, Rescue & Rehoming Society		<a href="http://www.southernnevadaparrotrescue.org">www.southernnevadaparrotrescue.org</a>
Santa Barbara Bird Sanctuary	(805)-565-1807	<a href="http://www.sbbird.org">www.sbbird.org</a>
Fine Feathered Friends Foundation	(310) 541-2468	<a href="mailto:curtismyrna@verizon.net">curtismyrna@verizon.net</a>

**10% Discount from Sponsors**

South Bay Bird Society members receive a 10% discount at Animal Lovers and Birds & More on select merchandise and a 5% discount from Choppers Toys. You must show your membership card or mention SBBS when shopping online.

Is your card current? Email Elaine Dunn at edsracer62@gmail.com

**Sponsors**

Upon review and accreditation by the Board of Directors, any business that donates \$25 or more per month in either goods, gift certificates, or money as an SBBS will be known as an SBBS Sponsor. For each month a sponsor donates to SBBS, the Sponsor will be listed in the newsletter for that month, depending upon the timing for publication. These sponsors are listed on page 14. Let's all give them our support.

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# PLEASE JOIN US

Meetings are held at the Kiwanis Club of Hermosa Beach, 2515 Valley Drive, Hermosa Beach 90254 on the 1st Monday of the month at 7:00 p.m.  
Parking lot and street parking.

**Birds are Welcome at Meetings**

## South Bay Bird Society - Officers and Board of Directors 2017

### Voting Positions

- President** Janet Ragonesi, (310) 376-5954
- Vice President CFO** Kathy Powell, (310) 325-1268
- Vice President, Secretary** Diane Sivas, (310) 937-9925

### Directors

- Programs Director** Open
- Membership** Elaine Dunn, (714) 306-5513
- Education** Karen Allen, (310) 371-9967
- Community Outreach** Tammy Carreiro, (310) 675-6789
- Raffle & Sponsor** Patte Fisher, (310) 316-9843
- Media Director** Gala Burkholder (310) 345-0278
- Technical Support** Open

### Non-Voting Positions

- Webmaster** Paul Carreiro  
Joan Margolis-West
- Consultant to Board** Ron Ellwood

### Support Positions

- Youth Ambassador** Open
- Adoptions & Foster Care** Janet Ragonesi, (310) 376-5954

### Newsletter

- Publication** Joan Margolis-West  
Elaine Dunn

### Meeting & Information

- Flyers** Joan Margolis-West
- Proof Reading** Lorrie Mitchell, Sylvia Skidmore
- Refreshments Coordinator** Deborah Peterson
- Photography** Open
- Lifetime Members** Lorrie Mitchell, Diane Bock, Jimi K. Andersen,  
Anita & Cary Pao, Bree and Deven Bozey





P.O. Box 3863  
Redondo Beach, CA 90277-3863  
www.sobaybirdsoc.com  
**BIRDS ARE WELCOME  
AT MEETINGS**

**EFFECTIVE IMMEDIATELY:**  
**Due to rising costs, members that require newsletter USA Postal Service  
delivery please add \$10 to your membership. Thank You!**



**MEMBERSHIP UPDATE:**

When a new or renewing member pays for a 2 year membership in advance,  
the member receives \$5.00 off the 2nd year, excluding lifetime members.

**SOUTH BAY BIRD SOCIETY MEMBERSHIP APPLICATION**

P.O. Box 3863 • Redondo Beach, CA 90277 - 3863

- New     Renewal     Former Member     Family \$40     Individual \$32     Senior (60+) \$25     Lifetime \$350

Name(s): \_\_\_\_\_

E-Mail Address for Newsletter Delivery: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

To help plan programs and activities, please tell us what kind of birds do you own? \_\_\_\_\_

\_\_\_\_\_

How long have you been keeping birds? \_\_\_\_\_

Do you keep birds primarily as  Pets  Breeders  Both    Renewal Month: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

