



february 2018 ♦ Interim Newsletter ♦ Established 1974



Joni Malukas
will be speaking to
us on

*Whales,
Dolphins and
Birds*

Monday February 5, 2018
7 p.m. • Monthly Draw
Outstanding Food
See page 4 for flyer.

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

Dr. Walter J. Rosskopf Jr
DVM, Diplomate ABVP
will be speaking to us
about a
**"Potpourri of
Important Topics in
Avian Medicine"**
See page 5 for flyer.



Photos Courtesy Gala Burkholder

Notes from Janet



February 2018

HAPPY VALENTINES DAY TO EVERYONE!

Between the winds, fires, evacuations, rain and mudslides, I hope each of you are in good spirits. I am grateful every day that my flock and I are

healthy and safe. If you have the time to reach out to friends, family or strangers, a smile or phone call can go a long way in making a difference in our own lives as well as the lives of others.

OUR FEBRUARY 5th SPEAKER IS JONI MALUKAS AND THE TOPIC IS "WHALES, DOLPHINS AND BIRDS."

Joni has been a volunteer naturalist for 20+ years for several Whale Watching boats. She is very knowledgeable about the various types of whales, dolphins and multitude of birds that reside outside the Redondo Beach Marina. Join us for an evening with Joni Malukas, February 5th; it will be an evening not to miss! Check out the flyer on page 4.



A WHALE OF A DEAL – WHALE WATCHING WITH SBBS SUNDAY FEBRUARY 25TH

SBBS has set up a whale watching event out of Redondo Beach Marina for Sunday

February 25th at 1:30pm. The cost is \$20.00 per person; to reserve your seat on the ship, please contact Janet at ragonesi@att.net. We must receive the \$20.00 by February 5th by mail or at our meeting with Joni. The ship's name is "Indian" and carries 42 guests and crew; for the discount we need 15 people for the tour. Please see guides for whale watching and announcement on page 8. It is a whale of a deal and so much fun! Joni will our guide for the 2 ½ hour tour!



SANTA BARBARA BIRD SANCTUARY

has been through the winds, fires, rain and mudslides. Plus, they had to evacuate the birds from the sanctuary. Member Elaine Dunn sent out an e-mail for help. The costs alone for evacuation can be staggering. SBBS sent donation and we are asking our members, sponsors, family and friends to assist them. SBBS members has always stepped up when there is a need! All \$\$ donations are welcome! I would like to thank members and sponsors who have donated to the sanctuary. Your donation is appreciated! Please send your donation to:

Santa Barbara Bird Sanctuary
P.O. Box 454
Summerland, California 93067-0454



SBBS MEMBER RAFFLE DONATIONS

SBBS welcomes member monthly raffle donations. The donations must be new, and bird related, with a value of \$10.00 or more. Thank you for supporting SBBS!

SBBS members are encouraged to submit articles, and pictures of their flock. Please contact Janet at 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.

See you February 5th

Cheers - Janet

Friday Night Potluck!

January 5, 2018

By Diane Sivas

Since the first Monday in January fell on New Year's Day, we moved our annual January potluck to Friday, January 5th. Friday night meetings are rare, and this one had that happy and "kicked back" end-of-the-week feeling. Great to spend the evening with friends and their birds, have some good eats, and swap stories.

The meeting started with the early bird drawing, won by our hard-working refreshments coordinator, Deborah Peterson. We had a couple of guests; Raquel (or "Rocky"), mother of two 14-year-old birds, and Bob, who found us on the Meet-Up website. Bob is bird-less, but may be looking, and in the market. We also had a bird guest – Sebastian, the Hyacinth Macaw. Sebastian has been a regular on Rose Bowl Parade floats for many years, and many of them were designed by his former owner, Raul Rodriguez. Sadly, the world lost Raul in 2015, and he is dearly missed. Sebastian has recently joined the Calleja family, and they are delighted



to welcome him to his new forever home. I'm sure they will spend many happy years together.

Our new website is up and running, and Janet encouraged everyone to check it out: <https://sobaybirdsoc.com>. It's much



more interactive than before, and we think you'll like it. Janet also mentioned an upcoming event at Wild Birds Unlimited in Torrance on February 17. Presenter Kimball Garrett will be talking about the Parrots of L.A. You can call Wild Birds Unlimited at 310 326-2473 for more information. Also, we are looking for neighborhood outreach events, so if anyone hears about possible events, please let us know.

In February, Joni Malukas will be speaking about the whales that are often seen off our coast during their migration to and from Baja. Joni is very well connected, and we are hoping that she might be able to organize a whale watching trip. **FOR MORE INFORMATION SEE PAGE 8.** You won't want to miss out on that, so be sure to join us on February 5th for this interesting program.

Karen Allen then took control of the mic, and guided us through the do's and don'ts of parrot diets, starting off by asking how many of us don't give our feathered friends human food. It looked like most everyone does, and Karen made suggestions about what to include. Pasta (cooked or raw), macaroni and cheese, chicken bones, cornbread (Kathy Powell bakes vegetarian Jiffy mix for her birds), celery with peanut butter, potatoes (mashed or baked), etc. I think most of us know the dangers of avocado (including frying), but Karen reminded us again. The best plan is to just stay away from it.

Janet shared with us her story about getting her first bird, and emphasized that one should take sufficient time before deciding. After all, this bird is going to be with you for many years to come, so really be sure before you take that final leap.

After another great raffle (including live auction of a few gift baskets), we wrapped up the meeting. I love these January meetings because we never have a set program or agenda – we just "wing it"! But, we're back on track in February, so make a note in your calendar now. February 5th at 7:00 p.m.

Happy New Year, everyone, and see you next month!

More pix on page 7.



Whales, Dolphins and Birds

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



The speaker is Joni Blank-Malukas

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
 Janet: 310-376-5954 • Kathy: winebird1@msn.com



Monday, March 5, 2018 • 7 p.m.

Monthly Drawing • Outstanding Food

Dr. Walter J. Roskopf Jr DVM, Diplomate ABVP will be speaking to us about

“Potpourri of Important Topics in Avian Medicine”

Dr. Walter J. Roskopf Jr., DVM, an innovator in avian care and medicine, has earned local, national, and international recognition for his accomplishments and contributions regarding the veterinary care of caged birds and other companion exotic pets.

Dr. Roskopf will be presenting us with a refreshing course in what is necessary to keep our feathery friends happy and healthy.

He will share with us, through slides and lecture, his experience regarding basic avian medical care at his practice, the Avian and Exotic Animal Hospital, located at 4871 W. Rosecrans Ave. in Hawthorne, California.



Location: Kiwanis Club of Hermosa Beach
2515 Valley Drive • Hermosa Beach • www.sobaybirdsoc.com
Cross streets are Gould and Valley Drive • For more info, phone 310-376-5954



Association of Avian Veterinarians

Advancing & Promoting Avian Medicine and Stewardship

December 2017 AAV Bird Club News Release

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Nutrition

(Part 6 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*

Avian veterinarians have always concerned themselves with nutrition. Provision of all of the required nutrients is critical to the physical health of any animal and the effects of imbalanced diets are familiar to the profession. Nutritional balance can be achieved by giving appropriately formulated commercial diets. With extruded or pelleted diets, each bite generally has all of the required nutrients. If anything, there are more of some nutrients (e.g., vitamin D, vitamin A, calcium) than is necessary for maintenance in many birds. Other formulated diets take whole seeds and/or pellets and bind them together into a ball or cake with added supplements. Still other diets are seed mixtures with supplements concentrated in nuggets. With these "fortified seed mixtures" all of the components of the diet must be consumed to provide these same nutrients. This rarely happens since most owners feed far more of the diet than the bird will consume. This can lead to the same nutritional deficiencies generally seen with all seed diets. In order to best provide for nutritional needs of the bird, the author recommends feeding a primarily pelleted or extruded diet as the base with a defined small amount of unsupplemented grains or seeds to slightly dilute the nutrients. Vegetables and fruits are added to provide vitamin precursors and other phytonutrients. The total amount of food provided should be calorically appropriate for the bird. It is unnecessary for birds to have unlimited food in front of them 24 hours a day. This practice has led to obesity, constant reproductive stimulation, and birds that are poorly responsive to training techniques. The amount a bird is eating should be determined, and if the body weight is appropriate, the food should be trimmed to exactly what is being consumed, with little or none left. There are certainly times in a bird's life when this will not be appropriate. Birds that are growing, raising offspring, or laying eggs may need additional calories or specific nutrients (i.e. calcium for egg laying).

Food is important for more than nutrition. In humans food is a part of every culture. Likewise, food for parrots is more than just nutrition. Feeding takes up a large part of the day. Most birds feed socially. To fill a bowl with a uniform nugget may not provide the same opportunities for these birds. To improve the psychological benefits of the diet, a number of different things can be done. Variation of the diet is one method of making it more interesting. Even with a diet composed of 100% formulated nuggets a pretty wide variety is available. Using several varieties not only provides some variation, but may be a good safety precaution. There have been a small number of recalls of formulated diets over the years where a mixing error has caused dangerous excesses of some nutrients in a diet. Using a variety of types would cut the total amount of any one diet that a bird eats. Extruded diets come in many forms and shapes. These may provide the ability of the bird to hold the food in the foot and manipulate it. There are a variety of sizes of most brands of pellets as well. Even the flavors and scents of the diets vary.

Some have food coloring added. Vegetables can be given whole or cut into different sized and shaped pieces. Most wild birds will have variable diets depending on the season, so temporal variation of the diet may also be beneficial. This can be readily done by securing seasonal produce for the birds.

Presentation of the food is the other main way that it can provide enrichment. This will be discussed in more detail in the previous article on foraging.



West L.A. Bird Club Meeting

Wednesday, February 14, 2018
7:00 pm



**Movie Night
Bird Brain**

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

American Legion Hall
5309 Sepulveda Boulevard
Culver City, California
www.westlabirdclub.com/



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

Next Meeting:
February 10, 2018

Speaker:
Tony Candelaria

Topic:
Breeding Crimson-Bellied Conures

SBBS Members, Sponsors and Friends

THIS WHALE WATCHING SEASON

SBBS Sunday, February 25th at 1:30pm - Redondo Beach Marina

SBBS MEMBER Joni Malukas is our February 5th speaker! Joni has been a whale watch naturalist, with over 20 years of experience with whales, dolphins and sea-birds out of Redondo Beach Marina. Joni will be our guide on this 2 ½ hour adventure, February 25th. Family, friends, sponsors and members are welcome!

DETAILS BELOW

To confirm reservation contact Janet (ragonesi@att.net)

WHERE Redondo Beach Marina
223 N. Harbor Drive
Redondo Beach, CA 90277

WHEN Sunday, February 25, at 1:30pm
Arrival time 1:00pm SHARP at the Redondo Beach Marina

COST We have confirmed a reservation for 15 under the name of Janet Ragonesi.
The cost per person is \$20.00 a whale of a deal!
Normally the cost is \$25/35 person.
Payment is due by mail or in person at SBBS February 5th meeting, to guarantee your reservation.
SBBS P.O. 3863, Redondo Beach 90277-3863.
Contact Janet Ragonesi at ragonesi@att.net to secure your seat.
Family and friends are welcome.

THE SHIP'S NAME is "INDIAN". It holds 42 guests and approximately 5 crew including Joni!

WHAT TO WEAR AND SNACKS

Jacket (you can layer) and rubber soled shoes. You can bring binoculars or a camera. They do have snacks on board including coffee and drinks for purchase. You can bring snacks. No coolers or alcoholic beverages.

DIRECTIONS TO THE REDONDO BEACH MARINA

Southbound 405: Exit Inglewood turn right (south)
Take a right onto 190th street (west)
Take a left on Harbor Drive (south)
Pull into Redondo Beach Marina parking lot by taking a right just before Captain Kids Fish Market.

Northbound 405: Exit Artesia Blvd and take a right (west)
Take a left onto Hawthorne Blvd (south)
Take a right onto 190th (west)
Take a left on Harbor Drive (south)
Pull into Redondo Beach Marina parking lot by taking a right just before Captain Kids Fish Market.

ALL ABOARD! A WHALE WATCH OF A DEAL!

Contact Janet Ragonesi (ragonesi@att.net) to confirm your reservation!

LEAVE YOUR BIRDS AT HOME!

