



June 2018 ♦ June Interim Newsletter ♦ Established 1974

An Evening with Myrna Frame, Founder, Fine Feathered Friends Foundation



Monday June 4, 2018
7 pm, see flyer page 4.



Just Ask Krista

Greetings South Bay Bird Society Members!
My name is Krista Renta and I am your new
Communications Coordinator!
Read more on page 5.

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TOYS FOR FINE FEATHERED FRIENDS

Wow! Our May meeting with Mike Keens from Jungle Toys was outstanding! A variety of toys were made as a donation for the Fine Feathered Friends Foundation. Myrna Frame, the founder, will be our June 4th speaker. The toys will be donated at the June meeting. You still have time to purchase toys to donate or other items from our local sponsors Animal Lovers Pet Shop, Birds and More, Wild Birds Unlimited, Magnolia Bird Farm, Omar's Exotic Birds, Exotic Birds by Fran, and Parrots Naturally. Check out Diane's report on the May meeting on page 3.

GOOD NEWS - SBBS MEMBER KRISTA RENTA HAS JOINED THE SBBS BOARD OF DIRECTORS

Krista has stepped up as our "COMMUNICATIONS DIRECTOR." We welcome Krista and look forward to working with her. Check out "Just Ask Krista" on page 5.

DEBORAH PETERSON AND SYLVIA SKIDMORE

A shout out to Deborah and Sylvia - both gals have been under the weather and we wish them both a speedy recovery.



FINE FEATHERED FRIENDS FOUNDATION - WITH MYRNA FRAME - CAGE SALE - SUNDAY, JUNE 10th, 2018 - When taking in a bird, the Foundation receives many cages, some new, some not, along with gently used accessories. This sale will bring welcome funds to the Foundation along with a day to support the Foundation with your purchase. Come visit with the birds at the Foundation. Check out the flyer on page 7.

READ THE SBBS NEWSLETTER - WIN RAFFLE TICKETS! Gala Burkholder will have a variety of questions for our membership to answer at the June meeting. Answer the questions correctly and win raffle tickets. All you need to do is read the newsletter.

Go to: www.sobaybirdsoc.com - our web site has great information on a variety of topics about taking care of your birds.

NOTE FROM PATTE FISHER - SBBS RAFFLE AND SPONSOR DIRECTOR ANNOUNCES:

SBBS WANTS YOUR OPINION ON THE MONTHLY RAFFLE!! What would you like to see more of? Less of? What items would you

like to see that are not presently offered? Contact your Raffle Coordinator, Patte Fisher, email; pattefisher@verizon.net, phone 310-316-9843, text 310-418-9096 with your suggestions. All ideas welcome

JULY, AUGUST AND SEPTEMBER PICNIC

JULY - No membership meeting. Myrna Frame will be announcing her SBBS BBQ and pool party, scheduled for July 22nd, at our June meeting.

AUGUST 6TH - MEETING SPEAKER IS RANDY HARWOOD - TOPIC "BIRDING IN AFRICA" - Flyer to follow.

SUNDAY, SEPTEMBER 9TH - SBBS ANNUAL PICNIC AT: COLUMBIA PARK IN TORRANCE - our theme this year is "LOVE OUR COLORFUL BIRDS". We encourage members, guests and friends to wear tropical clothing and start thinking about tropical delights to share at our potluck!

Mark your calendars for the July 22nd BBQ and Pool Party at Myrna Frame's home.

Our August 6th meeting will be with photographer Randy Harwood, his topic is "Birding in Africa."

Our Annual Picnic on September 9th will be at Columbia Park in Torrance. Our theme this year is: Love Our "Colorful Birds". Everyone is welcome, details and flyers will follow for these meetings and events.

See you at the June meeting with Myrna Frame.

"THERE IS STRENGTH IN KINDNESS"

CHEERS,

Janet



Our own Parrot Lady Karen Allen at Myrna's pool party 2016

MAKE YOUR OWN TOYS! (And Toy Safety)

An Evening with Mike Keens

May 7, 2018 • By Diane Sivas

How much fun was our May 7th meeting?! We had a large, enthusiastic crowd on hand, ready to get down to some serious toy making. And who better than to guide us through the process than Mike Keens, owner of Jungle Toys.

We had a number of guests at the meeting, which is always fun. Arienne, Laura, and Bonnie dropped by to join us and we had plenty of time during the toy making and our break before the raffle to talk with these wonderful women. We also had some May birthdays (Elaine Dunn along with a couple of birds), so we got the chance to test out our vocal skills with a round of Happy Birthday! Marie Calleja answered the newsletter quiz and was the winner of two raffle tickets—the reward for actually having read it. Producing the newsletter is a big undertaking, and it's all for you, so don't miss out. Read it and get the chance to win free tickets. Janet had high praise for the efforts and successes of a few of our members who had booths at the recent America's Family Pet Expo. Myra Frame, founder of Fine Feathered Friends Foundation, will be having a cage sale in June.

With announcements out of the way, we welcomed Mike Keens, who was accompanied by his daughter. Mike began by giving

us a brief history of Jungle Toys. He grew up as a 4H kid, but never had parrots. His wife was working at a vet clinic in the San Fernando Valley, and with her, they managed to accumulate a bunch of birds. Realizing the high cost of providing birds with the entertainment and enrichment they need, Mike eventually began making toys in his backyard. As demand increased and his operation grew, he branched out and eventually acquired a shop and expanded production. He had competition from foreign companies that, after a period of time, began to fade away. He has discovered over the years that the larger the toy, the less competition there is, and he now has more business than he ever imagined.

He prefers to combine hard woods and softer material, because softer wood is more attractive to birds, but the toy lasts longer if it incorporates harder wood. Too many manufacturers produce soft toys only, and birds would not naturally experience such things in the wild. When asked about where he gets

Continued on page 6.



Mike Keens, Lisa Cooley and Kona



Arienna and male Eclectus



7:00pm, Monday, June 4, 2018
GREAT RAFFLE POTLUCK EVENING

*An Evening with Myrna Frame Founder;
 Fine Feathered Friends Foundation*



Myrna Frame is the founder of the **FINE FEATHERED FRIENDS FOUNDATION** nested in the South Bay. The foundation is a registered 501-C3 non-profit foundation established in 2003 by Myrna and husband Curtis. Myrna is currently expanding the foundations' rescue, re-homing, adoption and educational programs. SBBS welcomes Myrna to our June meeting.

**PLEASE BRING A NEW TOY TO DONATE TO THE FOUNDATION.
 FOOD IS ALWAYS WELCOME! COME EARLY TO HELP SET-UP!**

Location: Kiwanis Club Of Hermosa Beach

2515 Valley Drive, Hermosa Beach, CA 90254

www.sobaybirdsoc.com (corner of Gould and Valley Drive)

For more information, call 310-376-5954



Just Ask Krista

Greetings South Bay Bird Society Members! My name is Krista Renta and I am your new Communications Coordinator! I have been with the South Bay Bird Society as a member for about 4.5 years now. I currently have five birds: 3 Pionus Parrots and 2 Cockatiels. If you want their names, **JUST ASK KRISTA.**

This section of the newsletter will be devoted to Member Questions. I provide question(s) from a member of our club anonymously and the answer is given here in our beloved newsletter.

Any parrot related questions may be conveyed to our very own Education Director and "Parrot Lady" Karen Allen: birdsnmor@aol.com.

If you have questions about Membership, please email our Membership Director Elaine Dunn: edsracer62@gmail.com

No doubt the first question you all have is:

Member: How do we provide our questions anonymously?

Answer: We will have a "Just ask Krista" box. Also, you may approach me at our Bird Meetings or reach me through email and your identity shall be kept in confidence. My email is healingwithanimals@gmail.com.

Here is a sample question to get your creative juices flowing:

Member: Can the membership suggest community or outing events for the membership to participate in?

Krista: YES! We encourage our members to make suggestions and participate in upcoming events and outings. It is fun to have a collective participation where we all enjoy an outing or community events. Bring on the suggestions!

This part of the newsletter is an exciting addition! This is your opportunity to breathe new life into our club and get the most out of your membership experience.

"Be the change that you wish to see in the world." Ghandi never said this, but this quote is an abbreviation of one of his Love Principles.

We need our members to give us some LOVE! Show us you care about this club by participating and helping our little club be the best it can be.

If you are not a member already, encourage others to join!

We want to grow our membership and have a larger impact on the community. Increasing the community's knowledge about responsible bird ownership can save avian lives! One person can make a difference.

Our birds deserve the best; they our special FIDS (feathered kids) and life just wouldn't be the same without them. We are so lucky to have a bird club that can offer a variety of ways to enrich and enhance the lives of our birds.

Just a refresher about some of our membership benefits:

Bringing a Guest free of charge (and their bird if they choose)

Special Events

Exclusivity to special Raffle Table items

Suggesting Speakers for the Bird Society

Bringing in an item for the Raffle Table for Raffle Tickets

Information pertaining to parrots in need of rehoming/adopting

Respected and Knowledgeable Speakers that work directly with birds/parrots

A network and support system of experienced Parrot Owners and Avian Vets

I look forward to hearing from all of you. Don't be shy to make suggestions if you don't have a question. Our Bird Club is only as good as WE (yes that's you too), make it!

Mike Keans continued from page 3.

the materials he uses, he told us that he often takes wood from the wild. There is no reason to treat or clean these unless they are covered with wild bird droppings or are close to a highway, which might throw off oil that could harm birds. He also uses lumber yards. Adding color increased the appeal of the wood, and Mike told us that Lee Bolivar, of Thee Birdie Bordello fame, was the first one to do it.

Safety is always a concern, so getting size appropriate toys and inspecting them periodically is important. Jungle Toys reputation on safety is strong, and Mike told us that he has never had a call from a customer about any injury that occurred from any of his toys. But it is also up to us to keep an eye out for any potential dangers.

Then it was time for toy making and everyone gathered at the front tables where Mike and his daughter had laid out the spread of materials. After a few useful tips, it was off to the races. For a nominal fee to cover cost of materials, members made toys that will be donated to Myrna's FFFF at next month's meeting, along with a few for themselves. And Mike generously donated a portion of his proceeds back to SBBS. Thanks, Mike!

What a fun evening! Good crowd, great guests, and a great speaker. Thanks to everyone who brought food to share, and thanks to those who have agreed to bring it next month. And speaking of next month, don't miss our evening with our own Myrna Frame. The date is June 4th at 7:00 p.m. Check out the website for more information.

Mike Keans and Guests Birds



Krista Renta and Cockatiels - Cricket and Caspien



Kyle, Mike Keans Daughter





BIG USED BIRD CAGE AND ACCESSORY SALE AT FINE FEATHERED FRIENDS FOUNDATION

SUNDAY, JUNE 10th, 2018, FROM 10 A.M. TO 2 P.M. AT THE FOUNDATION - 62 CREST RD. EAST, ROLLING HILLS, CA 90274 ... I AM BEHIND THE GATES IN ROLLING HILLS ... The gate staff will let you in for that day ... BUT CALL IF YOU NEED DIRECTIONS TO MY PLACE - EASY TO FIND - MYRNA FRAME – DIRECTOR - (310) 613-9549 - CELL PHONE.

LOTS OF LARGE, MEDIUM AND SMALL CAGES. GREAT BUYS AT CHEAP PRICES ... USED CONDITION, BUT MOST ARE IN GREAT SHAPE.

ANIMAL CARRIERS, PERCHES, BIRD DISHES, TOYS, SOME ACCESSORIES AND OTHER MISCELLANEOUS BIRD STUFF.



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. Hands-on experience owning my own exotic bird shops, 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!!!!

Q. What kind of food should I feed my bird?

A. There are many pelleted foods out that are excellent. You can add a seed mix. In a separate dish offer fresh fruit and/or vegetables (raw or cooked), scrambled eggs (add broccoli, raisins or other tasty goodies), hard boiled eggs(leave the shell on), toast plain or with peanut butter – are you getting the idea? Have some fun with the food and your birds will love it!

I am going to add a list of things that will give you some good ideas. You need to use your imagination, and if you find something that your feathery children like please share it with us!

Bird food for your bird

1. Carrots
 2. Yams or sweet potatoes
 3. Zucchini
 4. Broccoli
 5. Cucumber
- Chop food in chopper

Add: Raisins, Bean sprouts, Rainbow pasta, cooked or raw with or without sauce and meat

Treats for the top of the dish: different each day for variety.

Peanut butter on a Ritz
Bite size Shredded Wheat
Cheerios
Popcorn, no salt
Vanilla Wafers
Graham crackers
Cheese crackers or puffs
Use your imagination

Your bird can eat most anything you are eating with these exceptions: NO AVOCADO, NO CHOCOLATE, NO BOOZE, NO ICEBERG LETTUCE, NO CAFFEINE

Continues next page.

All fruits are good for your bird:

- Apples without seeds
- Bananas
- Grapes
- Papaya
- Pears
- Mango
- Melons,
- Berries, etc.

For your information: The birds can eat most anything you are eating including cooked chicken or beef with or without the bones, spaghetti, pizza, couscous, cheese, cooked cereal. Use good sense and have fun with it. Your bird's life will extend by many years on a diversified diet. You can use frozen

mixed veggies – just run them under the hot water tap, no need to cook.

A recipe for you: Pancake a la Bird

Use a pancake mix or follow a recipe, make thin.

Put the batter on the griddle or a frying pan.

Cook well on both sides.

Crumble a graham cracker or 2 Ritz crackers and mix with 1/4 teaspoon honey. Add 1 tablespoon nuts of any kind, chopped small, (walnuts , pecans, cashews, etc).

Spread mixture over pancake.

Roll pancake, cut in 4 pieces and secure with a toothpick!

Serve

That should give you some good ideas!



Tammy Carreiro & Shasta

Paul Carreiro & Shasta



Marie Calleja & Poncho





Association of
Avian Veterinarians
Advancing & Promoting Avian Medicine and Stewardship

April 2018 AAV Bird Club News Release

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Osteoarthritis in Birds

By: Sharman Hoppes DVM, DABVP (Avian Practice), Department of Small Animal Clinical Sciences, College of Veterinary Medicine, Texas A&M University Adapted from: Geriatric Avian Medicine, Session #2086 presented at the 2018 AAV Annual Conference & Expo.

The prevalent form of arthritis in birds is osteoarthritis (OA). It is a common cause of lameness and chronic pain in older birds. It is more common in psittacines over 15 years of age or in birds who have experienced trauma. It also occurs at a younger age in waterfowl and poultry kept as pets. Bumble foot, ulcerative dermatitis, and callous formation may be secondary effects of arthritis. The pathology of osteoarthritis is caused by damage to chondrocytes. This damage or stress on the cartilage may be caused by trauma, obesity, or normal wear on abnormal joints or abnormal wear on normal joints. This is a progressive disease and unless the cycle can be interrupted further degradation to the cartilage causes continued damage to the joint.

Joint pain is the essential problem associated with OA. The synovium and subchondral bone are the major sources of OA pain, but pain can also arise from periarticular muscles and ligaments. The symptoms will vary depending on the location of the arthritis and the severity of disease. Birds may present lame, there may be a history of decreased activity, not perching, falling off perches or perching on different perches, or a flighted bird that doesn't want to fly or doesn't fly well. Other less obvious signs of arthritis may include swollen joints, decreased range of motion, feather picking, mutilation or even excessive vocalization.

Diagnosis is determined by clinical signs, physical exam and radiographs. Radiographic lesions include narrowing of the joint space, sclerosis of the subchondral bone, misalignment of the joint and osteophyte formation. Commonly affected joints include the phalangeal joints, the tarsus and stifle. The joints of the thoracic limb can also be affected but appear to be so less commonly than the pelvic limb, probably due to many companion birds not being flighted.

A multimodal treatment plan is recommended to give the bird the best possible chance of relief; it also may allow for decreased individual drug doses in the treatment plan. A multimodal approach incorporates both medical and nonmedical modalities to achieve therapeutic goals. Medical treatment combines the use of nonsteroidal anti-inflammatory drugs (NSAIDs), chondroprotectants, and possibly opioids. The most common nonsteroidal anti-inflammatory drug utilized in avian medicine by this author is meloxicam, a COX-2 inhibitor (Boehringer Ingelheim Vetmedica, Inc, St. Joseph, MO) with the goal to use the lowest therapeutic dose possible. There are potential side effects of NSAIDs such as renal ischemia so they should be used with caution. Anecdotally, glucosamine has been used successfully in birds or Adequan injections. Opioids may be needed for acute exacerbations of an arthritic condition or for

conditions not responding initially to NSAIDs. Tramadol (Janssen Pharmaceuticals, Inc, South Raritan, NJ USA) or butorphanol (Torbutrol, Intervet Inc, Millsboro DE, USA) depending on the species of bird, may be used for a short period of time until the anti-inflammatory effects of the NSAIDs take effect.

The non-medical component may include husbandry changes, weight management, an exercise plan, a healthy diet rich in omega-3 fatty acids and physical therapy. An exercise plan in the captive avian patient can be challenging in nonflighted birds. In flighted birds, allowing them to fly or encouraging flight is the best form of exercise if it can be done safely. If this is not possible, encouraging climbing and walking in birds, even stepping up a number of times can be exercise for parrots. Foraging for food can be used to encourage exercise, by putting foraging boxes on opposite sides of the cage or enclosure. Providing foraging opportunities can also entertain and distract the bird from its discomfort diminishing feather picking or mutilation behaviors. If the bird is overweight, then weight loss is essential, as studies have shown that obesity is a risk factor for OA in many species. Weight management includes transitioning the bird slowly to a healthy pelleted diet with the addition of essential fatty acids. Fatty acids have been shown in many species to be anti-inflammatory and renal protective (an added bonus when using NSAIDs which can be damaging to the kidneys in high doses or in renal compromised or dehydrated patients). Most recommend flax seed oil as the best source of fatty acid supplementation. Other husbandry changes such as changes in perch diameter, texture, or padded perches can all help birds with weak or painful legs or feet and help to decrease the development of bumblefoot in a lame bird.

References:

Martin H, Ritchie B. Orthopedic surgical techniques, In: Ritchie B, Harrison G, Harrison L, eds. Avian Medicine: Principles and Applications. Lake Worth, FL: Wingers Publishing Inc; 1994:1137-1153.

Bennet A. Orthopedic surgery, In: Altman RB, Clubb SL, Dorrestein GM, Quesenberry K, eds. Avian Medicine and Surgery. Philadelphia, PA: Saunders; 1997:733-766.

**Dosage recommendations have been removed. See an avian veterinarian for diagnosis and specific treatment plans.

Long Beach Bird Breeders Club

Meetings - 4th Tuesday
each month at 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

Speaker:

Steve Duncan

Topic: Parrot Wars

Possible Conflicts between
Breeders and Rescues



Meetings are on the
2nd Saturday each month, 7pm
1975 Balearic Center Avenue
Costa Mesa, CA 92626

Orange County Bird Breeders 50th Annual Fundraiser

June 9th 7:30pm

Theme:

Celebrating 50 YEARS!

Cake Decorating contest

Many Prizes



West L.A. Bird Club
meets every month at
7 p.m.

The next meeting
is

Wednesday,
June 13, 2018

The Guest Speaker is
Dr. Lorin Linder, PhD/

Founder

The Serenity Park
Sanctuary



June 13, 2018

Dr. Lorin Lindner, PhD/Founder
Serenity Park Sanctuary:
The Birds of a Feather Program

Animal-assisted therapy is well known to do wonders for patients where conventional therapy has not worked. However, most programs like these look at benefiting the human versus the companion animal. Serenity Park is one program where both species – avian as well as human – help each other in the healing process.

As the Clinical Director of homeless veterans residential treatment program on the grounds of the West Los Angeles VA Healthcare Center, Dr. Lorin Lindner learned how bringing her two cockatoos to work changed her entire conception of her profession. Tough, stoic veterans in her PTSD groups sat cross-armed and tight lipped throughout sessions. But with the parrots, many of them wounded in their own ways, the veterans immediately identified with the unwanted and traumatized birds.

Dr. Lindner's talk will cover the history of Serenity Park, the parrots that have healed there and the veterans who assisted in that process...and by doing so reduced their symptoms of Post-traumatic Stress Disorder, Traumatic Brain Injuries, and other combat-related disorders.

Meetings are held at the
American Legion Hall,
5309 Sepulveda Boulevard,
Culver City, CA
www.westlabirdsluc.com