

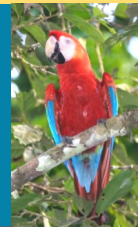


Volume 47 Issue 2 January - February 2020 SBBS Newsletter Established 1974

Monday, Feb. 3, 2020, 7 P.M.

Monthly Drawing Pot Luck Dinner

Dr. Randy Harwood Shares His Trip To **PERU**



*See magnificent slides of
Macchu Picchu, Birds in the Amazon, Nazca Lines and More!*



*(More info.
on page 3)*

Location: Kiwanis Club of Hermosa Beach

2515 Valley Drive, Hermosa Beach, (Cross streets are Gould and Valley Drive)

Sorry, no BIRDS ALLOWED at the FEBRUARY MEETING due to a NEWCASTLE Disease Outbreak.

For more information visit: www.sobaybirdsoc.com

Or contact: Janet at (310) 376-5954

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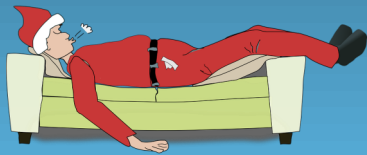
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Photos by: Gala Burkholder

Our January Potluck! Monday, January 6, 2020

By Diane Sivas



Whew! We made it through the year and through the holidays. Everyone seemed to be taking a deep breath and resting from the hustle and bustle, so turnout at the meeting was small. But with fewer people, we were able to gather around several of the round tables which made the evening much more intimate. And even though every month is technically a potluck, the January meeting is our "official" potluck so there was some delicious food to enjoy.

The format was casual, and Janet started things off with welcomes, birthday wishes to those with December and January birthdays, and a recap of the Silent Auction/Fundraiser. We made several year-end donations to others including PEAC, Santa Barbara Bird Sanctuary, and St. Jude's Children's Research Hospital (in memory of Diane Bock). At the request of a few of our speakers, we also made donations throughout the year to American Cancer Society, South Bay Wildlife Rehab and Loyola Marymount University.



Jamie McCloud of Santa Barbara Bird Sanctuary



Myrna Frame of Fine Feathered Friends Foundation

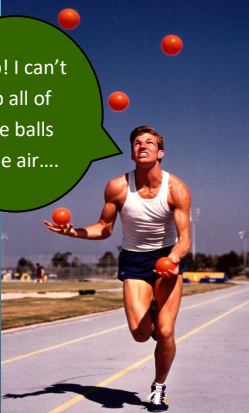
As some of you are aware, Myrna Frame is stepping away from her Fine Feathered Friends Foundation, and Janet was kicking around some possible ideas for how things might move in a new direction. There are endless requests for birds, or from people who need to relinquish their birds, so there is still need for rehoming and adoption services. There may or may not be a way for SBBS to help, but it's something to think about, at least.

Since we had a small group at the meeting, we were unable to move ahead on election of officers, but Janet reiterated the need for members to step up and assume some of the vacant positions, specifically food and raffle coordinators. Without new volunteers, both the refreshment table and raffle table may be on the chopping block. We need help if we are going to continue to have these at our monthly meetings. Existing board members are double and triple booked, and can't take on anything else! Janet also thanked those who HAVE been helping us out throughout the year. There are many tasks to be done and we are thankful to those who have consistently helped.



Janet Ragonesi, SBBS President

Help! I can't keep all of these balls in the air....



Diane Sivas kisses her Blue and Gold Macaw, Cheeto



SBBS MISSION STATEMENT

The purpose of 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.

THE SOUTH BAY BIRD SOCIETY

Is a Public Benefit Corporation and a qualified tax-exempt organization under IRS Code Section 501 (C) (3).

("January Potluck" continued on Page 3)

("January Potluck!" continued from page 2)



Joni Malukas talks about therapy birds

Janet then asked if anyone had new birds to talk about or good bird stories to tell. Joni Malukas offered up conversation about therapy birds vs service animals vs companion animals. She has therapy birds and gave us an outline on what is required for your pet to become a service or therapy animal. For a companion animal, only a note from a doctor is required to qualify an animal as a "companion." Suzanne Rodriguez had a question about getting her new African Grey used to a new cage, and Ron talked about his newly acquired African Grey, with whom he bonded almost instantly. *(See this month's avian article on pages 10 & 11. which addresses introducing our birds to unfamiliar items).* Great stories, questions and feedback. Thanks, everyone.



African Grey Parrot

With only a handful of people present, the raffle was a bonanza with everyone going home with something. Joni got a head start by winning the early bird drawing.

What a nice evening spent with good friends. For February, our speaker will be Randy Harwood, who will talk about his trip to Machu Picchu and the Amazon in Peru. Randy is always great, so don't miss this one. The meeting is February 3 at 7:00 p.m. See you then!!



Boating down the Amazon River

**Dr. Randy Harwood
Shares His Trip To PERU
on Monday, February 3rd**



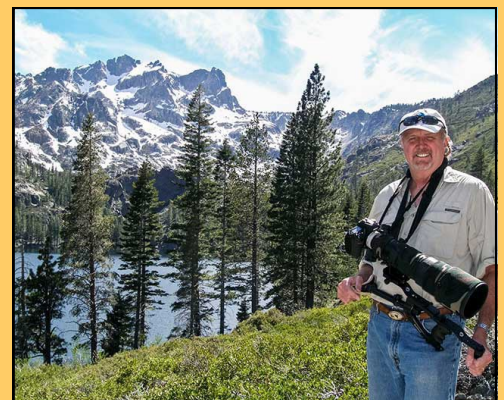
A Greenwing Macaw in the Amazon



Randy Harwood has been traveling and photographing the world's wild places, animals, birds and marine life for over thirty-five years. He tries to find ways to use these images to give people a better awareness of the beauty and value of the natural world.

SBBS is happy to have Randy back to speak to our membership. You won't want to miss this fun and interesting presentation!

*Check out Randy's website at:
www.rkh-photography.com*



Randy Harwood uses his long-lens camera for those close-up photos!

The President's Notes By Janet Ragonesi

Greetings

SBBS Members, Sponsors and Friends:

WINTER IN THE SOUTHBAY

No snow, no icy streets, no heavy winter clothing, unless you are fashion forward! Nor do we plug in our cars because it is 20 degrees below zero! I am not kidding! We are lucky to have the opportunity to drive to the mountains, play in the snow, build a snowman, go skiing, or snowboarding, then drive down the mountain and go surfing, boogie boarding and sun bathe on the same day! This is California living! We are fortunate to be able to live in a state with a diversity of climates in such close proximity to us.



During the winter months, the youth at Hermosa Beach, use the sand berms for high tides instead of snow or water to "board ride"



JANUARY POTLUCK

The meeting was attended by a dedicated group of SBBS members. The food was excellent and we shared some fun stories about our lives with our feathered companions. We had a discussion on future speakers and topics for upcoming meetings! We are always open to suggestions for future speakers.

THE NATIONAL ELECTIONS ARE CHANGING TWO FUTURE MEETING DATES, TIMES AND DAYS!

For your information, due to this year's **ELECTIONS** in **March** and **November**, those meeting dates **WILL NOT BE DURING THE FIRST WEEK OF THOSE MONTHS.**



Please note, the **MARCH** meeting with **Dr. Rosskopf** will be the **SECOND SUNDAY** of the month on **MARCH 8th** IN THE AFTERNOON at **2 PM.**

In **NOVEMBER**, the SBBS meeting will be held on the **SECOND SUNDAY** on **NOVEMBER 8th** at **2 PM.**

Please remember to vote in the 2020 elections. Your vote counts!

UPCOMING FEBRUARY 3RD MEETING

Adventurer and photographer, **Randy Harwood** will be our **Feb. 3rd speaker** sharing about his travels to Macchu Picchu, Birds in the Amazon, and Nazca Lines and more! Randy's photography is outstanding! This is a meeting not to miss! (See more about Randy Harwood's February 3rd presentation on pages 1 & 3).



Macchu Picchu



Naza Lines



Janet and Randy in 2018 when Dr. Harwood last made a presentation about Africa to SBBS

NEW FUNDRAISER FOR FEBRUARY 3rd

Along with our raffle, we will include a 50/50 fundraiser! Tickets will be sold \$1.00 each or 6 for \$5.00. The tickets will be a different color and placed in a separate bin from the raffle tickets. Before the raffle starts, we will draw the winning ticket and the winner shares the 50/50 with SBBS. If there is \$100.00 in the bin, the winner will receive \$50.00 and SBBS will receive \$50.00. This is a win, win fundraiser! You can purchase as many tickets as you wish or just one ticket. Like our raffle, 50/50 is a game of chance. More tickets sold for the 50/50 will benefit SBBS and the winner!

We have so many ways to support SBBS: purchasing raffle tickets, bringing food or raffle donations, helping to clean up and now participating in our 50/50 fundraiser. You can win by attending our educational speakers and topic presentations. A win, win for all!



SBBS ELECTIONS OF BOARD OF DIRECTORS & OFFICERS

We will be holding elections on February 3rd. ALL board positions, both voting and non-voting, are available. (See page 15 for a list of all officers).

SBBS is seeking members to volunteer for one of the officer's or director's positions. We are looking for individuals willing to serve in a post of their choice, and to attend most of the general and board monthly meetings.

Requirements include being a SBBS member in good standing with dues paid.

To be considered for the office of President, VP/CFO or VP/Secretary, one must be on the board for at least one year and/or attend some of our monthly board meetings.

All other directors' positions one must be a member for at least 6 months and attended our membership meetings on a regular basis. Volunteer positions include the non-voting positions such as refreshments and technical support coordinators.

SBBS needs your support, especially in the area of Refreshment Coordinator and our Raffle/Sponsor Director.



Ron Ellwood at the refreshment table



Patte Fisher at the raffle table

Please contact the nominating Chairperson, Marie Calleja, at mpcalleja56@gmail.com or call (310) 529-1408 if you want to step up for SBBS!

SBBS is all about the birds and our continued success as a non-profit organization depends on all of us! Serving on the board is a great way to make new friends and help plan our future activities.



Kathy Rollinger (Powell), Janet Ragonesi & Diane Sivas at the last year's picnic

OTHER WAYS YOU CAN HELP SBBS

If you don't want to hold a board position, there are other ways to help keep SBBS "in flight" *even if it is only a one-time commitment*. Here are some ways you can help the club achieve our goals:

- 1) Oversee the arrangement of food brought to a pot luck
- 2) Visit some of our sponsors to distribute the SBBS newsletters and flyers while picking up raffle donations
- 3) Recommend a speaker or topic for a future program
- 4) Participate in a "SBBS Community Outreach Event"

As SBBS President, I would like to thank all of you who volunteered to support our club in 2019. Each of you gave your time, efforts and experience to help us achieve our goal to promote the well-being of companion birds.



THIS AND THAT INFORMATION



If you have baskets from the auction, we always appreciate them donated back to the club for next year's fundraiser. Please bring them to a meeting.

A special thank you to **Omar's Exotic Bird Store** for being one of our SBBS sponsors. We are sad to see you closed your Santa Monica store on January 15. We appreciate your past support of our club.

VIRULENT NEWCASTLE DISEASE UPDATE



The California Department of Food and Agriculture (CDFA) continue to report they found infected birds. Check their website for the latest updates at www.cdffa.ca.gov/ahfss/Animal_Health/Newcastel_Disease_Info.htm. Sadly, this means, this disease continues for us to not to be able to bring our birds to any bird club meetings for at least 4 more months.



Cheers, Janet

Palos Verdes/South Bay

AUDUBON SOCIETY PROGRAMS 7 PM

held at

The Madrona Marsh Nature Center

3201 Plaza del Amo, Torrance, CA 90503

Tuesday, Feb. 18, 7 PM

**Presentation by: Jess Morton on
"The Lower Rio Grande Bird Festival"**



BIRD WALKS:

**4th Sat. each mo., 8:30-10:30 am:
(1/25 and 2/22) Madrona Marsh with
Audubon leaders**

**February 2 & 16*, 8-11 am:
Ken Malloy Harbor Regional Park
with Audubon leaders. 2/2 meet in the
parking lot, 2/16* meet in the parking lot
closest to Anaheim & Vermont for
Regional Park 2.**

**February 9, 8-11 am:
South Coast Botanic Garden with
Audubon leader David Quaadhamer**



For Info:
www.pvsb-audubon.org
or call David at (310) 833-3095.

THANK YOU to everyone for
your donations of
**FOOD & RAFFLE ITEMS at
the SBBS MEETINGS.**

Each donator receives **2**
RAFFLE TICKETS
towards winning a raffle
prize for their donations!



(Linda Jensen gets dessert)

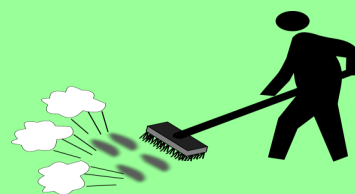
Do you attend the monthly SBBS meetings and arrive early? If so, the club could use your help.

Please consider "stepping-up" to ARRANGE the food and beverages on the tables near the kitchen for our **monthly potluck**. If this is something you are interested in assisting with or overseeing, please contact the President, Janet Ragonesi at (310) 376-5954. Thank you.

You could WIN A PRIZE by helping to clean-up after the monthly meeting. Those who stay around a few extra minutes to lend a hand to help take down tables, put away chairs, sweep the floor, wipe-down dirtied tables or counters, put items for home in cars, etc. will be considered to be the randomly chosen person to WIN A PRIZE. Congratulations to GALA BURKHOLDER, the winner of the prize at the January meeting.

When we all pitch in, the clean-up goes much quicker and easier.

Thank-you!



BIRDING coordinated with the PV Peninsula Land Conservancy, Madrona Marsh, the Ballona Wetlands and more led by Bob Shanman from Wild Birds Unlimited

BIRD WATCHING WITH BOB SHANMAN

When: February 12 (2nd Wednesday), 8:00 am

Where: MADRONA MARSH

When: February 19 (3rd Wednesday), 8:30 am

Where: WHITE POINT NATURE PRESERVE

1600 Paseo Del Mar, San Pedro, CA

When: February 26 (4th Wednesday), 8:30 am

Where: GEORGE F. CANYON

27305 Palos Verdes Dr. East, Rolling Hills Estates, CA



Other BIRDING Locations:

Where: BALLONA WETLANDS, KEN MALLOY HARBOR PARK (see PV/SB Audubon Society in the top, left, yellow box), BIXBY MARSH

(See "Events" on Wild Birds Unlimited web site: redondobeach.wbu.com or call (310) 543-2473 to know more)

Palos Verdes Peninsula Land Conservancy

RSVP: at pvplc.org, select "Events & Activities"



Sunday, March 8, 2020, 2 P.M.

**NOTE:
DAY, DATE
& TIME!!**

Monthly Drawing Light Refreshments

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



**“The Basic Principles
And Common Problems
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.

He will share with us basic principles and common problems in avian medicine through slides and lecture based on his vast experience regarding avian medical care at his practice at the Avian and Exotic Animal Hospital located at 4871 W. Rosecrans Avenue in Hawthorne, California.

Learn more about spotting potential avian illnesses in your flock to help keep them healthy all year long!



Location: Kiwanis Club Hermosa Beach

2515 Valley Drive, Hermosa Beach, CA (Cross streets are Gould and Valley)

Sorry, no BIRDS ALLOWED at the MARCH MEETING due to a NEWCASTLE Disease Outbreak.

For more information visit: www.sobaybirdsoc.com


Or contact: Janet at (310) 376-5954



Q & A By Karen, The Parrot Lady

The answers to your questions are MY opinion based on nearly 50 years experience. I donated my time to Avian and Exotic Animal Hospital, working with Doctors Rosskopf and Woerpel. I have 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.

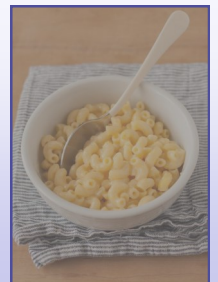
Q  My bird was scared to death of the Christmas tree. We have removed it from the living room but he still is acting scared. Any suggestions?

A Take this slowly. Walk the bird by the area several times, then start entering the room little by little. If he gets skitzy, walk out, but sing a song and stay very calm. You do not have to be an opera star. "Row, Row, Row Your Boat" will do just fine. The soft singing and your calm voice says tons to the bird that all is well. Make up your own words "Everything is fine, tra la, tra la." It won't take very long for him to get the idea that everything is okay. If he doesn't act up, you might even stop singing. No offense!



Q My bird has discovered Mac and Cheese. He loves it! Is it okay to give him some, and if so, how much?

A It is fine, and so is spaghetti (cooked or uncooked) plain or with meat sauce. A tablespoon is fine for the big birds, and a teaspoon for the little ones. They usually love it, and in moderation it is good for them.



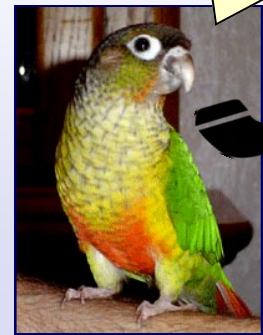
Q My Parakeet got a rocking penguin-type toy for Christmas. He is now spending his life trying to kill it. Do I leave it in his cage, or take it away?

A This is a personal choice. If the bird's personality is changing, and he is becoming aggressive, remove it. If he is falling in love with it, and is no longer sweet to you, remove it. If he is just playing and enjoying it, leave it alone, but don't stick your fingers in there when he is playing, unless you have a thing for blood -- especially your own!

Q I received an adorable Conure for Christmas, but do not know anything about birds. Can you help me?

A You are always welcome to call me at the shop, or at home. Check out different web sites. Birds & More and Animal Lovers are two excellent ones. Go to a reputable bird store and get as much info as you can. The majority of the people in these shops are a bundle of information. Should you run into some one who pronounces Conure, hard line over the "U," CONOOR or Condor, smile pretty and make a getaway.....fast!

"Hello, can you help my new family learn how to take care of me?"



New Year's Resolutions -- PICK at least ONE:

- I will not use bad language around my bird.
- I will see to it that my bird gets 12 -14 hours of sleep a night.
- I will rotate the toys in my bird's domain at least every other week.
- I will remember that I must set an example for this feathery child of mine. Mind my tongue. Mind my manners. When he does something brilliant, let him know that he takes after me!!!!



Have a Safe, Happy and Feather-filled New Year!

Much Love,

Karen, Your Parrot Lady



**RAFFLE
TICKETS!!!**

Karen Allen has been involved with birds and a SBBS member for over 35 years. She is a lifetime member of SBBS. Karen owns her own bird shop, "Birds & More" located at 4301 Redondo Beach Blvd., Lawndale, CA. The phone number is: (310) 370-7550. She counsels and trains new bird owners and is a published writer.

Send your questions for "The Parrot Lady" to:

Karen Allen, P. O. Box 3863 Redondo Beach, CA 90277-3863

Email: Birdsnmor@aol.com

Do you buy raffle tickets at the meetings? Each month, I bring a certain amount of money to buy tickets and I'm given a string of tickets which I have to tear apart and quickly put them in the raffle barrel before the first ticket number is called! I check to see if any of my numbers match. Then, there are those who yell, "Mix them up!" I keep thinking, there has to be a better way to conduct our raffle.

Well, after much discussion during several board meetings about these issues and the fact that the cost of the raffle prizes have gone up, we decided to increase **the price of the tickets to \$1.00 each. As a bonus, for each \$5.00 spent, you will get an extra ticket. Thus, you will get 6 tickets instead of 5 for each of \$5.00 of purchase.** Food and raffle donators will continue to receive 2 raffle tickets.

It is my belief, *most people* will probably spend about the *same amount* of money as before, but it will be **quicker and easier** to tear apart the tickets and **easier to mix them up** in the raffle barrel. The board will reevaluate this change after 6 months. Even though the prices of the tickets increased on **January 1, 2020, each person's chance to win a prize will probably be about the same**, while it will be **more fun and easier** for all of us to participate in the raffle. **Thank you for trying out our new approach!**

(In Case You Missed This Announcement Last Month...)

Sincerely, Gala

Raffle Ticket

Parrots and Neophobic Behavior



I would be a rich woman if I had a dollar for every time that a parrot's owner has told me that she had given away a play stand or toy that her parrot didn't like. We've all had this experience, right? We bring home a perch or new toy, excited to introduce it to our bird, only to find that **she won't go anywhere near it.**

(Photo courtesy of Nyla Copp)

Too often, when seeing this reaction, we assume that the parrot *doesn't like it*. Thus, today I want to discuss yet another aspect of parrot behavior that is largely misunderstood – *neophobia*.

What Is Neophobia?

Neophobia can be defined as an extreme or irrational fear or dislike of anything new or unfamiliar. Parrots, generally speaking, display neophobic tendencies. This is why they so often **reject new things – not because they don't like them.**



This is often blamed upon the fact that parrots are prey animals. However, this assumption is incorrect. This same behavior has been observed in virtually all species of mammals and birds, including some raptors. (Greenberg, 2003) Many animals show an aversion to novelty.

Neophobia is usually observed in adult parrots. Young parrots tend instead to be neophilic – they eagerly explore new items in their environment. (Greenberg, 2003) When I used to breed African Grey parrots, I often thought of those babies as *learning machines*. They immediately and joyfully investigated anything new.

Factors Influencing Neophobic Behavior

This behavior has long been observed and studied across species lines, including fish and amphibians among others. However, investigations have been conducted by both psychologists and behavioral ecologists, each from a different perspective. Due to these different orientations, both fields have gathered conflicting results. (Greggor et al, 2015).

That said, however, one conclusion recurs in the research – **the level of novelty to which a young parrot is exposed during its early developmental phases has a direct impact upon that same bird's willingness to accept new things as an adult.**

A study done with Orange-winged Amazons confirm this. Interestingly, this study found that exposure to the baby's parents (parent-rearing vs. hand-rearing vs. co-parenting) had no impact upon later neophobic behavior. It was the **level of novelty to which the birds were exposed in early life that had the biggest impact.**

(Fox, & Millam, 2004) (Baby Macaw exposed to different toys.)



Another study found that species that typically inhabit more complex habitats, such as the edges of forests, tended to accept novel items more quickly. (Mettke-Hofmann, 2002) Yet, another concluded that neophobic responses tended to be lower in wild-caught birds. (Crane, 2017) These findings both underscore the impact of exposure to novelty in early development.

Ramifications of Neophobia for Companion Parrots

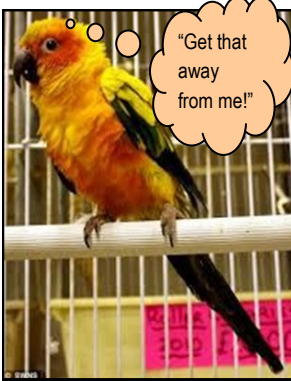
This is an important topic because **your reaction** to your parrots' **neophobic behavior has a big impact upon the quality of life that she will have in the future.** If you give away a toy or play stand every time your bird reacts to it with fear, the amount of **enrichment** she has available **will shrink** and she will have fewer options for interaction. **Fewer choices result in a decreased quality of life.**

This can't be allowed. Now only does it narrow a parrot's future choices, but anecdotal experience would indicate that having this **natural fear response reinforced may create more fear responses in the future.** Your parrot will enter a *behavioral tunnel*.

Further, we have evidence that, once the initial fear response toward an item has been overcome, animals engage in just as much exploration of it as those who showed no fear initially. (University of Lincoln, 2017) This indicates **how valuable it can be to a parrot if we are willing to engage in just a little bit of training.**



The Necessary Approach



We know that the initial fear of a novel item tends to diminish with exposure. However, it is not acceptable to simply put a new item near to a parrot and expect him to “get over it!” Using this approach is **not ethical and is a form of flooding**. As defined by Friedman, “With flooding the subject is presented with the highly feared object or situation which is not removed until the fear diminishes. The response that is prevented in this case is escape.” (Friedman, 2002)

Have you ever heard of The Five Freedoms? This concept was proposed by the UK’s Farm Animal Welfare Council in order to establish guidelines that could be used to assess quality of life. It states that **“animals should be free** (1) from thirst, hunger and malnutrition, (2) from discomfort, (3) from pain, injury and disease, (4) to express natural behaviors, and (5) from fear and distress.” (Rodríguez-López, 2016)

This was written to be used for farm animals; a similar set of guidelines for companion parrots might be more complex. However, it is of note that **freedom from fear and distress has been included along with freedom from injury, pain, and hunger.**



It is a **primary right of all animals to be free from fear and distress.** Thus, we must use methods **other than direct continued exposure to new things without regard for the parrots reaction.** Thankfully, we have more ethical, scientifically proven, methods for **behavior modification** that will help our parrots to overcome this aversion to new things.

First, I will say that the methods discussed below should be used to introduce items that will **create a better quality of life for your parrot by allowing an increased number of choices for interaction** – play stands, perches, foraging options, toys, travel carriers, outdoor aviaries, etc.

Other items, not necessary to quality of life, are best avoided. Just don’t bring the helium balloons home. If you must bring a ladder into the house, put the parrot into a different room first. If your friend comes



in wearing a baseball cap that scares your parrot, ask him to take it off. Don’t paint your fingernails bright red if you don’t normally wear nail polish. Believe me, none of these things will matter to you in 10 years.



The methods that work best for teaching acceptance of new things are (1) a combination of **systematic desensitization and counter conditioning (DS/CC)** and (2) **Constructual Aversion Treatment**. Anyone can learn to use these techniques to successfully introduce new enrichment items, all the while allowing the bird to maintain a distress-free experience. All that is required are patience and persistence and the ability to read body language.

Systematic Desensitization and Counter Conditioning

Systematic desensitization and counter conditioning (DS/CC) are usually used in combination with each other. However in some cases, such as the introduction of a new toy, **desensitization may be all that is required.**



Systematic desensitization is training during which your parrot is exposed to an item at a level **at or below which fear is displayed**. In other words, **“the bird is slowly presented with tolerable amounts or durations of the feared object or condition. The bird is never allowed to experience a high level of fear.”** For example, the distance between the parrot and the object might be decreased as the parrot’s body language suggests that the closer proximity of the item no longer elicits fear.

Counter conditioning is used to change the parrot’s attitude toward a feared item by **pairing it with something of value, such as a preferred food**. In other words, **through this pairing the bird learns to regard the new item as something that is desirable**. The result of this training is that the previously fearful response is completely resolved and your bird will continue to interact happily with this item in the future.

Example: Introduction of a New Toy You have a new toy that you want to hang in the cage, but as soon as your parrot sees it he leans away, obviously scared of it. **You can use desensitization to introduce it successfully:**

Hold the toy no higher than about **chest height** where it is visible to your parrot and **move far enough away that he shows no signs of fear**. Slowly walk toward him, one step at a time, carefully observing his body language. At the first sign of alarm, stop approaching and take one step backward. Put the toy somewhere **at that distance**, at a level below your parrot’s typical perching height, so that he can easily see it. (A TV tray works well.)

Every day or so, **move the toy a little closer to your parrot**. If you ever see a sign of alarm when you do so, put the toy back at the **last distance** and allow your bird to look at it a little longer at that proximity. When you’ve been able to move the toy right next to the cage, hang it on the **outside of the cage** down low. Move it up to the middle of the cage, still on the outside. Move it up to the height at which you would like to eventually have the toy.



“#2. Constructual Aversion Techniques” will be explained in next month’s newsletter!



SBBS Welcomes
New & Returning Members

RENEWALS: Diane Sivas, Sandi Baird

LIFETIME MEMBERS: Cary & Anita Pao,

Karen Allen, Ron & Perry Ellwood, Donna Crossley,

Dr. Roskopf, Jack Ford, Janet Ragonesi, Don Hand,

Bree & Deven Brozey

MEMORIAL LIFETIME MEMBERS:

Lorrie Mitchell, Diane Bock

Number of Current Members: 70

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

Your dues help support your club by providing newsletters, educational programs, the website, beverages and more.

To join SBBS, please print page 16 of the newsletter or go to www.sobaybirdsoc.com and click on "Membership" to find a membership application. Fill the form out, include a check and send it to SBBS, P.O. Box 3863, Redondo Beach, CA 90277-3863. If you 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 Membership Director, Ron Ellwood (310) 850-0594.



The West L.A. Bird Club

Wednesday, Feb. 12 AT 7 PM

Topic:



"Make Your Backyard More Inviting For Wild Birds"

Speaker:

Julie, from "Wild Birds Unlimited" in Santa Monica

At the American Legion Hall

5309 Sepulveda Blvd., Culver City

www.westlabirdclub.com

For info. Contact President, Doreen at djseelig@aol.com or (310) 488-9749

The Orange County Bird Breeders

Saturday, February 8, 7 pm

Speaker: TB (No birds)

Balearic Center, 1975 Balearic Center Ave, Costa Mesa

www.ocbirdbreeders.org

BLISS By Harry Bliss



Even sparrows like comfort food!

"Laugh Kookaburra"

Cartoon submitted by Marie Calleja

Long Beach Bird Breeders

Meets the 4th Tuesday of each month at 7 p.m. at the American Legion Hall, 5938 Parkcrest Avenue, Long Beach, CA 90808 (S. of Carson, E. of Woodruff Ave.)

For info call: (562) 881-9847
Longbeachbirdbreeders.com



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 or visit their website www.peac.org for info.

All members are invited to submit bird-related items for a future SBBS newsletter in any of the following segments:

- ☀ In "Wing Tips," share a tip that could improve the lives of both you and your bird(s).
- ☀ In "Laugh Kookaburra," send a bird-related cartoon, joke or humorous photo.
- ☀ In "Creative Corner" send photos of your bird-related drawings, ceramic pieces, needle point, paintings, etc. or texts of poems or photos with a unique point of view.



Gala & Kahlia

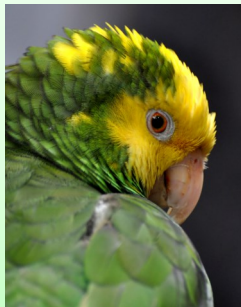


E-mail your ideas of what you would like to SEE, along with your SUBMISSIONS to: gidgetscal@aol.com.

The deadline for the next newsletter is Tuesday, February 11th



Adoptions

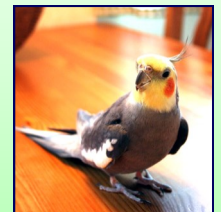


There are so many birds needing homes out there. If you are considering another bird, please think about adopting one.

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	www.parrotsfirst.org
Parrot Rehabilitation Society	(619) 224-6712	www.parrotsociety.org
Southern Nevada Parrot Education, Rescue & Rehoming		www.southernnevadaparrotrescue.org
Santa Barbara Bird Sanctuary	(805) 565-1807	www.sbbird.org
Fine Feathered Friends Foundation	(310) 613-9549	curtismyrna@verizon.net

"Laugh Kookaburra"

Some Ducks

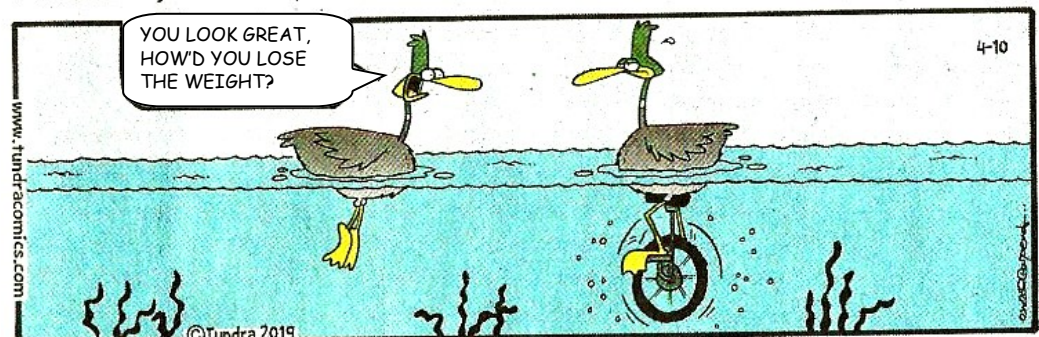
Make New

Year's

Resolutions!

Cartoon submitted by Marie Calleja

TUNDRA By Chad Carpenter





A special thanks to Omar's Exotic Birds for being one of our sponsors. **SHOP our sponsors.**

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Our sponsors provide us some of our raffle prizes to make our meetings more fun!

Please thank our sponsors for supporting the South Bay Bird Society by giving them your business.

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Omar's CLOSED the Santa Monica store location on JAN. 15, 2020! 😞

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South Bay Bird Society members receive a 10% discount at Animal Lovers and Birds & More on selected merchandise. You must show your membership card or mention South Bay Bird Society when shopping on-line.

If you need to renew your card, e-mail Ron: ronellwood1@gmail.com

NEED A HOME for Your Ad?

Please Contact **SBBS President, Janet Ragonesi at (310) 376-5954**

SPONSORS

Upon review and acceptance by the board of directors, any business that donates \$25 or more per month in either goods, gift certificates or money to SBBS will be known as a 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 above. **LET'S GIVE THEM OUR SUPPORT.**



PLEASE JOIN US



Meetings are held at the Kiwanis Club of Hermosa Beach

2515 Valley Drive, Hermosa Beach, CA 90245 (near the corner of Gould and Valley Drive)

Most meetings are held on the 1st Monday of the month at 7:00 pm. *

* Sometimes, special meetings are held on Sunday afternoons, but verify the meeting date by checking the website at www.sobaybirdsoc.com.

You don't have to own a bird to attend. You are invited to bring a dish to share at our potluck which is followed by a speaker and a raffle.

Members are invited to attend Board Meetings which are usually the 2nd Monday of the month. Call Janet for details and to RSVP.

South Bay Bird Society—Officers and Board of Directors

VOTING POSITIONS:



NON-VOTING POSITIONS:

EXECUTIVE DIRECTORS:

President Janet Ragonesi, (310) 376-5954
Vice President ACTING—Karen Allen, birdsnmor@aol.com
V.P./Secretary/Treasurer Diane Sivas, (310) 937-9925

DIRECTORS:

Program Director **OPEN**
Membership Director Ron Ellwood
 (ronellwood1@gmail.com)
Education Karen Allen, (310) 371-9967
Community Outreach **OPEN**
Raffle & Sponsors **OPEN**
 ACTING—Patte Fisher, (310) 316-9843
Press June Baker
 (junespetcare@hotmail.com)
Technical Support **OPEN**
 ACTING—Gala Burkholder (310) 345-0278


SUPPORT POSITIONS:

Adoptions & Foster Care Janet Ragonesi, (310) 376-5954
Newsletter & Flyers **OPEN**
 ACTING--Gala Burkholder
 (gidgetscal@aol.com)
Proofreaders Sylvia Skidmore, Patte Fisher
Web Master **OPEN**
 ACTING—David Benjamin
 (Davidsbbsr@dbenjamin.com)
 David Benjamin
“Meet-up” Site
Refreshments **OPEN**
Photography Gala Burkholder, Marie Calleja
Lifetime Members Anita & Cary Pao, Karen Allen,
 Ron & Perry Ellwood, Jack Ford,
 Donna Crossley, Janet Ragonesi,
 Dr. Roskopf, Don Hand,
 Bree & Deven Brozey
Memorial Lifetime Members: Lorrie Mitchell, Diane Bock

Do you want to volunteer in ANY way for SBBS?
If so, contact the President Janet Ragonesi at (310) 376-5954

*The people listed above have chosen to “Step-up” to help with our club.
 They have listed their contact information for your reference in SBBS business.*

Thank you to all!





P.O. Box 3863
Redondo Beach, CA 90277-3863
www.sobaybirdsoc.com

EFFECTIVE IMMEDIATELY:

Due to the rising costs, members that require the US Postal Service for delivery, please add \$15 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 of the 2nd year, excluding lifetime members.

South Bay Bird Society Membership Application

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

We appreciate your support. Your donations are tax deductible. SBBS is a 501 (c)(3) non-profit corporation

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: (____) _____

Other Phone: (____) _____ How did you hear about us? _____

To help us plan programs and activities, please tell us what kind of birds you own: _____

_____ How long have you been keeping birds? _____

During the meetings when you are invited to bring your bird, we sometimes take pictures of the birds for our newsletter. We like to identify them by name. If you want, please list your bird species and the names of those you might be bringing so we can label the photos: _____

Mark ways you will volunteer: Hold a Board Office ___ Help with Pot Lucks ___ Help with Community Outreach Events ___ Help with the Silent Auction/Fundraiser ___ Take Photos of Meetings ___ Foster Birds ___ List Other ways _____

Do you keep birds primarily as: Companions ___ Breeders ___ Both ___ Renewal Month: _____

Signature: _____ Date: _____