



Volume 47 Issue 3 February-March 2020 SBBS Newsletter Established 1974

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

**Monthly Drawing Light Refreshments**



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

**“The Basic Principles & 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!*



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

**Location: Kiwanis Club of Hermosa Beach**

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

**Sorry, no BIRDS ALLOWED at the MARCH MEETING due to VIRULENT NEWCASTLE Disease Threat**

**For more information visit: [www.sobaybirdsoc.com](http://www.sobaybirdsoc.com)**

**Or contact: Janet at (310) 376-5954**

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Photos by: Gala Burkholder , Janet Ragonesi & Randy Harwood

# Randy Harwood And His "Uncommon Adventures" in Peru!

Monday, February 3, 2020  
By Diane Sivas

### Lori Kendall Wins the Early Bird Drawing!



We had a good turnout at our February meeting to hear Randy Harwood talk about his recent trip to Peru. Those in attendance included three guests, George & Elizabeth Kaszas and Jack Wikoff, who introduced themselves and talked about their interests. Once we had the refreshments ready to go, Janet welcomed everyone and invited them to help themselves to a plate, while she proceeded with general comments and announcements. First was the early bird drawing, won by Lori Kendall. Next was our monthly plea for volunteers. Karen put it in plain English: Do you want food? Do you want a raffle? We need HELP to keep these things going. Please consider stepping up!



Diane Sivas kisses her Blue and Gold Macaw, Cheeto



Step Up!

### Organize Food



Patte Fisher & Karen Allen



### 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).

Our March speaker will be Dr. Walter Rosskopf, Jr., who always delivers important and interesting information. Karen talked a bit about Dr. R. and about all the different exotic animals he's treated over the years. We also heard about Dr. Teresa Micco's recent treatment and repair of a Monarch butterfly with a torn wing. Amazing! Gala mentioned the Audubon Society and encouraged us all to attend their monthly meetings at the Madrona Marsh Nature Center. She can provide additional information for those who are interested.



Randy Harwood & his wife, Deanna,  
Traveling in Peru

With business out of the way, Gala welcomed back Randy Harwood. Randy is involved in bird watching, gardening, ocean diving and photography. The first time he was with us was in 2013 when he shared about backyard birds. Two years ago, he shared his photos of Africa. This time he was on board to tell us about his recent trip to Peru.

("Randy Harwood, Peru" continued on Page 3)

*("Randy Harwood, Peru" continued from page 2)*



**Randy Harwood shares his slides of various birds he saw in Peru.**

His trip (with the "Uncommon Adventures" travel group) began in Lima, and then proceeded on to Cuzco and Machu Picchu, and concluded in the jungles of the Amazon. After visiting museums and partaking of the local cuisine and drinks in Lima, the group traveled on to Nazca to see the geoglyphs created hundreds of years ago. He showed pictures but told us the best way to view them is from above.



**Nazca Geoglyphs**

Randy talked about riding dune buggies in the coastal desert and staying in inexpensive luxury hotels. The islands off the coast of Lima reminded him very much of the Galapagos – or the Channel Islands in Southern California. He showed us pictures of the Booby, penguins and sea lions which are among the many species that thrive there. He had lots of pictures of birds, the most interesting being (I thought) the Hoatzin, or "reptile bird." Kind of like a stinky, flying turkey, he told us. If babies fall from the nest, they can climb back up a tree trunk and get back into the nest using the claws on their wings. This bird is so odd that no one has really been able to classify it into any particular group.



**Hoatzin (Reptile Bird)**



**Sunbittern**



**Cock-of-the-Walk**

**Machu Picchu**

Moving on to Machu Picchu, he talked about the city of Cuzco, elevation 11,000 feet, and Machu Picchu, elevation 7900 feet. Most people go to Cuzco first, but the smart thing to do is go to Machu Picchu first to get properly acclimated, and then move on to Cuzco. It takes a bus, a train and an uphill walk to get from Cuzco to the Inca city—or you can choose to get there by hiking the Inca Trail, which takes several days.



**Boating up the Amazon River**



**A Greenwing Macaw at Manu Wildlife Refuge in Peru**

Then it was on to the Amazon jungle. A boat ride up the river to Puerto Maldonado led to rustic accommodations which, he said, can be challenging for some people, but the wildlife there more than makes up for any discomfort. Unfortunately, rain got in the way the day they traveled to the clay lick to see the macaws. Hey, it's the jungle and it rains in the jungle. But even though they missed the macaws (except one Greenwing on the last day), there was still a lot to see.

Randy was great, as always, and we hope he'll come back and see us again. Thanks, Randy!



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

We tried out a new "50/50" drawing at the meeting, alongside our regular raffle. Members and guests bought tickets and the winning ticket got half of the money in the pot, with the other half going to the club. Karen Allen won our first drawing. It was fun, so be sure to check it out at the next meeting -- Sunday, March 8 at 2:00 p.m. (Don't come on Monday night, because we won't be there)! See you then. - Diane Sivas

**Check out Randy's website at: [www.rkh-photography.com](http://www.rkh-photography.com). Randy uses his wildlife images to give people a better awareness of the beauty and value of the natural world.**

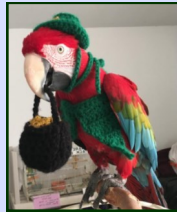
# The President's Notes By Janet Ragonesi

## Greetings

SBBS Members, Sponsors and Friends:

### HAPPY ST. PATRICK'S DAY!

From my Irish descent, I wish all of you "Happy St. Patrick's Day!" Let's celebrate this holiday by going green: wear green, eat green and find ways to help keep our planet green! Hopefully, save some green \$\$\$.



Jasper, Donna Crossley's Greenwing Macaw, Finds a Pot of Gold!

### FEBRUARY SPEAKER:

### RANDY HARWOOD'S PRESENTATION ON PERU



Gala Burkholder & Randy Harwood

WOW, Randy was fantastic. Everyone enjoyed seeing his spectacular photographs including some of those unique birds found in the Amazon. Check out Diane's "Secretary Report" on pages 2-3 for details and a few photos. Thanks Randy!

### Dr. WALTER J. ROSSKOPF, JR., .D.V.M. DIPLOMATE ABVP will be our 2:00 PM, SUNDAY, MARCH 8th SPEAKER



The topic is: "The Basic Principles and Common Problems in Avian Medicine." See page 1 for more information on his background and other details. We are lucky to have top avian board certified veterinarians and avian specialists in the South Bay. We are comforted to know our birds are in the hands of veterinarians that have the experience and knowledge to treat our feathered babies. This is an afternoon not to miss.

Please note: The **meeting date and time have been switched** from a Monday night meeting to the following **Sunday afternoon** due to the March election.



Also, be sure to move your clock ahead that morning for the first day of **daylight savings time**.



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

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!

### MARCH POTLUCK

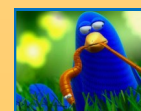


We would love to continue our potluck at the meetings and the board has discussed ways to make improvements.

We have decided to do something we used to do years ago. We will be asking members at each meeting to commit to bringing food for the following month to make sure we have enough food for everyone at the meeting.

So, beginning at our March meeting, we will ask for volunteers to bring food to the April evening meeting. As before, each person who makes a food donation will receive 2 raffle tickets for that meeting's raffle!

In addition, each month, we need help to set up and/or break down the kitchen. Since many of the board members are fulfilling more than one responsibility, we need your help to make the meeting run smoothly. I would love to see each of you step up! Working together brings cooperation and satisfaction for a job well done for all of us!

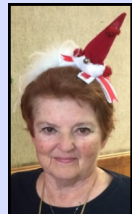
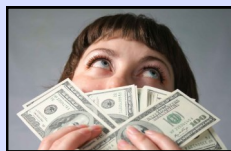


### EARLY BIRD DRAWING

The early bird drawing is a current SBBS member drawing only. Your membership must be paid up-to-date for a ticket! The prize is the privilege to be the first person to pick from the raffle table!

**NEW 50/50 FUNDRAISER**

We had our first 50/50 drawing at the February meeting along with our evenings raffle! The drawing



*Karen Allen*

was fun. We raised \$47.50 for our club. Our winner was Karen Allen! Including the usual raffle to win an item from the table, the 50/50 was another added feature to the meeting! We will continue the 50/50 for the month of March!

Last month, the tickets were sold at a \$1.00 each or 6 for \$5.00. What a deal! The tickets were a different color and placed in a separate bin from the raffle tickets. The drawing took place just before the usual raffle. 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 in either 50/50 or the usual raffle benefits SBBS and our birds!

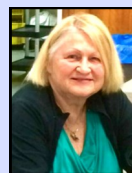
We encourage you to donate to the raffle table. Items should be bird related, new and valued at \$10.00 or more. For your donation you will receive two free raffle tickets. Consider purchasing an item from one of our sponsors listed on page 14 of the newsletter for the raffle table.

**ELECTION OF OFFICERS, BOARD OF 2020 DIRECTORS & VOLUNTEERS**



*Janet Ragonesi*

We encourage our members to step up as volunteers or hold a directors/officer's position. For 2020 we still need assistance. The good news is that the current officers, directors and volunteers have agreed to step



*June Baker*

up for 2020. June Baker has joined the board as our Director of Press & Media. We do have additional open positions. Check out page 15 for the list of 2020 officers.

Please consider stepping up for one of our open positions; refreshment and raffle are two positions we want to fill. It takes a flock for SBBS to achieve its mission!!! For more information call Janet at (310) 376-5954. Please leave a message since that is my landline, or contact me by e-mail at [ragonesi@att.net](mailto:ragonesi@att.net). Let's talk; we are open to suggestions!

**CHECK OUT WHAT PROGRAMS ARE PLANNED FOR 2020:**

Sunday, March 8, 2 PM Dr. Walter J. Roskopf, Jr.  
 "The Basic Principles and Common Problems in Avian Medicine"

Monday, April 6, 7 PM Sherry Roberts  
 "Raising Monarch Butterflies"

Monday, May 4, 7 PM David Weeshoff  
of International Bird Rescue  
 "Causes and Consequences of Marine Plastic Debris"

Monday, June 1, 7 PM Josefina Madunich  
17-Year Galapagos Naturalist  
 "The Galapagos Islands & the Mindo Cloud Forest"

July No Meeting, "Happy 4th of July"

Monday, August 3, 7PM Julie Scardina of Sea World  
 "Animals, Travels and Conservation Stories"

Sunday, September 13, 12 Noon-3 PM, Annual Picnic  
Columbia Park, Suggest a theme for this year's picnic!

Monday, October 5, 7 PM TBA

Sunday, November 8, 2 PM TBA

Sunday, December 6, 1-3:30 PM  
Annual Fundraiser and Silent Auction

**SUGGEST A THEME FOR OUR SEPTEMBER PICNIC**

Each year, we have a theme for our annual picnic. Last year, Marie Calleja suggested, "Margaritaville...We Are The Original Parrot Heads!" Do you have a fun idea or theme we can base our decorations, food and dress on? If so, let a board member know and we will vote on your suggestion at a future meeting.



*Marie Calleja*

By the way, everyone is invited to attend our monthly board meetings. They are usually the following Monday night after the general meeting at a local restaurant. Contact the president, Janet Ragonesi to verify the date, time and location and we will save you a place at the table.



*(Bird statues in Hermosa Beach)*

See you on Sun., March 8th at 2 PM!

*Cheers,  
Janet*



**Palos Verdes/South Bay**

**AUDUBON SOCIETY PROGRAMS 7 PM**

**At The Madrona Marsh Nature Center**

3201 Plaza del Amo, Torrance, CA 90503

**Tuesday, March 17, 7 PM**

**Presentation by: Jeff Manker on  
"The Importance of  
Ornithangelsim: Why We Must  
Fledge New Birders & How to Do It."**

**BIRD WALKS:**



**4th Sat. each mo., 8:30-10:30 am:  
(2/22 & 2/28) Madrona Marsh  
with Audubon leaders**

**Sun., March 1 & 15\*, 8-11 am:  
Ken Malloy Harbor Regional Park  
with Audubon leaders. 3/1 meet in the  
parking lot, 3/15\* meet in the parking lot  
closest to Anaheim & Vermont for  
Regional Park 2.**

**Sun., March 8, 8-11 am:  
South Coast Botanic Garden with  
Audubon leader David Quaadhamer**



For Info: [www.pvsb-audubon.org](http://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.**

**FOOD:** Ron & Perry Ellwood,  
Marie Calleja, Donna Crossley,  
Joni Blank-Malukas, June Baker  
Sylvia Skidmore, Gala Burkholder

**RAFFLE ITEMS:** June Baker,  
Ron & Perry Ellwood, Marie  
Calleja & Joni Blank-Malukas

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



**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.

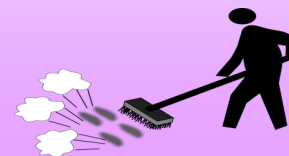


(Linda Jensen gets dessert)



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 SYLVIA SKIDMORE, the winner of the prize at the February meeting.

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



**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 26 & March 25 (4th Wednesday), 8:30 am**

Where: **GEORGE F. CANYON**  
27305 Palos Verdes Dr. East, Rolling Hills Estates, CA

When: **March 11 (2nd Wednesday), 8:00 am**

Where: **MADRONA MARSH**

When: **March 15 (Sunday), 8:00 am**

Where: **BALLONA WETLANDS**

When: **March 18 (3rd Wednesday), 8:30 am**

Where: **WHITE POINT NATURE PRESERVE**  
1600 Paseo Del Mar, San Pedro, CA



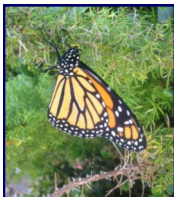
**Other BIRDING Locations:**

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](http://redondobeach.wbu.com) or call (310) 543-2473 to know more)

**Palos Verdes Peninsula Land Conservancy**

RSVP: at [pvplc.org](http://pvplc.org), select "Events & Activities"



**Monday, April 6, 2020, 7 P.M.**

**Monthly Drawing Potluck Dinner**

**Sherry Roberts will share with us how we can  
"Raise Monarch Butterflies!"**

Sherry has been raising Monarch Butterflies for five years. Her yard has recently been recognized by the National Wildlife Federation as a Certified Wildlife Habitat (No. 234,191). Come and celebrate of North America's most familiar butterflies which is considered an iconic pollinator species.

America is currently experiencing a crisis as relates to the Monarch Butterfly (*Danaus plexippus*). Many factors contribute to their demise. Come learn what those challenges are and how you can help the species survive extinction. In this informative presentation, you will see the life stages of this fascinating butterfly, what they eat, how they grow, who their enemies are (and there are many) and the patterns of their life that make them unique.

You will also be instructed on how you can raise them inside your own home to contribute to their population numbers. It is fascinating and worthwhile to see them emerge from the tiniest of eggs, transform into a caterpillar, then a chrysalis and finally dash off into the sky as a regal butterfly! You will learn about milkweed (their host plant) and how to take care of their cages.

*(Photography by Sherry Roberts)*



**Location: Kiwanis Club Hermosa Beach**

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

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

**For more information visit: [www.sobaybirdsoc.com](http://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 Roskopf 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.

Here we go!!!!



**Q My bird is so picky. How can I get him to eat more things?**

**A** It is important that your bird eats his fruits and vegetables. Some birds just don't like them. I will include a food list so you have a general idea what to feed.

You can remove the seed or pellets in the morning, and leave fresh fruits and veggies in the cage for several hours. The feathery kid might just be hungry enough to take a taste, and decide that it tastes good and it won't sneak up and kill him.

After a couple of hours, remove the fruits and veggies and put the regular food back in the cage. I NEVER recommend that you starve the bird to get him to eat.

Food for your birds: (Chop food in chopper or by hand)  
Carrots Yams or sweet potatoes Zucchini Broccoli Cucumber  
(You can use frozen mixed veggies — just run them under the hot tap water).



Add: chopped apples, raisins, bean sprouts, rainbow pasta (cooked or raw)

Treats for the top of the dish: (different each day for variety)

Peanut butter on a cracker	Bite size Shredded Wheat	Cheerios
Popcorn, no salt	Cheese crackers or puffs	Graham Crackers

Use your imagination. All fruits are good for your bird. Don't microwave frozen vegetables: use hot water instead. Add vitamins every day (we like Lafeber's Avi-era bird vitamins).

For your information: Birds can eat most anything you are eating including cooked chicken or beef (with or without the bones), spaghetti or macaroni (raw or cooked and with or without meat sauce), pizza, couscous, cheese and cooked cereal. Just use good sense and have fun with it. Your bird's life will extend by many years on a diversified diet.

Your bird can eat most anything you are eating with these exceptions:  
NO AVOCADO raw or cooked (do not cook avocado in the same house with a bird).  
NO CHOCOLATE, BOOZE, ICEBERG LETTUCE, or CAFFEINE.

Other No No's: You cannot have non-stick cookware like Teflon or a self-cleaning oven in the house!

**Q Every time I turn the vacuum on, my birds take a bath. Is this normal?**

**A** That is very common. Turning water on can have the same effect. It's similar to every time you get on the phone, the bird starts talking, loudly! Look at the positive side — it is a great way to get your bird to take a bath, and clean the carpet ... It's called **MULTI-TASKING** with your bird! (I am now going to run and hide before you can catch me!!!!)




**Q** I walked in and found blood all over the cage and couldn't tell where on my bird it was coming from. What do I do? .

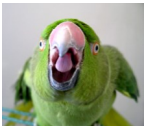
**A** Gently remove the bird from the cage. If it will step up and let you check the wings and the tail for any blood, do that. If not, wrap it gently in a towel and check the best you can. Follow the drips, if any. Have Hydrogen Peroxide on hand at all times because the area will bubble up and guide you to the problem (if you are lucky). If this is not working for you or you are panicking, call an Avian Veterinarian, me or someone you know who is knowledgeable, and let us talk you through what to do, or have you come over to get help.



*As a side note: if you have blood on your clothes or carpet, the Hydrogen Peroxide will remove it. Pour it on the spot, let it bubble up and set a few minutes before you wipe away the residue. (Editor's Note: You may want to test the fabric or carpet area first to make sure it does not affect the color).*

**Q** Every night around 6 o'clock my bird screams bloody murder. Can you tell me what's going on?

**A**  Your bird is telling you it is bed time, and it's had enough of daylight, you and noise. It wants its beauty rest so that it is in full swing to vocalize, throw food, crunch toys and tear papers tomorrow. It is important that you understand that your bird needs 12-14 hours of sleep every night. I cover my birds with a dark blanket and do not disturb them until the next day. This does not mean that you change your lifestyle in any way. Just tell them GOOD NIGHT, cover the feathery kid, and go about your normal activities.



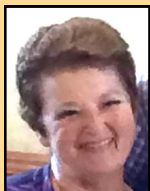
**Q** My parrot calls my dog in my voice, and the poor dog is always running to see what I want. Is there a "fix" for this?

**A** Are you are kidding me? NOPE. You and the dog get to live with it. SORRY. I had an Amazon, Samantha, who yelled for help in this pathetic woman's voice. It was bad enough that the neighbors thought I was killing someone. One time I had to take her to the vet because she tangled with a macaw. She was a bloody mess, and I was covered with blood, as well. She yelled for help all the way to the animal hospital. It was 90 degrees outside, so I had to keep the windows open, and she was on the seat where no one could see her -- just me covered in blood, with some hysterical broad yelling for help. I made it to the hospital in record time and without being arrested for kidnapping, or worse. Some things you just have to live with!



Send me your questions. I look forward to hearing from you.

Much Love, Karen, Your Parrot Lady



**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

Your birds can exhibit their finest works of art!

Submitted by  
June Baker

"Laugh Kookaburra"



Some parrots have learned to use technology to their advantage. When will your bird be able to unlock their cage door by using only their voice?

Submitted by June Baker

(Summary of first part of the article from last month):

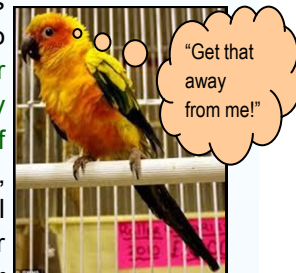
**Parrots and Neophobic Behavior**

"Wee.. I have lots of different toys!"



**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.



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 such as having red fingernails or wearing a cap, which is not necessary to quality of life, are best avoided.

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) **Constructional 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**.

The Necessary Approach:

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."** The example of introducing a new toy by slowly exposing it through desensitization was described.



Factors Influencing Neophobic Behavior

**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.**

"What's That?"



Ramifications of Neophobia for Companion Parrots

**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.**

"I'm just kind of scared of that weird item."

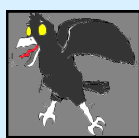


Having this **natural fear response reinforced may create more fear responses in the future.**

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. This indicates **how valuable it can be to a parrot if we are willing to engage in just a little bit of training.**

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**. The response that is prevented in this case is "escape."

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.



(NEW - Continued article from last month):

**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**. Through this pairing the bird learns to regard the new item as something that is desirable. **Example: Introduction of a New Playstand:**

**Desensitization to a new playstand can be accomplished in the same manner**, if space limitations allow for this. In other words, you would **move the stand closer and closer to the cage as your parrot's body language allowed you to do so**. If it did not, you must still begin by having the stand in the same room for a period that allows your parrot to become comfortable with its appearance.

(Neophobic Behavior Continued on page 11)

(Neophobic Behavior Continued from page 10)

If you were able to gradually move the stand right up next to the cage, as in the toy example, **counter conditioning** can be quite simple. You can **place interesting toys, along with a variety of highly valued food items, on the stand and simply allow your parrot to explore it on his own.** At this point, you should be able to locate the stand anywhere and have the ability to place your parrot onto it. (As an aside, travel carriers can be introduced in the same way.)

If space limitations do not allow for this type of introduction, you can quite easily counter condition your parrot to accept the new stand, as long as your parrot steps up without reserve. Try it this way:

- First, make sure that the **stand is located far enough away from your parrot that he shows no fear of it.**

- Ask your parrot to step up and **offer a highly valued food item** that is small in size (no bigger than about the size of ½ pine nut or smaller).



- **After he eats it, take a step closer** to the playstand and watch his body language carefully.

If he reacts in any way that indicates **distress, move back** to your initial spot and spend a few more minutes at that distance, **simply offering one treat after another.**

- If he shows no distress, spend a minute or two, offering treats.

- Take another step closer and **repeat this process until you can get all the way up to the playstand.** (This will likely not occur all in one training session, but that's fine; simply pick up where you left off the next time.)

- **When you have been able to walk all the way up to the playstand, you can begin to teach him to step onto it.** At this point, you may find that your progress slows a bit; this is natural – stepping up onto it requires more from your parrot than simply walking towards it!

- **Hold your treat at a point such that your parrot just has to lean over the stand in order to reach it.** Do this enough times that you see no hesitation at all to perform this behavior.

- Next, **hold the treat at such a distance that your bird has to just put one foot onto the stand in order to reach it.** Again, repeat this enough times that your parrot is 100% comfortable. Now, move the treat just enough that your parrot **can't reach it unless he has to step onto the stand with both feet.** As soon as he does, **allow him to come right back to your hand** – don't expect him to spend any time there yet!

- Now begins another phase – making sure that **he's comfortable staying there.** Some parrots might immediately be quite comfortable on the new stand; others may take a bit of convincing.

- Therefore, gradually ask your parrot to spend first one minute, then two, then three...and so on, standing on the new perch. Use your "red light, green light" approach. **Feed reinforcers the whole time he stays there.**

- At some point, your parrot will happily step onto the new stand and enjoy spending time there.

**Congratulations! What you have accomplished is huge! Your parrot now has one more location in which to comfortably perch, a really big improvement in his quality of life.**



## Constructual Aversion Techniques

This might appear similar to the counter conditioning approach described above. However, the significant difference is that **no food reinforcers are used.**

**This requires more sensitivity to and accuracy in reading the bird's body language, than the methods of DS/CC explained above.**

*Example: Introduction of a New Toy Using CAT*

- Hold the toy in a spot where it is clearly visible to the parrot, but lower than she is perched. Make sure that the spot you choose **elicits no signs of distress** in your bird toward the toy. **If you do see a fearful reaction, move back until this dissipates completely.**

- Take one step toward your parrot and observe body language. If she looks completely relaxed, take another step.

- Continue in this way until you do see a reaction. **The goal is to be so observant that you catch the earliest signs of alarm**—perhaps she stands up a little straighter or looks a bit more intensely at the toy. (If she moves away from you, it's likely that you missed earlier signs.)

- When you see this reaction, **stay put and don't move** but **continue to observe body language.**

- Watch for any sign of increased comfort—an eye blink, turn of the head, more relaxed body posture or feather position.

- After you see this, **immediately turn and walk back to your original position.** Approach again, using this same technique, repeatedly during a single training session. **If you are doing this correctly, you will find that you are able to approach closer with each repetition or two, while your parrot remains distress-free.**

- When you can **walk with the toy right up to the parrot, you will likely be able to simply put it directly into the cage.**



## **Conclusion**

**Neophobia is normal behavior** for any adult parrot. Therefore, we should **anticipate fearful reactions to new things.** That said, however, it is not difficult to introduce new toys, perches and other items to parrots if the correct approaches are used. Best methods **always minimize the parrot's stress levels during the process.** For ethical reasons, as well as those related to quality of life, we should never (1) force a new object into a parrot's space when signs are evident that this is causing distress, nor (2) eliminate objects from the parrot's environment if these have the chance of creating greater quality of life once accepted. **Systematic desensitization, counter conditioning, and Constructual Aversion Treatment** are all effective methods for addressing the typical neophobia so often seen in parrots. These methods can be used by anyone, but best success may be achieved with an experienced behavior professional guiding your efforts. If you want to go it alone, **your success will be dependent upon accurate assessment of your own parrot's body language and responding appropriately.**



SBBS Welcomes  
New & Returning Members

RENEWALS: Linda Dorfmont

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: 67

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.

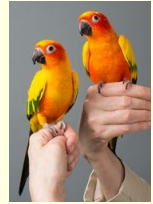


The West L.A. Bird Club

Wednesday, March 11 AT 7 PM

Will be showing a

Bird Training  
Video



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

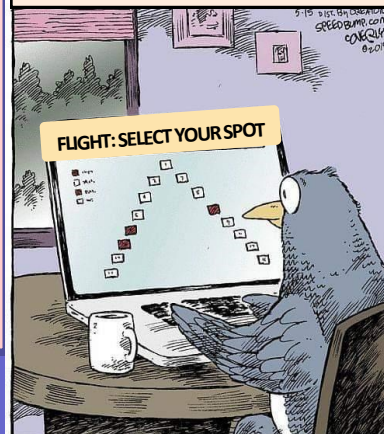
The Orange County Bird Breeders

Saturday, March 14, 7 pm

Speaker: Sally Huntington, will be  
speaking on "Finches" (No birds allowed)

Balearic Center, 1975 Balearic Center Ave, Costa Mesa

www.ocbirdbreeders.org



Even birds  
select their  
location when  
they fly.

"Laugh  
Kookaburra"

Cartoon  
submitted by  
June Baker

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 information.

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.



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

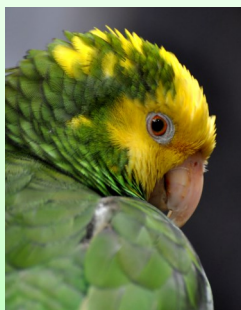


*The deadline for the next newsletter is Tuesday, March 10th*



Gala & Kahlia

## Adoptions

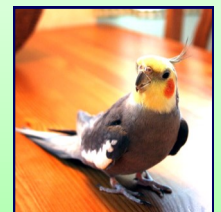


*There are so many birds needing homes out there.  
If you are considering another bird, please think about adopting one.*

*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

Parrots First

### Phone

(866) 248-7670, ext. 5937

### Contact

[www.parrotsfirst.org](http://www.parrotsfirst.org)

Parrot Rehabilitation Society

(619) 224-6712

[www.parrotsociety.org](http://www.parrotsociety.org)

Southern Nevada Parrot Education, Rescue & Rehoming

[www.southernnevadaparrotrescue.org](http://www.southernnevadaparrotrescue.org)

Santa Barbara Bird Sanctuary

(805) 565-1807

[www.sbbird.org](http://www.sbbird.org)

Fine Feathered Friends Foundation

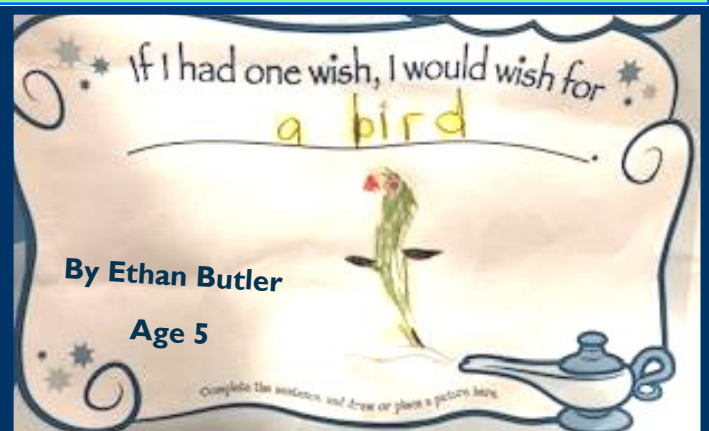
(310) 613-9549

[curtismyrna@verizon.net](mailto:curtismyrna@verizon.net)

Recently, 5 year-old Ethan Butler was asked, if he had one wish, what he would wish for. He responded he would wish for a bird. The bird he chose was a parrot! Ethan drew this picture all by himself (with no help from an adult) from a photo he saw.

Ethan is in transitional kindergarten at Madison Elementary School and lives in Redondo Beach. Thank you for sharing your drawing with us!

Gala Burkholder and her parrot, Kahlia, met Ethan Butler and his mother, Mariam, on their afternoon walk at Perry Park. His mother sent Gala Ethan's drawing.





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

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# 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](http://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

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NON-VOTING POSITIONS:

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- President** Janet Ragonesi, (310) 376-5954
- V.P.: CFA & Secretary** Diane Sivas, (310) 937-9925
- V.P: Education** Karen Allen, [birdsnmor@aol.com](mailto:birdsnmor@aol.com)

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- Membership Director** Ron Ellwood  
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- Press/Media** June Baker  
([junespetcare@hotmail.com](mailto:junespetcare@hotmail.com))
- Community Outreach** **OPEN**
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ACTING—Gala Burkholder (310) 345-0278

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- Web Master** **OPEN**  
  
ACTING—David Benjamin  
([Davidsbbsr@dbenjamin.com](mailto:Davidsbbsr@dbenjamin.com))
- “Meet-up” Site** David Benjamin
- Refreshments** **OPEN**
- Photography** Gala Burkholder, Marie Calleja
- Lifetime Members** Anita & Cary Pao, Karen Allen, Ron & Perry Ellwood, Jack Ford, Donna Crossley, Janet Ragonesi, Dr. Rosskopf, 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.*



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

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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: \_\_\_\_\_