



Volume 47 Issue 3 February-March 2021 SBBS Newsletter Established 1974

Benny Jacobs-Schwartz will speak on "Sea to Summit: The Marvelous Hummingbird"

ZOOM on MON., MARCH 8, 7 P.M. PST

Bird guide, naturalist and photographer, Benny Jacobs-Schwartz will take us on a journey via ZOOM about the life of the marvelous creature, the hummingbird. His presentation will include dazzling bird photographs, captivating videos, colorful illustrations and animated story-telling. Benny will share his enthusiasm and love of birds and his passion for nature. Learn about the hummingbird's habitats, territoriality, courtship and what makes these birds so unique and special. Hear about the 6 major hummingbirds found in California and be able to identify the most common ones found in the Los Angeles area. Discover how they benefit our environment and ways you can attract more hummingbirds to your yard. Learn how we can better protect these marvelous, feathered creatures.



Benny, a LA Native, is a biologist and environmentalist graduate from U.C. Santa Cruz. His background includes international trip leading, wildlife photographer, educator and a self-described "Bird Nerd." Benny fell in love with birds during a college study-abroad program in Costa Rica in 2011. (*Central America is home to some of the largest number of species of hummingbirds in the world*). Benny wants to "wake people up, to get off of their screen and onto the green" and to discover, that connecting with birds is for everyone. **See page 4 for more info about this fun presentation on the 2nd Monday of the month.**

**For the ZOOM link go to the Meet-up Site to RSVP
(See page 16 for information how to RSVP.)**

*For more information, call Janet Ragonesi at (310) 376-5954
or go to www.sobaybirdsoc.com*

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An Afternoon with Nikki Buxton

“The Belize Bird Rescue”

Sunday, February 7, 2021 Presentation via ZOOM

By Diane Sivas



The SBBS meeting on February 7, 2021 gave us all an opportunity to travel to Belize to visit the Belize Bird Rescue, courtesy of Nikki Buxton who has been involved in bird rescue and rehab for the past 17 years. The days of ZOOM meetings have given us the opportunity to do these cool things!



Nikki told us that she picked Belize as a place to land and put down roots, mostly because it is an English-speaking country. No need to learn a new language! She came from the hotel industry but has always had an interest in wildlife, so Belize was a perfect fit.

that facility for them. After this short introduction, Nikki shared video that allowed us to see the whole operation, from the different aviaries (housing of new birds, pre-flight cages and outside feeders for pre-release), to plans for refurbishment and expansion. Housing for newly acquired birds allows them to get accustomed to being outside and close to other birds, and gets them used to the sights and sounds of being outdoors -- including any predator presence around the aviaries. Often, these birds have been radically clipped and are unable to fly until their wings grow back. New birds go through a health check and quarantine, after which they are integrated as quickly as possible into life with the other birds to get them socialized. BBR also receives baby birds that are delivered to them by the

Rehabilitation for release is the rescue’s primary objective. The Belize Forest Department is responsible for enforcement of the Wildlife Act which prohibits illegal hunting and keeping wildlife in captivity. BBR assists the Forest Department by providing the rehabilitation facility for confiscated birds. It is illegal to keep birds in captivity in Belize, but the Forest Department has no way of enforcing this because they had no place to put the birds once they were confiscated, and BBR was able to become



forest department, which they raise for eventual release. Nikki talked about local citrus farmers tending to orange trees, which are abundant in Belize. The parrots pull oranges from trees and drop them to the ground where they are left to rot or get eaten by woodpeckers. Farmers do not like this, and use lethal deterrents with the parrots in order to try to save their crop. Sadly, many



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And her pet Conure, Ju Ju Bee!

(“Nikki Buxton” continued on Page 3)

("Nikki Buxton" continued from page 2)



are shot by farmers. Some species of parrots are released on site and encouraged to return to outside feeders filled with foods they like. This is done to make them come back and stay for a while until they figure out where all the natural foods are. Eventually they do gravitate towards the wild and are no longer interested in staying close to the house because there's not much for them to do. It's way more fun to be in the wild! They get more adventurous as the weeks go on, but BBR ensures that they have that secure few weeks when they are first released.

Nikki showed video of two macaws that are not releasable, who stay in large aviaries at the facility at considerable expense to BBR. There is the possibility of adopting them out but doing so would be encouraging the pet trade which they are trying to stop. The two are bonded, she told us, and do very well in captivity. On the occasion when they do adopt birds out, they look for people who have volunteered to help with BBR's cause. In the case of Amazons who have been captive as pets for years, it can take up to 10 years to prepare

Give me a kiss!



them for the wild.

Such an interesting program! It made me want to go back to Belize. Thanks, Janet, for getting



(SCENES FROM THE BELIZE BIRD RESCUE)

If you would like to help the Belize Bird Rescue, donations can be made at www.belizebirdrescue.com.



We have a *new to SBBS* presenter, **Benny Jacobs-Schwartz** to speak on **"Sea to Summit... The Marvelous Hummingbird"**

The ZOOM will be on **Monday, March 8** at **7:00 P.M., PST.**

Please come and **ZOOM** with us and learn more about those beautiful Hummingbirds!

See you next month!



Nikki

as our

Diane Sivas and her Blue & Gold Macaw, Chico



The President's Notes

By Janet Ragonesi

Greetings
SBBS MEMBERS,
SPONSORS AND FRIENDS,



February's weather has been a mixed bag

SBBS ZOOM MEETINGS WITH SPEAKERS:

unknown was either an adventure, or possibly a nightmare!

SBBS CONTINUES ZOOMS AROUND THE WORLD!

SBBS had been on the forefront when communicating with our members through ZOOMING with speakers from across the world!



Dr. Amy Hopkins' January presentation on the "Birds of Australia," it was fantastic to see the huge variety of colorful parrots in their natural habitat!

Our February ZOOM speaker, Nikki Buxton, with the Belize Bird Rescue and Rehabilitation Center was totally unique.



Nikki shared a tour of the aviaries that protected the birds until they were ready to be released into the wild. I loved the view of Nikki's balcony with birds dropping by to visit the feeding stations scattered about. Check out Diane's article of pages 2-3.

Everyone is welcome to join with our ZOOMS! I would be happy to walk you through the ZOOM sign in! E-mail me a few days prior to our next ZOOM ragonesi@att.net.



MONDAY,
MARCH 8 AT
7 P.M.



BENNY JACOBS-SCHWARTZ WILL SPEAK ON **"SEA TO SUMMIT: THE MARVELOUS HUMMINGBIRD"**

Benny makes birding fun, easy & cool!

Benny began his "BIRDS by BIJS" (pronounced bee-jus) in response to the many requests for urban birding outings. It has grown to encompass a nature-inspired clothing line, bird photography, wildlife documentaries and local and international bird watching excursions. Actively using

("President's Notes" continued on Page 5)



of rain, hail, snow, wind and fog!

When my husband, Leon, and I lived in Hermosa, I rarely noticed the fog! Now that I live in South Redondo, I am very aware of it and the changing weather coming in over the hill from Palos Verdes. Many a morning when I awaken, the fog is there to greet me!

This reminds me, of my Grandmother Wells, who lived in British Columbia, Canada. It can be very foggy in the city of Penticton, where she lived! My parents told me stories of how the fog would roll in unexpectedly. No Doppler weather forecasts were available back then! Even with fog lights on, there were times my parents could not see ten feet in front of them, when driving Grandmother home. I look back on those chilly, foggy nights and remember being in the back seat of the car with a



blanket wrapped around me. I wondered whether or not we would get to Granny Wells' home safely! As a child, the

(“President’s Notes” continued from page 4)

MORE SBBS ZOOM MEETINGS WITH SPEAKERS:

Looking ahead, we have more outstanding speakers and topics lined up for April and May 2021.

MONDAY, APRIL 12 AT 7 P.M.

JULIE SCARDINA TO SPEAK ON “Nurturing Nature to Preserve the Penguins”

Penguins are arguably some of the cutest creatures on the planet!



SBSS is honored to welcome Julie Scardina, who has a career working with wild animals that spans over four decades, to share her knowledge, experience and contagious enthusiasm for some of the world’s most fascinating creatures.

From her first love of horses as a young girl, to her long-time role as Animal Ambassador and Curator of Animal Training for Sea World & Busch Gardens, and her conservation affiliations, Julie has demonstrated her passion and commitment for helping the world’s wildlife. She worked for years with killer whales, as well as dolphins, sea lions and many other animals at these animal parks. Uniquely, Julie holds the title as the most frequent guest on the “Tonight Show with Jay Leno” and has appeared on NBC’s “Today Show” more than 100 times discussing animals and conservation. She also traveled the globe for years with Jack Hanna, appearing in his weekly show *Animal Adventures*.



Julie Scardina on the “Tonight Show with Jay Leno” “The Today Show” Jack Hanna & Julie

Julie, along with long-time friend, Jeff Flocken, North American Director for the International Fund for Animal Welfare, co-authored the beautiful and inspiring book, *Wildlife Heroes*, highlighting 40 people around the globe who are dedicated to saving the lives of imperiled species.



Ms. Scardina holds a bachelor’s degree in psychology with a minor in biology from San Diego State University. She earned an associate’s degree in exotic animal training and management from Moorpark College. Julie is a member of the International Marine Animal Trainers Association, Americana Zoo and Aquarium Association, and International Association of Avian Trainers and Educators.

Currently, Julie is involved with many conservation organizations and efforts, including the Sea World & Busch Gardens Conservation Fund, where she serves on their boards. Ms. Scardina has been recognized with many awards for her work in the field as animal trainer, conservationist and educator. After decades of travel to all seven continents, often filming for wildlife and conservation content, she now works as a travel advisor and planner. She utilizes travel as a vehicle to increase the understanding and support for wildlife and wild places, and providing exceptional experiences.

With all of these life experiences, Julie Scardina will have many stories to share about her interactions with penguins, these feathered, water-acrobats. You won’t want to miss this opportunity to hear from one of our foremost wildlife advocates and learn how you can help preserve the remaining species of penguins. **See more about this special meeting and the ZOOM link on the flyer on page 9).**



(“President’s Notes” continued on Pg. 6)

(“President’s Notes” continued from page 5)

social media, he inspires others to care about the wild places that often go unnoticed. You can visit his website to learn more about Benny and see some of his videos at: www.birdsbybijs.com/about. (See page 1 for more info.)



Michael Tobias

MONDAY, MAY 3 AT 7 P.M.

MICHAEL TOBIAS

TO SPEAK ON THE GENERAL STATE OF THE PLANET, BIO-DIVERSITY AND OUR KINDRED AVIFAUNA

Michael Tobias is a global ecologist, anthropologist, historian, explorer, author and filmmaker.


Tobias obtained his Ph.D. in the Department of History of Consciousness from the University of California-Santa Cruz. He has lectured widely and has taught at several universities.

Michael Tobias is the author of more than 45 books and has published numerous research papers. He has written, directed and produced well over 100 films – TV series, documentaries and dramas, most pertaining to environmental, cultural, social or scientific issues. Tobias' field research has taken him to some 80 countries. In 1996, Tobias received the "Courage of Conscience Award" for his commitment to nature and non-violence. In 2004 he was the recipient of the “Parabola Focus Award” for his long-standing body of work aimed at creating a better world. (More information about Michael Tobias' presentation will be in the next newsletter).

BE PREPARED BY REACHING OUT!

Once again, this issue of continued care for our pets has come to my attention. We need to reach out to our members, friends, family and the community to support one another. I have become increasingly aware, that with the possible impacts of getting COVID, we each have to be prepared for the unexpected. Some of you may not have planned with others to take care of your pets in the event you should suddenly be taken to the hospital! Please reach out to someone who could take care of your pets! Have you spoken with them recently? Check in!!!! Be prepared before an emergency if it becomes necessary for you to have to leave your home unexpectedly. Make

SBBS REACHES OUT
 If you, or anyone you know, need assistance with their birds, please let us know.



We will do our best to help.
 Contact myself at (310) 376-5954 or Karen Allen, the SBBS “Parrot Lady” at (310) 371-9967.

HAPPY ST. PATRICK'S Day!



Marie Calleja

We are lucky every day just having a bird!!

*Appreciate others.
 Be generous.
 Tell them of your appreciation.
 Don't keep it all to yourself!*




By: Mikaela Katherine Jones

preparations and reach out to others. Cheers,
 Janet Ragonesi, SBBS President
 We can always lend a hand to one another in so many

**SBBS SOCIAL ZOOM
SUMMARY:**

FOR MONDAY, JANUARY 18 AT 7 P.M.

**“WHAT BIRD SPECIES
IS YOUR FAVORITE
COMPANION BIRD &
WHY?”**



By: Gala Burkholder

This social ZOOM was a time where members shared what kind of bird was their preference and explain the characteristics and personality that attracted them to that kind of bird. It was a great time to learn more about other kinds of birds than what you were familiar with.

quiet. Joni says Green Cheek Conures can be a bit nippy, but if you set boundaries when they are hand-raised babies, it helps their disposition. We questioned her about what she thought about other small birds. Joni stated that a **Meyers Parrot** she had was a smart, active bird she used as a therapy bird. It isn't a big talker, but likes to dance to the music. He also likes to strut around, puffing out his chest. Joni believes **Senegals** can be more aggressive than Meyers Parrots, so you have to maintain tighter boundaries with them and should not be a person's first bird.



June Baker is partial to **male Eclectus Parrots**. She thinks they are sweet and affectionate with cute personalities.

David Benjamin likes his **Senegal** because he was always happy to see him when he would come home from work. He said his bird whistled more than talked.



Linda Jensen loves her **male Eclectus Parrot** because he is sweet, easy-going and affectionate. He likes to eat whatever she is eating. He doesn't talk that well, but can make lots of different voices. For the most part, he is pretty quiet. Joni added that female Eclectus are aggressive and not as sweet.



I, Gala Burkholder have had **Blue-Fronted Amazons** for 43 years. They can be a handful, but with a good hand-feeder, such as Donna Crossley, they can be sweet. Amazons like to be in the middle of the action, are characters and love to interact with people. They can be very good talkers. Amazons love music and like to sing along with high-pitched voices. These birds can be taught to use their "inside voice." Amazons can be demanding of what and when they want it by throwing items on the floor. I added, "If you want a Macaw, get a **Green-Winged Macaw** because they are sweet & very smart!"



Patricia Green started out she loved **Green Cheek Conures** because she thinks they are a delight and affectionate sometimes giving her kisses in her ear. Other times Conures seem to turn into a dinosaur and like to wrestle. She believes they are the quietest of the Conures.

Barbara Gonzales, who recently discovered SBBS on the "Meet-up Site," loves **African Greys**. She stated her Grey, Lola, is a "Show Girl" who demands lots of attention and loves to sit on her lap.



Janet Ragonesi told us she loves **Pionus Parrots**, when several of us thought she favored Greys. The reason why she likes a Pionus Parrot is they can live anywhere. She says they have a feisty personality and thinks they are cute. They like to look at themselves in the mirror and strut back and forth with their chest out.

Joni Markulas said she always had Conures, but it depends on which kind. The larger Conures are noisy and hyper. She prefers a smaller Conure such as her **Blue-crowned Conure**, Tango, who is



Palos Verdes/South Bay



AUDUBON SOCIETY
NOW ON ZOOM!

3rd Tue./mo., 7 P.M.

March 16TH Program:

Dr. Daniel Kinka,



Wildlife Restoration
Manager, to speak on
"Restoring a Montana
Prairie Ecosystem"

***At this time, BIRDING is CANCELED**

*BIRD EXCURSIONS:

4th Sat. each mo., 8:30-10:30 A.M.:
Madrona Marsh with Audubon leaders

1st & 3rd Sun., 8-11 A.M.: Ken Malloy
Harbor Regional Park with Audubon
leaders. 1st Sun. meet in the parking lot, 3rd
Sun meet in the parking lot closest to
Anaheim & Vermont for Regional Park 2.

3rd Sun., 8-11 A.M.:

South Coast Botanic Garden with
Audubon leader David Quaadhamer

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

The Connecticut Parrot Club

Their ZOOM presentation speaker on
Sunday, March 7 at 1 PM, PST
will be Dr. Irene Pepperberg



Dr. Amy Hopkins
is the president of this parrot club.

For the ZOOM link, go to the club's
website: <http://www.cafabirdclub.org>

The Orange County Bird Breeders
Meetings Are Canceled Due to Covid-19

Balearic Center, 1975 Balearic Center Ave, Costa Mesa
www.ocbirdbreeders.org



When disposing of your masks,
CUT the EAR STRAPS so animals
don't get tangled up in them!

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STAY SAFE!

**Karen Allen Reminds Us
To Continue To:**

- Wash our hands often and vigorously for 20 seconds. Singing the "Happy Bird Day" song TWICE for perfect timing.
- Avoid people that are sneezing and coughing.
- Wear a mask in public.
- Keep a distance of at least **6 feet** away from other people.



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

CHECK WEBSITE TO CONFIRM CANCELED BOB BIRDING

BIRD WATCHING & HEARING WITH BOB SHANMAN

When: **(4th Wednesday), 8:30 A.M.**

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

When: **(2nd Wednesday), 8:00 A.M.**

Where: **MADRONA MARSH**

When: **(3rd Sunday), 8:00 A.M.**

Where: **BALLONA WETLANDS**

When: **(3rd Wednesday), 8:30 A.M.**

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

Other BIRDING Locations:

Where: BALLONA WETLANDS, KEN MALLOY HARBOR REGIONAL 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"





JULIE SCARDINA TO SPEAK ON

“Nurturing Nature to Preserve the Penguins”

ZOOM on Monday, April 12, 2021 at 7 P.M.

Who doesn't love those adorable tuxedo-clad feathered friends?

Join us to hear Julie Scardina, Former Sea World and Busch Gardens Animal Ambassador and Curator of Animal Training, to learn about the behind-the-scenes care and protection of these fascinating birds. Her career of working with animals spans four decades. You'll find her enthusiasm and commitment for helping the world's wildlife infectious.

Julie Scardina was Jay Leno's most frequent guest on the "Tonight Show." She appeared more than 100 times with animals on NBC's "Today," and traveled around the world with wildlife expert Jack Hanna, and appeared in his weekly TV show "Animal Adventures." It was here that Julie's love for conservation took hold. Hear ways you can help preserve the world's species of penguins.

Ms. Scardina has been recognized for her work in multiple fields with a variety of awards. Learn more about Julie and her background on page 5. (Note: We are meeting the 2nd Monday in April).



Go to the Meet-up site to RSVP for the ZOOM link. (See page 16 for info.)

For more information, call Janet Ragonesi at (310) 376-5954
or go on: www.sobaybirdsoc.com



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.

Here we go!!!!



Q My bird really likes broccoli and corn on the cob. Are these foods he can eat?

A Broccoli is one of the best veggies he can eat, and even though corn is a bit fattening, it is nutritious and doggone fun to eat (both raw or slightly cooked). The mess they make with corn on the cob is not to be denied!



Q My bird acts like a maniac when he sees a wiffle ball with a bell in it. He acts like he wants to kill it.

A That toy may just be his mortal enemy, straight from outer space! With all your experience you should know this! (I am kidding). We never really know what our birds are thinking when they act out like that. I would suggest that you find a more compatible toy like skull and crossbones. Good Grief! A wiffle ball and a bell..... TERRIFYING!



Q Can a bird catch a cold from people?

A They certainly can, so be extra careful if you are not feeling up to snuff. If you have no one else to feed and change the cage while you are under the weather, then wear a mask and wash your hands frequently (now where have you heard that before?).



("Q & A" Continued on page 11)

("Q & A" Continued from page 10)

Q With the weather getting colder, is there a safe way to put a heater in my bird room?

A I personally use the oil heaters. They have a thermostat and are tall and thin, so they do not take up a lot of room. If tipped over for some strange reason, they turn off automatically. They are very reasonable pricewise (anywhere from \$50 to \$85), depending on where you get them. Ace Hardware and Home Depot are two handy places.



Q My bird waits all night to poop, then comes out of the cage and does it anywhere but on the paper.

A That is not a pretty story, but let's hope it's fixable. Bring the waste basket over to the cage, take the bird out of the cage, hold it over the basket and tell this feathery poop maker "POOP." (I use the word "DROP"). Then make a really big deal about how terrific he or she is once they do it. You can eventually say it when they are in the cage. Should you have an exceptional bird that doesn't like a dirty cage, (there are a few), put a paper towel under a particular spot (always the same spot) in the cage. When you direct the bird to poop, be prepared to praise highly when the task is completed.



My macaw, Buffy, was a great one to take anywhere. Before we got in the car, where he had his own bird perch, I would hold him over the grass and say, "DROP." Once done, he would inform me that he was a good bird. One day just before I put him on his car perch, he announced to me, "DON'T DROP." I promised I wouldn't, and we had a lovely afternoon!

Keep safe & healthy and keep a proper distance!
Your feathered children need you!



Fondly,

Karen, the 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.

Contacts: wk., (310) 370-7550, hm.,(310) 371-9967, text, (310) 704-1210. She counsels & trains new bird owners & 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





Wood, Trees and Bushes Considered **Toxic** or **Safe** for Bird Toys and Perches

While branches make decorative perches,
the wrong type of wood can kill or sicken your exotic bird.
With such a variety of **safe wood** for use in the aviary,
you can provide your bird with adequate wood perches or toys
without compromising her health by using a **poisonous branch**.

When selecting ANY portion of a PLANT, double-check with your VET and on the following website for more detailed information about non-toxic plants to use with your bird.

I found this website to have the most COMPLETE list of plants and foods in considering a natural item for your bird.

<https://freerangeparrots.com/2020/10/16/ultimate-list-of-safe-and-toxic-plants-to-birds/>

When selecting wood to be used for bird toys or perches, please keep in mind:

Just because **wood** from a plant is *considered safe and non-toxic* for a toy or perch, **does NOT automatically mean that ALL PARTS of the plants such as flowers, nuts, seeds and leaves, are also safe for your bird.**

Refer to the website listed in the blue box for details as to which parts of the plants are toxic or non-toxic.

- **Any pesticide residue** renders all safe wood toxic. Never use wood with any pesticide residue, even if bark was removed. Pesticides can penetrate into wood through the bark. **Pesticides include herbicides, insecticides, fungicides, dormant spray and miticides.**
- **Pressure-treated wood** is toxic to birds.
- Most light pine lumber in stores is not **coated** with anything. But ask anyway.
- **Do not pick wood from trees that are by a roadway** since they are likely to have been **treated with herbicides.**

- **Even non-toxic trees can be infected by fungi or bacteria that produce toxins.** For example, peanut shells are known to harbor fungal residue.

- **Fertilizer** Whether fertilizer is synthetic or organic, it's purpose is to supply one or more of just 17 Essential elements. And if that's all that was applied, the wood should be fine for perches. But **some fertilizers may have fungicides or insecticides added: systemic ones.** That's why you would need to **read the entire package** to make sure that it was basic fertilizer for nutrition purposes only. Also, you might want to **avoid branches where fertilizer was applied foliar from above: like sprayed on.** But if plain fertilizer was added to soil only, the wood should be okay.



("Safe Woods for Birds" Continued on page 13)

("Woods Safe for Birds" Continued from page 12)

Here is a list of some of the toxic woods that should not be used for Bird Perches or Toys:

apricot, avocado, azalea, box elder, boxwood, cacao, cannabis, cedar, cherry, China berry, Chinese snake tree, common sage, cilantro, coriander, driftwood, elderberry, flame tree, fox glove, hemlock, holly, horse chestnut, huckleberry, hydrangea, jasmine, juniper, lantana, lupine, mango, maple*, mistletoe, mock orange, mountain laurel, myrtle, nectarine, nutmeg, oak, oleander, peach, pear, plum, pomegranate wood, red alder, red sage, redwood, rhododendron, rhubarb, sumac, tobacco, tomato, walnut, weeping fig, wisteria and yew.

Comments About Some of the Toxic Woods:

- Do not use any part of the **stone fruit trees** - such as **apricot, cherry*, nectarine, peach, or plum** - contain cyanogenic glycosides which **release cyanide** if ingested. (*see information below about cherry wood)
- **Redwood** contains high levels of **volatile oils that are known toxins**. Exposure is believed to cause rashes and the dust can cause lung and eye disorders. Continued exposure may suppress the immune system.
- **Oak** is reportedly dangerous because of **tannin content** but strangely, tannin levels are much higher in other foods eaten by birds such as some nuts. In these cases, it appears to be the **bark, foliage and sap** that is the problem so the **dried and debarked wood** may be OK but best avoided to be safe.
- The **Chinese Snake Tree, Pitch Pine** (from which turpentine is made) and **Yew** are all to be considered highly toxic, as are most **Laurels**.

Contested Wood:

- Since **cherry wood** has caused health problems for dogs and horses, some experts advise against using it in the aviary. Others recommend removing the bark, then using the bare wood.
- Since **maple bark*** can harbor fungi, this wood is not recommended for use with the bark on.
- Some species of **sumac** are not safe for birds, so you may wish to avoid sumacs in general.
- **Driftwood** can harbor sea critters, animal waste and sodium, experts advise against using it in the aviary.
- Wood from some trees may be considered to be chemically non-toxic, but **spines, wood fibers and splinters** may pose a physical problem. **Bamboo** (which is actually a grass) can have very sharp edges.

Not Sure of Type of Wood?

- If you are not sure what kind of wood you have in your garden, **take a small branch** to your **nursery** and have them **identify** it for you. They are not likely to be able to provide information on toxicity, but that information may be obtained from your vet or Internet.



(See website address in blue box for details on specific plants).



Cherry Tree



Maple Tree Bark



Drift Wood



("Woods Safe for Birds" Continued on page 14)

("Woods Safe for Birds" Continued from page 13)



We all want our parrots to have a natural as environment as possible and that means giving them wood to chew on, like they'd enjoy in the wild. Natural branches are the best for perches because the diameter differs from small to large, allowing birds feet to stretch and contract.



Here's some comments about some of the most popular, safe woods your Parrot might enjoy:

- **Apple tree wood.** Apple wood can be made into many different shapes and has a strong texture.
- **Cork wood.** It's lightweight yet durable.
- **Elm wood.** Although tough, it's easy to carve or gnaw into different shapes.
- **Grape tree wood.** Not only is it popular in reptile aquariums, it's a hit with parrots too.
- **Manzanita.** As it hardens, it splits, so you can hide treats inside. This tropical hardwood is very durable.
- **Pine wood.** It's fairly soft and is easy to change into any shape for your bird to play with.
- **Palm wood.** It's strong enough to resist most bird's chewing attempts and it's light enough for your bird to carry around in their feet or beak.
- **Ribbon wood.** Common in New Zealand, this wood is fun to stand on and just as fun to chew on.
- **Rose wood.** Has a varied texture parrots like to explore.
- **Sycamore.** This fine wood is strong with an uneven texture your bird can investigate.



Elm Tree

Manzanita



Palm Tree

Sycamore Tree



Hummingbirds coming Monday, March 8 at 7 PM



("Woods Safe for Birds" Continued on page 15)

(“Woods Safe for Birds” Continued from page 14)

Here’s or handy list of some of the non-toxic wood your parrot can enjoy perching and chewing on:



acacia, alder, almond, ash, aspen, bamboo*, beech, birch, bottle brush, butterfly bush, camellia, cork, cottonwood, crabapple, crape myrtle, date, dogwood, elm, eucalyptus, fig, fir, ginkgo, grape vine, guava, hibiscus, hickory, jade plant, larch, lilac, magnolia, manzanita, mesquite, mimosa, mountain ash, mulberry, palm, papaya, pecan, pine, poplar, pussy willow, rose, silk tree, spruce, strawberry tree, sycamore, viburnum, weeping willow and yucca.

You identified safe wood that you can use for your birds, what now?

- Before installing them in any cage, **scrub all branches with a non-toxic disinfectant, such as hydrogen peroxide, GSE or Chlorhexidine.** As an additional benefit, GSE also has good anti-parasitic properties. Then rinse and dry well.
- There may be **insects** hiding within the branches. The best way to kill little unwanted critters is to **bake the perches in the oven at 250°F** for an hour or so. This should kill any fungi, mold, parasites, bacteria, and other living organisms that could be in or on the wood.
- Some resources recommend using **bleach to disinfect the wood and perches, but bleach is toxic and penetrates the wood, potentially posing a danger to your bird’s health.** If bleach is used anyhow, **dilute 1 Tablespoon of bleach to a few gallons of water. Rinse thoroughly and soak in clear water.** Allow to **dry.** Small branches can be baked in a 250°F oven for an hour. For **large branches, leave them in direct sunlight to dry.**



*This is the most up-to-date information I could find online about **toxic and non-toxic wood** that might be used as **wood perches or toys.***

*Verify with your **avian vet** to ensure the wood you want to use is **safe** for your bird.*

This is the most COMPLETE list of plants and foods I found in considering a natural item for your bird:

<https://freerangeparrots.com/2020/10/16/ultimate-list-of-safe-and-toxic-plants-to-birds/>



**SBBS Welcomes
New & Returning Members**



RENEWALS: **Phyllis Levine**

LIFETIME MEMBERS: **Cary & Anita Pao,
Karen Allen, Perry Ellwood, Donna Crossley,
Dr. Walter Rosskopf, Jack Ford, Janet Ragonesi,
Don Hand, Bree & Deven Brozey**

MEMORIAL LIFETIME MEMBERS: **Lorrie
Mitchell, Diane Bock, Ron Ellwood**

Number of Current Members: **64**

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

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

To join SBBS, please print page 20 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, Patte Fisher at pattfisher@verizon.net.



Patte



Long Beach Bird Breeders

ALL MEETINGS ARE CURRENTLY CANCELED DUE TO COVID-19 Meetings are normally held on 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.**

The West L.A. Bird Club

All Meetings are currently

CANCELED due to COVID-19

We will post updates when the club can resume their monthly meetings

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



OPTIONAL MEET-UP RSVP FOR SBBS MEETINGS

In an attempt to reach out to the community, SBBS is listed as an **pet/animal activity on the "Meet-up" website** that is available to the public. Our meetings and activities, including our socials and meetings via ZOOM, are listed. Each of you who plan to participate in any one of these activities may consider an RSVP on this site. *(This is not necessary to participate, but is optional).* The more members who say they are participating, the more attractive our group looks to the public and hopefully will draw *new* members to our club. Each month, David Benjamin will send out a RSVP under Meet-up. The following is the link to access this site: <https://www.meetup.com/Redondo-Beach-Birds-Meetup/events/>. Thank-you for your help in spreading the word about SBBS to other companion bird owners.

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



Gala & Kahliia

- ☀ 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.

The deadline for the next newsletter is *Tuesday, March 13th*.



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!

<u>Organization</u>	<u>Phone</u>	<u>Contact</u>
Fine Feathered Friends Foundation	(310) 334-9062 (Note: New #)	www.finefeatheredfriendsfoundation.org
Parrot Rehabilitation Society	(619) 224-6712	www.parrotsociety.org
Parrots First	(866) 248-7670, ext. 5937	www.parrotsfirst.org
Santa Barbara Bird Sanctuary	(805) 565-1807	www.sbbird.org
Southern Nevada Parrot Education, Rescue & Rehoming		www.southernnevadaparrotrescue.org



LAUGH

ZIGGY: By Tom Wilson



KOOKABURRA

HALF FULL by Marie Scrivan



BIZARRO By Wayno and Piraro

(Dating in the wild) ↓



PLANTS FOR PARROTS

Prepared by Paradise Park, home of the World Parrot Trust

Giving your parrot wood and greenery to chew on is a great way to encourage natural behavior. Experiment with different types and use this to provide occupational enrichment.

Always ensure you know exactly what species of plant you are using. When in doubt -leave it out!! Take care to select plants free of pesticides, molds and fertilizers!



SAFE SPECIES FOR WOOD TO CHEW

- **Ilex Oak:** available all year round.
- **Ash:** identifiable by its black buds.
- **Sycamore:** identifiable by its star-shaped leaf and helicopter seeds which can also be chewed.
- **Horse Chestnut:** also known as a Conker tree, they have a large palmate-shaped leaves.
- **Willow:** all species are safe. They can be grown continuously by putting cuttings in water and then planting out.
- **Hazel:** this can be coppiced to give to your parrot and this will also encourage new growth.
- **Eucalyptus:** easily identified by its smell, perfect for bark stripping.

TIP: Spray with water to encourage "rain bathing" and sensory enrichment for your bird!

NATURAL WOOD FOR PERCHING

Providing appropriate perching is essential for parrot foot care and enrichment. You want your parrot to chew on its perch and any perching should be changed regularly. (Do not use wood dowel for perching as it can cause pressure sores.)

- **Ilex Oak:** a hard wood great for macaws and other large parrot species.
- **Eucalyptus:** another hard wood, perfect for chewers.
- **Hazel:** a slightly softer wood that can be quickly replenished.
- **Buddleia:** common in gardens, grows quickly. Parrots love to shred the bark.

FLOWERS FOR ENRICHMENT

Flowers can be used for nutritional or foraging enrichment. Thread them into toys and cages to occupy your parrot and extend their feeding period.

- **Roses:** use only the heads of roses you are confident haven't been sprayed.
- **Buddleia:** easy to grow, flowers, leaves and branches are all edible.
- **Nasturtiums:** can grow in baskets or pots. All parts are safe for parrots.
- **Dandelion:** all parts are safe and nutritious; ensure they are sourced from a clean and spray-free location.
- **Elderflower:** flowering head and berries are a great source of Vitamin C.
- **Fuchsia:** whole plant is safe and lorikeet species especially will enjoy getting the nectar from the flowers.

Dandelions have Vitamin C



OTHER PLANTS TO INCORPORATE

All of these plants can be woven into your parrot's cage or added to toys to create chewing and foraging opportunities.



- **Hawthorn:** berries are an antioxidant and a great treat. Pick and store in your freezer for winter forage. Flowers and leaves are also safe.
- **Yorkshire Fog Grass:** identified by its purple seed heads.
- **Cock's Foot Grass:** cable tie (or jute tie for larger parrots) to their cage for them to chew on.
- **Crested Dog's Tail:** this plant is full of pollen that parrots will enjoy.
- **Quaker Grass:** parrots will rip the pods apart for hours of fun.

PLANTS AS TOYS

Incorporating natural materials into your parrot's daily activities can be a great source of (affordable) enrichment. Here are some ideas to get you started:



- **Natural bouquets:** group some of the plants together with natural jute to hang in their cage. Vary every day for continued engagement.
- **Horizontal branch or vertical hanging wood toys:** drill holes into a branch and thread flowers and browse into the holes for your parrot to pull out and chew. Flowers can be changed daily and provides a reusable toy.
- **Rope twist:** take some sisal rope and untwist the rope slightly. Thread vegetation and flowers through which can then be hung on the inside or outside of your bird's cage.
- **Cordyline Palm fronds:** fold across itself to create a plait for your parrot to chew, hang and climb on.
- **Grass plait:** you can use dry or fresh grass, secure at the top with jute and then plait. You can then thread flowers into this and hang for your parrot.
- **Nutty log:** drill holes into a branch and insert your bird's favorite nuts into the log to prolong feeding time and encourage natural behavior.
- **Hanging ladder:** use sisal rope, a drill and some branches to create a rope ladder and secure using strong knots. To enhance, add wood with holes onto the rope that your bird can push up and down and chew on.



GROW AT HOME IDEAS

- **Carrots:** grow your own carrots to add to your parrot's diet and give the tops as nutritional enrichment. Can also make a fun and edible (temporary) perch!
- **Beet root:** whole plant is safe; leaf tops can be woven into the cage for your parrot to chew.
- **Beans:** dwarf, runner, French and purple beans are easy to grow, all parts are safe.
- **Rainbow chard; Kale:** leaves can be picked again and again for a continuous food source.
- **Herbs:** mint, basil, parsley, rosemary, thyme can all be grown quickly in a small space (indoors and out) and provide a great sensory nutritional treat.
- **Marigold:** the flowering head can be used as a foot toy, or pulled apart and petals sprinkled onto fresh food.
- **Clover:** can be grown and mixed with other plants. Leaves and flowers are safe to use.
- **Wheat and Rye Grasses:** can be potted in small cardboard cups and given to your parrots. Very good nutrition and can be grown in a continuous cycle.



TIPS FOR SUCCESS

Always supervise your parrot when you introduce a new toy or piece of enrichment. If your parrot is nervous around new things, leave the item in the same room as them for a couple of days to get them used to it and explore it voluntarily when they come out of their cage, before you introduce it into their cage. Keep trying your parrot with different enrichment, your birds taste can change weekly so what might not be favorable one week might be their tastiest treat the next week. It is important to remember that few studies are available in regard to plant toxicity and parrots, so always err on the side of caution and if in doubt, refrain from use until you can check with your avian veterinarian.



THE SOUTH BAY BIRD

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

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.



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If you need to renew your membership, e-mail Patte Fisher at pattefisher@verizon.net

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



CURRENTLY, IN-PERSON meetings are CANCELED. 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)

Our meetings are NOW being held via ZOOM. MOST MEETINGS are held on the 1st Monday of the month at 7 pm., with an added **ZOOM SOCIAL on the 3rd Monday of the month AT 7 PM.** *Join in the fun and lively conversations!*

* 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 participate!

Members are invited to participate Board Meetings which are usually the 2nd Monday of the month via ZOOM. Call Janet for details.

South Bay Bird Society — Officers and Board of Directors

VOTING POSITIONS:



NON-VOTING POSITIONS:

EXECUTIVE DIRECTORS:

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

DIRECTORS:

- Program Director** **OPEN**
- Membership Director** Patte Fisher, pattefisher@verizon.net
- Raffle & Sponsors** **OPEN**
- Newsletter & Flyers** Gala Burkholder (gidgetscal@aol.com)
- Press/Media** June Baker (junespetcare@hotmail.com)
- Community Outreach** **OPEN**
- Technical Support** **OPEN**
ACTING—Gala Burkholder (310) 318-2662
- Communications** Gala Burkholder (gidgetscal@aol.com)

SUPPORT POSITIONS:

- Adoptions & Foster Care** Janet Ragonesi, (310) 376-5954
Marie Calleja, (310) 529-1408
- Proofreaders** Sylvia Skidmore, Marie Calleja, June Baker, Patte Fisher
- Web Master** **OPEN**
- ZOOM Coordinator** ACTING—David Benjamin (Davidsbbsr@dbenjamin.com)
- “Meet-up” Site** David Benjamin
- Refreshments** **OPEN**
- Photography** Gala Burkholder, Marie Calleja
- Cartoons** June Baker, Marie Calleja
- Lifetime Members** Anita & Cary Pao, Karen Allen, Perry Ellwood, Jack Ford, Donna Crossley, Janet Ragonesi, Dr. Walter Rosskopf, Don Hand, Bree & Deven Brozey
- Memorial Lifetime Members** Lorrie Mitchell, Diane Bock, Ron Ellwood



Do you want to volunteer in ANY way for SBBS?

If so, contact the President Janet Ragonesi at (310) 376-5954 or ragonesi@att.net

The people listed above have chosen to “Step-up” to help with our club.

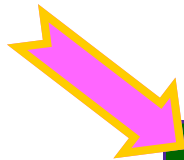
They have listed their contact information for your reference in SBBS business.



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

EFFECTIVE IMMEDIATELY:

Members that require the US Postal Service for their 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.

South Bay Bird Society Membership Application

Return your application to: 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: _____