



Volume 47 Issue 4 March-April 2021 SBBS Newsletter Established 1974

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

ZOOM on MON., April 12, 7 P.M., PST

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 engaging.



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," 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. See page 4 for more info about this fun presentation).



RSVP on the Meet-up Site for the ZOOM link.  
See page 18 under "Meet-up" for information on how to RSVP.

For more information, call Janet Ragonesi at (310) 376-5954  
or go to [www.sobaybirdsoc.com](http://www.sobaybirdsoc.com)

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# Benny Jacobs-Schwartz spoke on "Sea to Summit: The Marvelous Hummingbird"

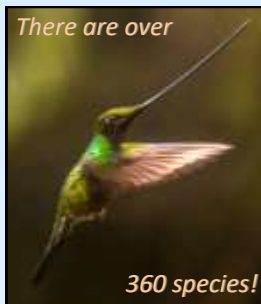
Monday, March 8, 2021 Presentation via ZOOM

By Diane Sivas



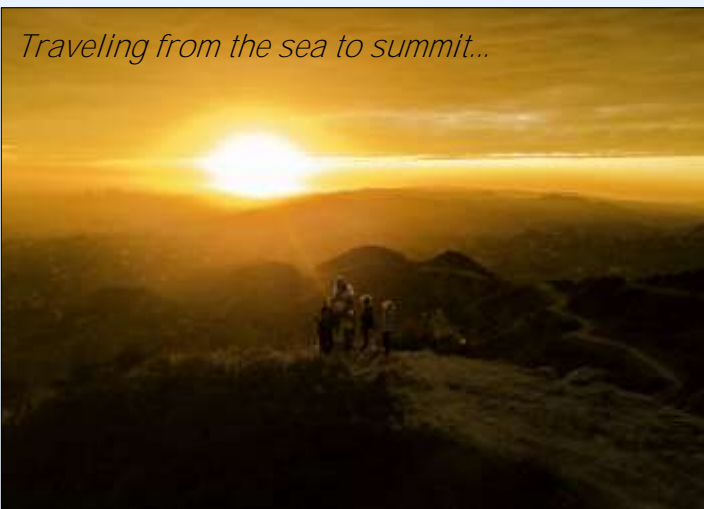
Even though we are closer to getting out of the ZOOM Room and back to having in-person meetings, we spent our March 8 meeting ZOOMING with Benny Jacobs-Schwarz. Benny is a biologist, international bird guide, naturalist and photographer.

By way of introduction, Gala Burkholder told us that Benny is a California native and currently resides in Los Angeles. He graduated from U.C. Santa Cruz and has his own business leading birding excursions all over the world. He also has his own line of nature-inspired clothing. His clothing line is geared towards a somewhat younger demographic. He also tries to engage young folks by leading bird and ecology walks.



He began by giving a broad scope of hummingbirds in general. What makes a hummingbird a hummingbird? There are over 360 species of hummingbirds in the world – and all are in the western hemisphere. In North America, there are about 81 species. In Central America, the number of species grows significantly. In South America, the numbers expand even more to hundreds of species of hummingbirds. The reason for this is that all hummingbirds are tropical by nature. Over time, they expanded out from the “tropical band” (between Tropic of Cancer and Tropic of Capricorn) and went either North or South.

Hummingbirds are sexually dimorphic, meaning that males and females look different. The females basically dictate the terms of the relationship; they only want males with certain characteristics. Hummers are specialized nectarivores. They are well-adapted to extracting nectar from flowers. Amazingly, over time, both flowers and birds have evolved towards one another. Also, hummingbirds are in search of nectar, not pollen. The pollen is a by-product of the pollination process. By searching for the nectar, the birds end up with pollen on their heads which they, in turn, carry to other flowers.



Benny began by acknowledging that birders can be “dry, technical, apathetic and uninteresting” and says he strives to be the opposite of that in the hopes of engaging a wider audience. The evening’s presentation was on “the marvelous hummingbird” and he told us we’d be traveling from sea to summit.



(“Benny Jacobs-Schwartz” continued on page 3)

(" Benny Jacobs-Schwartz" continued from page 2)



*In search of their daily nectar!*

Hummingbirds fill their daily nectar requirement by defending their territories from others. They will keep watch over flowers and chase away any others that want to feed.

Another method they use is "trap lining." In this method they have a series of plants that they visit in a day, one after the other, eventually returning to the start of the cycle. This allows the flowers visited first to refill their nectar stores.

*Hummers also consume invertebrates such as gnats, mosquitos, ants and aphids.*



Hummingbird flight is utterly amazing. They can fly in 360 degrees; they achieve this because they are always hovering. Their wings are beating in a figure 8 pattern, generating loft and lift. In flight, they have the fastest metabolism of any animal other than insects. If our bodies ran the same way as hummingbirds' bodies do, we would have to eat approximately 1300 sandwiches a day!!

Benny had a great presentation with slides and videos and, in addition to the above, he talked about the different species and how/where they migrate. Little birds sometimes migrating as much as 4,000 miles! WOW! **Big thanks to Benny for an informative and fun evening.**



**You can visit Benny's website at: [www.birdsbybjs.com/about](http://www.birdsbybjs.com/about).**



*Are they looking for the world's smallest bird?*


*Learn more about hummingbirds and get the link for seeing & hearing hundreds of hummingbirds at a bird feeder on pages 12-16.*



Next month, presenter,

**JULIE SCARDINA TO SPEAK ON**  
**"Nurturing Nature to Preserve the Penguins"**

The ZOOM will be on **Monday, April 12**  
**at 7:00 P.M., PST.**



Please come and **ZOOM** with us and learn about those amazing penguins!

*\*Note: This is the 2nd Mon. in April.*

Diane Sivas and her Blue & Gold Macaw, Cheeto



## The President's Notes

By Janet Ragonesi

### Greetings

### SBBS MEMBERS, SPONSORS AND FRIENDS,

March 2021 has been a challenge for the Ragonesi Flock!

Janet



### SBBS ZOOM MEETINGS WITH SPEAKERS:

#### March 3rd ZOOM was with Benny Jacobs-Schwartz



Our March 3 ZOOM was indeed special. Our guest speaker was Benny Jacobs Schwartz. His topic was "From Sea to Summit: The Marvelous Hummingbird!" In the future, I will pay more attention to these amazing little birds who visit my garden's flowers in search of nectar.

You can find out more about hummingbirds, including the ones found in CA, **on pages 12-16**. Please read **Diane's report** about Benny Jacobs-Schwartz's presentation on **pages 2-3**. Thanks Gala for connecting with Benny!

#### LOOKING AHEAD:

MONDAY, APRIL 12. (2nd Mon.) at 7 PM, PST

Julie Scardina to speak via ZOOM on "Nurturing Nature to Preserve the Penguins"

We've been looking forward to Julie speaking about penguins for years! You won't want to miss her presentation. **(Check out the flyers on pages 1 and 5 for more information).**



Despite the rain and windy weather, I was walking at the beach and I managed to sprain my left foot March 4<sup>th</sup>. This was my wake-up call to be prepared for any emergency. It may take 6-8 weeks for my foot to heal!

Now, more than ever, I realize how important our extremities are in our daily lives. My home is spread out on three levels. The birds are on one level, with the kitchen, living room and dining areas on another and the bedrooms on a different floor. Thus, each day I gather what I need one level to take very carefully and slowly to another level. The process of feeding and cleaning the bird room is slow and mindful.

This is where my emergency preparedness came into play! I had all of the bird and people supplies needed during the initial time. Initially, I found myself at the Urgent Care. I followed up with my podiatrist a few days later where he confirmed my injury. I purchased a very cool boot that keeps my bandaged foot from getting wet. As they say "One Step at a Time!" During this time, my birds have not been neglected in their own health care. Some of my birds were able to be taken to their veterinarian for a scheduled evaluation and ongoing treatment.

Responsible pet ownership and self care, includes emergency preparedness, positive action and continued follow up. This is important for not only our feathered and furry creatures, but for each of us. A bit of laughter and calling your friends and family doesn't hurt either. Be mindful and compassionate with yourself! ***This is food for thought; be prepared!***

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

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

MORE SBBS ZOOM MEETINGS WITH SPEAKERS:

MONDAY, APRIL 12 AT 7 P.M., PST



# 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 Girl Scout motto 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 page 6)

("President's Notes" continued from page 5)

MORE SBBS ZOOM MEETINGS WITH SPEAKERS:

**MONDAY, MAY 3 AT 7 P.M., PST 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. (See the flyer on page 9 for more information about Michael Tobias' presentation and the ZOOM link).



**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.



**Donna Crossley's macaw friend,  
delivers only peanut butter eggs!**



**THE SOUTH BAY BIRD SOCIETY**

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.

("President's Notes" continued on bottom-right of page 7)



## SBBS SOCIAL ZOOM SUMMARY:

**7 PM, MONDAY, FEBRUARY 15, 2021** By Gala Burkholder

### "Consider Feeding Your Birds Based Upon What & How They Eat in the Wild"

At this social ZOOM, we shared various ideas on how we feed our parrots based upon what and how they eat in the wild. The following are just a few of the ideas discussed on this evening social ZOOM. Thanks everyone!

President of the Connecticut Parrot Club, Dr. Amy Hopkins, told us how she uses a Chia Pet to grow greens for her birds. In fact, the birds simply walk over to this terra-cotta clay form and they eat the vegetation right off of this pet-shaped item. These greens are easy to grow. It involves soaking the chia seeds in water for a little more of an hour, spreading them onto the figure and waiting for them to grow for a hearty snack. Dr. Amy said you can buy fresh chia seeds on-line. She had witnessed the birds eating foliage in Australia and has incorporated feeding various plants into her parrots' diet. Besides chia greens, she also grows wheat grass, Swiss chard, herbs and mini-bell pepper using a grow light on a table inside of her home.



Diane Sivas had fed her birds fox tails from her yard while they are still green. Her parrots ate all of them! She reminded us that when picking any greens from outside, make sure they are clean & without pesticides. Diane also likes to feed her birds fresh cilantro and herbs and added, they make her home smell so good.

Janet Ragonesi stated she wraps greens in paper and puts them on the floor giving her birds extra foraging time while eating their greens.

Gala Burkholder told us that Dr. Teresa Micco had suggested buying mung beans to make sprouts and understands that dandelions make good snacks for birds. She stated, she cannot believe that she would actually plant dandelions for her bird when they are considered weeds in her lawn.



Barbara Gonzalez said she feeds her bird in the morning: vegetables, apples, walnuts and dried or cooked spaghetti. She supplements this diet with a mixture of four blends of Zupreem pellets. (Barbara has since researched and compared the nutritional composition of various pellet brands which will be shared in a future newsletter.)

[For more information on feeding natural items to your birds, see the SBBS Feb.-March newsletter, pages 18 & 19.](#)



**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/>

Get Grounded.

Commune with nature.

Go barefoot.

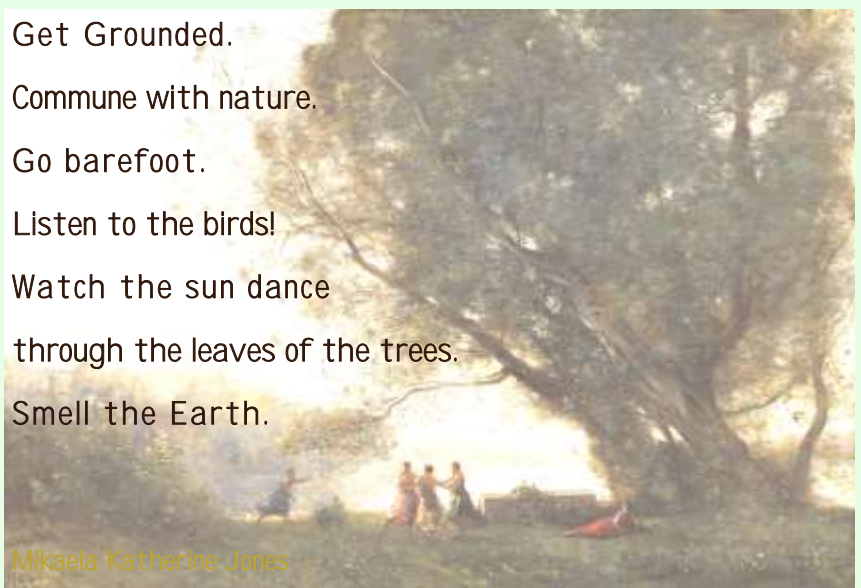
Listen to the birds!

Watch the sun dance

through the leaves of the trees.

Smell the Earth.

Mikaela Katherine Jones



Cheers,  
Janet Ragonesi, SBBS President

Palos Verdes/South Bay



**AUDUBON SOCIETY**  
***NOW ON ZOOM!***

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

April 20th Program:



Hannah Rasker,  
U.S. Conservation Associate,  
to speak on

**“Yellowstone to Yukon Conservation Initiative”**

*Learn how they are creating an interconnected system of wild lands and waters stretching from Yellowstone National Park to Canada’s Yukon Territory. They strive to protect the core nature habitats of birds and other wild animals and to keep these habitats connected.*

**\*As of 3/30, Birding is canceled. Check the website for Updates\***

**\*BIRD EXCURSIONS:**

4th Sat. each mo., 8:30-10:30 A.M.:  
Madrone 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.

2nd Sun., 8-11 A.M.:  
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.***

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



**The Connecticut Parrot Club**

Their ZOOM presentation speaker on Tuesday, April 13 at 4 PM, PST

will be Avian Veterinarian, Dr. Kristin Sinclair

over Zoom discussing

“Caring for Elderly and Disabled Bird Companions”



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

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

**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](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”





## MICHAEL TOBIAS TO SPEAK ON

**“The General State of the Planet,  
Bio-Diversity and Our Kindred Avifauna”**

**ZOOM on Monday, May 3, 2021 at 7 P.M. PST**

**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. **Tobias has lectured widely.** He was an Assistant Professor of Environmental Studies & Adjunct Assistant Professor of English and the Humanities at Dartmouth College, an Associate Professor of Humanities at CSU, Northridge, the Garrey Carruthers Chair of Honors and Distinguished Visiting Professor at the University of New Mexico-Albuquerque, and a Distinguished Visiting Professor of Environmental Studies and Regents' Lecturer at the University of California-Santa Barbara.

Michael Tobias is the **author of more than 45 books** (both fiction and non-fiction, as well as several edited anthologies). In addition to his numerous books and published research papers, Tobias has written, directed, produced, executive produced or co-executive produced well **over 100 films-TV series, documentaries and dramas, most pertaining to environmental, cultural, social or scientist issues.** Tobias' field research has taken him to some **80 countries** where he has specialized in an interdisciplinary approach to environmental history, animal rights, scientific, ethical and philosophical frameworks for policy research, strategies and documentation, demographic analysis, ecological anthropology, biodiversity conservation and non-violence activism. 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.** **Join us to hear ways we can improve our communities, as well as our planet, while staying in harmony with nature!**



**RSVP on “Meet-up” for the ZOOM link. See page 18 under “Meet-up” for information on how to RSVP.**

*For more information, call Janet Ragonesi at (310) 376-5954  
or go on: [www.sobaybirdsoc.com](http://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 I had to move because my bird disturbed a neighbor (who reported me because of a no pet clause in my lease). What can I do?**

**A** Absolutely nothing! First of all, READ YOUR LEASE BEFORE YOU SIGN IT! Once you have read it, understand and sign it, you are obligated to follow the lease, as is your landlord. Had you informed him about the bird, he could have written in something that allowed you to have the bird, but without that you are both stuck to what you agreed to. Some people think only dogs and cats are considered pets. Guess what? WRONG!!! Sorry, but even your hamster, gecko or goldfish come under that category.



**Q My parrot bit a person that poked a finger at him. Can I be sued?**

**A** You sure can! In this day and age, you can be sued for almost anything. You likely will be responsible for any medical bills, and depending on the circumstances, whatever else the person feels like suing for. Not being an attorney, I do not have legal answers for you. I would call an attorney who deals in animal bites and hold a good thought (not your breath).



**Q If my bird passes away, can I bury him in the back yard?**

**A** Most places don't let you bury your pets within the city limits because of health reasons and, I believe, for possible contamination to the water supply. There are pet cemeteries that will bury your bird, or cremate it for you and get the bird back to you in a nice urn. Some people like to keep the urn on the mantle. To each his own. Don't tell anyone I told you this, but lots of people do the back yard thing... It is not likely anyone will ever know, or even check. USE YOUR DISCRETION AND COMMON SENSE, please.



("Q & A" continued from page 10)

**Q I have a Quaker Parrot and just found out they are illegal in many areas. What can I do?**

**A** The reason that Quakers (also known as Monk Parakeets) were made illegal was because way back when this happened, farmers grew mostly fields of grain. The Quakers were known for coming in swarms and destroying the crops. We no longer have that problem and so, for the most part, no one even thinks to enforce this law, since there is no longer any reason for it. It used to be, in some states, that if you spit on the sidewalk, you went to jail. They don't enforce that one either. It seems to be more trouble to change old, silly laws, and better to just ignore them.



**Q How many birds am I allowed to have at my home?**

**A** Dogs and cats normally have a limit of three total in many areas, but some just two. I'm not sure if birds are on the books. Check the local zoning laws where you live to make sure. You can ask questions without using your name, or Google it.



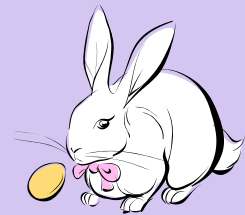
I had a dear client that was trying to figure out how to put a mask on her bird. I cannot even tell you how relieved she was when I told her that **birds do not get Covid-19**. Not to mention how grateful the bird was to not have to wear the mask she made!!!!



Stay safe and healthy.



Do not get reckless just because things have slowed.  
You need to be in good health for your feathery kids,  
(and the furry ones, too!).



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: work (310) 370-7550, home (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](mailto:Birdsnmor@aol.com)



# Hummingbird Facts

## Brief Description

- World's smallest bird
- Fastest animal metabolism
- Magnificent colorful plumage
- Over 300 species
- Endemic to Western Hemisphere
- Typical lifespan may exceed 10 years



*Anna's Hummingbird  
found in California*

## Flight

- Ability to fly in all directions and orientations due to wing anatomy
- Acrobatic, high speed (up to 50 mph) display flight patterns
- Wings can beats from 50 to 200 beats/ second



*Anna's Hummingbird  
found in California*

## Physiology

- Ability to use torpor to cope with inability to feed at night
- Can drop body temperature from 40°C to below 20°C
- Heart rate is normally 500-600 beats per minute, but can exceed 1000 bpm



*Fire-Throated Hummingbird*



*Broad-Tailed Hummingbird*



*Black-Tailed  
Trainbearer  
Hummingbird*

## Habitat

- Diverse types
- Many species are extremophiles (thriving in extreme conditions)
- Ability to use torpor (greatly reduced metabolic activity) to cope with environmental conditions
- Many species are synanthropic, thriving in association with humans

## Reproduction

- Colorful, iridescent plumage, and acrobatic courtship displays to attract mates
- Female solely cares for young while males often defend territory
- ~15-day incubation period
- ~20-day nestling period



*Rufous Hummingbird  
Common in So Cal*

## Diet

- Nectarivorous(energy and water) and Insectivorous (protein)
- Drink up to eight times body weight in water and nectar each day
- Important ecosystem service: pollination
- Close relationship between bill morphology and flower morphology due to mutual benefits and specialization (co-evolution)



*Birds Pollenate...*



*...while getting their nectar*



*Hummingbird Egg  
in a Nest*



*Baby Hummingbird  
Just Hatched*



*Mama Hummingbird  
Feeding Her Babies*

("Hummingbird Facts" continued on page 13)

(“Hummingbird Facts” continued from page 12)

**Attracting Hummingbirds**

**Feeders**

- 1:4 sugar: water ratio (regular white granulated sugar only)
- Replace nectar every 4 days
- Clean feeder thoroughly, dilute (1:10) bleach solution, rinse
- Hang in visible area from tree or shrub, out of direct sunlight

To see and hear 100s of hummingbirds at a bird feeder, go to: <https://youtu.be/FAj4uvuITe0>



**Flowers**

- Often prefer red, elongated, tubular flowers
- Plant popular hummingbird flowers to naturally attract
- Examples: Western Columbine, California Fuchsia, Red Larkspur, Coral Honeysuckle, Nasturtium, Salvia Celestial Blue Water



Photo Below by:  
Paul Blieden,  
at the South Coast Gardens

**Grooming Needs**

- Hummingbirds need to groom and clean feathers
- A very shallow dish or birdbath may encourage hummingbirds to visit-Flowing or dripping water is preferred



Female, Black-Chinned Hummingbird  
Flies to the Bird Bath



Hummingbirds Visit the Flowing-Water Bird Bath

For more information about Hummingbirds, go to the following websites:

- Cornell Lab of Ornithology: All About Birds [www.allaboutbirds.org](http://www.allaboutbirds.org)
- The Hummingbird Monitoring Network. [www.Hummonnet.org](http://www.Hummonnet.org)
- [www.Hummingbirds.netMedia](http://www.Hummingbirds.netMedia)



**(Learn about: “California Hummingbirds” on pages 14-16)**

## HUMMINGBIRDS SEEN IN SOUTHERN CALIFORNIA



### Anna's Hummingbirds



**Identification:** The **male Hummingbird** has an iridescent red crown and throat and pale eyering. The underparts are greenish. The **female** has a white line over the eye and greenish underparts. She has a red central patch on the throat. Her tail has a black band tipped with white.

**Range Map:** They have expanded their range due to flowering plants and feeders in urban areas.



**Migration:** Anna's Hummingbird is a resident and sedentary species. After breeding, they move up and down the mountains, apparently in response to changes in temperature and availability of flowers.

**Breeding:** There is some variation in nesting timing between birds in California and those in the northern part of its range. Overall, Anna's Hummingbirds begin breeding from mid-January through early May. The female builds a cup-shaped nest placed at about 2–6 m above the ground. She lays two unmarked white eggs.

**Habitat:** They favor woodland, oak savannas, chaparral, coastal scrub; are common in suburban other human-created habitats.

**How long do they live?** Their lifespan is at least 8 years and 2 months.

**How many are there?** estimated global breeding population of Anna's Hummingbird is 5 million.

**Fun Fact:** Native American legends describe Anna's hummingbirds as poking holes in the night sky that became the stars.



### Allen's Hummingbirds



**Identification:** The **male** Allen's Hummingbird has an iridescent copper-red gorget and white breast. It is mostly rufous except for the upper back and cap. His tail feathers are rufous, pointy, and have black tips. The **female** is a greener version of the male with a speckled throat. The base of the outer tail feathers is rufous. She has a broad black band on the tail tipped with white.

**Range Map:** Each sex occupies separate habitat types.



**Migration:** The Allen's Hummingbird spends a short time in the U.S. Birds begin to show up in the breeding grounds by mid-May and return to the wintering ground by early September.

**Breeding:** Birds in the U.S. start nesting in mid to late-February through late-January. The female builds a cup-shaped nest at about 2–50 feet above the ground. She lays two unmarked white eggs.

**Habitat:** In the U.S., this hummingbird favors coastal forest, chaparral habitat, and scrub at an elevation ranging from sea level to about 1,000 feet. Males prefer more exposed habitats such as coastal scrub. Females favor habitat with more vegetation cover.

**How long do they live?** Their lifespan is 5 years 11 months..

**How many are there?** The estimated global breeding population of is 1.7 million individuals.

**Fun Fact:** They use their feet to regulate their body temperature by exposing their feet in warm climates & tucking them in while in low temperatures in their plumage.

*("Hummingbirds Seen In Southern California" continued on page 15)*

*("Hummingbirds Seen in Southern California" continued from page 14)*

### Rufous Hummingbirds



**Identification:** The **male** has an iridescent copper-red gorget and white breast. It is mostly rufous. His tail feathers are rufous, pointy, and have black tips. The **female** is a greener version of the male with a speckled throat. The base of the outer tail feathers is rufous. She has a broad black band on the tail tipped with white. Both sexes are very similar to Allen's Hummingbird.

**Migration Map:** They fly about 7,800 miles from their wintering grounds in Mexico to as far north as Alaska!



**Migration:** Birds begin to arrive in the Spring by early March and continue through late May. The Fall migration back to Mexico starts in early July through late September.

**Breeding:** Birds in the U.S. breed from mid-April through mid-July. The female builds a cup-shaped nest at about 10-30 feet above the ground. She lays two unmarked white eggs.

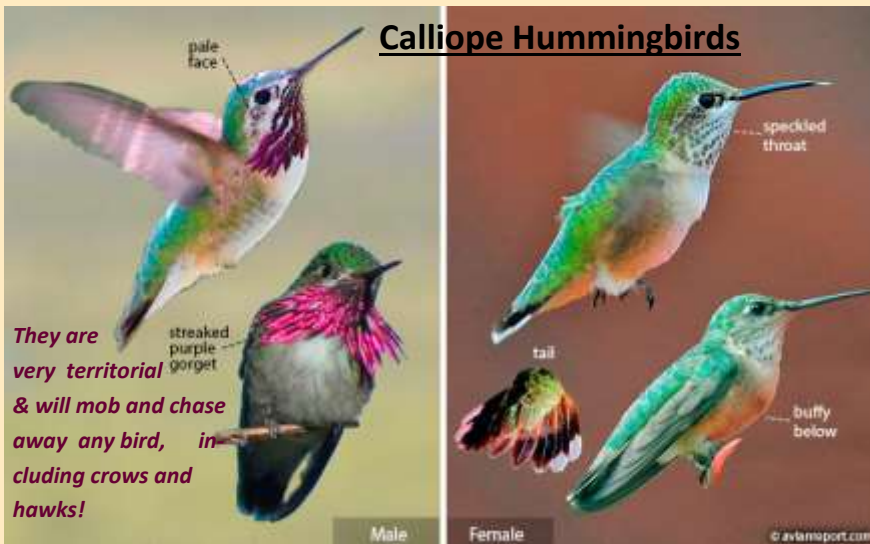
**Habitat:** Rufous Hummingbirds favor a variety of habitats during the breeding season. They prefer forest openings, meadows, shrubby areas, and urban areas. They also use thickets, swamps, and to a lesser extent, forests.

**How long do they live?** A Rufous Hummingbird lifespan is at least 8 years and 11 months.

**How many are there?** The Rufous Hummingbird's estimated global breeding population is 11 million individuals.

**Fun Fact:** Nesting females are very territorial & aggressive towards potential nest predators. They even chase away squirrels!

### Calliope Hummingbirds



*They are very territorial & will mob and chase away any bird, including crows and hawks!*

**Identification:** The **male** Calliope Hummingbird has a streaked iridescent rosy gorget. It has a white line from the base of the bill to the neck. It has a dark tail. The **female** has a speckled throat and pale buffy underparts. She has a broad black band on the tail, which is tipped with large white spots.

**Range Map:** They travel 5,000 miles between wintering grounds & breeding grounds



**Migration:** The entire population overwinters in Mexico. In the Spring, birds begin to arrive in the U.S. in early March and continue through May. In the Fall, birds return to Mexico starting in mid-June through late September.

**Breeding:** Birds in the U.S. begin to nest in late-April through mid-August. The female builds a cup-shaped nest at about 6-39 feet above the ground. She lays two unmarked white eggs.

**Habitat:** In the U.S., the Calliope Hummingbird is a montane species breeding at elevations ranging between 1,200 to 3,400. It favors forest edges and secondary succession dominated by low shrubs and scrub vegetation.

**How long do they live?** A Calliope Hummingbird lifespan is at least 8 years and 1 month.

**How many are there?** The estimated global breeding population of the Calliope Hummingbird is 4.5 million individuals.

*("Hummingbirds Seen In Southern California" continued on page 16)*

*("Hummingbirds Seen in Southern California" continued from page 15)*

### Black-Chinned Hummingbird

**Identification:** The **male** has a **black chin** bordered below by an iridescent purple band. It has a dark tail. The **female** has a speckled throat. She has a broad black band on the tail tipped with large white spots. Females are slightly larger than males.

#### Range Map

**Migration:** Dates of arrival and departure vary by region. Overall, the Spring migration occurs between mid-March through mid-May. Fall migration occurs between early August through late September. Birds during migration make brief stopovers and appear to fly directly to their breeding grounds.

**Breeding:** Birds in the U.S. have a variable timing of nesting, but, overall, the nesting season occurs between mid-May through early August. The female builds a cup-shaped nest at about 6-12 feet above the ground. She lays two unmarked white eggs.

**Habitat:** It is a habitat generalist that uses dry scrub, woodlands, urban, and other human-created habitats.

**How long do they live?** A Black-chinned Hummingbird lifespan is at least 11 years and 2 months .

### Costa Hummingbird

**Identification:** The **male Costa's Hummingbird** has an iridescent purple crown, a white eyebrow, and a purple elongated gorget. The **female** has a conspicuous white supercilium and whitish underparts. She has a broad black band on the tail tipped with large white spots.

#### Range Map

**Migration:** The migration patterns are variable and poorly understood. Spring migration occurs approximately from early January through mid-March. Fall migration appears to occur between mid-April and mid-June. Costa's hummingbirds can stray out of their range. Some birds have shown up as far north as British Columbia and Alaska.

**Breeding :** The initiation of nesting varies with habitat type and location. From California to Arizona, birds begin nesting in February through May. The female builds a cup-shaped nest on a horizontal branch at about 1–2 m above the ground, where she lays two unmarked white eggs.

**Habitat:** They favors desert scrub, coastal California chaparral, deciduous forest, and sage scrub within its range.

**How long do they live?** A Costa's Hummingbird lifespan is at least 8 years 9 months.

**How many are there?** The estimated global breeding population of Costa's Hummingbird is 3.4 million individuals.

**Fun Facts:** *Costa Hummingbirds need to visit 1,840 flowers per day to maintain the bird's energy requirement.*



With heartfelt love and sadness,  
we announce the passing of SBBS member,

Laura Lynn Porter

on

February 15, 2021.

Laura Lynn was a kind and gentle person,  
soft spoken and compassionate.

For many years she supported  
Donna Crossley and Diane Bock  
at their booth during  
**“America’s Family Pet Expo.”**

They had been friends since  
Donna handfed her, now, 30-year-old Senegal Parrot.

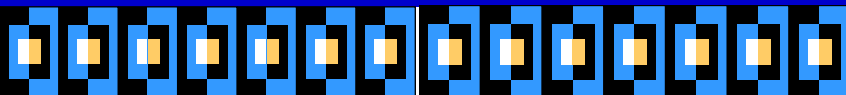
Laura Lynn was an old soul with a beautiful smile,  
a kind word and always willing to listen!

**At Laura Lynn’s request,**

SBBS received several donations in her name.  
Thank you from the bottom of our hearts.

We will surely miss her!





## SBBS Welcomes New & Returning Members



RENEWALS: **Phyllis Levine**

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

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

Number of Current Members: **64**

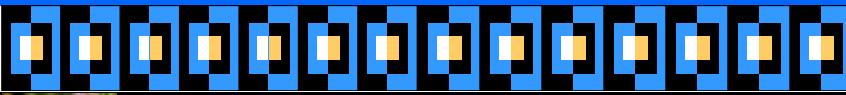
**Don't fly off the membership list! Please pay your dues.**

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](http://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 [pattefisher@verizon.net](mailto:pattefisher@verizon.net).

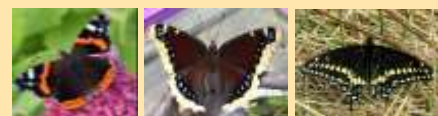


### The Palos Verdes/South Bay – Spring Butterfly Count – April 10

Butterfly lovers, the spring butterfly count is coming up on Saturday, April 10. This is our chance to see what early-flying butterflies are out and about. In my neighborhood already, there have been Monarchs, Red Admirals, Mourning Cloaks, and a Swallowtail. If you are available and would like to participate, please let me know what area you would like to count or whether you just want to count the butterflies in your garden. E-mail me at: [stephvincenlloyd@gmail.com](mailto:stephvincenlloyd@gmail.com). (See the June-July 2020 SBBS Newsletter 12-13 for identification of some of the common butterflies.)

**May the butterflies brighten your days!**

Vincent Lloyd of the Palos Verdes / South Bay Audubon Society



**San Fernando Valley  
Audubon Society**

ZOOM: Thur. April 22, 7 PM, PST

[Dr. John McCormack](#)

will Speak on

**"We'll Always Have Parrots"**



The History of Los Angeles' *Amazona* Parrots

Red-crowned and Lilac-crowned Parrots: their origins, adaptations, hybridization, and future. Dr. McCormack is Director and Curator of the Bird and Mammal Collection at the Moore Laboratory of Zoology and an Assistant Professor of Biology at Occidental College. He received his undergraduate degree in Ecology and Evolutionary Biology from the University of Arizona and his PhD from UCLA.

**For the ZOOM LINK, send an email request to: [davisr@ucla.edu](mailto:davisr@ucla.edu)**

**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:



- ☀ 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 *Wednesday, April 14th*.



## 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!

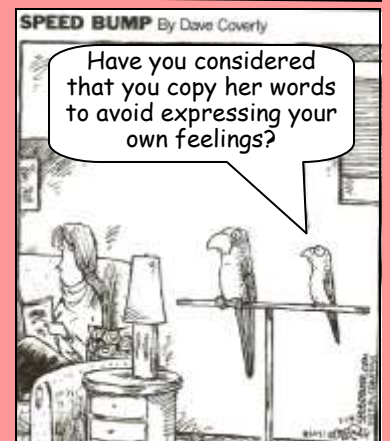
<u>Organization</u>	<u>Phone</u>	<u>Contact</u>
Fine Feathered Friends Foundation	(310) 334-9062 (Note: New #)	<a href="http://www.finefeatheredfriendsfoundation.org">www.finefeatheredfriendsfoundation.org</a>
Parrot Rehabilitation Society	(619) 224-6712	<a href="http://www.parrotsociety.org">www.parrotsociety.org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



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

If you need to renew your membership, e-mail Patte Fisher at [pattefisher@verizon.net](mailto: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](http://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](mailto:ragonesi@att.net)***

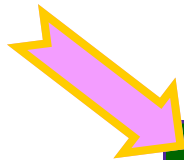
*The people listed above have chosen to “Step-up” to help with our club.*

*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 \_\_\_

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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: \_\_\_\_\_