



Volume 47 Issue 12 Nov. - Dec. 2021 SBBS Newsletter Established 1974

# *The Annual SBBS Holiday Fundraiser & Silent Auction*

**Thurs., Dec. 2 at 5 PM  
through  
Sun., Dec. 5 at 5 PM**

**Many of the items  
can be SHIPPED**

Like last year, the SBBS Fundraiser and Silent Auction will take place entirely online.

**You can see the items by registering on the auction's website at:**  
<https://www.32auctions.com/SBBSholidayauction2021>

Place your bids for any of items you would like to bid on beginning at 5 PM on Thursday, December 2 - 5 PM, Sunday, December 5.

See pages 5-7 for a review on how you can join in the fun and win your favorite items in the fundraiser & auction!



For more information, contact Janet Ragonesi at (310) 376-5954 or at [Ragonesi@att.net](mailto:Ragonesi@att.net) or go on: [www.sobaybirdsoc.com](http://www.sobaybirdsoc.com)

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# Chris Driggins

## Parrots for Patriots Matching Vets with Parrots Sunday, November 7, 2021

By Diane Sivas



*Chris, the Birdman*

The South Bay Bird Society was pleased to welcome Chris Driggins, Founder and President of Parrots for Patriots, as the afternoon's speaker at our November 7th ZOOM meeting. Chris was on hand to tell us about his organization, which matches birds in need of a new home with vets who are suffering from PTSD resulting from their military service.

Janet opened the ZOOM meeting with remarks about SBBS's upcoming online auction and fundraiser. We have more than 100 available items, and she encouraged everyone to participate by purchasing items. Inasmuch as we are still restricted from having in-person meetings and are unable to have monthly raffles, the auction becomes even more important as it will be our only way of raising funds for the year.

Gala Burkholder gave us a short introduction before Chris kicked off his program. Chris began bird rescues back in 1984 and, seeing a need for vets suffering from PTSD, he had the idea of placing relinquished birds with vets, which he began doing in 1999.

In 2015, he founded Parrots for Patriots in Vancouver, Washington. Vets suffering from depression, loneliness, PTSD or other conditions may benefit from the companionship of a parrot, but they do not need to be suffering to qualify. Putting an orphaned parrot together with a veteran in need is a win-win!

Chris told us that the northwest has lost three bird rescue facilities over the last month and he has had to step in and pick up the slack. He also mentioned that there have been a lot of deaths in the area and that 95% of the birds he takes in are due to the death of an owner. The staff re-trains those parrots with behavior issues before offering them up for adoption. Parrots for Patriots is branching into four more states and will be adding a wood bird toy division to help support costs of the care of the birds.



*Getting Healthy Before Adoption*

Adoptions are carefully made and conditioned on many factors. Potential adopters are required to attend a meet and greet, followed by a class, and eventually enter into an adoption agreement.

Adopters get a gift pack including pre-mixed food, bird toys, two cages, bird books ("owner's manuals"), healthy bird cookbooks, a "Magic Bullet" for preparing meals and even a webcam.



*Parrots Enjoying Their Daily Chop*

Potential owners must visit several times before taking a bird home and the applicant and bird must be compatible. The goal is to insure the bird won't be bounced around from home to home and experience further stress in its life.

The applicant's home must be appropriate for a bird's size. Chris told us that he prefers that the adopter be a homeowner rather than a renter, with the thought that homeowners tend to offer a more stable environment and would be less likely to move. There are also surprise in-home visits to ensure that the bird is in the right environment and doing well.

New owners are required to designate "God Parents" for the bird that can step-in to care for the bird in the event the new owner suffers an emergency.

*("Chris Driggins" continued on page 3)*

*("Chris Driggins" continued from page 2)*

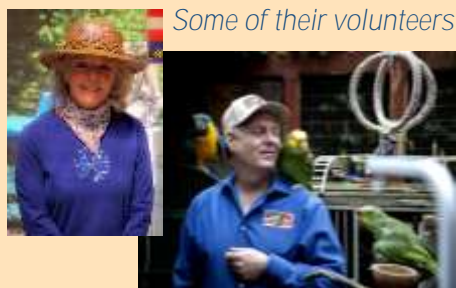
When asked, Chris told us that normal adoption fees are about 50% of the retail cost for a bird. It can run \$500 and up, but fees depend on specific situations. And in the end, he said, they spend much more for the care and food for the bird while it's with them than they receive back in adoption fees. Thus, they rely heavily on donations and fundraisers. The adoption fee is mostly just to help them secure forever homes for their birds.



Chris & his cockatoo

Chris asked for questions and answered them all during the presentation. He connected with Marie Calleja who, as most of us know, is now the face of Fine Feathered Friends Foundation in El Segundo. I think Marie and Chris had a meeting of the minds and both are looking forward to working together.

Chris has an army of volunteers to help him, and we were able to meet a few of them. As they say, it takes a village!



Some of their volunteers



Chris is looking to partner with other bird-rehoming non-profits in Southern California in order to place parrots with vets. He is seeking to find organizations willing to follow their protocols which he feels is vital for the successful placement of a bird into a new home. Since there are so many veterans in the San Diego area, Chris feels "Parrots for Patriots" would benefit a large number of veterans to expand in that part of the state. If anyone has a recommendation, let Chris know. He can be reached at: [info@parrotsforpatriots.org](mailto:info@parrotsforpatriots.org)

What a fun and informative afternoon. Chris is full of personality and the informal question and answer format made it even better. Thanks, Chris!

Learn more about Chris Driggins and "Parrots for Patriots" by visiting the website at:

<https://parrotsforpatriots.org/>  
and their Facebook page at:  
<https://www.facebook.com/Parrotsforpatriots/>.

Next month, of course, is our auction/fundraiser. Check out the newsletter and Gala's flyers for more info. We will be holding the auction virtually on "32auctions.com" (same as last year) beginning at 5 PM on 12/2 and ending at 5 PM on 12/5. Let's have fun and raise some money for our club!

Happy Thanksgiving!  
Diane Sivas and Cheeto, her Blue & Gold Macaw



**DURING THIS TIME OF YEAR...**

Please remember SBBS when you are shopping online on **CYBER MONDAY** by using **AMAZON SMILE** so our club can get a percentage of your purchase. It is an easy way to give and it doesn't cost you any extra money.

Also, please remember SBBS on **GIVING TUESDAY** when you are deciding which charities to make contributions for your year-end **TAX DEDUCTABLE GIFT.**

You can go online at: [sobaybirdsoc.org](http://sobaybirdsoc.org) and click on the donation button to make a gift.

**THANK YOU**  
for your support to  
**The South Bay Bird Society!**



# The President's Notes

By Janet Ragonesi

Greetings  
SBBS MEMBERS,  
SPONSORS AND FRIENDS,

Janet



*This time of year reminds me of what I am thankful and grateful for.*

As 2021 moves from fall to winter I look at what SBBS has accomplished this year. I am grateful for our continued connection with our club members, sponsors, other bird clubs and new friends. Who would have guessed our ZOOM meetings would have been so successful with outstanding speakers/and topics?

I wish everyone a joyful Thanksgiving 2021!

I have asked myself, **“WHAT AM I THANKFUL AND GRATEFUL FOR?”**

*(You can read more about this on page 8. Think about what you are grateful for at this time of year of reflection).*



**NOVEMBER AMAZON GIFT CARD WINNER**

Our \$25.00 Amazon gift card in November was won by SBBS member, Lori Kendall. Congratulations Lori!



**WAYS YOU CAN CONTINUE TO SUPPORT SBBS**

As you know, SBBS has continued to provide speaker programs, monthly newsletters, an updated website and has made charitable donations to bird organizations when in need, such as to the International Bird Rescue after the recent Huntington Beach oil spill. **Going forward into 2022, we will strive to continue to be vital to our membership and to the larger bird community.**



- We appreciate everyone’s support of **donations and bidding on items in our annual fundraiser and auction.**
- Another way to help support SBBS is to **consider including The South Bay Bird Society in your year-end, TAX-DEDUCTIBLE contributions.** We are a registered CA 501 (C)(3) Public Benefit Corporation. You can **donate on our website, www.sobaybirdsoc.com** by using the donation button or **send a check** to the South Bay Bird Society to our post office box at: **P.O. Box 3863, Redondo Beach, CA 90277-3863.** For your information, you can **renew your annual membership at that same time.**
- In your **holiday purchases,** you can financially contribute to SBBS by using **“AmazonSmile”** when ordering anything on Amazon. When you designate “South Bay Bird Society” as your charity, your club will receive a small percentage of your purchase.



**NOV. 7TH ZOOM WITH CHRIS DRIGGINS ON “PARROTS FOR PATRIOTS”**



**The Re-homing of Parrots and Matching with Vets.**

We were informed, entertained and inspired by joining the presentation given to us by retired military, Chris Driggins. He sure LOVES birds and knows so much about them! Chris and his team go beyond what most bird rescues do to make a successful match of a Veteran with a bird who needs a forever home. As we know, animal companions, like parrots, have proven to be a powerful source of joy and wellness for people dealing with PTSD.

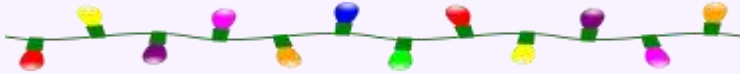
This was a great tribute to our veterans coinciding with Veteran’s day later in the week. Thank you Chris! **See the meeting report on pages 2-3 & this ZOOM will be posted on our website).**



**Thank you for your continued support of SBBS!**

*(“President’s Notes” continued on page 5)*

("President's Notes" continued from page 4)



**UPCOMING SBBS HOLIDAY SOCIAL ZOOM PARTIES!**

This year, there might not be as many holiday parties or gatherings as we are used to having.

Since last year's holiday ZOOMS were SO MUCH FUN and INSPIRING, SBBS is planning to hold these again! I hope you will consider joining us for our HOLIDAY ZOOMS and share a bit of your holiday traditions with us!

**7 PM, MONDAY, DECEMBER 20TH**

**HOLIDAY PARTY SPARKLE SHARE**



Share with us a fond holiday memory, a family celebration tradition, homemade holiday decorations, your favorite sentimental ornaments, unique holiday cards, family recipes for cookies, breads, beverages, other holiday recipes or other seasonal reflections.

Explain what makes the holidays special to you and share some holiday sparkle with the rest of us! For the ZOOM link, go to :

<https://www.meetup.com/Redondo-Beach-Birds-Meetup/events/> and sign-up and RSVP.



**7 PM, THURSDAY, DECEMBER 31ST**

**BRING IN THE NEW YEAR PARTY!**



Help us welcome in the NEW YEAR!

We can toast each other and make birdie resolutions for 2022.

We are starting early enough so you can still watch the virtual celebrations and ball-drop in New York City at 9 PM, CA time.

MORE INFORMATION ABOUT THIS EVENT

WILL BE IN THE DECEMBER-JANUARY NEWSLETTER

**SBBS ANNUAL FUNDRAISER & AUCTION  
32 AUCTIONS ONLINE, DECEMBER 2-5**

As SBBS President, I am happy to be working with 32 Auctions again this year. I have always loved the SBBS fundraisers and auctions.

Even though our fundraiser is not in person, the event is spread out over 4 days, which better accommodates everyone's schedules. You can even try to snag your favorite item while vacationing in Hawaii or Aspen. It is exciting to see who ultimately makes the winning bids for the popular items.

We have over 100 items donated, many of which will make excellent holiday gifts. Thank you to our members and sponsors who have donated to our annual fundraiser. You can see the items by registering on the auction's website at: <https://www.32auctions.com/SBBSHolidayAuction2021>

If you have any questions about the auction, please e-mail me at [Ragonesi@att.net](mailto:Ragonesi@att.net) or call (310) 376-5954.

**Details & photos about the FUNDRAISER & AUCTION are listed on PAGES 6 and 7.**



("President's Notes" continued on page 6)

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



## The Annual SBBS Holiday Fundraiser & Silent Auction



### Thursday, Dec. 2 at 5 PM through Sunday, Dec. 5 at 5 PM

#### **FUNDRAISER & AUCTION INSTRUCTIONS:**

The on-line auction bidding is being held through a company called, "32 AUCTIONS." This company makes our annual fundraiser EASY and SECURE for all who participate.

YOU ARE WELCOME TO VISIT THE "32 AUCTIONS" SITE.

TO VIEW THE SITE and see how it works, go to <https://www.32auctions.com>. Then, on the top right corner of the page, click on "DEMO AUCTION." Scroll down the page so see "FEATURED ITEMS" and then click on "VIEW ALL ITEMS."

For fun, open an account, (see below) click on one item and you can *practice bidding* on an item to see how EASY it is to use.

TO OPEN AN ACCOUNT in preparation for the auction, go back on the "Home Page," scroll down and to the right is the login to create your own account. Register with a user name and password. No personal information is required.

On the home page of "32 Auctions" there is a list of commonly asked questions and answers about using this site. You might find it helpful to review this list.

We currently have a variety of more than 100 items that have been donated by our members, sponsors and local businesses.

Many of these Items will be great to give as gifts for your family, friends, birds, other pets




and even for yourself!



A few days before the auction actually begins, our **SBBS Fundraiser will be available for you to review**

**online at:** <https://www.32auctions.com/SBBSHolidayAuction2021>

with all of the items shown on the website with pictures, descriptions, their value and starting bid. You can write down your choices you want to bid on or log-in and save your favorites by clicking on the "heart." 

Beginning at 5 PM, Thurs., Dec. 2, you can start bidding at ANY TIME until 5 PM, Dec. 5. You will receive an email when you submit a bid which confirms your bid and lets you know if you're the leading bidder. All participants will receive an email when they are outbid. If there is a tie for the highest bid, the first one to place that bid, will win that item.

To pay for your winnings at the end of the auction, "PayPal" will be available for you on our website. You will have a choice to pay through your PayPal account, or a credit or debit card.

For questions about payments or other auction inquiries, contact me (Janet Ragonesi) at (310) 376-5954. I prefer the items won to be picked up at my house at an agreed-upon time after the auction closes. For those of you who are out of the area, many of the items can be shipped for an additional charge.



**THIS IS OUR ONLY SOUTH BAY BIRD SOCIETY FUNDRAISER.** We have lost our monthly income generated from our in-person meeting raffles. So, we appreciate your support and participation for us to be able to continue to be an active and vital bird club.

("President's Notes" continued on page 7)



("President's Notes" continued from page 7)

OPTIONAL

RSVP

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.

LOVE OUR SPONSORS



During this past year and a half, most of our sponsors have stayed open, so you and your feathered children will have the things and services you need. Food, grooming, boarding, veterinary care and supplies have been available to you. They follow CDC guidelines to help keep us all safe and healthy.

Please thank our sponsors for their donations to our club by using their goods and services.

(President's notes "I am grateful" continued from page 4)

WHAT AM I GRATEFUL FOR?

**I AM GRATEFUL** knowing that my flock is healthy and safe. They have lots of folks that care about their well-being and love them. I know my flock is in good hands with the local avian vets and other SBBS members that take care of them when I am away. I am thankful for other avian experts in our club who have always been available to answer my calls for suggestions in dealing with a particular bird situation.



WHAT AM I GRATEFUL FOR?

**I AM GRATEFUL** for the people from all walks of life and experiences that have formed a group of like-minded people that love birds. This extended bird family is comprised of those who are interested in educating the public, as well as ourselves, in an organization called "The South Bay Bird Society." I am thankful that we can reach out to each other when we want to say, "Hello, I have been thinking of you" or "I need help!" We show compassion to each other when one of our feathered children crosses the "Rainbow Bridge." We continue to share helpful tips on caring for our birds.



**I AM GRATEFUL** for our sponsors for their continued support. I am thankful to our members that ZOOM with us and step-up to help when asked. I am grateful to our board of directors and the many other volunteers (past and present) that have chosen to give a part of themselves to achieve our common goals.

**I AM GRATEFUL** in the mornings when my flock greets me with, "Hello" or "Hi" or sometimes they quack like ducks. I respond with a quack back. This brings me joy and a giggle!

Quack!



**I AM GRATEFUL** that my late husband, Leon, and I could celebrate 37 Thanksgivings together with family and others. Thanksgiving has always been a special time of year for me.

**I AM GRATEFUL** for my friends and family members spread across the United States and Canada that I love and miss.

**I AM TRULY GRATEFUL** to be a member of the South Bay Bird Society and I am glad you are a part of it too!



Happy Thanksgiving!  
Cheers,  
Janet Ragonesi, SBBS President



# Thanksgiving Treats & Safety For Birds

## Pumpkin & Its Seeds – A Great Seasonal Bird Treat

Pumpkin is a type of squash, makes a great food for pet birds and is high in vitamin A. The simplest way to prepare pumpkin is to cut it into cubes and steam it for 35 to 40 minutes or until soft. You can mash the cubes for smaller birds or serve them whole to larger birds. *Some parrots like butternut squash even more!*



Pumpkin seeds have long been a favorite of parrots. It is easy to prepare them.

Remove seeds from pumpkin.  
Wash and remove pulp and strings.  
Pat dry and place on cookie sheet (aluminum)\*\*



Bake at 375 degrees for 40-45 minutes, turning every 5-10 minutes.



Let cool and serve these delicious tidbits to your birds!

Please remember: do not salt these seeds unless they are for human consumption. Birds cannot excrete salt the way humans can, and it is not good for them.

\*\*Please beware of nonstick cookie sheets.

It is very easy to burn foods on cookie sheets. **Teflon and other nonstick pans can release fumes that are deadly to birds when over heated.** It is highly recommended that you use cookie sheets that do not have nonstick surfaces or that you remove your birds from any room near the kitchen.



## Cranberry Treats

Many birds love to eat fresh, raw cranberries. Before cooking your berries with sugar to turn them into sauce, set aside a few for your flock to enjoy.



## Holiday Baking Safety

**Ovens, at high temperatures, can emit harmful fumes.** Self-cleaning ovens have a coating on the interiors of the ovens. (Never use the self-cleaning feature of your oven with birds in your home). So, when preparing your Thanksgiving dinner or any other holiday baking, be careful to move your birds from any room that shares that oven air space.

**Turkey cooking bags are deadly to pet birds.** These bags are known to wipe out entire flocks within 30-45 minutes. **Single-use tin and aluminum turkey cooking pans and some aluminum foil** are also often treated with very fine layers of PTFO and PTFE non-stick chemicals, and can pose the similar risks.



Skippy, Donna Crossley's Meyer's Parrot, is happy EVERY year that he is NOT the Thanksgiving Turkey!

OTHER AVIAN—RELATED ZOOMS



Palos Verdes/South Bay  
AUDUBON SOCIETY  
**ON ZOOM!**

3rd Tue./mo., 7 P.M.  
NO DECEMBER Meeting

Next Zoom Meeting is  
Jan. 18, 2022 with  
Randy Harwood on  
Costa Rica



**Birding has returned with**  
**RESERVATIONS, limited capacity,**  
**guidelines & VACCINATIONS.**

**RESERVATION FORMS and Info**  
**available at [www.pvsb-audubon.org](http://www.pvsb-audubon.org).**

Contact the numbers below to know more.

**\* BIRD EXCURSIONS:**

Sun. Dec. 5, 8-11 A.M.: Ken Malloy  
Harbor Regional Park with PV/SB  
Audubon leaders. Starting point is the  
parking lot near the ranger station. Call (562)  
896-3369 for information.

Sun. Dec. 18, 8 A.M.: Kenneth Hahn  
State Recreation Area with LA Audubon  
leaders. Starting point at the first  
parking lot on the left after the kiosk.  
Entry \$7.00 per car, senior discount.  
<https://parks.lacounty.gov/kenneth-hahn-state-recreation-area/>

**For Info: [www.pvsb-audubon.org](http://www.pvsb-audubon.org)**  
**or call David at (310) 833-3095.**



The 56th Annual  
Christmas PV/SB Bird  
Count is scheduled for  
Sunday, Dec. 26th

**Contact: Vincent Lloyd at:**  
**[stephenvincentlloyd@gmail.com](mailto:stephenvincentlloyd@gmail.com) to**  
**participate. See page 11 for info.**

The Connecticut Parrot Club



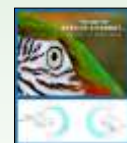
- A Holiday Zoom Party TBA, but an e-mail will be sent to the SBBS mailing list with information and the zoom link.

**You Can View YouTube Videos of Previous ZOOMS from**



The Connecticut Parrot Club:

- A Virtual Tour of The Rhode Island Parrot Rescue  
<https://youtu.be/EOz00Gu-tHY>
- **Tables Communication and Play for Parrots,**  
Jennifer Cunha <https://youtu.be/EgzLsA3owco>
- **Journey to Combine Art and Science Through Humor,**  
Rosemary Mosco <https://youtu.be/7b1qwbcxYFk>
- **Through the Eyes of a Parrot,** Dr. Graham Martin  
<https://youtu.be/JKctFhynaMY>
- **Caring for Elderly & Disabled Bird Companions,**  
Dr. Kristin Sinclair <https://youtu.be/4YhsDzAwJgQ>



Free Webinars at 12:00 PM (PT)

**All previous webinars are available to watch on Lafeber's YouTube Channel**

**December 3: “Avian Vet Insider: What’s Wrong with that bird? Rare and Fascinating Avian Medical Cases” with Dr. Stephanie Lamb**



**December 10: “The Grey Way: Fun for the Holidays! Pet Bird Holiday Gift Guide” with Lisa Bono, CPBC**  
**Plus Giveaways of Toys & Lafeber Products**



**December 17: “Ask the Vet: Q & A” with Tom Tully, DVM, DABVP (Avian Practice), DECZM (Avian)**



**For more info or to view a prior webinar, go to:**  
**<https://lafeber.com/pet-birds/category/webinar/>**

West Los Angeles Bird Club

**Tentatively Meets 2nd Wednesday of the month at 7:30PM**  
**Possible Holiday Party**



**Culver City American Legion Hall, 5209 Sepulveda Blvd., Culver City**

**For more information, go to: [www.westlabirdclub.com](http://www.westlabirdclub.com) or call Doreen at (310) 488-9749.**

ZOOMS are the 4th Thursday  
of the Month at 7 PM, PDT



**San Fernando Valley**  
**Audubon Society**

**For information on an upcoming ZOOM or**  
**to watch a previous ZOOM presentation, go to [www.sfvaudubon.org](http://www.sfvaudubon.org)**

Previous ZOOM include topics:

- “We’ll Always Have Parrots” (In Los Angeles)
- “Our Need for Birds”
- “Tracking World’s Migrations”
- “The Importance of Street Trees to Urban Avifauna”

# WINGED NEWS & MORE

## Christmas Bird Count: A Year-end Tradition

The Christmas Bird Count (CBC), provides a long-running consensus of winter bird populations going back to the first CBC in 1990. The first Palos Verdes CBC took place on December 31, 1966, when 22 bird observers tallied 166 species. Over the years, the average number of species seen is 164; the maximum was the 187 species seen in 1994. Last year, 167 species were spotted.



The PV Bird Count area is a circle, 15 miles in diameter, centered on the intersection of PV Drive North and PV Drive East—an area that extends from the L.A. River to Santa Monica Bay and from Alondra Park to the Catalina Channel. It is one of over 2500 CBCs in North America, south America, the Caribbean and the Pacific.

**Area coordinator, Vincent Lloyd, is looking for both experienced and beginner birders to help with this year's count.** Participants can either count on their own, or join an established group. **Interested birders can contact Vincent Lloyd at: [stephenvincentlloyd@gmail.com](mailto:stephenvincentlloyd@gmail.com) to participate.**

Because of the ongoing pandemic, participants are requested to wear masks or maintain social distancing when outdoors and carpool only with family or your regular "pod." **The date for 2021 count is tentatively set for Sunday, December 26th.** A final decision to go ahead with the count will be made at the end of November, based on the state of the epidemic.



## Test Your Bird Knowledge:

1. What bird can HIBERNATE for months?
2. What is the only bird that can fly BACKWARDS?
3. What is the LARGEST flying parrot species?
4. What is the world's RAREST wild parrot?
5. What parrots build "BIRD CONDOMINIUMS?"
6. What is the worlds LARGEST OWL?
7. What species of bird is the record holder for SPEAKING THE MOST WORDS?



*Hmmm....I'll have to think about that.  
BTW—The answers are on page 15*



**PALOS VERDES  
PENINSULA LAND  
CONSERVANCY**

NATURE WALK: Sat., Dec. 11, 9 AM

WHERE: [Pelican Cove & Tidepools](#)

Walk along the seaside bluffs to the beach & tide pools with PVPLC guide and birder: Randy Harwood.

For info and reservations:  
call: (310) 541-7613 or  
email: [info@pvplc.org](mailto:info@pvplc.org).

Their Website is [www.pvplc.org](http://www.pvplc.org)



Laugh Kookaburra: Holiday Travel



## Q & A *By Karen, The Parrot Lady*



The answers to your questions are MY opinion based on nearly 50 years experience. I donated my time to Avian and Exotic Animal Hospital, working with Doctors Rosskopf and Woerpel. I have hands-on experience owning my own Exotic bird shops, raising and breeding, grooming and caring for parrots of all kinds.

Ask me your questions and I will answer to the best of my knowledge. If I don't have an answer I will make every effort to find one for you and tell you my source.

**Q My parakeet peed on me and it was very hot. Do I need to get him to an emergency veterinarian?**

**A** Interesting question, and a first for me!

I asked him a question in return, "When you urinate is the urine hot or cold?"

He answered, "Hot."

"The bird's body temperature is even hotter inside than ours, and consequently the urates and poop will come out quite warm. This is very normal, and it is likely that the bird had not eliminated on you very often, or you would have been aware."



**Q My parrot's poop is bright red. What is going on?**

**A** The immediate question is what did the bird have to eat last? If it was cherries or strawberries, take a deep breath and relax because they tend to poop the color of what they ate last. Isn't that just charming?

If you can't match up the poop to a food: orange, yellow, green or brown and it really looks like blood, get the bird to an avian veterinarian as quickly as possible. If it's black, you would need to worry about lead poisoning, and swift action is needed to save its life.

I was making the frantic phone call to Dr. Rosskopf years ago, because there was blood in the bottom of every cage, when the light bulb lit up over my head and clearly said, "You fed all of your birds cherries this morning. Your birds are not dying." I hung up the phone...

A hot chocolate with a marshmallow was what I needed -- not an avian veterinarian.



("Q & A" continued on page 11)



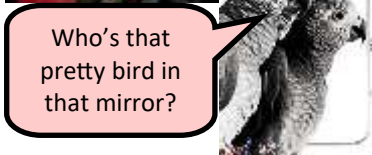
("Q & A" continued from page 10)



**Q My 20-year-old African Grey, who is quite crippled, laid an egg (big shock!) for the first time, and I have no clue what to do.**

**A** If she is okay, then do nothing. Do not remove the egg, because there may be more. If you take it away from her, she will be encouraged to lay more. There is a chance she won't. Female birds make up their mind that they want an egg, and can develop it in as little as 24 hours. She can lay one, or several, usually every other day. Leave the eggs with her for at least 3 weeks after the last egg is laid, if she is sitting on them. If she ignores them, wait a week from when the last egg was laid and dump them. If you have no male, it will not be fertile (however, check out the Condor phenomenon that will be in next month's newsletter).

To avoid egg laying and possible egg binding, remove mirrors from the cage and toys they can see themselves in, because they see that hunk of a bird looking back at them, and that just encourages them to try to be fruitful.



**Q Do you have any holiday tips?**

**A** Just for your information, with Thanksgiving arriving, remember that your bird can have a taste of the goodies (just a bite!). Lighten up on the turkey for all your pets because the L-tryptophan is not great for any of them.

And one important thought. I have already had three calls in the last two weeks, for birds suddenly dying. Each time it has turned out that the people have used non-stick cook wear! I have heard every excuse and there are none, except for lack of knowledge! Please give your non-stick pots and pans to a dear friend that never intends to have a bird.



Keep safe. Keep your feathery and furry children safe and happy!



**Happy Thanksgiving!**

Love,

From 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)

# WINGED NEWS & UPDATES

## Recently Several Beach Cities Have Switched Their Street Lights to LED

“Nextdoor,” the neighborhood social media app, has been lit-up with various complaints due to the sudden creation of harsh lighting in their neighborhoods. The amber-colored lights were replaced what seemingly appeared to be overnight, with more energy conserving LED lights. This is causing quite a stir in the neighborhood.



One resident compared the lighting to what you would expect in a prison yard. Others reported having to buy block-out curtains and wearing an eye mask in order to sleep. Still, others enjoyed the extra light for walking their furry, 4-legged pets after dark.

Online, people have offered various solutions such as changing the temperature of the lights. Others have recommended using diffusers or narrowing the scope of the direction of the lights. I’m not an expert on street lights, but I was trying to identify the problems and come up with possible solutions. I have a saying, “If you don’t identify the problems correctly, you aren’t able to effectively solve them.” I’m still thinking about possible solutions, but I continued to identify the problems.

While I realize that saving energy is important goal in reducing our electricity usage, I asked, **“How do the LED lights impact the birds?”** The following article is one perspective about how outdoor lights can impact our wild feathered friends.

## **‘Switch Off That Porch Light’:**

### Study Reveals Light Pollution in Cities Has Urban Birds Tossing and Turning

***New research suggests urban light is disrupting bird sleep regardless of what color it is.***

By: Australian Geographic, July 24, 2020

***While magpies were more disturbed by white light than amber lights, the pigeons were disturbed by both, suggesting effects differed between the species.***



**A NEW STUDY examining the impacts of light pollution on urban birdlife has revealed that garden lights have birds tossing and turning in their sleep.**

Scientists from La Trobe University, who published their findings in [Current Biology](#) today, observed how the sleeping patterns of magpies and pigeons were affected by artificial white light and amber light, which is said to be more sleep-friendly.

Using small sensors to measure magpie and pigeon brain activity, they found that, regardless of the color of the light, **if the intensity was equal to a street light, the length, structure and intensity of sleep was disrupted.**



“Both magpies and pigeons average 10 hours of sleep per night. We found that **magpies lost more NREM sleep under white light than amber light.** By comparison, **pigeons lost around 4 hours of sleep under both white and amber light,**” says La Trobe University sleep expert Dr. John Lesku, adding that **neither species fully recovered sleep lost to white or amber light exposure.**



(“Light Pollution” continued to page 15)

# WINGED NEWS & UPDATES

("Light Pollution" continued from page 14)



Previously, it was believed that amber lighting was the solution to the effects of light pollution on birds, but the study suggests this isn't the case.

"We know sleep is important for animals to not only function, but thrive," says lead author of the paper

Dr Anne Aulsebrook, who recently finished her PhD in University of Melbourne's Urban Light Lab.

**"While amber lighting appears to have a less damaging impact than white light on magpies, our findings suggest the relative impacts of light pollution on birds may be species-specific. Amber lighting can reduce sleep disruption in some birds, but it is not a solution for all species.**

**"Additionally, disrupted sleeping patterns that force birds to catch up on sleep in the daytime could impact their ability to forage for food, fight off predators and search for mates."**

Co-author of the paper Farley Connelly called for **more research into avian circadian rhythms** and, in the meantime, available **short-term solutions**.

"We should think about **using artificial light only as and where it's needed,**" Farley says.

**"Switch off that porch light, install sensor lights, remove decorative lights from trees, balconies and other outdoor settings, and keep street and park lights directed to the ground or shielded where possible.**

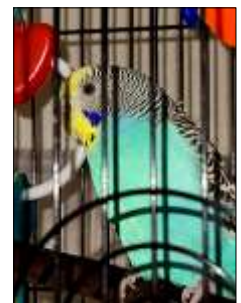
"And if you're ever woken by the early call of a magpie, remember it could be just as sleep deprived as you are."

[City of Redondo Beach Has Changed Animal Shelters to spca/LA in Hawthorne.](#)



**If a lost pet is found in Redondo Beach, animal control now takes them to spca/LA.** Lost animals in Redondo used to go to the CARSON Shelter on 190th. The City has just changed its contract: The Animal Shelter is operated by the Society for the Prevention of Cruelty to Animals Los Angeles.

Spca/LA is located at 12910 Yukon Avenue, Hawthorne CA 90250. Their phone number is: 310-676-1149 and their email is: [spcaLA South Bay Pet Adoption Center.com](mailto:spcaLA@spcaLA.org) and their website is: <http://www.spcala.com/> (To find lost animals click on resources and then find lost pets).



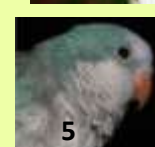
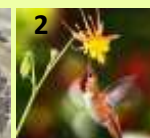
The spca/LA is a wonderful place but you must act quickly regarding a **lost pet as the shelter will only hold them for a brief period of time (approximately 5 days) before listing them as available for adoption. If your pet is microchipped, they will contact you right away.**

Most **Avian vets can microchip your bird** which could help you get your bird back easier, quicker and with no disputes who the **REAL BIRD OWNER IS!** See our two avian vets listed on page 21.

## ANSWERS TO:

### Test your Bird Knowledge:

- |   |                              |
|---|------------------------------|
| 1. What bird can HIBERNATE for months?                                    | <b>The Common Poorwill</b>   |
| 2. What is the only bird that can fly BACKWARDS?                          | <b>Hummingbird</b>           |
| 3. What is the LARGEST flying parrot species?                             | <b>Hyacinth Macaw</b>        |
| 4. What is the world's RAREST wild parrot?                                | <b>Spix's Macaw</b>          |
| 5. What parrots build "BIRD CONDOMINIUMS?"                                | <b>Quaker Parrot</b>         |
| 6. What is the worlds LARGEST OWL?  | <b>Eurasian Eagle Owl</b>    |
| 7. What species of bird is the record holder for SPEAKING THE MOST WORDS? | <b>Budgie (1,700+ words)</b> |



## Early Native Americans Imported Exotic Parrots, DNA Reveals

***The discovery suggests that scarlet macaws were being bred for trade centuries earlier than previously thought.***

By Michael Greshko     Photograph by Joel Sartore

**For more than two millennia, indigenous peoples in Mesoamerica have traded macaws and included their feathers in rituals. The birds held immense symbolic value and represented sun gods in both Maya and Aztec culture.**

And for more than a thousand years, these birds were traded north into what is now the **southwestern United States** in exchange for turquoise. The ancient Pueblo great houses of Chaco Canyon (in what's now New Mexico) started importing scarlet macaws from farther south around 900 A.D., using the birds as status symbols and markers of political status.



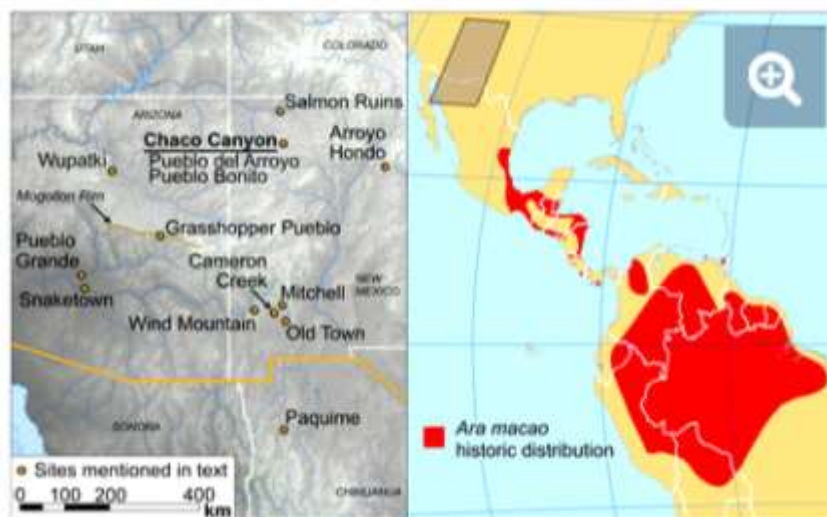
But who was supplying Chaco Canyon with macaws, and how? To find out, a team led by Richard George, a Ph.D. student at Pennsylvania State University, sequenced the mitochondrial DNA of scarlet macaw remains recovered in archaeological excavations at Chaco Canyon and at Mimbres, an ancient Pueblo site in New Mexico. **If the researchers could trace these birds back to living populations, they reasoned, perhaps they could identify the original sources of this colorful commodity.**

Instead, the DNA evidence revealed an unexpected result: **the scarlet macaws sent north on trade networks between 900 to 1200 A.D weren't wild-caught but locally bred, pushing back known macaw breeding in the region by hundreds of years.** Since the macaw feather colors rapidly fade, they would have to be replaced. Captive breeding provided the replenishment of feathers.

The find implies that somewhere in northern Mexico, there's an undiscovered bird breeding center waiting to be found.

"We get to take a snapshot of what was going on with different aspects of trade, and complexity, and how different groups were interacting," says George, a lead author of the study.

***Map on the left, showing the locations of archaeological sites in the SW/NW (New Mexico)***



***The historic range of wild scarlet macaws in the Americas is shown in red. (The greyed area above is New Mexico and northern Mexico.)***

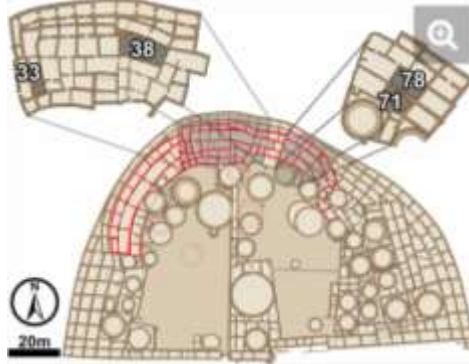
*("Native Americans Imported Exotic Parrots" continued on page 17)*

*("Native Americans Imported Exotic Parrots" continued from page 16)*

### The Scarlet Surprise

**Macaw breeding has ample precedent in the region.** The site of Paquimé, in the northern Mexico state of Chihuahua, features ruins of a massive bird breeding facility. But Paquimé couldn't have bred the macaws that George's team examined, since the site was founded around 1250 A.D., decades to centuries after the study's macaws lived & died.

To conduct the study, George's colleagues visited museums to sample the remains of 20 scarlet macaws, many of which trace back to Pueblo Bonito, the Chaco Canyon great houses that the National Geographic Society excavated from 1920 to 1927. "The main reason we have these macaws is National Geographic," says study coauthor Stephen Plog, an anthropologist at the University of Virginia.



*Plan view of Pueblo Bonito with the earliest construction highlighted in red. The locations of the elite burial crypt, room 33, and the three rooms with dated macaw samples are highlighted.*

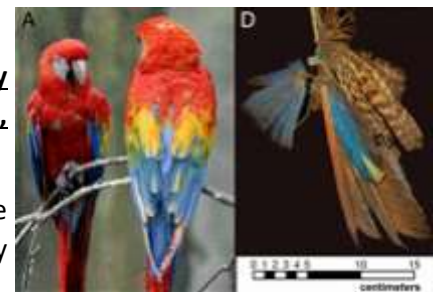
Back in the lab, George successfully isolated 14 of the macaws' mitochondrial DNA. He then compared these strands against a database of wild scarlet macaws' mitochondrial DNA, which study coauthor Kari Schmidt had assembled for her Ph.D. dissertation.

Schmidt's work revealed that **scarlet macaws fall into seven distinct genetic populations**, called haplogroups, that are spread across the Americas. Scarlet macaws' Haplogroup 4, for instance, dominates South America. Haplogroup 7 nests along Panama's eastern coast.

But to the researchers' shock, **all 14 of the ancient macaws hailed from Haplogroup 6, a fairly rare macaw lineage found today in southern Mexico.** What's more, 10 of the 14 macaw genomes were identical along key stretches of DNA, a strong sign that they were closely related on their mothers' side.

So how did these macaws wind up so closely related? The homogeneity is exactly what you'd expect to see if the birds had been bred from the same stock, descended from a small group of founding birds.

"The paper is a very important piece of evidence for fleshing out the history of the ancient Southwest," says archaeologist Steve Lekson, the curator of anthropology at the University of Colorado Museum of Natural History.



*A prehistoric feather bundle from Allen Canyon in Grand Gulch.*

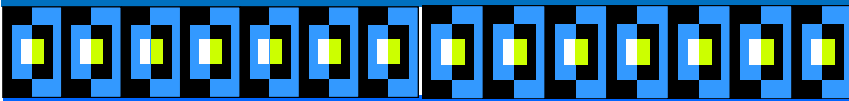
### A More Complex Past

**DNA isn't the only evidence supporting the idea of earlier breeding centers.** While George was sequencing the macaws' DNA, University of New Mexico archaeologist Patricia Crown was independently reexamining the same record.

In a 2016 review published in *KIVA*, **Crown noted that by the time macaw traders walked from southern Mexico to Mimbres, the birds they'd be carrying probably would be 11 to 12 weeks old.** But some paintings on Mimbres pottery depict birds that appear eight to 10 weeks old.

Crown notes that there are **several possible reasons for this age discrepancy**, but one possibility is that **traders arrived at Mimbres from somewhere closer**—maybe a breeding center between macaws' northern range and the Pueblo great houses.

"It's the type of thing that we should have expected, but people didn't, on the whole," says Plog. "There's a tendency to look at the prehistoric past as a simpler time, and that's simply not the case." Archeologists are still looking for another location of an ancient breeding center to explain their findings.



## SBBS Welcomes New & Returning Members



RETURNING MEMBERS: Lisa Cooley

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

IN MEMORIAM LIFETIME MEMBER:  
Laura Lynn Porter

Number of Current Members: 65

**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 the last page 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).



Patte

## THE SOUTH BAY BIRD SOCIETY IS OUR LOCAL FLOCK.



### 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.



Laugh Kookaburra

### STAY SAFE & PROTECTED FROM GERMS! Karen Allen Reminds Us To Continue To:

- Wash your 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 indoors and when in close proximity to others. Respect people's choice on wearing a mask, even when it is not legally required.
- Keep a distance of at least 6 feet between people.



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](mailto:gidgetscal@aol.com).

The deadline for the next newsletter is *Tuesday, December 7th.*



## 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	<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>



LAUGH  
KOOKaBURra



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Webinars Listed on page 8!

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**If you need to renew your membership, go to: [www.sobaybirdsoc.com](http://www.sobaybirdsoc.com).**

**NEED A HOME for Your Ad?**

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

**SPONSORS**

Upon review and acceptance by the board of directors, any business that donates \$25 or more per month in either goods, gift certificates or money to SBBS will be known as a SBBS Sponsor. For each month, a sponsor donates to SBBS, the sponsor will be listed in the newsletter for that month depending upon the timing for publication. These sponsors are listed above. **LET'S GIVE THEM OUR SUPPORT.**



# PLEASE JOIN US



CURRENTLY, our meetings are held on ZOOM! 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)

Verify on our website of status of meetings. MOST MEETINGS are held on the 1st Monday of the month at 7 P.M.

\* 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:

<b>President</b>	Janet Ragonesi, (310) 376-5954
<b>Vice President, CFO</b>	Diane Sivas, (310) 937-9925
<b>Vice President</b>	Karen Allen, birdsnmor@aol.com
<b>DIRECTORS:</b>	
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<b>Community Outreach</b>	<b>OPEN</b>
<b>Education</b>	Karen Allen, birdsnmor@aol.com
<b>Meeting Tech Support</b>	<b>OPEN</b> ACTING—Gala Burkholder (310) 318-2662
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<b>Secretary</b>	Diane Sivas, (310) 937-9925

#### SUPPORT POSITIONS:

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<b>Cartoons</b>	June Baker, Marie Calleja
<b>“Meet-up” Site</b>	David Benjamin
<b>Photography</b>	Gala Burkholder, Marie Calleja
<b>Proofreaders</b>	Sylvia Skidmore, Marie Calleja, June Baker, Patte Fisher
<b>Website Coordinator</b>	ACTING—David Benjamin (Davidsbbsr@dbenjamin.com)
<b>Website Maintenance</b>	Harold Buchman
<b>Youth Ambassador</b>	<b>OPEN</b>
<b>ZOOM Coordinator</b>	David Benjamin (davidsbr@dbenjaomin.com)
<b>Lifetime Members</b>	Anita & Cary Pao, Karen Allen, Perry Ellwood, Jack Ford, Donna Crossley, Janet Ragonesi, Dr. Walter Roskopf, Don Hand, Bree & Deven Brozey
<b>Memorial Lifetime Members</b>	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.*



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*

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Other Phone: (\_\_\_\_) \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

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

\_\_\_\_\_ How long have you been keeping birds? \_\_\_\_\_

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

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

Do you keep birds primarily as: Companions \_\_\_ Breeders \_\_\_ Both \_\_\_ Renewal Month: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_