



Volume 49 Issue 3 Feb. – March 2022 SBBS Newsletter Established 1974

## Bonnie Zimmerman of the Indonesian Parrot Project

**ZOOM** on Sunday, March 6, at 1 P.M., PDT



**Bonnie Feeds a Hatchling Breakfast**

### New Directions in Conservation: From Tribal to Government in Indonesia

**Bonnie Zimmerman, of the Indonesian Parrot Project, serves as president, scientific advisor and project leader. As project leader, she oversees the project's international affairs, ecotourism, public education and avian management. Hear updates on Bonnie's avian conservation efforts.**

Bonnie has been involved with parrots for over thirty years. Like many people in the avian world, she started as a "pet owner" but gradually evolved to where she is today. She works to promote education, rescue, rehabilitation and enrichment for parrots confiscated from the illegal trade in Indonesia, and develops programs to protect and study endangered parrots in their natural environment.

Bonnie joined the board of IPP in 2003 as the director of ecotourism; and co-founded "Kembali Bebas" with Dr. Stewart Metz in 2004. "Kembali Bebas" is an avian rescue, rehabilitation and release center located in North Seram, Maluku. To date, it has released over 1800 endemic species of parrots and cockatoos successfully into the wild. She leads that project, as well as protecting a species of cockatoo that is on the brink of extinction, located on a remote island in the Java Sea. Bonnie has conducted and performed field work in Belize, Peru and Indonesia. She lectures domestically and internationally to conservation groups, universities and scientific organizations.

**At the conclusion of the presentation, one SBBS member will be chosen to win a \$25 Amazon gift card.**

**For the ZOOM link and to RSVP go to:**

**<https://www.meetup.com/Redondo-Beach-Birds-Meetup/>**



*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)*

#### *Inside This Issue:*

Page

- 1 March ZOOM flyer, "**Bonnie Zimmerman in Indonesia.**"
- 2-4 **President's Notes:** Greetings, Two Years Ago This Month, March Speaker, Help Wanted: Program Director, Meeting Tech Support, Raffle Table Coordinator, RSVP, Love Our Sponsors, Inspirational Message, **Janet's Flock Report**
- 5 Auction Items Available
- 6-7 Avian-Related ZOOMS/ Meetings/Walks, Health Tips
- 8-9 "**Q & A**" by Karen Allen, "The Parrot Lady"
- 10-11 Winged News: "**Ballona Wetlands Open,**" "**Wildlife Waystation Founder Passes Away,**" "**Desalination Plant Defeated**"
- 12 "**Presidents, First Ladies and Their Parrots**"
- 13 "**Ways to Give Your Parrots More Exercise**"
- 14 SBBS Memberships, SBBS Mission Statement, Cartoon
- 15 Newsletter Submissions, Adoptions, Cartoons
- 16 Sponsors
- 17 SBBS Officers & Board of Directors, Volunteers
- 18 Membership Form

# The President's Notes

By Janet Ragonesi

Greetings  
SBBS MEMBERS,  
SPONSORS AND FRIENDS,

Janet



With David's instruction, I discovered that clicking on a ZOOM link was easier than I had imagined. I'm still not sure how I managed to get it to work, but it did none-the-less. This technology allowed us to still see each other, while staying apart for our physical health.



Where did January and much of February go? I know I did not sleep though the past two months. The weather keeps changing. It is nice to feel the sunshine on my face and to hear the chirping of bird calls.

Two years ago this month, the South Bay Bird Society was planning for their annual March meeting with Dr. Rosskopf. Suddenly, we had our world turned upside down with the news of a deadly virus spreading upon our shores. We did not know much about this threat except that people were dying and there was no known cure.

The club had no choice but to cancel our usual in-person meetings for an undetermined time. Dr. Rosskopf felt it was best for him to postpone his presentation until we could meet again in-person, so we could see his slides.



Although it was not the same, ZOOMING gave us some sense of connection with others who shared our love of birds. Also, it allowed us to reach out to speakers new to our club from all over the country, and some outside of our borders.



The board members brainstormed on various ideas of how to continue the activities of our club under these scary circumstances. None of us wanted the SBBS to fall by the wayside, and stop connecting with others. We sought ways to be able to continue to achieve our main goal, namely to promote the welfare of birds.

David Benjamin



SBBS member, David Benjamin, suggested we move our meetings to ZOOM. Frankly at that time, none of us had any experience on using this technology and weren't sure how it was going to work. But, we decided to give it a try to see how we could utilize this method.



("President's Notes" continued on page 3)

*("President's Notes" continued from page 2)*

It was so great to see each other with the presentation meetings, we added holding a social ZOOM once a month. It gave us a chance to check-in with one another to see how each of us was doing. The board would choose a topic each month to give us a framework from which to start our conversation. But it did not really matter where the conversation lead to. This was a time to share our ideas and thoughts. I remember when Bree took us on a ride in her funky convertible with her parrot during a social ZOOM. At each of the social chats, we always managed to have some good laughs. With these informal gatherings, I just did not feel as alone as I might have felt otherwise in this new environment.

I hope we can meet together again soon. I'm glad we were able to continue as a club, connecting through the past two years. Gala Burkholder has kept us connected through her e-mail communications and the monthly SBBS newsletters. The board will continue to evaluate the possibility of meeting together as soon as possible. I know we are all tired of the precautions we have been taking for the past two years. Please hang in there and hopefully soon we can get back together again.

### **MARCH 6<sup>TH</sup> SPEAKER –**

#### **SBBS LONG TIME FRIEND BONNIE ZIMMERMAN**



Bonnie has an incredible bio and history with birds—promoting education, rescue, rehabilitation and enrichment for parrots. We welcome Bonnie via ZOOM with open arms! ***Check out the flyer on page 1 for info.***

### **A NOTE FROM GALA, THE NEWSLETTER EDITOR –**

*During the past two years, the board has adjusted to taking on more responsibilities with fewer members. Personally, I have been happy to take over the added positions of communication and media directors, along with continuing to spend up to 50 volunteer hours per month producing the newsletter. In addition to this, I secured 7 of the 10 speakers we have had this past year since that position has remained vacant. The current board members need more help to keep our club going. Please consider assisting with securing speakers during this year. The description of this position is listed next.*

### **SBBS NEEDS YOUR HELP** **WE ARE LOOKING FOR A** **PROGRAM DIRECTOR**

We need help!



**This board position is vital in keeping our club meetings interesting and educational as it relates to birds. The job includes seeking and reviewing possible speakers for future SBBS meetings.** We have contacts to share and other resources to help a new program director find future presenters to recommend to the club board members.

After possible speakers are agreed upon, the program director will contact the potential presenters to work out the logistics and coordinate meeting dates. Our SBBS meetings are generally held on a Sunday afternoon or Monday evening during the first two weeks of the month. The date chosen depends upon the speaker's availability, time zone differences in their locations, and other scheduling considerations.

The program director will coordinate in getting a short bio and photo of the speaker for an upcoming newsletter. They would be submitted to Gala Burkholder, the newsletter editor, to promote the speaker's presentation.

The club strives to bring in a variety of new speakers to keep the information fresh, as well as draw from some previous, well-enjoyed presenters. Potential speakers can be chosen because of their topic or area of expertise. Other speakers might oversee a bird rescue, bird sanctuary or support a cause to improve the welfare of birds. Occasionally, we include speakers to share photos of their travel excursions, which include seeing birds in the wild.

While SBBS is meeting on ZOOM, the choice of speakers can be from different parts of the country and world. The program director will coordinate with David Benjamin, our ZOOM host, to connect the speaker with him to help insure the presentation will run smoothly. When we resume meeting in person, the speakers are drawn from the surrounding Southern California area.

If you're interested in helping SBBS in this important position, please contact Janet Ragonesi – [ragonesi@att.net](mailto:ragonesi@att.net) or call (310) 376-5954 for more details.

*("President's Notes" continued on page 4)*



RSVP

(“President’s Notes” continued from page 3)

**LOOKING AHEAD:**

When we are able to once again meet in person, SBBS will need help in other ways besides “Program Director.”

- The club will need to fill the **“Meeting Technical Support Director”** to help in bringing and setting up the sound equipment, computer cables and projector when needed. No experience is necessary. You will be shown how to set-up and operate everything for the meetings.
- In addition, we will need a **“Raffle Table Coordinator”** to secure the raffle items, store them at our storage container, bring the items to the meetings and set up the raffle table. This person is oversees the selling the raffle tickets.

Please contact SBBS President, Janet Ragonesi if you will help.

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.

LOVE OUR SPONSORS



During nearly two years, most of our sponsors have stayed open, so you and your feathered children could have the things and services you needed. 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 support to our club by using their goods and services.**

JANET’S FLOCK REPORT:

My flock is doing well. Seattle, my 28 year-old White Cap Pious, has been very, very vocal since his cage-mate, Petey, passed away last year. Seattle was my second bird that my late husband, Leon, and I adopted 28 years ago. Seattle was up for adoption with the West L/A Bird Club when he came into our lives. Seattle says, “Here Kitty, Kitty”, “I love you” and a few choice words he may have over-heard Leon say on occasion. He purrs when you scratch his cheeks and loves to bathe. Some White Caps have a history of being nippy. Yes, from time-to-time Seattle has displayed this behavior. By the way, Seattle thinks he is a Macaw!



Imagine standing under a waterfall of brilliant light.

Inhale the light into your body,  
and notice the dance of rainbows  
within the sparkling light.

Let it flow through the top of your head,  
down through your shoulders and back,  
into each and every muscle and cell of your body.

Thank it for relaxing, healing,  
and rejuvenating your entire body.

From  
The Little Book of Light  
By:  
Mikaela Katherine Jones

CHEERS,  
SBBS President,  
Janet Ragonesi  
& Her Flock

# PLACE YOUR BID ON THESE ITEMS



SBBS has a few more items up for AUCTION.

These items include a macaw door mat, inspirational canvas print, painting of conures and two decorative bird pillows.

Please send your bid to Janet Ragonesi by e-mail to: [Ragonesi@att.net](mailto:Ragonesi@att.net) by 1 PM, 3/6/22.

If someone outbids you, Janet will return an e-mail prior to the closing of the bid date.

**All items are to be picked up at Janet's home in Redondo Beach by 3/12 & 13, 11AM-3 PM.**

**1. Wild Birds Unlimited: Door Mat**

Greet your friends at the front door with this charming mat decorated with MACAWS. It can be used indoors or outdoors and measures 24" X 36". This hand-tufted mat is 80% Polyester and 20% Acrylic and is UV stabilized.

Value is approximately: \$50.00      Minimum bid: \$30.00



**2. Canvas Print, "Love Who You Are"**

This inspirational canvas print measures 14" X 14".

Minimum bid: \$15.00



**3. Painting on Canvas, "Love is Love"**

These loving conures are painted on a canvas that measures 16" X 16".

Minimum Bid: \$15.00



**4. (2) Decorative Bird Pillows**

These two pillows will brighten up your living space.

Value is approximately: \$35.00      Minimum bid: \$13.00



OTHER AVIAN—RELATED ZOOMS/MEETINGS/BIRD WALKS



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

3rd Tue./mo., 7 P.M.  
Next ZOOM Meeting is  
March 15, 2022 with



Marie Jazmin  
Rios, Urban  
Wildlife Ecologist  
& Project  
Manager, PV/SB  
Audubon Chapter  
on **"All that Jaz"**

**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. March 6, 8-11 A.M.

Ken Malloy Harbor Regional Park  
with PV/SB Audubon leaders.  
Starting point is at the parking lot near  
the ranger station. Call (562) 896-3369 for  
information and reservations.

Sat. Feb. & March 26, 9 A.M.:  
(Bird Walk with Kids & Beginners):  
Madrona Marsh with PV/SB Audubon  
leader. Call (310) 782-3989 for  
information.

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

West Los Angeles Bird Club

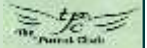


**Tentatively Meets 2nd Wednesday of the month at 7:30 PM**

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

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

The Connecticut Parrot Club



**Wednesday, February 23rd 7 PM (ET), 4 PM (PT)**

**"Why Save Parrots?" with Lauren Schmaltz,**  
**US Administrator for the World Parrot Trust**



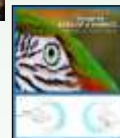
**For information on an upcoming ZOOM or**  
**to watch a previous ZOOM presentation, go to**

**[www.cafabirdclub.org](http://www.cafabirdclub.org)**



**You Can View YouTube Videos of Previous ZOOMS from**  
**The Connecticut Parrot Club:**

- The Brooklyn Parrots, Steve Baldwin
- A Virtual Tour of The Rhode Island Parrot Rescue
- Tables Communication and Play for Parrots, Jennifer Cunha
- Journey to Combine Art and Science Through Humor, Rosemary Mosco
- Through the Eyes of a Parrot, Dr. Graham Martin
- Caring for Elderly & Disabled Bird Companions, Dr. Kristin Sinclair



**Lafeber Webinars are at 12 noon PT unless noted\***

- **February 25: "Ask the Vet: Q & A" with Tom Tully, DVM, DABVP (Avian Practice), DECZM (Avian)**
- **March 4 at \* 11 a.m.: "Parrots & Hormones—Is it Time for *The Talk?*" with Dr. Stephanie Lamb**
- **March 11: "Avian Bornavirus? Avian Ganglioneuritis?: Your Questions Answered!" with Dr. Susan Orosz PhD, DVM, DABVP (Avian), DECZM (Avian) and Dr. Bob Dahlhausen, DVM (It is recommended to view the first two related webinars before attending this one due new research: <https://youtu.be/4D6SJ700moY> & <https://youtu.be/zDo71HP82B4>.**
- **March 18: "The Grey Way: Greys & Hormones—Does My Grey Love Me Too Much?" with Lisa Bono, CPBC**
- **March 25: "Ask the Vet: Q & A" with Dr. Tom Tully (See above)**



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



# Krista Renta's Health Tips—BEE POLLEN for BIRDS



Bee pollen contains many vitamins, minerals and antioxidants, making it incredibly healthy. Studies have linked bee pollen and its compounds to health benefits such as decreased inflammation, as well as

improved immunity, menopausal symptoms (a potential alternative to lupron shots for those pesky hormones) and wound healing. But as always, [check with your vet first.](#)

Local bee pollen also helps with allergies in both humans and birds. As you are aware, birds are pollinators and cross pollinators just like bees. Also, adding honey in addition to bee pollen can have added benefits to a birds diet. Makes sense right? Both are found in nature.

A bird should take a teaspoon or less per day (a few granules for a parakeet, a whole teaspoon for a large parrot use your judgement) of bee pollen. Doing this 6 weeks before allergy season and breeding season will have the best outcomes.

And adding a 1/4 teaspoon of honey with the pollen on top of your birds food each day will likely encourage picky eaters to eat their pellets. The honey addition is not necessary, but it will increase the benefit.



## OTHER AVIAN—RELATED ZOOMS/MEETINGS/NATURE WALKS



### Phoenix Landing Foundation Webinar

**Saturday, March 19**  
**10 AM-noon (PT) 1-3 PM (ET)**



**Avian Behavior and Training with Debbie Foster, CPBT-KA and CPBC**

To Register, go to:

[www.phoenixlanding.org/events.html](http://www.phoenixlanding.org/events.html)

ZOOMS are on the 4th Thur. of the Month at 7-8:30 PM, PDT

### Thursday, Feb. 24, David Newsom on “Bringing Birds Home”

Hear how having native plants can invite birds back into our lives. Indigenous plant habitat amplify bird food sources, encourage nesting and provide sanctuary for resident and migratory birds.

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

#### Previous ZOOM include topics:

- “Crows and Ravens”
- “We’ll Always Have Parrots” (In Los Angeles)
- “Our Need for Birds”
- “Tracking World’s Migrations”



**San Fernando Valley Audubon Society**

### PALOS VERDES PENINSULA LAND CONSERVANCY



#### NATURE WALK:

Saturday, March 12, 11:30 AM

#### WHERE:

White Point Nature Preserve,  
1600 W. Paseo Del Mar,  
San Pedro 90731

Explore the preserve and the Tongva native plant demonstration garden with colorful wildflowers in bloom. This is followed by an exploration of Royal Palms Tide Pools. Easy to moderate walk. Guides provided by the Palos Verdes Peninsula Land Conservancy.

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

The PVPLC website is [www.pvplc.org](http://www.pvplc.org)



**Enjoy seeing the wildflowers and other wildlife in our backyard.**



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



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

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



**Q** My boyfriend bought me a very pretty little bird. It came from Mexico, but no one seems to be able to tell us what it is. Can you help? It is red, blue, purple, yellow, orange and a tiny bit of green. Do you have any idea?

**A** HAND PAINTED!

It will probably turn out to be a Lilac Crown or Mexican Red Head Amazon, once it molts out the painted feathers. The people who do this crazy thing are really experts. I had two expert veterinarians drag me into the back of the hospital where this beautiful bird was caged and asked me, "Karen, what kind of bird is this?"

"Hand Painted" was my answer then, too!



**Q** My Amazon saw my cup of coffee on the table, ran over and took a BIG drink. What should I do?

**A** You need to not leave coffee, soft drinks or booze where the little darling can get its beak into it! Caffeine and alcohol can be quite dangerous because they make the bird's heart beat very fast, and they are not equipped to handle the effect of either.



**Q** My bird's upper beak has curled almost to his chest and he seems quite uncomfortable. Is there a way to fix this?

**A** It is imperative that you get that taken care of or you will find that the bird cannot eat properly, and could starve. You need to make sure that you see a bird person -- be it an Avian Veterinarian, an Avian tech or someone who is a known bird groomer. Then have the bird groomed properly. My personal recommendation is every 6-8 weeks for Amazons, Greys, 'Toos, and Macaw-sized birds, and 8-12 weeks on the smaller birds. Some need grooming sooner than others. You know your bird better than anyone, go by what he needs!

(“Q & A” continued on page 9)

("Q & A" continued from page 18)

**Q My bird is two years old and just won't talk. I have tried the revolving tape that just repeats one thing, and the ones with all the cute sayings and nothing works. He makes lots of noises, whistles and sounds, but no words.**

**A My first question to you would be, "Did you start out whistling at or to him?" If you did, that could be the problem. Generally, birds that start out whistling, will whistle their words which are very hard to understand.**

**The policy we have is, DO NOT WHISTLE AT YOUR BIRDS UNTIL THEY ARE SPEAKING CLEARLY. Then please WATCH YOUR MOUTH. In teaching your bird to talk, or just letting it happen, only say things that your grandmother or pastor would not go into shock hearing.**



**Q My bird wants to tear up everything he can get his beak on. What is going on?**

**A Well, my Dear, spring is upon us and the birds, both males and females, are "Twitterpated," according to Bambi, "sexually mature," according to science, and "horny," according to our dear Dr. Rosskopf.**



Try not to encourage this behavior, if at all possible, unless you are planning on breeding your birds. Then you can just go ahead and get excited!

Keep mirrors, nesting boxes and other boxes, as well as cute, crawl-into-things and toys that appear to turn your bird on all GONE!

And do be cautious because some birds get very cranky when in this mode.

Should the bird lay an egg, please leave it in the cage right where she laid it for at least three weeks from when the last egg was laid, otherwise you'll encourage her to lay more.

Don't ask me what to do if it is a male. They can be just as obnoxious without laying an egg, or a female to satisfy birdie urges.



**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 & MORE

### [Fiji Way Gates Open at Ballona Wetlands](#) **You can now access part of the Ballona Wetlands Ecological Reserve.**

Posted Tuesday, February 8, 2022



***The gates at the Ballona Wetlands Ecological Reserve are now unlocked Wednesdays through Saturdays. (Courtesy of Walter Lamb)***

PLAYA DEL REY, CA — The gates at the [Ballona Wetlands Ecological Reserve](#) are finally unlocked and people now have access to part of the natural reserve. Visitors can access a short trail with benches and a bike rack Wednesdays through Saturdays from 8 a.m. to 1 p.m. The location is a short drive, walk or bike ride from Fisherman's Village in Marina del Rey, adjacent to Whiskey Reds.

The Santa Monica Mountains Conservancy Board, which is part of the Mountains Recreation & Conservation Authority, installed the benches, gate and bike racks at the location.



This marks one step in the direction many environmentalists have advocated for over the last several years — public access and education. Marcia Hanscom, co-director of the Ballona Institute who also chairs the Sierra Club's Ballona Wetlands Restoration Committee, has advocated for this move at the wetlands.

Hanscom said she and other organizers are grateful to the State Coastal Conservancy Board member, Joseph Alioto, for listening to the public over the last two years. The community has worked hard to protect the land from massive condo developments and marina expansion, she added. "Alioto was appointed by Governor Gavin Newsom, and we hope that they both begin to listen to the public about what more is needed at Ballona — and not bulldozers," Hanscom said.

Conservationists had long complained about the lack of public access to portions of the reserve and what they see as destructive work being undertaken by SoCalGas, an activity that the Sierra Club's Hanscom claims have generated complaints from nearby residents.

### [Wildlife Waystation Founder Martine Collette Passes Away At 79](#)

Martine Collette, the founder of the now-closed Wildlife Waystation passed-away recently at the age of 79. The cause of her death was not disclosed. Collette founded the 160-acre animal sanctuary in 1976, rescuing and housing thousands of wild animals during the four decades the facility was under her direction. The Wildlife Sanctuary closed in 2019 after being battered by a number of natural disasters that included wildfires and severe flooding.



*("Winged News and More" continued on page 11)*

("Winged News" continued from page 10)

## WINGED NEWS & MORE

### West Basin Ocean Desalination Proposal Defeated in Los Angeles, California

Just before most government offices shut down for the holidays *on December 22, 2021, the West Basin Municipal Water District voted to terminate a proposed ocean desalination facility and, instead at this time, pursue more sustainable water supply options for Los Angeles.*

This decision capped off a 20-year campaign led by the Surfrider Foundation South Bay and Los Angeles Chapters to protect their coast from the harmful impacts of the Ocean Water Desalination Project proposed right next to the beach in El Segundo, California.

Surfrider Foundation has opposed the West Basin Ocean Water Desalination Project since it was first proposed back in 2002, because of the many harmful and wasteful impacts it has on marine habitats and coastal communities. **If not done properly, seawater intake unnecessarily kills fish and other marine life.** **Desalination also produces a highly concentrated brine discharge that degrades water quality and marine life habitat if not properly diluted.**

Desalination is also the **most energy-intensive and expensive water supply option in California.** A great amount of energy is required to remove salt from ocean water. **Desalination facilities increase local greenhouse gas emissions and worsen other impacts of climate change such as sea level rise and ocean acidification.**

Confounding these negative climate impacts, the West Basin desalination plant was proposed to be located immediately adjacent to the shoreline, **exacerbating beach erosion,** at a time when we should be moving away from the shoreline to protect our coastal communities and infrastructure.

At this time, the Surfrider Foundation instead advocates that coastal communities employ a more holistic and sustainable approach to meet their growing water needs. **Alternatives such as water conservation, water use efficiency, storm-water capture and reuse, recycled water and multi-benefit conservation efforts** like Surfrider Foundation's Ocean Friendly Gardens program, are less expensive and harmful than desalination. These alternatives provide multiple economic and environmental benefits, including water quality improvements, **habitat restoration,** reduced energy demand and natural flood control. *(Editor's Note: The city of L.A. plans to recycling waste water into drinking water).*

To defeat the proposed desalination project in El Segundo, activists from Surfrider Foundation South Bay and LA Chapters have been showing up at public meetings and submitting comments against desalination and to urge the West Basin Municipal District to pursue additional investments in recycled water and water efficiency programs instead for the LA region. **A special shout out is due for South Bay chapter volunteer leader, Craig Cadwallader,** for his tireless efforts in attending hundreds of West Basin MWD meetings over nearly 20 years to track and advocate against the project.

You see Craig at many local events. My parrot always want to go on him whenever she sees him. She is a good judge of character!



***Surfrider Foundation staff and volunteers attend a rally against the proposed desalination facility, from left to right: Graham Hamilton (Surfrider LA), Craig Cadwallader (Surfrider South Bay), Bill Hickman (Southern California Regional Manager) and Mandy Sackett (CA Policy Coord.)***

**In honor of Presidents' Day, here are some fun facts about two of our Presidents and First Ladies and their parrots....**

*Dolley with her parrot on her shoulder*



**Snipe (aka Polly) the Parrot – George and Martha Washington**

The First Presidential Parrot

Our nation’s first president, **George Washington** (1789-1797) was more of a dog lover, but **First Lady Martha Washington** appears to have been the parrot person in the family. According to *GeorgeWashingtonWired.org*, Martha had a **green parrot named Snipe**. (Some historical accounts reference a parrot named Polly).



*“Photo For Representation Purposes”*

Also mentioned in historical accounts is that up until the days before Martha Washington’s death, there was a **cockatoo** residing in the back piazza of Mount Vernon. Her tending physician later described it as being quite fond of her. (Interesting fact: President Washington is the only president never to have resided in the White House).

**Polly the Green parrot – James and Dolley Madison**

**James Madison** and his **wife Dolley** served as the nation’s 4th President and First Lady. Their time was an exciting one, as it was during this time period that both the Bill of Rights and the Constitution were drafted, with Madison famously playing key roles in both. On the home front Dolley earned a bit of fame herself, but not just for politics – for her **macaw parrot**.



*“Photo For Representation Purposes”*

Dolley’s parrot, Polly, would often perch on her shoulder as she went about her daily life. She would often greet people in the Reception Room at the White House with her parrot, which she used as a conversation-starter for visitors who were too timid to spark up conversation first.



Polly was popular with adults and youngsters alike – children would often gather outside the Madisons’ home to watch Dolley and Polly through the windows. To the delight of the children, Dolley would often get Polly to speak for them.

During the War of 1812, Dolley was forced to leave the White House in haste due to an imminent British attack. She had limited space with which to transport items and had to choose what to take and what to leave behind. She took very little, but she did save the iconic portrait of George Washington and of course, Polly. Once safe, Dolley sent Polly to the French consulate for a short time to ensure her safety.

However, as much as she may have delighted children from afar, Polly could be naughty. She would occasionally dive-bomb and attack guests. She even bit the President – one day when Polly attacked a female guest, Madison attempted to go to her rescue only to have the irked parrot bite his finger down to the bone. Madison bore this stoically and even laughed with the guest afterwards. It’s rumored that Polly’s vocabulary included some naughty words and that Dolley could be heard telling the parrot to “hush” after some vulgarity was uttered.

Macaw parrots can live up to 50 years, and Polly was no exception to this rule. When James Madison died on June 28th, 1836, Polly was still alive and well. It has been rumored that the parrot outlived Dolley as well, but this is unsubstantiated. What is known is that Polly – who had feared hawks all her life – unfortunately attracted the attention of a one, who, disregarding all fame, made her his prey. Dolley Madison died on July 12th, 1849 and no mention of Polly can be found afterwards.

## Ways to Give Your Bird More Exercise



*In the wild, parrots, and other pet birds fly hundreds of miles per day, forage for food, and participate in countless other survival-related activities that help give them intense physical workouts. Placing birds in captivity inadvertently limits their opportunities to provide themselves with adequate exercise to maintain their physical conditions. Bird owners must do what they can to maximize their pets' opportunities to move around and exercise more.*

*Follow the tips in this article to help your feathered friend become more healthy, happy and active.*

### Try Some Physically Challenging Toys

Bird toys can be more than just playthings—with a little imagination, **they can also make great exercise equipment** for your companion parrot. Buying things like **ropes and ladders for your pet to climb on** can encourage movement and the working of major muscle groups in your bird. Finding fun "foot toys" for **your bird to toss around and play with outside of his or her cage** can promote good exercise habits as well.



Whatever toys you choose, make sure to secure as much of a variety as possible and rotate them in and out of use so that your bird doesn't get bored with them too quickly.

### Play Games with Your Bird



Inventing some physically involved games to play with your bird is another great way to get your pet moving and on his or her way to optimum physical health. Does your parrot have a **favorite toy**, such as a small ball, that he likes to play with? If so, try a **simple game of fetch to get your feathered friend on his feet.**

Some birds may **like to chase things**, which can offer a great way to get your pet's heart pumping. **Try tying a toy to a string and pulling it around for your bird to try and catch.** Just be sure to only allow your parrot to play with this toy while you are supervising. Loose strings can be dangerous to companion birds if owners aren't careful.

## Teach Your Bird Some Fun Tricks

Perhaps the single most important thing that you can do to help give your bird more opportunities for exercise, is to make sure your **bird gets to come out of his or her cage for supervised playtime every day.**

Birds in the wild can walk around and stretch their wings and legs whenever they need to, but companion birds can feel cramped in a cage, no matter how spacious.

Allowing your bird to have supervised playtime in a bird-safe area of your home each day will help make sure that all your pet's muscle groups get the exercise that is so vital to their maintenance.

### Try Dancing

If all else fails, most companion bird owners can get their parrots to exercise with the help of a little music. **Birds are naturals at dancing and seem to just love shaking their tail feathers to an upbeat tune.** Try setting aside a few minutes each day to listen to the radio with your bird, and pay attention to the kinds of music that he or she seems to respond to the most.

Once you have figured out the type of music that gets your pet moving, you can make a customized playlist for your bird to dance its heart out to. Not only will this offer your companion bird some much-needed exercise, but it's also pretty entertaining to watch.

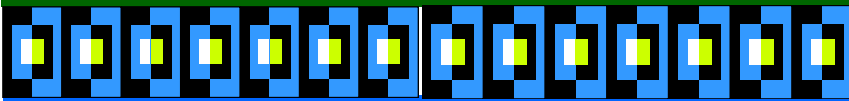
### Dance an Irish Jig with your parrot



*Jasper is always ready for a holiday celebration!*

## Senegal takes it to the hoop





THE SOUTH BAY BIRD SOCIETY IS OUR LOCAL FLOCK.

SBBS Welcomes  
New & Returning Members



RETURNING MEMBERS: **Frank Miser**

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 [pattfisher@verizon.net](mailto:pattfisher@verizon.net) or call (310) 316-9843 (home) or (310) 418-9096 (cell).



Patte



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



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 N95, KN95 or KF94 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:

- ☀ 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.



Kahlia & Gala

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, March 9th.

## 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>



March Madness—Bad Shot!



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

#### DIRECTORS:

<b>Communications</b>	Gala Burkholder (gidgetscal@aol.com)
<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
<b>Membership</b>	Patte Fisher, pattefisher@verizon.net, (310) 316-9843 or cell: (310) 418-9096
<b>Newsletter &amp; Flyers</b>	Gala Burkholder (gidgetscal@aol.com)
<b>Press/Media</b>	Gala Burkholder (gidgetscal@aol.com)
<b>Programs</b>	<b>OPEN</b>
<b>Raffle &amp; Sponsors</b>	Janet Ragonesi, Patte Fisher
<b>Secretary</b>	Diane Sivas, (310) 937-9925

#### SUPPORT POSITIONS:

<b>Adoptions &amp; Foster Care</b>	Janet Ragonesi, (310) 376-5954 Marie Calleja, (310) 529-1408
<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)***

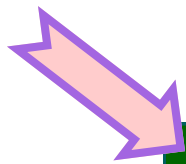
*The people listed above have chosen to "Step-up" to help with our club.*



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*

New \_\_\_ Renewal \_\_\_ Former Member \_\_\_ / Family \$40 \_\_\_ Individual \$32 \_\_\_ Senior (60+) \$25 \_\_\_ Lifetime \$350 \_\_\_

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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: \_\_\_\_\_