



Volume 47 Issue 2 January-February 2021 SBBS Newsletter Established 1974

Nikki Buxton will give us a tour of “The Aviaries at the Bird Rescue in Belize”

ZOOM on SUN., Feb. 7th, 2021 at 2 P.M.

Nikki Buxton is a founding member and managing director of the Belize Bird Rescue since its inception in 2004. Although the Center works with every species of indigenous birds, her passion has always been parrots. Nikki has a BSc. Hons (Biology & Natural Sciences).



The Missions Statement for the Belize Bird Rescue Center is: *To encourage empathy for and awareness of the importance of the preservation of indigenous bird-life by means of education, conservation, enforcement and rehabilitation.*

They protect, raise and release parrots which are under pressure from poaching. The endangered, endemic yellow-headed parrot is a high priority for the center as their numbers are in steep decline. Although the center focuses on parrot conservation, they are also Belize’s only multispecies avian rescue center and rehabilitate all species of raptors, passerines and waterbirds.

Belize Bird Rescue is situated on a 50-acre private wildlife reserve bordered by 100 acres of dense forest providing a secure release site for the birds. The parrot facilities are extensive and growing every year. The center (NGO) operates under license and support from the Government of Belize Forest Department.



Join us on a ZOOM from Belize and see and hear all about what Nikki and her crew do to help our feathered friends.

See more information on this presentation on page 4.

Click on ZOOM link:

<https://us02web.zoom.us/j/89909815385?pwd=bkRTYW4wUDU1dUtCemFSWjN2aVhNZz09>

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

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Dr. Amy Hopkins, her Galah, Rosie, and friend.

Dr. Amy Hopkins shared her adventures of “The Parrots of Australia”

Monday, January 11, 2021 Presentation via ZOOM

By Diane Sivas

If you’ve ever wondered what species of parrots are flying around Australia, our January speaker, Dr. Amy Hopkins, was able to answer all of our questions. The month she spent traveling through the country with a good friend and a top-notch guide made her an expert on the subject. There were supposed to be several others on the tour, but cancellations turned this into a personalized tour for the two of them.

Following a few brief opening comments from Janet, Gala introduced Dr. Amy Hopkins, who was on hand for the hour ZOOM meeting with Dr. Stephanie Lamb. Kudos to Gala for reaching out and securing Dr. Amy for our January meeting. She is the president of the oldest companion parrot club in Connecticut, and a licensed wildlife rehabilitator and avid birdwatcher.

After a couple minutes of set up, Dr. Amy was off and running. There are 53 – 56 species of parrots in Australia, she told us, and she was fortunate to see about half of them on her month-long trip in September 2016. She made a total of ten stops during her visit, mostly in the eastern half of the country.

The first bird she encountered was the Galah, (Rose Breasted Cockatoo) a special treat for her, followed by the sighting of an Australian Ringneck (not related to the Indian Ringneck). Australian Ringnecks are ground feeders, as are most of the parrots in the country, and would often fly down to the table she was sitting at and partake of whatever was there for consumption.

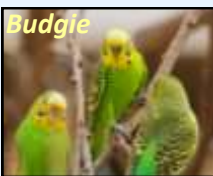


Galah

(Rose Breasted Cockatoo)



Australian Ringneck Parrot



Budgie

There are plenty of budgies in the country, but there was only one that they were able to follow. Unlike the varied colors of budgies that we have here, the wild budgies there are exclusively green and yellow. Because of the excessive rain fall when she was there, the budgies weren’t congregating at water holes (water was everywhere for drinking), which is, unfortunately, why they didn’t see them in large flocks.

Dr. Hopkins’ presentation included fabulous photos and short videos to go along with the stories she told about her adventure. She captured amazing photos of the Splendid Fairy-Wren, Superb Fairy-Wren, Zebra Finches (flocks that hung out with her), and the hundreds of cockatiels that she encountered in Brisbane. The cockatiels that she saw, she said, displayed the exact behaviors as the ones she has at home. She noted that, since most birds in Australia walk on the ground, most consume a great quantity of greenery.



Splendid Fairy-Wren



Superb Fairy-Wrens



Zebra Finch



Cockatiels

(“Dr. Amy Hopkins” continued on Page 3)

(" Dr. Amy Hopkins" continued from page 2)



Sulfur crested cockatoos

Sulphur crested cockatoos are also abundant in Australia and can be a little brazen – like stealing things (food) from tables and often being rather pesky. Cockatoos are generally flock animals, unlike macaws and other parrots who are not.

The Corellas she observed also travel in numbers and can be very destructive to trees. She had video of these guys hanging out and doing their number on the trees. She also had photos of a Leadbetter Cockatoo, who was previously known as a Major Mitchell's Cockatoo (the name has now fallen out of favor).



Corellas



Leadbetter Cockatoo (Major Mitchell's Cockatoo)

(Pink Cockatoo)



Mulga Parrot



Pale Headed Rosella



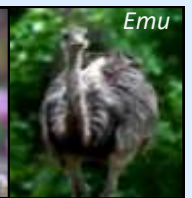
Crimson Rosella



King Parrot



Rainbow Lorikeet



Emu

Other birds she observed were the Mulga Parrot, Pale-Headed Rosella, Crimson Rosella, King Parrots, Rainbow Lorikeets, Red-Winged Parrot and Emus. And flies!! Lots and lots of flies that can (and did) make life more than a little miserable!



Emu



Dangerous



Cassowary



Encounter

Dr. Amy had a "special encounter" with a Cassowary, who has the capacity to dismantle a dog. She was following one to get photos, when suddenly, the bird turned and looked her directly in the eye. Yikes! She stayed perfectly still, and the bird eventually moved on, but she's not too anxious to go through that again!

In addition to the birds she encountered, she also saw camels. She explained that these were brought to the country in the 1800s and have now multiplied to about 750,000. And, of course, she saw lots of kangaroos and wallabies and had the awesome opportunity to hold a koala bear. Cuddly, but heavy, she told us.



Kangaroos



Koala Bear



I'M A COCKATOO TOO!

Twenty-three members were on the ZOOM with us, and they had lots of comments and questions once the program concluded.

A big shout out and thanks to Dr. Amy Hopkins!



Diane Sivas & Cheeto

For the February ZOOM meeting, with Dr. Amy Hopkins' help, Janet has rounded up folks from the [Belize Bird Rescue](#), so you won't want to miss this one. See more about Nikki Buxton, the co-founder and manager of this rescue and rehabilitation center on pages 1 and 4. **Please plan to join us!** This ZOOM meeting is scheduled for a daytime tour of the center on a **SUNDAY AFTERNOON!**

The next meeting is on Sunday, February 7th at 2:00 P.M.

Until then, love your bird!
Diane Sivas



The President's Notes

By Janet Ragonesi

Greetings
SBBS MEMBERS,
SPONSORS AND FRIENDS,



January 2021 has been challenging to say the least! I wish everyone these heartfelt words! ***"You Are Needed and Now Is Your Time!"*** These words were spoken by a gentle, sensitive man named Lee Harris that resonates with me!

In the middle of January, the weather was outstanding 70 degrees plus, the ocean gleaming in the sunshine! As I walked to the beach, I listened to the sounds of the ocean and the laughter of children at the shore!



Just before sunset, I could hear the calls of the wild parrots and seagulls flying off to roost for the night, as the sky is filled with vibrate colors! Another beautiful sunset in California that always makes me smile!

ZOOM WITH US

SBBS had been on the fore-front when communicating with our members by ZOOMING with speakers from across the county. Everyone is welcome to join us with our ZOOM! I would be happy to walk you through the ZOOM sign-in! E-mail me a few days prior to our next ZOOM at ragonesi@att.net

SBBS ZOOM MEETINGS
WITH SPEAKERS:



THANK-YOU TO
DR. AMY HOPKINS who spoke on
"THE PARROTS OF AUSTRALIA "
on Monday, January 11.

Dr. Amy Hopkins, all the way from Connecticut , shared her stories, photos and videos of her exciting wild parrot bird adventures in Australia. I never realized Australia had so many different types of birds. ***Be sure to check-out the Secretary's report and pictures of the colorful birds she saw "Down-Under" on pages 2 and 3.***

ON SUNDAY, FEBRUARY 7 AT 2 P.M.

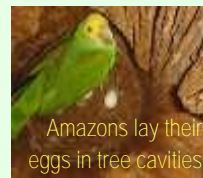
NIKKI BUXTON of the **BELIZE BIRD RESCUE**

TO GIVE US A TOUR OF THE BIRD RESCUE CENTER

Our next ZOOM will be from Belize with co-founder and manager, Nikki Buxton, of the Belize Bird Rescue. She will show us a walk-through of the aviaries and a tour of the medical center, and some of the special needs birds.



SCENES FROM THE BELIZE BIRD RESCUE



Amazons lay their eggs in tree cavities



Where is Belize? Belize is a crown jewel of a country with a small population of 400,000, nestled between Mexico to the north and Guatemala to the west. The country gained independence from Britain in 1981 and remains the only English speaking country in Central America. Around 26% of the total land area falls under official habitat protection and likely a further 10% is privately protected making it a renowned wildlife haven.



Please note: The speaker presentation will be held on **SUNDAY at 2 P.M.**



Map of Central America highlighting Belize

See the flyer on page 1 for more information on Nikki Braxton, the Belize Bird Rescue and the ZOOM link.

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

MORE SBBS ZOOM MEETINGS WITH SPEAKERS:

ON MONDAY, MARCH 1 AT 7 P.M. 

DR. WALTER J. ROSSKOPF, Jr., DVM,

Diplomate ABVP

TO SPEAK ON AVIAN MEDICAL ISSUES

Dr. Walter J. Rosskopf, Jr., DVM, an innovator in avian care and medicine, has earned local, national and international recognition for his accomplishments and contributions regarding the veterinary care of caged birds and other companion exotic pets. He will speak on various issues in avian medicine based on his vast experience regarding avian medical care at his practice at the Avian and Exotic Animal Hospital. *(See the flyer on page 9 for more info)*

The ZOOM link is: <https://us02web.zoom.us/j/89909815385?pwd=bkRtYw4wUDU1dUtCemFSWjN2aVhNzZ09>



Karen Allen & Dr. Rosskopf at our March 2020 meeting

SBBS SOCIAL ZOOM MEETINGS:

7 PM, MONDAY, FEBRUARY 15

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

Watching Dr. Amy Hopkins' presentation photos and videos on "The Parrots of Australia" last month, we saw cockatoos, indigenous to this area, feeding on the ground, eating green shoots. After her trip "down-under" Dr. Amy started planting and growing her own greens which she feeds to her cockatoos, often at the bottom of their cage.

We also saw how Dr. Stephanie Lamb places various greens in her bird cage to foster their foraging instincts.



At this social ZOOM, we will discuss types of food and methods we can feed our birds based upon their feeding habits in the wild.



Let's share our ideas and learn together how we can better modify our parrots feeding based upon what and how they eat in the wild. *See page 16 for info.*

Summaries of the SBBS December Holiday SOCIAL ZOOM PARTIES!

This year, many of us were not able to be with family or friends during the holidays. SBBS reached out to make it a bit easier for our members by providing a safe and fun option to be with someone during this time. ZOOMERS often dressed up for holiday parties, had a few laughs and spread some holiday cheer!

The two themed parties in December were:

HOLIDAY PARTY & FAVORITE HOLIDAY DECORATIONS, TREE ORNAMENTS, COOKIES & MEMORIES SHARE! and

Bring In The New Year Party!

Hear about some of what took place at these holiday parties on page 17.



EMERGENCY KEY TAGS CAN HELP!

I have ordered some key tags that say "My Pets Are Home Alone" which can be vital in the case I was ever in an accident. The tags provide instructions to whoever finds me, to **please contact the following people to care for my birds!!!**



Patricia Green, a SBBS member, shared with those of us who were on the **January Social ZOOM**, about this useful tag to attach to our keys. **The tag signals to others the need to contact your pre-designated person, regarding the care of your pets until you are able to get back home.** This is another tool each of us can utilize when you might be subject to a personal emergency! **Home Alone Pet Safety Card and Fob Key Ring Set (WeAreShakePaws) \$5.52** (Each unit contains two key rings [does not include split rings] and two cards).

https://www.etsy.com/uk/listing/487280631/home-alone-pet-safety-card-and-fob-key?ref=shop_home_feat_4

("President's Notes" continued on Pg. 6)

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

CARE AND HOPE

I am still masked, social distancing and washing my hands! I have had two COVID-19 tests - each negative, so my preventative measures seem to be working.



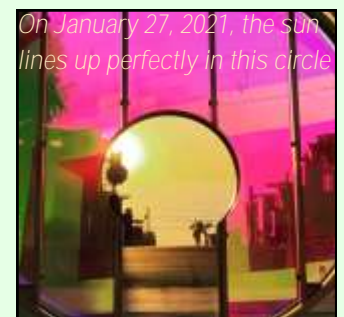
My heart goes out to any of you that have suffered a loss. I do miss meeting with our members, friends and sponsors each month. I miss seeing our birds and interacting with one another! I am optimistic that sooner than later, we will be back at the Kiwanis Club building!

REACH OUT TO CARE FOR EACH OTHER

The need for us to reach out to our SBBS members, neighbors, friends, family and the community continues to come to my attention.

I am reminded in seeing the daily news, the terrible impacts of COVID on our own health, which highlights the issue of **being able to continue to take care of our pets**. As we have discussed at several of our meetings on “Emergency Preparedness” and “Responsible Pet Ownership,” we each need to plan with others to take care of our pets, if it becomes necessary!


Please reach out to someone familiar with your pets, to arrange with them to be able to take care of your pets in such an emergency! Have you spoken with them recently about this issue?



On January 27, 2021, the sun lines up perfectly in this circle


Check in with one another!!!! *At the Manhattan Beach Library*
This is when our SBBS friends can support each other. If it became necessary for you to have to leave your home unexpectedly, be prepared *before* the emergency. I check in with several of my friends every day.

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



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

Thought for the day:
You need to let little things that would ordinarily bore you suddenly thrill you.



By Andy Warhol



Cheers,
Janet Ragonesi, SBBS President

The following article is written by member, Patricia Green, and her opinions are not necessarily of those of SBBS.

"Considering the Big Picture of Having a Companion Parrot." By Patricia Green

Are you aware that what you tell others when you're asked about owning a parrot is very important? They need to know the big picture, not just the beautiful parts. (Consider your response needing to be similar to as if someone asked, "How do you like having children?").

By being prepared to present that "Big Picture," you could be a huge factor in preventing some sad re-homing of parrots who turn out to be more demanding, more fragile, and more complex than the new owners imagined. (Many parrots are re-homed more than once).

Because parrots are extremely appealing, until you actually live with them, you might not realize you have to reconfigure your entire life to accommodate their needs.

This posting is to provide the concerned "advocate-minded" parrot-parents with some ideas useful when responding to those friends who whimsically state "I want one!" as soon as they see how cute and beautiful your parrot is.

Conveying that message: You could start by telling of your initial expenses (parrot, cage, perches, toys, food, treats, sleeping mat, play gym, etc.); follow that closely with maintenance costs (grooming, emergency and regular avian vet visits, monthly food bills, new toys, carpet spot cleaner, replacement of damaged anything, etc.). This alone may be enough to stop the "whim."

Let them handle your parrot just enough that they get screeched at, pooped on, scratched, etc.

Explain that it's like bringing a 2-yr-old toddler home to live with your family: A toddler requiring constant supervision and lots of love and affection, who makes demands, can bite, and can throw hissy fits, who can be very messy, who requires specific living conditions, specific room temperatures, special diets, special toys, and expensive, Avian-trained vets; the only basic difference is that a toddler will mature, become a human adult, eventually leaving the parent to live a life of its own; however, a parrot remains the 2-yr-old toddler for its entire life -- totally dependent on the parrot-parent(s) for everything, requiring total love and lots of personal interaction all its life, and that life can be long -- conures can live about 40 yrs.; bigger parrots' lifespans range up to 100 yrs. for macaws.

If that hasn't opened their eyes enough, maybe now's a good time to show them some Internet photos of parrots who pluck their own feathers and explain that many complex factors can contribute to this heartbreaking situation and that parrots are very sensitive and that they can harm themselves. Mention that the nurturing care that the parrot receives from its hatch date on, before coming to live with you, is extremely important for the parrot's well-being for its entire life.

It's important for everyone to realize that they will get conflicting advice at some point in searching for nurturing information; just be aware of that and that when you do get conflicting advice, it's a good indicator that it might be an unsettled question with multiple points of views on it.

Just be aware; owning a companion parrot is not "having a pet." It's a LIFESTYLE!!!

Be strong; you may need to do this more than once. Please share this with anyone you like, in any way you like. ❤️ ❤️ ❤️

My note to go with it: **Please share this with others in any way you like. There are too many thrown-away companion parrots!**

(Patricia Green's Conure)

ADOPT A PARROT, DON'T BUY.

Note: Fine Feathered Friends Foundation and others listed under "Adoptions" on page 17 re-home birds.

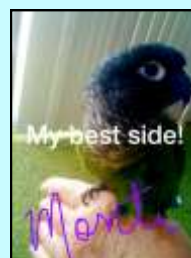


THE SOUTH BAY BIRD SOCIETY

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.



Palos Verdes/South Bay



AUDUBON SOCIETY
NOW ON ZOOM!

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

February 16TH Program:

Randy Harwood,

Naturalist, wildlife photographer and PV Peninsula Land Conservancy board member on, "The Birds and Bees (and more) - a photographic celebration of the animal life in and around Palos Verdes."

At this time, BIRD WALKS are CANCELED

*BIRD WALKS:

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

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

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

South Coast Botanic Garden with Audubon leader David Quaadhamer

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

The Connecticut Parrot Club

Their ZOOM presentation speaker in March will be Dr. Irene Pepperberg, one of SBBS's most popular speakers.



Details will be e-mailed to SBBS members when they become available.

Dr. Amy Hopkins is the president of this parrot club. The web site for this parrot club is: <http://www.cafabirdclub.org>

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

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



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

Your bird knows best!



STAY SAFE!

Karen Allen Reminds Us To Continue To:

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



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

CHECK WEBSITE TO CONFIRM CANCELED BOB BIRD WALKS

BIRD WATCHING WITH BOB SHANMAN

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

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

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

Where: **MADRONA MARSH**

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

Where: **BALLONA WETLANDS**

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

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

Other BIRDING Locations:

Where: BALLONA WETLANDS, KEN MALLOY HARBOR REGIONAL PARK (see PV/SB Audubon Society in the top, left, yellow box), BIXBY MARSH

(See "Events" on Wild Birds Unlimited web site: redondobeach.wbu.com or call (310) 543-2473 to know more)

Palos Verdes Peninsula Land Conservancy
RSVP: at pvplc.org, select "Events & Activities"





Dr. Walter Roskopf, Jr., DVM, Diplomate ABVP will speak on Various Avian Issues

Z O O M on Monday, March 1st, 2021 at 7 P.M.

Dr. Walter J. Roskopf, Jr., DVM, an innovator in avian care and medicine, has earned local, national and international recognition for his accomplishments and contributions regarding the veterinary care of caged birds and other companion exotic pets.

He will share with us basic principles and various issues in avian medicine based on his vast experience regarding avian medical care at his practice at the Avian and Exotic Animal Hospital located at 4871 W. Rosecrans Avenue in Hawthorne, California.

Bring your avian questions and see what the good doctor has to share.



The ZOOM link is: <https://us02web.zoom.us/j/87648608362?pwd=bUxOSVVMWFY5Ly84QkIOR3UveEw2Zz09>

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



Q & A *By Karen, The Parrot Lady*



The answers to your questions are MY opinion based on nearly 50 years experience. I donated my time to Avian and Exotic Animal Hospital, working with Doctors 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 darling Love Bird got a hold of my fiancé's Cedar (Cigar) Spill, ate a bit and died. Is cedar toxic to birds?



A No, untreated cedar is safe for birds. Most of the breeders use it in the nesting boxes for the eggs and babies, and have for years.

For those who do not know what a Cedar Spill is, it's something to light a cigar with, and the aroma enhances the taste and smell of the cigar.



You might consider getting the Spill tested to see what chemicals are on it that affected the bird, and do pass it on to us so we can tell others.

PLEASE keep all smoking paraphernalia out of the house and away from the birds.

Q My Eclectus has stopped eating and is not acting herself. Can you help?

A After asking several questions, I found two things are going on:

- The bird is making little clucking noises and putting her tail up in the air. She is very clingy and wants to be with the owner 100 percent of the time! Sounds like she may be getting ready to lay an egg. She is totally off her food and is very quiet.



- They just got a new Air Fryer, used it once, and the bird has just not been herself since. In checking the directions, it had a non-stick grill to keep the food heating evenly. **OMG!** Who knew? I was getting ready to get one myself. We are now checking to see if any other parts are self-cleaning or are non-stick materials.



FYI: Any non-stick cook wear or self-cleaning ovens, (even if the self-cleaning feature of the oven is never used), when overheated, can be deadly to your birds!



("Q & A" Continued from page 10)

WORDS OF ADVICE FROM KAREN, THE PARROT LADY:

Please do not buy baby birds that are not weaned. I had a very lovely lady bring me a cockatiel that was sold to her from a breeder at 5-6 weeks old. He told her to tube feed it, which means sticking a tube down the throat to put the food directly into the crop. **HOWEVER**, the crop and lungs are next to each other, and if the tube goes the wrong way, you will get food in the lungs and it will suffocate (aspirate) and not survive. The same thing can happen when hand feeding with a syringe. If you don't know what you are doing, **PLEASE DO NOT DO IT!** In the state of California, I am not allowed to sell a bird that has not been eating on its own for 2 weeks...The best law ever!



This sweet lady decided not to tube it, and was using a syringe. The bird was eating 4 CCs at a feeding twice a day. The bird never stopped crying. It needed at least 12 CCs 4 times a day. I fed it, showed her how, the bird got quiet and went to sleep. Amazing how a full, contented baby can get happy quickly.....Seems like we all do about the same thing, don't you think?



Q



Can Cockatiels speak?

A

The male Cockatiel can be an excellent talker. The female can talk, but is not, as a rule, known for being great at it. (There are always exceptions to the rule!)



I always loved the story my friend's dad told. He was in the insurance business at a time when insurance people went to your home and conducted business. He walked into a lovely home in Westwood, and a gregarious grey and yellow 'Tiel with dark orange cheeks, landed on his shoulder and said, "Hi, I'm a bird. What are you?" This is the only time in this man's life that he was completely at a loss for words!

Keep safe; maintain your distance;
wear your mask because you care about others
and give your feathery kids a big smooch from me!

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. The phone number is: (310) 370-7550. She counsels and trains new bird owners and is a published writer.

Send your questions for "The Parrot Lady" to:

Karen Allen, P. O. Box 3863 Redondo Beach, CA 90277-3863

Email: Birdsnmor@aol.com



New Year's Resolutions and Renewal of Vows for Parrot Owners

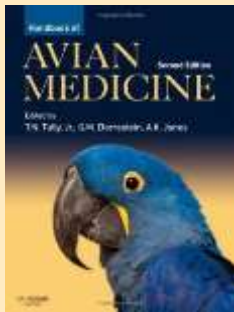
Play with my bird for short periods during the day, even if it is just a few minutes, so the bird knows he or she is really part of the family flock.



Make sure my pet bird learns how to eat a new healthy food. This means I'll keep trying, even if my bird is picky and refuses



Read everything I can get my hands on about my species of bird so I know what is best for him.



Clean my bird's cage thoroughly once a week in addition to daily maintenance. This means really scrubbing every nook and cranny of the cage and disinfecting it properly.



Take my bird to an avian veterinarian for that checkup I've been meaning to do for many years.



Put together that emergency kit I've been meaning to put together for a long time.



Get my bird some new toys and rotate them regularly so he has sufficient stimulation and fun!



Take the time to talk to my bird, once again letting him know he is part of the family.



Double-check there are no hazards in my home I may not have noticed before, such as hidden nonstick surfaces, small items that could be chewed up and swallowed that might hurt my bird, poisonous plants, or scented items that might harm my bird's lungs.

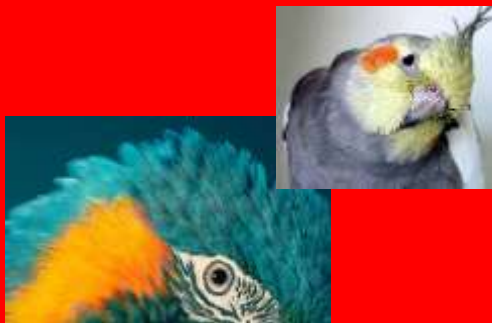


Stop allowing those bad habits to escalate into real behavioral problems by setting the rules and boundaries and consistently training and reinforcing positive behaviors.



("New Year's Resolution and Vows" Continued from page 12)

Take the time to observe my bird so I understand her moods and needs.



Teach someone else how to handle my bird in case I am ever not around when my bird needs immediate help.



Never give up on my birds. I will work through issues as they arise and attempt to understand how my bird thinks and feels. I will seek out veterinary care or an avian behaviorist and never relegate my bird to a closet or lock him forever in his cage out of fear of being bitten.



Give my bird a shower a few times a week to keep her feathers healthy and glowing.



Work on the basics of gentle dominance, such as the step-up command and the step-down command.

Make a life-long commitment to the living, feeling creature that is my pet, never choosing convenience over what is best for my bird.



On NEW YEAR'S EVE, those who linked-in on the ZOOM PARTY, shared **WHAT THEY HOPED TO DO after** they got the Covid-19 vaccine *instead of* how they wanted to change themselves for the better. We all disclosed our PLANS for a time to get back to those things we love to do, but we have been unable to do so because of the pandemic. (See pg. 17)

With VALENTINE'S DAY ❤️ around the corner, NOW is a good time to renew our commitment to those we love and those we are responsible for in promoting their well being.





SBBS Welcomes New & Returning Members

New Members: **Patricia Ann Green (Pat)**

RENEWALS: **Debbi Folsom, Jan Julien**

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

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

Number of Current Members: 64

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

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

To join SBBS, please print page 20 of the newsletter or go to www.sobaybirdsoc.com 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



Patte

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,

The West L.A. Bird Club

All Meetings are currently

CANCELED due to COVID-19

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

At the American Legion Hall

5309 Sepulveda Blvd., Culver City
www.westlabirdclub.com

For info. Contact
President, Doreen at
djseelig@aol.com
or (310) 488-9749



OPTIONAL MEET-UP RSVP FOR SBBS MEETINGS

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

Long Beach Bird Breeders

ALL MEETINGS ARE CURRENTLY CANCELED DUE TO COVID-19 Meetings are normally held on the 4th

Tuesday of each month at 7 p.m. at the American Legion Hall, 5938 Parkcrest Avenue, Long Beach, CA 90808 (S. of Carson, E. of Woodruff Ave.)



For info call: (562) 881-9847
Longbeachbirdbreeders.com

PARROT EDUCATION & ADOPTION CENTER

PEAC is not taking in any parrots right now, but they do have a lot of nice birds ready to be adopted. There are classes going throughout the month. The San Diego location has classes the last weekend of the month. Classes in Orange County are on the third Saturday of the month. There is a new class now being offered in Hemet on the first Sunday of the month. Please check the website for topics, times, and directions. **Please contact PEAC at parroted@cox.net or visit their website www.peac.org for information.**

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



Gala & Kahli

- ☀ In **"Wing Tips,"** share a tip that could improve the lives of both you and your bird(s).
- ☀ In **"Laugh Kookaburra,"** send a bird-related cartoon, joke or humorous photo.
- ☀ In **"Creative Corner,"** send photos of your **bird-related** drawings, ceramic pieces, needle point, paintings, etc. or texts of poems or photos with a unique point of view.

E-mail your ideas of what you would like to see, along with your SUBMISSIONS to: gidgetscal@aol.com.

The deadline for the next newsletter is Tuesday, February 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.*

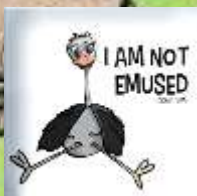
They all have many wonderful birds just waiting for someone to come and take them home.

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 (Note: New #)	www.finefeatheredfriendsfoundation.org
Parrot Rehabilitation Society	(619) 224-6712	www.parrotsociety.org
Parrots First	(866) 248-7670, ext. 5937	www.parrotsfirst.org
Santa Barbara Bird Sanctuary	(805) 565-1807	www.sbbird.org
Southern Nevada Parrot Education, Rescue & Rehoming		www.southernnevadaparrotrescue.org

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Social *ZOOM* on Monday, February 15 at 7 P.M.

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

Do you want to feed your companion birds in a more natural way based upon their feeding habits in the wild?

- Do they like to feed on the ground or up in the trees?
- Do they eat mostly seeds, nuts, fruits, grains, insects or greens?
- Are there foods we can prepare that are more targeted to their nutritional needs?



We will discuss types of food and methods we can feed our birds that are more instinctual for them.



Let's *share our ideas* and *learn together* how we can better modify our parrots feeding based upon on *what* and *how* they eat in the wild.



Please be aware of background images and activities that will be in view.

Meetings may be recorded and used for promotional purposes. Opinions voiced by the speaker or others do not necessarily represent the views of SBBS, its board or its sponsors.

You can RSVP on the Meet-up Site and it will send you a reminder. See how on page 14.

If you are new to ZOOM, don't worry; contact Janet Ragonesi and she will walk you through how to ZOOM!
ZOOM works on most smart devices: PC, Mac, iPad, Android or iPhone.

[Click on the link below to join the live Social ZOOM:](https://us02web.zoom.us/j/89577536749?pwd=bFZ4bzdtYzJzSDhOa0NaMzZSWGthZz09)

<https://us02web.zoom.us/j/89577536749?pwd=bFZ4bzdtYzJzSDhOa0NaMzZSWGthZz09>

We look forward to seeing you on Monday, February 15 at 7 P.M.!

For more information, call Janet Ragonesi at (310) 376-5954

Summary of December Social ZOOM Parties



HOLIDAY PARTY & FAVORITE



HOLIDAY TREE ORNAMENTS, DECORATIONS & MEMORIES SHARE!

Several of those who linked-in for this festive ZOOM were dressed for the holidays with their Christmas sweaters, Santa hats, and faux antlers which made the party all the more festive.

ZOOMERS shared their favorite ornaments which held personal, sentimental value because they were family heirlooms, gifts from others or collectibles from prior travels. A few were special because they were hand-made. Of course, there were the prized bird ornaments of assorted species and colors.

Some of the most fascinating sharing was those of various holiday memories and why those were special to them. We recalled favorite family recipes and holiday meals filled with comfort foods. Barbara Simon-Bender described the holidays in her birthplace, Germany. Her favorite memory was that of the Christmas holiday markets, where people would sip warm, mulled wine while browsing the little shops. While listening to her tale, one could picture a cold winter's night with the ground covered in snow and people huddled around the fire all bundled up to stay warm while clutching a mug of a warm, spicy drink.

This re-imagined, holiday party, seemed to bring us a little closer to what the holidays have meant to each of us. Thank you to everyone who participated that evening for making this year's holidays a bit more special than they would have been otherwise.



Christmas Holiday Markets in Germany



BRING IN THE NEW YEAR PARTY!



New Year's Eve is all about looking forward to the new year in anticipation of a re-start on one's life. We had planned to share our BIRDIE resolutions for 2021. But, with the anticipation for regaining some normalcy of life with the prospect of a vaccine in the months ahead, the conversation instead turned to **what we are looking forward to do when we each get our vaccine and the threat of the Pandemic is lessened.**

Some of the hopes for life after a vaccine were as follows: *Several of us are looking forward to traveling again.* Janet Ragonesi wants to plan a trip to Ireland. Gala Burkholder is hoping to be able to go to Arkansas in the late Spring to celebrate her Aunt's 100th birthday and to the Galapagos in 2022. David Benjamin and his wife Fran would like to travel to Italy and Spain. Diane Sivas is hoping her canceled trips to Morocco and Antarctica are re-scheduled this year. *Others looked forward to regaining their businesses.* Donna Crossley misses hearing the voices of children in her home and wants to resume her daycare. June Baker is looking forward to taking care of more animals in her pet care business when people are able to take vacations again. **Thanks for sharing your hopes and dreams for 2021!**





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

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

NEED A HOME for Your Ad?

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

SPONSORS

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



PLEASE JOIN US



CURRENTLY, IN-PERSON meetings are CANCELED. Meetings are held at the Kiwanis Club of Hermosa Beach

2515 Valley Drive, Hermosa Beach, CA 90245 (near the corner of Gould and Valley Drive)

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

* Sometimes, special meetings are held on Sunday afternoons, but verify the meeting date by checking the website at: www.sobaybirdsoc.com.

You don't have to own a bird to participate!

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

South Bay Bird Society — Officers and Board of Directors

VOTING POSITIONS:



NON-VOTING POSITIONS:

EXECUTIVE DIRECTORS:

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

DIRECTORS:

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

SUPPORT POSITIONS:

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



Do you want to volunteer in ANY way for SBBS?

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

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

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



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

EFFECTIVE IMMEDIATELY:

Members that require the US Postal Service for their delivery,
 please add \$15 to your membership. Thank-you.



MEMBERSHIP UPDATE:

When a new or renewing member pays for a 2-year membership in advance,
 the member receives \$5.00 off of the 2nd year.

South Bay Bird Society Membership Application

Return your application to: P.O. Box 3863, Redondo Beach, CA 90277-3863

*We appreciate your support. **Your donations are tax deductible.** SBBS is a 501 (c)(3) non-profit corporation*

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

Name(s): _____

E-Mail Address for Newsletter Delivery: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: (____) _____

Other Phone: (____) _____ How did you hear about us? _____

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

How long have you been keeping birds? _____

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

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

Do you keep birds primarily as: Companions ___ Breeders ___ Both ___ Renewal Month: _____

Signature: _____ Date: _____