



Volume 49 Issue 6 May-June 2022 SBBS Newsletter Established 1974

ZOOM Social on **“OWNING AN AGING PARROT”** MONDAY, JUNE 6th at 7:00 PM

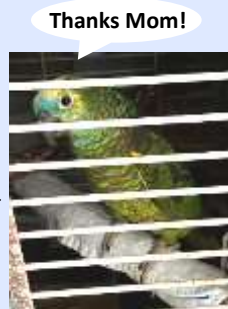
Parrots can live long lives in comparison with other mammals of the same size. They are subject to many similar types of medical conditions that humans can suffer from.

It is up to each parrot owner to look for ways to impact the health of their companion bird. How they “age” can depend upon their genetics, nutrition and exercise. Even with a diet full of vegetables, fruit and pellets, along with exercise, an older bird can face health challenges. Modifications & considerations are helpful for their comfort.

It is important to monitor your bird’s behavior and know when it is best to seek the advice of an avian veterinarian to help your parrot in their golden years. It helps to be aware of some of the warning signs of potential ailments. *You can read about some of the aging influences our birds might be subject to in the article, “The Geriatric Parrot” on pages 12-14 to alert you to some of the possibilities. SBBS President, Janet Ragonesi, shares her own story about an aging parrot on pages 5 and 6.*

Each of us have faced different situations with our parrots. Sometimes, it takes time to figure out what is actually going on with our birds. Through this social ZOOM, we will each have the opportunity to share various health challenges we have faced with our parrots and how we addressed their conditions. You can find out if others have faced a health issue that you are experiencing with your bird and hear how others have addressed the situation.

*Editor’s Note: Here is an example of a situation with my parrot and a simple way I addressed her condition. It took me a year to figure out why my 20-year-old Amazon suddenly refused to go inside her cage at night to sleep, and only wanted to stay on top of a shower door that was covered with a towel. One evening, I wrapped one of the wooden perches in her cage with a wash cloth, she went inside and has slept there each night ever since. I realized that her previously broken toe might be giving her arthritis pain, and it was uncomfortable for her to sit on the hard surface of a wooden perch. We all have similar situations with our parrots. **Plan to join us for this SOCIAL ZOOM ON MONDAY, JUNE 6th at 7 PM and let’s share our experiences of owning an aging parrot!***



Go to the “MEET-UP” SITE for the ZOOM link:

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

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

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FINE FEATHERED FRIENDS FOUNDATION with Director, Marie Calleja, on SUNDAY AFTERNOON, MAY 1ST by Gala Burkholder



The South Bay Bird Society held their first in-person meeting in over two years, outside at the Hermosa Kiwanis Club Building. It was a typical spring afternoon under sunny skies with a comfortable ocean breeze. As the members arrived, they greeted each other with hugs and said hello to the macaws and other birds in attendance.



SBBS President, Janet Ragonesi

SBBS President, Janet Ragonesi, welcomed everyone and was visibly happy to be able to gather together again after such a long break. Janet was proud to introduce Marie Calleja, a long-time club member and the current Director of the Fine Feathered Friends Foundation.



Alethia Shin with her Green-Cheeked Conure greet everyone with a smile



Marie Calleja & Donna Crossley



Marie, Rainbow and Simon wait patiently



Barbara Bender & her bird, Abel, prepare for the raffle

Marie described the background of this foundation, working with founding director, Myrna Frame and taking over the leadership position in early 2020. Marie shared stories about how she has rescued, rehabilitated and successfully re-homed over five-hundred pet birds including 125 already this year!



Marie Calleja

While waiting for the meeting to begin, members reviewed the raffle table prizes and purchased their tickets in hope of winning their parrot's favorite toys after the meeting.



Lori Kendall and Ann Palik review the raffle tables



Marie introduces her macaws.

One of the challenges of taking in these birds in need of a new home, is to not become so attached that she wants to adopt them herself. Simon, the Buffwing Macaw, (a hybrid of a Greenwing and a Great Green) was one parrot she fell in love with and had to keep for herself.

("Fine Feathered Friends" continued from page 2)



Marie Calleja



The Official Bird Greeter, Rainbow

As with any flock, there is usually one bird who takes on the leadership role. Marie's Scarlet Macaw, Rainbow, has taken on the job as the official greeter. Taking this job seriously, Rainbow preened and groomed her feathers while being introduced.

Marie passed around photos of some of the birds she has placed. She explained what is involved in preparing a bird for a new home. Sometimes this involves behavioral or nutritional issues before they are ready for the next chapter in their life.



Marie Calleja and Donna Crossley

After Marie's inspirational talk, those in attendance took the opportunity to catch up with our human friends we hadn't seen in such a long time. *(See "The President's Notes" about Janet's recap of this meeting on pages 4-5)*

The South Bay Bird Society looks forward to future, in-person meetings, along with ZOOM socials and speaker presentations scattered throughout the year. Our annual picnic is already scheduled for Sunday, September 11th!



David Benjamin, June Baker, Sylvia Skidmore and others heard how parrots and other pet birds found new homes

Thank you Marie for being the caretaker and re-homer for so many of our feathered friends. I think you will agree, SBBS is happy to call Marie Calleja one of our own.



The President's Notes

By Janet Ragonesi

Greetings
SBBS MEMBERS,
SPONSORS AND FRIENDS.



Today it is warm and sunny. The winds certainly have kicked up a fury throughout the southland recently. On my walk, I saw the ocean waves slamming up against the Redondo Pier. You never know what could turn up on the shore. Certainly not my childhood rubber ducky!

A Great White Shark was seen leaping out of the waves, off the local coast, during this May!



IN-PERSON, OUTDOOR MEETING

ON SUNDAY, MAY 1, 1:00 - 3:00 PM

AT THE KIWANIS CLUB BUILDING IN HERMOSA BEACH

The Kiwanis club building was available on Sunday, May 1, for SBBS to have our meeting outside under sunny skies, instead of on our Monday evening.

Our very own Marie Calleja, the director of Fine Feathered Friends Foundation, was our first in-person speaker for 2022.

Marie brought two feathered friends with her, May and Rainbow, two very special macaws. Marie's work with animals started as a child in Canada where she also raised and showed horses. Even in weather, 20° below zero, the horses still needed to be worked with. There was no staying under the covers in the morning, as the horses' needs came first.



Fine Feathered Friends Foundation was established by Myrna Frame as a nonprofit organization in 2003. When Myrna decided to retire, she knew Marie was the right person to take over the foundation as the director. Myrna had been working with birds since the 1990s before it became a non-profit organization.

Marie had worked with Myrna for several years, so taking over the leadership position was a natural transition. The foundation moved from Rancho Palos Verdes to El Segundo in 2020. Marie has met the rescue's challenge by the rehoming of 110 birds in 2020, 268 in 2021 and over 150 this year! She works tirelessly to maintain a balance of work and home, which is challenging at times. The rewards have been numerous when she rehomes a parrot into a loving home! Marie is very meticulous about organizing the records on each bird. She gathers as much background information on each bird that will need a new home. She takes a picture of the bird and collects a relinquishment form from the previous owners. Marie maintains a list of families that want to adopt parrots, along with their completed applications. Marie has an idea what kind of birds will fit into a family's or individual's lifestyle. She has great bird-sense as she places each bird into new forever homes.

The Foundation's website, logo, banner, business cards, and T-Shirts are all newly created under Marie's directorship. The beautiful logo was designed by her daughter, Courtney. The logo features three macaws that



are special to Marie. The two macaws facing each other in a heart-shaped design are Sully on the left and Ruby on the right. The hyacinth macaw is Sebastian, who is depicted with his wings lifted, as if he was gathering the flock. Sebastian was Marie's bird who used to ride on the Rose Parade floats with his previous owner, Raul Rodriguez. Sully was Marie's first macaw and Ruby was her second. Sadly, all of them have crossed over the Rainbow Bridge.

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

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

The afternoon was delightful with Marie. Our members asked several questions regarding placing their birds some day in the future with the foundation. Marie did talk about creating one's trust in preparation for the future.

We send a big shout out to Marie and a thank you for all that you do! SBBS made a \$200.00 donation to this non-profit foundation, Fine Feathered Friends.

There were 17 members and guests at the meeting. Individual snacks were donated by Patte Fisher. She also oversaw the popular raffle and everyone won at least one raffle prize. Since it was a sunny Sunday afternoon, the park was filled with people. Some of them walked by our group meeting, which was outside. Several of the visitors were thrilled to see the birds. They had their pictures taken with the two macaws, May and Rainbow. Several others wanted to know more about SBBS and Fine Feathered Friends, and to find out how they could get involved.

David Benjamin practiced setting up the meeting for a ZOOM, so that members could watch it live in the future. Also, David makes sure each month's newsletter is posted on our website: sobaybirdsoc.org.



WE MAKE IT REAL

Gala, our newsletter editor, included information about the parrots of Ukraine. Reading about Roxy and Sergii, a cockatoo and her owner in Kiev, makes the situation in Ukraine feel so real. (See pages 17 and 18 for updates on Roxy and Sergii).

For those who want to learn more about companion and wild birds, a list of ZOOMS, webinars and activities with a variety of topics and speaker presentations are included in each newsletter. Many thanks to Gala for keeping us informed. We are lucky to have so many different opportunities to learn more about the birds we love.

The Q&A by our Parrot Lady, Karen Allen, is always a hoot with serious and fun answers! Thanks, Karen, for putting a smile on our faces while offering some helpful tips to care for our feathered children.



SBBS ANNUAL PICNIC

SUNDAY, SEPTEMBER 11

This year, the picnic will be held at the El Nido Park in Torrance. At this time, Columbia Park, the picnic location where we usually



*Elaine Dunn
at a previous
picnic*

meet, is not available to us. The Torrance Recreation and Parks reservation desk encouraged us to check back with them later to see if the gazebo at Columbia Park becomes available. Thank you, Karen Allen, for working with Torrance city staff. We will keep you posted with updates and details.

MONDAY JUNE 6TH SOCIAL ZOOM MEETING

THE TOPIC WILL BE: "OWNING AN AGING PARROT - MODIFICATIONS AND CONSIDERATIONS"

At some point, all of us will own parrots that reach their "Golden Years." During our meeting, we will all have the opportunity to share our experiences with aging parrots and be able to ask questions of each other.

Karen Allen, will be on hand to offer ways we can take care of our aging parrots that she has learned through her wealth of experience. Gala Burkholder has agreed to help moderate the evening's conversation to make sure everyone's concerns, questions and helpful tips are heard.

More information about Social ZOOM meeting can be found on page 1 and you can read about possible health conditions of "Aging Parrots" on pages 12-14.

A STORY ABOUT ONE OF MY OWN "AGING PARROTS"

My flock's ages range from 20 – 50+ years-old. My severe macaw, Oliver, has several medical issues for which he is being treated. He has always been near and dear to me, as he was to my late husband, Leon, and to Dr. Teresa Micco, ever since she was a vet tech!

Leon and I rescued Oliver from a thrift store back in 1997. We would see him in a dirty, worn-out cage with peanuts and dirty water. Oliver had an overgrown beak and nails; he was a real mess! The guys at the thrift shop had no idea how to care for him. They had purchased him from a garage sale to serve as their mascot for the store.

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

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

I visited Oliver daily to see if they would give him up. I brought him vegetables and apples until finally they called me to say, "We think he is dying. Bring us \$100.00 and he is yours!" I am not kidding. In hearing this news, we both moved very quickly. We marched into the store, had a release form ready for their signature and we gave them the cash. Leon picked up the cage with Oliver and we were out the door. We did not look back, but only forward in making Oliver's life better.

We called Teresa Micco, a SBBS member when she was working at a veterinarian clinic in Manhattan Beach. We brought Oliver into the office immediately. The staff spent over an hour working with him. He was groomed and tested and they discovered he had E-coli. I was not surprised. It took ten days of antibiotics and several follow up visits with Teresa and the staff to bring him back to health. We believe Oliver was a wild-caught macaw where he sustained injuries to his wing and thus, cannot fly. To this day, he has seizures from time to time.

When we brought this macaw into our house, we had planned to re-home him. After working with him for several months, giving him healthy food and a shiny new cage, we discovered we had fallen in love. Now, Oliver acts as our flock sentinel by



letting me know if there is something wrong going on in the bird room. He has different calls for different emergencies. I've learned what problem he is trying to alert me to. I know if one bird is having a seizure or when another one might be out of their cage. Sometimes he just wants some one-on-one Oliver time!

Over the years, Oliver has had the pleasure of having two different cage mates. He spent 12 years together with Miss Clyde and now Miss Sammy macaw, shares his cage.

Now, you have Oliver's story, and why he is so special to me. Oliver's story is one of the reasons for our June topic on the aging parrot. I am guessing many of you also have experience with aging birds that you can share with others with parrots.

Please ZOOM on Monday, June 6 at 7 PM with us. You can find out more about this Social ZOOM on page 1. Learn more about "Aging and Geriatric Parrots" on pages 12-14 and Food for Healthier Birds, "Nourish to Flourish" on pages 10-11 & 15. Let's help our birds improve their quality of life during their "Golden Years!"



OPTIONAL RSVP

MEET-UP RSVP FOR SBBS MEETINGS

In an attempt to reach out to the community, SBBS is listed as a **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 an 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.

Looking forward...

Please shop our sponsors.

We welcome your ideas on new topics and possible future speakers!

Renew your membership.

Enjoy your birds and other companion pets.

Greet your loved ones with a smile!

Never hold back a compliment.

Start your day with a positive attitude;

it's contagious.

CHEERS,

SBBS President,
Janet Ragonesi & Her Flock

The South Bay Bird Society is saddened to announce
the passing of one of our long-time members,

Diane Racey.

After a long battle with cancer,
Diane passed away in her sleep on Friday, May 13th.

Diane, a Los Angeles native, was born on December 23rd, 1942.



Diane attended our recent April 4th Zoom meeting from her home.

The following day, Diane contacted Marie Calleja,
the Director of the Fine Feathered Friends Foundation,
to help her find a new home for her beloved parrot, Oki.

Diane felt that she could no longer care for her brown-headed parrot
that she had owned and loved for over 18 years!

Marie was able to place Oki with a family in Westlake Village
that have a varied flock of birds. Her new owners love her.

Diane must have felt some peace
knowing that Oki would continue to be cared for and loved.

Diane will certainly be missed.

OTHER AVIAN—RELATED ZOOMS/MEETINGS/BIRD WALKS

Palos Verdes/
South Bay
AUDUBON
SOCIETY



ON ZOOM!

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

The Next ZOOM Meeting is

June 21, 2022 with

Kim Moore,



Master
Naturalist,
Photographer
& Artist on

**“Birds and the Bees
and the Butterflies
in Their Stomachs”**

Kim will let us see what flycatchers and other insect hunters find to eat for themselves and their progeny.

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

**RESERVATION FORMS and Info
available at www.pvsb-audubon.org.**

BIRD EXCURSIONS:

Sun. June 5, 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. June 25, 9 A.M.:

(Bird Walk with Kids & Beginners):
Madrona Marsh with PV/SB Audubon leader, Jazin Rios. Call (310) 782-3989 for information.

For Info: www.pvsb-audubon.org

West Los Angeles Bird Club

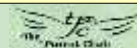


Tentatively Meets 2nd Wednesday of the month at 7:30 PM

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

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

The Connecticut Parrot Club



Tuesday, May 10 7 PM (ET), 4 PM (PT)

Join The Parrot Club for a presentation by

Elizabeth Young of Palomacy on

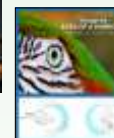
“The Rescuing, Rehabbing and Rehoming of Pigeons and Doves”

**For information on an upcoming ZOOM or to watch
a previous ZOOM presentation, go to: www.theparrotclub.org**

You Can View YouTube Videos of Previous ZOOMS from

The Connecticut Parrot Club:

- **Rewilding the Caribbean, Fabio Tarazona**
- **Avian Flu, Dr. Kristin Sinclair, YouTube Video: <https://youtu.be/OfCsI4g35cs> (Over 1,000 views)!**
- **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*

- **June 3: “Nutraceuticals– Natural Supplements as Medications for Pet Birds” with Dr. Stephanie Lamb**
- **June 10th: “Summer Safety—Keeping Pet Birds Safe in the Sun” with Lisa Bono, CPBC**
- **June 17: “Ask the Vet: Q & A” (Questions about your bird’s health, nutrition, care or behavior problem) with Tom Tully, DVM, DABVP (Avian Practice), DECZM (Avian)**
- ***June 24 at 11 AM (PT) (1.5 hours) “Comprehensive Anatomy Research Project—New Findings to Advance Veterinary Medicine Part 2 with Scott Echols, DVM, DABVP (Avian Practice). See Part 1 at: <https://youtu.be/EFOXyobzVkk> https://youtu.be/3n_bWM6Jty0**



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



OTHER AVIAN—RELATED ZOOMS/MEETINGS/NATURE WALKS

In Association with the PV/SB Audubon Chapter: Motmots' Birding Field Trip Adventures



For Information and Reservations:
 contact the Eric & Ann Brooks at
 (323) 295-6688 or
 text Ann at (310) 913-2798 or
 email: motmots@aol.com



Hawk spots gray heron named Amelia Grace, hunting for gophers in Redondo Beach



North Redondo Beach residents, Jules and her son named Hawk, spotted this gray heron next to a bike path hunting for and eating gophers. They reported that it sometimes takes her hours to catch one. Jules has evidence of the bird's success on video! Hawk named the heron "Amelia" after Amelia Earhart and "Grace" because she is graceful. *Thanks for the report!*

Phoenix Landing Foundation Webinar



Saturday, July 23
 10 AM-noon (PT) 1-3 PM (ET)

Estate Planning for Pets with Peggy R. Hoyt, J.D., M.B.A., B.C.S.



To Register, go to:
www.phoenixlanding.org/events.html
 (No webinar in June due to an Avian Conference)

ZOOMS are on the 4th Thursday of the month at 7PM

Editor's Note: Every speaker presentation I've seen has been outstanding. It is worth watching a previous presentation!

For information on an upcoming **ZOOM** meeting or to watch a previous **ZOOM** presentation, go to www.sfvaudubon.org

Previous ZOOM include topics:

- "A Global Odyssey of Migratory Birds"
- "Nature: Urban Design"
- "Crows and Ravens"
- "We'll Always Have Parrots" (In Los Angeles)
- "Our Need for Birds"



San Fernando Valley Audubon Society

PALOS VERDES PENINSULA LAND CONSERVANCY



GUIDED NATURE WALK:
 Saturday, June, 4, 10:30 AM

WHERE:
 George F. Canyon

27305 Palos Verdes Dr. East
Rolling Hills Estates, CA 90274

Naturalists will guide you along a trail through the preserve to discover a unique variety of wildlife in their canyon habitat with amazing views of the LA Basin. Meet on the back patio of the Nature Center and come inside to explore after the hike. Moderate walk. Guides provided by the Palos Verdes Peninsula Land Conservancy. RSVP



NATURE WALK:
 Saturday, June, 11, 9:00 AM

WHERE:
 Portuguese Bend Reserve

(Park in the lot adjacent to the soccer/baseball field at Rancho Del Mar High School, 38 Crest Road West, Rolling Hills)

Hike the Fire Station Trail to Eagle's Nest. Enjoy ocean views while walking through recently restored wildlife habitat. Strenuous walk. Guides by Palos Verdes Peninsula Land Conservancy. RSVP

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



The PVPLC website is www.pvplc.org.



Q & A By 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.

Editor’s Note: *This month, Karen did not receive any questions for this month’s Q & A section. Please send your questions by June 8 to “The Parrot Lady,” Karen Allen, P.O. Box 3863, Redondo Beach, CA 90277-3863 or email Karen at: birdsnmor@aol.com for next month’s newsletter. Thank you.*

*In place of the Parrot Lady’s informative, yet humorous Q and A, I’ve included an article on **nutritional tips for your parrot** in response to the **health issues of the “Aging Parrot.”** SBBS is focusing on the geriatric parrot at our **June 6th, social ZOOM** and with the **article on pages 12-14**. We want to help our aging bird’s quality of life!*

[NOURISH TO FLOURISH: Nutrition Tips for a Healthier Parrot](#)

A good diet can help prevent disease and ill health. Food is also restorative, helping our bodies to heal. Providing a parrot with a varied diet is important both for physical nutrition, as well as mental joy and satisfaction. Enrich your parrot’s life with a plentiful VARIETY of fresh, wholesome foods, and a quality organic pellet. Switching from seeds to a balanced diet increases birds’ lifespan.

Calcium is a key element for all parrots. Calcium-rich foods include leafy greens, carrots, unhulled sesame seeds, broccoli, dandelion and other greens, yogurt and almonds. **To absorb calcium, vitamin D3 is needed**, which can be acquired through sunlight naturally or in pellets as a supplement. Let your parrot enjoy some safe time outdoors or provide access to a full spectrum light. Light filtered through window panes is not full spectrum.

Foods which help produce vitamin A are also essential for parrots. Deep orange vegetables and fruits are rich in beta carotene (yams, pumpkin, carrots, winter squashes, mango, papaya, apricots and cantaloupe) as well as palm oil, leafy greens and broccoli. Make vitamin A and calcium-rich foods a regular staple in your bird’s daily diet.

Most parrots enjoy grains. These can be cooked, sprouted or simply soaked. There is a wide variety to choose from such as quinoa, groats, spelt, kamut, rice, amaranth, buckwheat and barley. **Combine grains along with recommended legumes** such as lentil, garbanzo, adzuki or mung for complete protein. **Other sources of protein** include cooked salmon or trout, tuna, chicken, chicken bones, quinoa and occasional egg dishes. Most parrots relish these foods and will savor every morsel.

Healthy seeds contribute to the health of your parrot. These include: **sprouts, soaked or sprouted grains, legumes, nuts, pumpkin seeds, flax seeds, and sesame seeds.** (*Editor’s Note: If you include packaged bird seed, only sprinkle a spoonful on the food*). Packaged seed lack essential ingredients like vitamin A, calcium and protein, and most are high in fat and lead to ill health. Smaller birds such as parakeets, cockatiels and lovebirds, need more grains than pellets; such as oat groats, flax, canary seed and other grains.

Fruits are a delectable part of the diet of many parrots. **Darker fruits** such as mango, papaya and pineapple provide the best nutrition. White-colored fruits such as grapes have higher levels of sugar, so use those more sparingly. Keep dried fruits to a minimum and make sure they are always unsulfured.

Essential fatty acids (EFAs) support key functions of the body and must be obtained through the diet. High sources of EFAs include **flax seeds and oil, walnuts, pumpkin seeds, leafy vegetables and fish.**

Parrots evolved to eat **natural, unprocessed foods**. Look for **pellets with organic ingredients**. (Those without dyes are best). Avoid extruded pellets made with high heat which greatly lowers the nutritional value.



(“Nourish to Flourish” continued on page 11)

("Nourish to Flourish" continued from page 10)

Change the water frequently to help prevent bacteria. Its okay to give your bird a chance to have fun with this "water feature." Many birds dunk their food or take a bath in their water dish.

Pay attention to what your bird actually eats, not just what you provide. If your parrot has not learned to eat fresh foods, try mixing minced food into pellets or seed, make a warm mash with a favorite item sprinkled on top to create curiosity, or play a game and show your parrot that it is yummy to eat a particular food. Don't give up, your bird can learn to enjoy healthy foods in addition to pellets!

FOODS TO AVOID:

- Alcohol of any kind (deadly);
- Carbonated soft drinks;
- Avocado, raw onion, rhubarb
- Chocolate
- Caffeine, in any form
- Processed meats or ANY food containing nitrates, sulfites or MSG.
- Chemical dyes (That includes some pellets)
- Processed sugars and flours. Avoid commercial mixes with additives.
- Peanuts are not recommended --They may be contaminated with aspergillus and they produce a carcinogen called aflatoxin.
- Cow's milk (avian digestive systems do not digest lactose, as differentiated from lactase in yogurt)
- Other processed foods, especially fast foods, high carb foods and ANY with high fructose corn syrup.



SPROUTING. One very **nutritious way for a parrot to eat "seeds" is by sprouting.** Not only are sprouts **super rich in live enzymes**, as living plants, but sprouts can also be one of the least expensive, organic foods available. Grains and legumes can be bought in bulk or on-line. They are easy to grow, and best of all, uncontaminated by pesticides and other chemicals when we grow them ourselves. In addition, many birds will eat sprouts readily with no hesitation. This is a living food with a short shelf life, and will spoil quickly if not attended to properly. Be sure to change the water frequently while sprouting to inhibit the growth of bacteria.

SOAKING. Many grains can be soaked, which in essence brings them to "life." For a meal, soak a small amount (as needed for one or two feedings) for 10-12 hours. The little birds especially enjoy soaked grains. Try these for the best results: oat groats, kamut, brown rice, millet, unhulled barley, rye, spelt or buckwheat.

- Make every ingredient a healthy one
- Stay away from processed foods, dyes, pesticides
- Boost the immune system with food
- Watch **WHAT** your bird eats, not just what you provide
- Try different approaches: chopped, chunked, mashed, casserole, warm, cold, simple, complicated, raw, cooked...
- Good food doesn't have to be difficult to provide for your birds (chop in advance, freeze, soak grains)
- Good food doesn't have to be expensive (Buy bulk grains and legumes, sprouts, etc...)



FOOD GROUPS and COMBOS: If you are away at work for long hours, only leave fresh raw foods. One approach is to provide pellets and an assortment of fruits, veggies, sprouts and birdie bread in the morning. The evening is a perfect time to share a cooked meal. Be creative by combining ingredients from different food groups. Many recipes can be cooked in advance and stored in the refrigerator or freezer for future use. Many birds may appreciate chunks they can pick up and manipulate; smaller birds may prefer everything chopped up in small pieces. For picky birds, blend the items together into a "mash" so they are sure to eat the good things too.

[Go to page 15 for more on "NOURISH TO FLOURISH" and for a recipe for a "BIRDIE MASH."](#)

("Nourish to Flourish" continued on page 15)

What Is a Geriatric Parrot?

by [Susan Orosz, PhD, DVM, Dipl ABVP \(Avian\), Dipl ECZM \(Avian\)](#)



*I am a wise and smart
Amazon Parrot that plans
to live out her
"Golden Years" in comfort!*

Photo by Joe Ravi

The term geriatric relates to old age, but do we really know **WHEN** a parrot is old? That is a very difficult question, as the answer depends in part on the life expectancy of that species of parrot. Unfortunately, we have limited information on that.

It's only been about 25 years that we have known the age of hand-reared parrots. We've had data on the life expectancy of parrots in the wild, and for many years, assumed that life with us would make them live longer. But that seems to have been very wrong. **It appears that nutrition, exercise and genetics all play into the life span of our parrots.** It is better to define geriatric birds as "those for which medical conditions associated with aging begin." In other words, if they show physiological signs characteristic of aging, then they are geriatric.



Parrots Age "Slowly"

Feed nutritious food

We know that birds as a group enjoy remarkably slow aging rates and long-life spans for their size. Dr. Ottinger reported that, "The remarkably slow aging that characterizes many birds relative to similar-sized, non-flying mammals appears, at least in part, to be correlated with an evolutionary history of low adult mortality rates. Even small (<100g) songbirds, like [barn swallows](#) often survive in the wild up to 5 years or more; captive [zebra finches](#) (15 to 20 g) routinely live over 8 years."



Barn Swallow



Zebra Finch

She also stated that, "The long-life spans and slow aging rates of birds are even more remarkable when considered in light of their high gram-specific rates of energy expenditure.

The **oxidative damage hypothesis**, currently a central theory in biogerontology, posits that **reactive oxygen species (ROS) generated during normal oxidative metabolism are responsible for many of the molecular changes underlying aging-related physiological declines.** So, **despite their high-energy expenditure, they don't age at the rate you might expect or show the anticipated physiological declines.**

Interestingly, Dr. Ottinger provided research evidence that "**Avian defenses against oxidative damage may include a complex array of mechanisms, including antioxidant enzymes and structural defenses, such as lower levels of saturated fatty acids in cell or mitochondrial membranes.** Birds may also have superior forms of **protection** against — and repair of — damage to DNA and other cellular components by **pro-oxidant molecules.**



Even more intriguing, however, is the possibility that bird mitochondria employ specialized alterations of the mitochondria "machinery" itself, including adaptive proton leak that may result in the production of fewer ROS in the first place. That means that **there would be less damage to internal membranes, thereby allowing birds to live longer than mammals of comparable size.**

("Geriatric Parrot" continued on page 13)

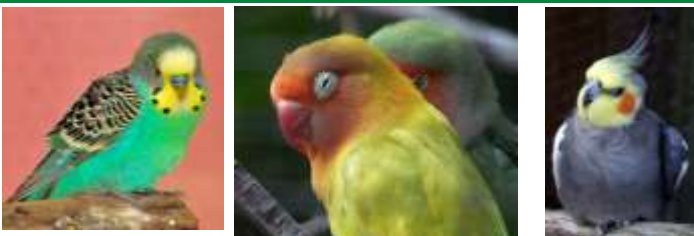
("Geriatric Parrot" continued from page 12)

Age-Related Ailments in Birds

The maximum recorded longevities (MRLs) of wild birds average 1.7 times greater than MRLs of captive mammals, and captive birds on the whole outlive captive mammals by a factor of three. While birds in the wild live much longer than mammals of similar size, birds in the wild do die from diseases associated with old age. Avian diseases of aging are generally similar to those seen in mammals, and include atherosclerosis, neoplasms including cancers, senile ocular cataracts, biochemical alterations in collagen and other connective tissues, and reproductive changes, including neoplasms, malignancies, and endocrinological deficiencies.

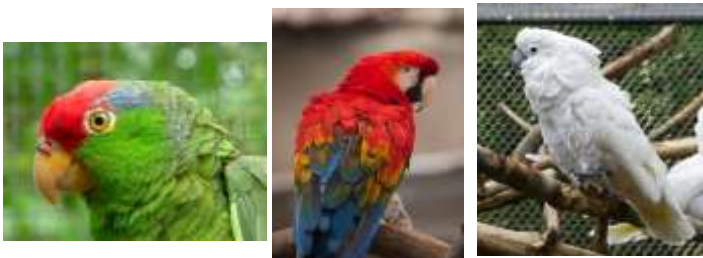
Moving from a seed-based to vege/fruit/pellet-based diet has increased the pet birds' life span. According to Zoo/Exotic Pathology Service, which looked back over years of data on older birds, budgerigars and lovebirds were considered older at 6 and now its in the teens cockatiels at 12 and now 15-20; and larger parrots including Amazons, macaws and cockatoos at 30 and now older-age is 35-50+.

Different parrots are considered to be "older birds," at different ages

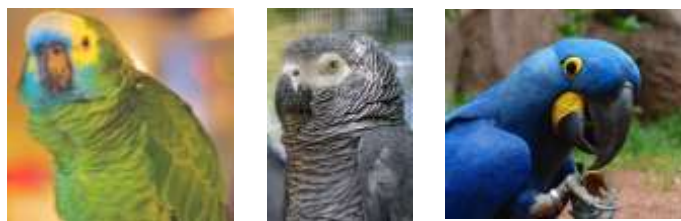


Budgie and Lovebirds "older" at age 6 –15

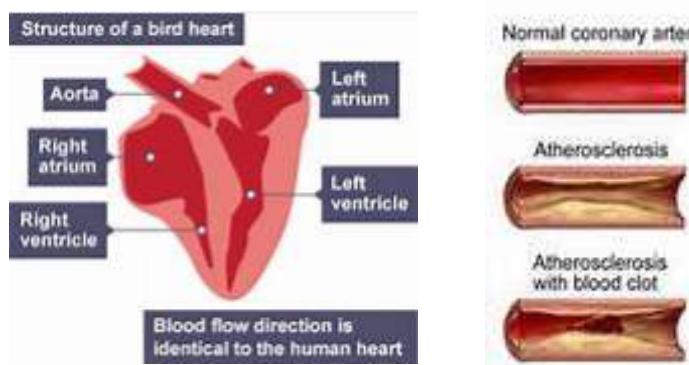
Cockatiels at 12-20 years



Amazons, Macaws & Cockatoos considered "older" at 30-50+ years



Cardiac disease has been historically underdiagnosed in pet birds. Atherosclerosis is reported most often in Amazon parrots, particularly in (photos lt.-rt.) blue-fronted Amazon parrots, African grey parrots, and macaws, according to Drs. Reavill and Dorrestein.



Commonly these lesions cause increased arterial resistance that affects the heart. Early changes in the heart include hypertrophy of the left ventricle followed by left ventricular dilation, dilation of the left atria, right heart dilation, and right heart failure. Right heart failure can lead to congestion, atrophy, and subsequently, cirrhosis of the liver.



Many birds die because of a decreased blood supply to the brain as a result of severe narrowing of the carotid arteries. There may be a history of the bird going through periods of a loss of awareness of their surroundings in the days or weeks before their death. We commonly see parrots that have fallen off their perches and appear dazed for a short period of time, have seizures or changes in mentation.



("Geriatric Parrot" continued on page 14)

("Geriatric Parrots" continued from page 13)



When looking at **changes in the skin**, the most commonly reported problem is **dermatitis followed by skin tumors**. **Cataracts** are common in birds as they age as well.

Cataract in a Quaker Parrot

The lesions of **hepatic fibrosis, bile duct reduplication, and aggregates of granulocytic extramedullary hematopoiesis** are the typical findings in **chronic liver disease** in birds. **Amazon parrots, cockatiels, macaws, and budgerigars** seem to be more commonly recognized with **chronic liver disease**. Grossly, the affected livers are variably shrunken, pale, and fibrotic. The capsule is often thickened and the edges of the liver are rounded.



Chronic liver disease common in these parrot species: (from left to right—Amazon, cockatiel, macaw, budgie)

Degenerative lesions of the joints are more common in older psittacine birds. Causes include **previous trauma or infection, or metabolic conditions, such as gout**.



Gout seen the toes of the cockatiel (left) and in a budgie (right)

Degenerative changes of muscle wasting and joint stiffness were reported in a group of aging macaws and were most prominent in birds over 40 years of age. Joint stiffness was characterized by a limitation in the range of motion of the joints, particularly the hock (intertarsal) joints.



Osteoporosis

There were also **twisting deformities that developed at the carpi, causing the primary flight feathers to twist laterally**. New studies show that the **bone degenerates when birds do not fly**.

Ovarian tumors are the most common problem with the reproductive tract in parrots and in males there can be senescence of testes. Concerning the respiratory system, **chronic interstitial fibrosis** is reported in geriatric parrots and results in **exercise intolerance**. Pathologic examination revealed **loss of functional lung tissue, pulmonary interstitial fibrosis and right heart failure**. Hematology revealed an **elevated packed cell volume** as a result of an increase in erythrocyte size and an increased hemoglobin. These are tests that can be run by your avian veterinarian.

Captive birds are blessed with adaptations, that in theory, allow them to live up to 3 times their comparably sized mammalian counterparts. But eventually, it seems old age can lead them to the same panoply of geriatric diseases, including **atherosclerosis, neoplasms, cataracts, connective tissue problems, reproductive changes, kidney failure, and cardiac disease**. Like mammals, they can suffer from **reduced mentation, dermatitis, skin tumors, liver disease, degenerative joint disease, ovarian tumors, and breathing difficulties**.

Different species have different life spans, but geriatric parrots are those that are showing physiological signs characteristic of aging. **It is up to us to provide the best care in terms of nutrition, habitat, social interaction, and exercise to ward off the afflictions of advanced age.**



Betty White and a hyacinth macaw

("NOURISH TO FLOURISH" continued from page 11)

IMPORTANT FOOD GROUPS

VEGETABLES: Dark green and orange veggies are especially nutritious, and good for Vitamin A. Corn is mostly starch.

FRUIT: Tropical fruits have greater nutrition (papaya, mango, pomegranate, pineapple, melon). Grapes are mainly sugar.

GRAINS: Grains can be fed dry, soaked, sprouted or cooked. Sprouts are especially nutritious. Healthy grains include quinoa, buckwheat, groats, brown rice, kamut, spelt, rye, unhulled barley, couscous, oats.

LEGUMES: Legumes should not be fed dry. Fully sprout or cook. Most recommended are: mung, adzuki, garbanzo, green pea, and lentil. Legumes are a natural "seed" packed with enzymes.

PROTEIN, NUTS, SEEDS: Needs vary by species. Protein includes limited amounts of eggs and fish. *Editor's Note: I make a scrambled egg, throwing away 3/4 of the yoke to cut down on the cholesterol and give a large spoonful of it each day as a treat after eating her vegetables.* Other animal protein is not recommended.

ESSENTIAL FATTY ACIDS (Omega 3!!): Flax seed or flax oil. Pumpkin seeds and walnuts are also good sources.

PELLETS: Look for pellets with organic ingredients. Not recommended as the only diet for small birds.

Nutrients are most available when food is fresh & whole. Go organic when possible!

VARIETY is the key, and is essential for PHYSICAL and MENTAL health and enrichment.

MASH RECIPIE

- 1 cup brown rice, cook as directed
- 1 cup kamut, cook for only 30 minutes; birds enjoy it crunchy! While cooking, add some turmeric for liver support and cinnamon sticks.
- 1 cup quinoa, cook as directed (*My Amazon loves quinoa— especially if made with no salt broth*)
- 1 butternut squash (*my parrot loves butternut squash*) and/or sweet potato cut into 1/2" cubes (or other winter squashes), steamed or cooked
- 16 oz. Package organic frozen mixed veggies (peas, corn, carrots, edamame— high in protein)
- Any variety of fresh greens, finely pulsed in a food processor (kale, collard, mustard greens...).
- Keep as dry as possible shredded carrots and pulsed very finely broccoli
- 1 cup pepitas (raw pumpkin seeds)
- 1 can garbanzo beans, drained, low or no salt (*a good source of protein*)
- 1 cup dry rolled oats (oatmeal), to soak up moisture

Other possibilities included shredded coconut, slivered almonds, chopped dried apricots, cherries, cranberries, blueberries, etc. (Any dried fruit should be unsulphured, with no processed sugar).

If you don't have much freezer space or only a small number of birds to feed, proportionally reduce these quantities.

Stir everything together in a SUPER-sized mixing bowl. Divide into storage containers. Freeze in 2-3 day portion sizes. As you are part way through one container, take the next out of the freezer to start defrosting.

If your bird is reluctant to eat a mash, find the ingredient that is their favorite, and put extra amounts to pique their initial interest; or sprinkle their favorite food on top just to get them started, even a few seeds. After they are eating the mash regularly, you can change the proportions to ensure that they are eating the variety you intend.

Benefits to feeding a MASH:

- You can hide things a bird might not eat otherwise by chopping it very small.
- For convenience, you can make large batches, and freeze it in portions.
- Mashings allow you to be creative, adding more or less of certain things to meet your bird's needs.



Add some EXERCISE with your bird's NUTRITIOUS DIET for a HEALTHIER BIRD and a LONGER, BETTER LIFE.

WINGED NEWS & MORE



Here is information on groups helping the BIRDS in Ukraine



<https://zrzutka.pl/en/tu6s7z>

WE VOLUNTEER TO COME TO THE BORDER OR EVEN CROSS IT IF NEEDED TO TAKE YOUR PARROTS TO SAFETY.

WE CAN PROVIDE TEMPORARY HOMES, VETERINARY ASSISTANCE AND A FREE LEGAL AGREEMENT. WE CAN ALSO DELIVER PARROTS TO POLISH ZOOS THAT ARE OFFERING SHELTER.

Click on the link above. OLA BORWIEC, AVIAN NURSE AND CERTIFIED ZOO PSYCHOLOGIST, CREATOR OF PROJEKT PTASIA EDUKACJA

You can help the birds & their owners in Ukraine

Projekt Ptasia Edukacja: **For Ukrainian Birds & Their Parents**

(SBBS Donated to this charity)

Parrot owner and avian nurse, Ola Borwiec, has set up this fundraising site with "Projekt Ptasia Edukacja" (Project Avian Education) to try to reach every **Ukrainian parrot parent** in need and do everything to help them. He meets refugees at the border to offer assistance to evacuate them and their birds and provides avian and other pet supplies to be taken into Ukraine. Click on the link to see what he and his volunteers are doing and to donate:

<https://zrzutka.pl/en/tu6s7z>

The Polish Association for the Welfare of Exotic Birds

(SBBS Donated towards this charity)

They are getting food and other supplies into Ukraine for the parrots that are still there. You can pay with Google Pay or credit card. Learn more and donate here:

<https://zrzutka.pl/en/jaewep>

Learn More & donate to:



<https://zrzutka.pl/en/jaewep>

The Polish Association for the Welfare of Exotic Birds

As we have all seen, the devastation in Ukraine is unimaginable. Because of the war, millions of people have become refugees while many more have stayed behind to continue the fight. In the midst of this tragedy, many Ukrainian people and their companion animals, some of them parrots, have sought safety. Finding food and shelter have proven to be an immense challenge in this war-torn land.

Getting support to these compassionate caregivers has become critical, and that's where the **Polish Association for the Welfare of Exotic Birds** comes in. Their amazing volunteers have been hard at work getting help to the most vulnerable victims of this conflict by providing food and supplies to those sheltering with their birds in Ukraine, as well support to refugees who have fled to Poland. These dedicated people from Poland help with logistics—including pickup and transport-of getting birds and their people across the border. Their non-profit organization pays for everything out of its own pocket. They need help if they are to continue their incredible and sometimes dangerous work. SBBS has made financial donations to this and other humanitarian and animal aid.

Please donate to help Ukraine's Parrots by going to <https://zrzutka.pl/en/jaewep>.



WINGED NEWS & MORE

Sergii and Roxy

A Ukrainian Survivor and His Beloved Cockatoo's Story

Sergii and Roxy, his Moluccan cockatoo, are in Kyiv trying to survive the invasion of Ukraine.

They are suffering the horrors of war and just trying to survive day to day...

trapped like so many of Ukraine's beautiful people.

This is their story...



More updates on a Ukrainian Bird and hER owner STILL trapped in Kyiv

During the last few months, we heard about a Moluccan Cockatoo named Roxy and her owner, Sergii, who have been trapped in the Ukrainian city of Kyiv. The tales of trauma and survival of the Russian invasion, feel all the more real from reading first-hand reports of what it is like to be there with one's beloved parrot. At the time of writing this article for the newsletter, Sergii and his exotic bird, Princess Roxy, are still in Ukraine providing frequent reports on what they have been facing. You can read his updates by going on his website: <https://sergiandroxy.wixsite.com/home>.

The Ukrainian people have inspired the world not just with their patriotism, resolve and fight, but with their humanity and many other attributes, including kindness and devotion to their pets and other animals living there. Reading these reports makes one thankful that we are able to live in a country with our freedoms.

Two Recent reports include:

May 16 - 21, 2022, Kyiv, "FORGET ABOUT THE PAIN"

I really love spring, but this year I could not enjoy it. The war has drowned out all the bright colors, smells, birdsong and other attributes of this beautiful season. The weather did not indulge us with a warm and spring mood at all. All changes lasted slowly, and then the heat came on quickly.



This week the temperature was over 20 degrees Celsius (68 degrees Fahrenheit.) There are already a lot of people in summer clothes. Moreover, some stand out against the general dark background, not only with short skirts or shorts, but also with bright pink panama hats. Such hats have become the main clothing trend in Kyiv after the victory of the participants from Ukraine at the Eurovision Song Contest 2022. Yes, the colors are bright. Such colors annoy many people, since not everyone can forget about the pain we are facing. The pain is deep inside and corrodes the soul. There is no such joy or events that can end this pain and we suffer from a fatigue that cannot be extinguished by sleep or rest. Perhaps this feeling I have is due to the lack of work. I haven't had such a long break from work as a lawyer in a long time. I'm trying to fill my excess free time by working on a book and organizing the business papers that I brought from the office. Now I am just a volunteer and my only useful occupation is to deliver humanitarian aid to birds in Kyiv.

On Roxy's condition:

My fluffy princess has become the mistress of my free time. She requires a walk 3 times a day. I let her go for walks several times a day for 2-3 hours in a row. I don't mind her nibbling on the chest-of-drawers and throwing clothes out of the closet. This makes her very happy and her psychological state has improved significantly. The sound of an air raid alarm no longer frightens her at all. She only freezes for a few seconds at the first alarm, and then calmly continues to do what she loves.

(*"Sergii and Roxy" continued on page 18*)



("Sergii and Roxy" continued from page 17)

WINGED NEWS & MORE

About the Situation in Kyiv:

It has already become clear to everyone that the collapse of the economy cannot be stopped. Gasoline has already become a luxury item and its prices are no longer controlled. This week, the government stopped fighting the black market. The fare on transport has risen sharply (by 50%) and this is all in a week.

People are at a loss as practically no one is working and there is no financial support. There is no truthful information, censorship is everywhere. Many are no longer interested in news, yet we see the things that happening around us.

Thank you all for your support. I'm sorry I can't write often. There is simply no news. We hold on and hope we can leave. Sending love and hope to everyone. XoXo



May 9 -12, 2022, Kyiv, "WE ARE HOSTAGES OF TIME"

We are in the third month of this tough and senseless war which will hopefully soon end. Recently, hours, days, weeks... don't really differ much for us. We are just waiting for changes, solutions to our issues, but nothing ever changes. Time has just stopped for us. If you try to speed up something, then unexpected circumstances arise that stop everything and we have to wait again.

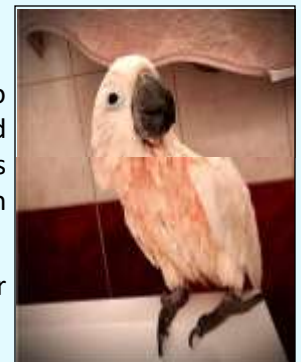
I can't understand what this is connected with, but someone or something is keeping us in Kyiv. It all started with the attempted delivery of the last cage for Roxy, without which we cannot move to Western Ukraine. The cage is very heavy and so large, there were problems transporting it back in Hungary. So far, the issue of how to deliver it to Ukraine has not been resolved.

We are also waiting for my father's passport. The document is not yet ready. In Ukraine, everything done takes a very long time. The Russians destroyed the factory that makes biometric passport forms. We have become accustomed to waiting; we are hostages of this situation.

About Roxy's Condition:

We've made a lot of progress and Roxy's behavior has improved a lot. I see that she wants to bite, but she controls herself. She often grabs my fingers with her beak, squeezes them and immediately releases. She seems to have learned her lesson not to bite me. Roxy gently kisses the wound marks left by her previous bites. She feels guilty. Yes, she really loves me very much and is afraid of losing my trust.

Roxy wanted to bathe very much today and I provided her with a good bath. Then I dried her with a hair dryer as she was very wet. Roxy is very happy today.



About the Situation in Kyiv:

Every day there are more people and this is also a problem, as the logistics of food supply and traffic are disrupted. There is no gasoline at all, but the cars are still driving. I'm not sure where they get their gas?

I am very grateful for your support and concern for us. Unfortunately, we have very few changes and I don't always know what to write in the next post. I am working on a book, since there has been no work for a long time. It's hard and I have to force myself to do something while we are waiting for a new batch of humanitarian aid. Sending love and hope to everyone. XOXO

Best wishes,

Sergii and Roxy

You can read more of his updates by going on his website: <https://sergiandroxy.wixsite.com/home>.

Editor's Note: SBBS has made financial donations to help with Ukrainian humanitarian, parrot and other animal aid.



WINGED NEWS & MORE

Brown Pelican Crisis Developing in Southern California, Experts Say



A Southland wildlife center is inundated with sick and injured brown pelicans

May 18, 2022

SAN PEDRO, CA A Southland wildlife center is inundated with sick and injured brown pelican, with more than 55 patients arriving in the past four days and more are expected this week, officials said Wednesday.

"We're seeing a mix of fledglings, second-year birds and mature adults, which makes me think it could be a food supply issue rather than a simple influx of starving fledglings," said Dr. Rebecca Duerr, director of research and veterinary science for Bird Rescue's Los Angeles Wildlife Center in San Pedro.

Many of these injured birds are coming from Santa Barbara and Ventura counties and at beaches just south of there, including the Malibu area, officials report. Several of the birds in the latest group came in with multiple fish hooks, but some have been hit by cars or have fractures for unknown reasons, according to officials with the global conservation organization. A few of the birds they found are just cold and starving.

"Birds in a changing world face new challenges which take time to research and understand. In this case, the Bird Rescue suspects that part of the problem is a lack of available fish stocks leading to birds failing to find enough to eat or taking extra risks when foraging for food. In a Bird Rescue statement, they said. "The lack of fish, combined with a new crop of young pelicans having to learn to feed themselves, may explain the current influx."

Brown pelicans were added to the endangered species list in 1970 due to exposure to DDT and then removed in 2009. In 2010 and 2012, Bird Rescue's wildlife centers saw similar inundations of brown pelican patients.

"Rescue efforts like in 2010 and 2012, and the one we're undertaking now, help keep pelicans off the endangered species list," International Bird Rescue, CEO JD Bergeron said. "Thanks to our banding program, we recently spotted a former patient feeding its young four years after its release in the wild," Bergeron added. "This proves that the hard work to save one bird at a time can affect future populations."

Bird Rescue officials reminded fishers not to cast their lines into groups of feeding birds to avoid snaring them.

The public was also reminded to keep an eye out for pelicans landing in unusual locations such as along Pacific Coast Highway.

Those who find a pelican in need may contact the International Bird Rescue's helpline at 310-514-2573. After hours, they should contact their local animal control agency. For pelicans found in Malibu, call California Wildlife Center at 310-458-WILD (9453).

People can donate food and medical supplies for the birds on the [organization's website: https://www.birdrescue.org](https://www.birdrescue.org)



WINGED NEWS & MORE

World Parrot Day is celebrated annually on May 31st. It is a wonderful opportunity to celebrate these beautiful birds. There are many threats to the population and wellbeing of parrots. Habitat loss, climate change, and wildlife trade are some of the main threats. Many parrot species are in decline. World Parrot Day presents an opportunity to highlight the threats faced by these stunning birds. You can celebrate this day in many ways. Since habitat loss is a huge threat to the parrot populations, you can plant trees and plants to provide food, shelter and nesting opportunities. Parrots nest in tree cavities, so save the old trees if it is safe to do so. On this day, you can also donate to your favorite conservation projects.

World Parrot Day will be celebrated on **Tuesday, May 31, 2022.**



Interesting Facts about Parrots

Let's find out more about these amazing birds on World Parrot Day.

- The Kakapo parrot, a rare species found only in New Zealand, is the only flightless parrot.
- A group of parrots is called pandemonium.
- These fascinating birds have 4 toes on each foot, two pointing forward and two projecting backward.
- Macaws eat damp clay soil to neutralize chemicals in their fruity diet.
- The Hyacinth Macaw is the largest of all parrot species. It has a wingspan of over 4 feet.

WINGED NEWS & MORE

"Feathers for Native Americans" is a non-profit project, collecting molted macaw, parrot and wild turkey feathers and gifting them to the Puebloan Tribes of Arizona and New Mexico to use in their traditional religious ceremonies. The feathers are used to adorn their ceremonial dance garb, along with their spiritual artifacts, at no cost or obligation on their part.

They are looking for bird owners or caretakers of birds in the USA that will commit to **donating their molted feathers**, (Spring Molt & Fall Molt) to assist Native Americans in their right to express their rich cultures and traditions. These donations **help save macaws and parrots in the wild**. **By gifting molted macaw, parrot and other exotic bird feathers, we can thwart sellers of illegally imported feathers from Central and South America, that hunt and kill wild macaws and parrots for profit**. Every feather donated from a molted living bird will have the potential to replace one that a wild bird may have been killed for.

The molted feathers are a natural and renewable resource that's eco-friendly and humane. There is no danger to the birds, and they are highly regarded by the Native Americans. Native Americans have used feathers in their religious customs and traditions for the past millennium and will do so for the next millennium. Together we can **HELP SAVE WILD MACAWS AND PARROTS** and support Native Americans in maintaining their 1st Amendment rights under the Constitution and enable them to be able to continue their rich customs and traditions.



If you have molted feathers that you can donate towards this project, it would be greatly appreciated.

VISIT: <https://www.feathersfornativeamericans.com/>

SEND FEATHERS TO:

Feathers for Native Americans: 3415 Butterfly Arch Virginia Beach, VA 23456-2537

FOR MORE INFORMATION CALL: cell # 757-434-7557



IMPORTANT NOTICE: FEATHERS FROM RAPTORS SUCH AS EAGLES AND HAWKS OR MIGRATORY BIRDS ARE ILLEGAL TO POSSESS. WE NEVER ACCEPT DONATIONS OR EVER HAVE ANY OF THESE TYPE OF FEATHERS! Feathers from wild and domestic Turkeys, Guinea, Peacock, **Macaw and other types of tropical birds like Parrots, Cockatoos, Cockatiels, Parakeets, etc. from the United States are all acceptable.**



SBBS Welcomes New & Returning Members



RETURNING MEMBERS: Jackie Harkey

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: 63

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 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 the Membership Director, Patte Fisher at pattfisher@verizon.net or you can call her at: (310) 316-9843 (home) or at (310) 418-9096 (cell).



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.

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(This is when a bird should consider using Instacart)

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.
- Consider getting vaccinated and boosted...and boosted again.



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.**

The deadline for the next newsletter is Thursday, June 9th.



Adoptions



There are so many birds needing homes.

If you are considering getting 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!

Organization

Phone

Contact

| | | |
|---|---------------------------|--|
| Fine Feathered Friends Foundation | (310) 334-9062 | 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 |



"You'll never get away with this!"



LAUGH
KOOKaBURrA





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(310) 370-7550
E-mail: birdsnmor@aol.com
Website: birdsandmore.com

Memorial Day

Remember those who have made the ultimate sacrifice for our freedoms.

Jungle Toys

Mike Keens
(818) 993-9777
E-mail: mkeens@sbcglobal.net

The South Bay is fortunate to have great avian veterinarians for our feathered friends.

Get your bird "wellness check" now!

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Webinars Listed on page 8!

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Contact for delivery options during Covid-19

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since 1934

South Bay Bird Society members receive a 10% discount at 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, go to: 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



Some of our meetings are held on ZOOM & some are held OUTDOORS 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.

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 |
| Vice President, CFO | Diane Sivas, (310) 937-9925 |
| Vice President | Karen Allen, birdsnmor@aol.com |

DIRECTORS:

| | |
|--------------------------------|--|
| Communications | Gala Burkholder (gidgetscal@aol.com) |
| Community Outreach | OPEN |
| Education | Karen Allen, birdsnmor@aol.com |
| Meeting Tech Support | OPEN |
| Membership | Patte Fisher, pattefisher@verizon.net, (310) 316-9843 or cell: (310) 418-9096 |
| Newsletter & Flyers | Gala Burkholder (text (310) 345-0278) |
| Press/Media | Gala Burkholder (gidgetscal@aol.com) |
| Programs | OPEN |
| Raffle & Sponsors | Janet Ragonesi, Patte Fisher |
| Secretary | Diane Sivas, (310) 937-9925 |

SUPPORT POSITIONS:

| | |
|------------------------------------|--|
| Adoptions & Foster Care | Janet Ragonesi, (310) 376-5954 Marie Calleja, (310) 529-1408 |
| Cartoons | June Baker, Marie Calleja |
| "Meet-up" Site | David Benjamin |
| Photography | Gala Burkholder, Marie Calleja |
| Proofreaders | Sylvia Skidmore, Marie Calleja, Patte Fisher |
| Website Coordinator | ACTING—David Benjamin (davidsbbsnews@dbenjamin.com) |
| Website Maintenance | Harold Buchman |
| Youth Ambassador | OPEN |
| ZOOM Coordinator | David Benjamin (davidsbbsnews@dbenjamin.com) |
| 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 | <p> Lorrie Mitchell, Diane Bock, Ron Ellwood </p> <p> In Memoriam Members Laura Lynn Porter </p> |



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.



P.O. Box 3863
Redondo Beach, CA 90277-1719
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: _____