



Volume 50 Issue 4 March-April 2023 SBBS Newsletter Established 1974

Julie Scardina to Present

on, Sunday, April 2 at 2 PM on Animal Conservation in India



Julia Scardina, SeaWorld's former Head Trainer and Animal Ambassador, will speak to us in person on April 2 about her current March trip to India. She will discuss her **conservation efforts to save threatened animal species**. Julie is always delightful in sharing her experiences in promoting the welfare of birds and other animals, whether she is on TV, or with us at a South Bay Bird Society meeting.

Julie's lifelong love of all animals led her to careers as animal trainer, conservationist and public educator. She has been recognized for her work in these fields with a variety of awards: a Trainer's Association Lifetime Achievement Award, a US Fish & Wildlife Service award for conservation, a collegiate Hall of Fame induction and an Emmy for educational programming. Julie also co-authored the book *Wildlife Heroes* highlighting 40 conservationists and their work to save imperiled species.

Julie's credentials include almost 20 years as a trainer, working with everything from killer whales to birds, culminating as Director of Training at SeaWorld San Diego; and 20 years as spokesperson and Corporate Director of Training and Animal Ambassador Programs across all SeaWorld and Busch Gardens parks, retiring in 2017. Among thousands of appearances, Julie was a frequent guest on the *Tonight Show with Jay Leno*. She participated in many of Jack Hannah's televised animal programs and appeared on the *Today Show* over 100 times discussing animals and conservation.

Julie leads "Mission Wildlife," a non-profit organization dedicated to supporting species conservation, with the goal of encouraging others to make a positive difference in the world we share. Julie's other affiliations include the World Wildlife Fund National Council, the Emerging Wildlife Conservation Leaders' board and the National Marine Mammal Foundation board.

"We can all be wildlife heroes - actions such as creating your own backyard habitat and making informed consumer choices can make a big difference for the health and conservation of our one planet and all its inhabitants."

Joining us online? ZOOM links will be sent out prior to the meeting.

The meeting will be held at the Hermosa Beach Kiwanis Club Building

2515 Valley Drive, Hermosa Beach, CA 90245 (near the corner of Gould & Valley Dr.)

For more information, contact Janet Ragonesi at (310)379-5954 or at ragonesi@att.net or go on: www.sobaybirdsoc.com

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Don't Miss Julie on April 2!



Bob Shanman Shares His African Safari Adventures

Cape Town, South Africa; Botswana & Zimbabwe

Monday, March 6th at 7 PM

Report by SBBS Board Members



The South Bay Bird Society was delighted to have Bob Shanman from WILD BIRDS UNLIMITED speak to us on March 6th. He explained that in August of 2022, he, his family and friends were fortunate to travel to Africa with stops in Cape Town, South Africa; Botswana and Zimbabwe.

When meeting with his travel planner, Bob informed him, as birders, they mostly were interested in seeing Africa’s birds. The planner told Bob to be sure to tell their guides that spotting birds were their major focus, not seeing the “Big Five” which is what most people want to observe. Sure, they saw the well-sought wild animals, but they also saw a wide variety of birds that Bob had always wanted to see. Since the continent of Africa documents having 2,300 species of birds with 67% of them endemic, Bob and his group of travelers, only saw a fraction of the Africa’s species in the three countries they visited.



Bob gathered many interesting facts about Africa’s land, water and it’s animals. He spent the evening showing us slides and videos accompanied with stories about the may facets of their incredible journey. Bob and the others were pleased with their accommodations and delighted in how great the food was.

One of the most impressive sights of the trip was visiting the world’s largest waterfall, **Victoria Falls** in Zimbabwe on the border with Zambia. This epic waterfall is twice as wide and deep as Niagara Falls.



A common site in Africa are the numerous **termite mounds**. They consist of large

tunnels with a nest. These mounds are built in such a way they protect the termites from the seasonally high temperatures.

Bob showed slides of several of the African birds he had always wanted to see. A few of them included:

1. **Shoebill** who got its name from the shape of its bill looking like a shoe. The Shoebill has the eerie look of dinosaurs from which birds are descended from. They can be found in marshy swamp areas.
2. **Southern Ground Hornbill** are found in the savannas of South Africa. They mainly feed on the ground foraging for seeds, small insects such as termites, ants, spiders and scorpions. There are 24 different species of hornbills in Africa.



(“Bob Shanman and African Birds” continued on page 3)

(“Bob Shanman and African Birds” continued from page 2)

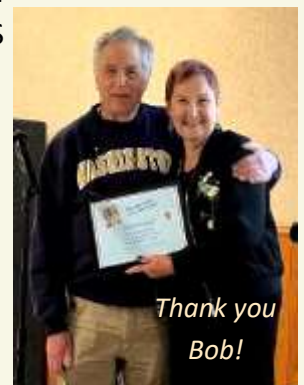


3. **Flamingos** who live in large colonies in salty lakes, favor the mudflats where they use the mud to shape into mounds for nesting. They get their pink coloring thanks to their diet of crustaceans (tiny shelled fish).
4. **African Penguins**, who are actually quite small, can be found near the southern tip of South Africa at Boulder’s and Foxy Beaches. They are endangered due to pollution, hunting, over-fishing and predators.
5. **Lilac-Breasted Roller** is one of the prettiest and most colorful of all African birds. They can be found perched in trees in open woodlands and bushy savannahs while looking out for insects and beetles.
6. **Southern Yellow-billed Hornbill** can be found in the savannas of South Africa. Hornbills are famous for their breeding behavior. The female lays her eggs in a tree cavity and then completely seals herself inside with mud and droppings leaving a small hole for food to be past through to her. The males collect and bring her food while she incubates the eggs in the tree cavity.
- 7 **Abbyssinian Ground Hornbill** has been compared to an all-black turkey with red patches. The **Sacred Ibis** can be found in a range of habitats as long as there is water nearby. They feed by wading in shallow wetlands to hunt for fish, frogs, insects, worms and crustaceans.

Bob’s safari friends were certain to **listen to the guide** when they were on their drives, not only in search of birds but, for the animals known as “The Big Five.” This key instruction became vital one day when they were out of the safari vehicle on a break. A large elephant raised his ears indicating it was very concerned with their presence. The guide did not have to tell the group twice to quickly get inside of the safari vehicle!

Listening to one’s guide is important on a safari because of the **explanations for the behaviors of the animals** seen. In one case, a safari members saw one elephant using its foot to pound at the water’s edge. Because of the possible threat of crocodiles, lions and other predators, the elephant was signaling to the rest of the herd waiting at a protective distance that it was safe to come for a drink of water. The elephants’ hearing is so sensitive, they can detect the pounding of the ground by another elephant from far away. Bob witnessed an antelope being chased by a pack of wild dogs. To escape from this terror, the antelope went into water where the dogs would not follow it (they don’t swim) and waited for the vicious dogs to leave.

Bob is hoping to retire before the end of the year and is already planning to return next year to visit other countries in Africa to see more of it’s birds and wildlife. SBBS President, Janet Ragonesi, presented Bob with a certificate of our appreciation.



Thank you
Bob!

The President's Notes *By Janet Ragonesi*

Greetings BIRD LOVERS,

Time to say,
"Rain, Rain
Go Away!"



I have mixed emotions about the record amount of rain we have received this year. It is not a tough choice between continuing the 3-year long drought and having more beautiful greenery throughout our state. I love seeing the snow-capped mountains, but not the rock and mud slides that are causing property damage.



The forces of mother nature are seen in the South Bay with roaring ocean waves slamming against the Redondo pier and the dense fog making driving on the curvy roads in Palos Verdes a safety challenge. It is time for the sun to come out and allow us to play and see the spring wild flowers in bloom!



LAST MONTH'S SBBS MEETING

THANK YOU BOB SHANMAN FOR YOUR MONDAY, MARCH 6, PRESENTATION ON HIS AFRICAN SAFARI ADVENTURES



We were delighted to have Bob Shanman from WILD BIRDS UNLIMITED at our last meeting. Bob shared his African safari adventures through slides, videos and fascinating stories about his stops in Cape Town, South Africa; Botswana and Zimbabwe. See pages 2 and 3 to see some photos and highlights of the meeting.

UPCOMING HYBRID SBBS MEETINGS

SUNDAY, APRIL 2, 2 PM
JULIE SCARDINA
WILL SHARE HER RECENT
WILDLIFE TRAVELS IN INDIA



Julie has been traveling in India for three weeks during the month of March to promote animal conservation. She promised to take lots of photos and share with us her recent experiences there.

Julie's message to us is personal. She will share simple and practical ways how we can ALL be WILDLIFE HEROES to make a difference for the health and conservation of our planet!



Julie is always bubbly and upbeat.

You will love hearing her special presentation!



DON'T MISS IT!



Refreshments will be provided and the public is welcome to join us for this fun presentation.

This hybrid meeting will be held in-person and on ZOOM. A ZOOM link will be sent to you just prior to the meeting or you can RSVP on Meet-up at: <https://www.meetup.com/Redondo-Beach-Birds-Meetup/events/>.

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

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

MORE UPCOMING HYBRID SBBS MEETINGS

MONDAY, MAY 1, AT 7 PM

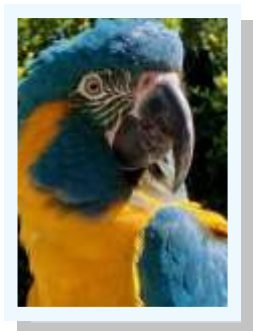
WITH MARIE CALLEJA ON

"YELLOW AND BLUE, WHO IS WHO?"

Marie Calleja, the Director of "Fine Feathered Friends Foundation" will share with us traits of these blue-colored macaws. These macaws may look similar, but there are differences in color, size, and attitude! Marie will be bringing her companion macaws from these two species. More information about this meeting will be in the next newsletter.



Marie Calleja



Blue-Throated Macaw



Blue & Gold Macaw

PATTI PROVIDED PACKAGED PASTRIES (PPP)

Currently, we do not have anyone in the kitchen to oversee a pot luck dinner. Any volunteers? **Thank you to Patte Fisher** for providing coffee and trays of individually packaged goodies for our first two in-person meetings! If you are willing to contribute beverages or snacks for a particular meeting, please contact me, Janet Ragonesi, at (310) 379-5954.



Everyone's input helps create a sense of community for the South Bay Bird Society. We would love for your help towards that goal. **Feel free to contact me or one of the board members if you can help in any way. Thank you.**

MONDAY, JUNE 5TH AT 7 PM

DR. TERESA MICCO ON

"OUR AGING PARROTS"

Local avian veterinarian, Dr. Teresa Micco, will discuss various health considerations in our aging parrots, what to look for and ways to improve their comfort and condition.



Dr. Teresa Micco

Dr. Micco, received her DVM in 2011 from [Ross University](#) and [Louisiana State University](#) Schools of Veterinary Medicine, located on the Caribbean island of St. Kitts, completing her clinical year at LSU in Baton Rouge, Louisiana. While completing her clinical rotations, she assisted in the care of injured birds and sea turtles during the BP oil spill.

Prior to attending veterinary school, Dr. Teresa Micco was an RVT (Registered Veterinary Technician) for 25 years, working primarily with birds and exotics, in addition to dogs and cats. Dr. Micco is an active member of the [AAV \(Association of Avian Veterinarians\)](#) and is on the Social Media Committee for the AAV on Aviculture. She currently continues her animal practice at Point Vicente Animal Hospital, in Rancho Palos Verdes. She has been involved in conservation, rehabilitation and aviculture for many years.

Each year, she rehabilitates over 200 **hummingbirds** under the license of South Bay Wildlife Rehab, as well as numerous songbirds and local wild baby and injured adult parrot species. **More information in future newsletters.**



Baby hummingbirds waiting to be fed



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

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

VOLUNTEERS NEEDED FOR COMMUNITY OUTREACH:
"WHALE OF A DAY" ON SUNDAY, APRIL 15
POINT VICENTE INTERPRETIVE CENTER
WITH SHIFTS BETWEEN 7:45 am -4:30 pm



It has been several years since SBBS has participated in the fun and exciting community-wide event at the Point Vicente Interpretive Center called, **"WHALE OF A DAY."** This event celebrates the annual migration of the Pacific Grey whale from the Arctic seas to Baja, CA.



An average of **3,000+ visitors** attend this one-day event, making it an excellent opportunity to **promote public awareness of the SOUTH BAY BIRD SOCIETY**, its goals and answer questions about our companion birds. The club has signed up to **HAVE OUR OWN SBBS INFORMATION BOOTH** and **showcase our parrots.**

You are invited to BRING YOUR BIRD. Have a CARRIER and/or a CAGE available for your BIRD. This is a great way for the public to **see and learn about having a companion parrot.**

Our information booth will be next to a booth for **THE FINE FEATHERED FRIENDS FOUNDATION** where people can learn about this local bird re-homing organization under the direction of SBBS member, Marie Calleja.



WE NEED YOUR HELP TO VOLUNTEER AT OUR BOOTH!

We will provide water and snacks for all of our volunteers.

You are welcome to spend part of your day with us at this beautiful location. You will have the opportunity to meet many people interested in birds and check out this exciting fun event!



There will be food trucks, live music, arts and crafts, games, museum tours, face painting, raffles, silent auction, other organization booths and more. You might even see some whales!

VOLUNTEER SCHEDULE

- 7:45 am – 10:00 am** (Setting up and staffing the booth)
- 10:00 am – 12:15 pm** (Staffing the booth, sharing what SBBS does and about owning companion parrots)
- 12:00 noon – 2:15 pm** (Staffing the booth, sharing what SBBS does and about owning companion parrots)
- 2:15 pm – 4:30 pm** (Staffing the booth and assist in breakdown of the booths)

If you can help setting up and/or help staff the booth, please call

Janet at (424) 247 4447 or Marie Calleja (310) 529-1408 by April 13th.



"WHALE OF A DAY" is located at

The Point Vicente Interpretive Center
 31501 Palos Verdes Drive West

(On-Site parking is extremely limited)

This **FREE EVENT** provides **FREE PARKING** at the **Rancho Palos Verdes City Hall** (30940 Hawthorne Blvd., Rancho Palos Verdes with a **FREE SHUTTLE BUS SERVICE** to the **EVENT.**

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

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

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 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.



NEW SBBS SPONSOR –

JUNE BAKER PET CARE

SBBS member, June Baker, has been involved with PET CARE for over 10 years. She is very dedicated to all of the pets she cares for. June interacts with each of the wide-variety of animals in her care. She maintains a two-way conversation with the companion pet owners to ensure the comfort, health and safety for the animals.



The range of services available through June Baker PET CARE is more than most pet care companies offer. Her services include: overnight house/pet sitting, special needs pet care and drop-in visits. June is experienced caring for cats, dogs, **birds** and other small animals. June has looked after my parrots for over 6 years!

WE SHARE OUR LOVE OF BIRDS

SBBS encourages all bird lovers to support the clubs and activities that share your love of birds. Whether the meetings are on ZOOM or in-person, I hope you participate in our local sister clubs—West LA Bird Club, Long Beach and Orange County Bird Breeders, as well as SBBS.



These clubs succeed through the sharing of our love of parrots and by educating each other in the care of our companion birds. The sense of community of bird lovers is created by your participation in the various clubs.

PLEASE SHOP OUR SPONSORS

Our sponsors have remained open and made safety accommodations for us during the past three years. They have continued to make donations to SBBS for our raffles and to our annual auction. Please give them your business, whether it be for a bird product, grooming or veterinarian service.



JUNE BAKER PET CARE

Specializing in Cats, Birds and Other Small Animals

Loving Care For Your Furred and Feathered Family Members, Including Special Needs

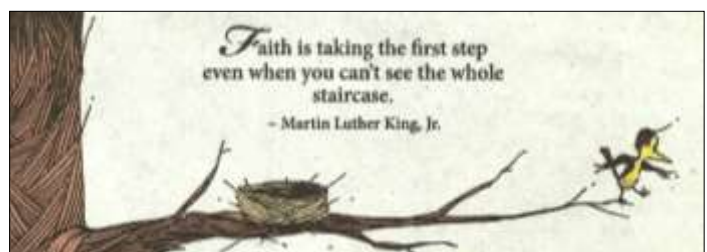


Drop In Visits Overnight Pet/ House Sitting

Licensed/Insured

Text: 310-977-6978

junespetcare@hotmail.com



See you on April 2nd!

From my flock to yours

Cheers,

Janet Ragonesi,
SBBS President



OTHER AVIAN—RELATED ZOOMS/MEETINGS/BIRD WALKS

Palos Verdes/
South Bay
AUDUBON
SOCIETY



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

The Next Hybrid - ZOOM/
In-Person Meeting is:

April 18, 2023

**“The How and Why of
Colorful Feathers”**

Presented by: Dr. Allison Shultz



Madrona Marsh Nature Center
3201 Plaza del Amo, Torrance

BIRD EXCURSIONS:

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

**RESERVATION FORMS and
info are available at:
www.pvsb-audubon.org.**



Sat. April 22, 9 A.M.

Birding for Kids at Madrona Marsh
with PV/SB leader, Jazmín Ríos.

Sun. April 2, 8 A.M.

Ken Malloy Harbor Regional Park
with PV/SB Audubon leaders. Meet in
the parking lot between Vermont and
Anaheim above the ranger station.

Sat. April 8, Spring Butterfly
Count



Go to: stephenvincentlloyd@gmail.com

Motmots' Birding Field Trip Adventures
See information on the top of page 9.

**For Information, go to:
www.pvsb-audubon.org**

West Los Angeles Bird Club
Wed., April 12th at 7:00 PM

Deb Stambul
Bird Behaviorist



Deb encourages you to bring your bird to the meeting along with its favorite treats. You may be lucky enough to receive a bird training session.

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

For more information, go to:

www.westlabirdclub.com or call Doreen at (310) 488-9749.

The Connecticut Parrot Club



Tue., April 11th, 4 PM (PT):



**“Target Training” with
Sheila Blanchett, Certified Parrot
Behavior Consultant/Trainer**

**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/OfCs14g35cs> (Over 1,000 views!)
- **Tables Communication and Play for Parrots,**
Jennifer Cunha
- **Through the Eyes of a Parrot, Dr. Graham Martin**
- **Caring for Elderly & Disabled Bird Companions, Dr. Kristin Sinclair**



Lafeber Companion Bird Webinars in April at 12 noon PDT

You can see a current or previous webinar by going to:

<https://lafeber.com/pet-birds/category/webinar/>

- **April 14, “Avian Vet Insider - Avian Musculoskeletal System” with
Dr. Stephanie Lamb, DVM, DABVP (Avian Practice)**
- **April 21, 12 noon PDT, “The Grey Way - An Owner’s Guide to an
Avian Vet Visit” with Lisa Bono, CPBC**
- **April 28, “Ask the Vet: Q & A” (Ask questions about your bird’s
health, nutrition, care or behavior problems) with Tom Tully, DVM,
DABVP (Avian Practice), DECZM (Avian)**



OTHER AVIAN—RELATED ZOOMS/MEETINGS/NATURE WALKS

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

Full COVID vaccinations are required for PV/SB Audubon field trips, masks are recommended and the group is limited to 12. Call our home number before each field trip to check for updates & to let us know you are joining us.

For Information, Details and Reservations:

Contact Eric & Ann Brooks at (323) 295-6688 or text Ann at (310) 913-2798 or email: motmots@aol.com



Wed., April 5, 8:30 am and Thurs, April 6, TBD: Birds N Blooms at Carizzo Plain. We are starting WEDNESDAY to beat the crowds to see birds and beautiful spring wildflowers. Meet at filling station/restaurant at the intersection of Hwys 166 & 33 in Maricopa at 8:30 am, Wed.. Thursday meeting place and time to be determined. **RSVP**

Sat., April 15, 8 am: Join LA Audubon for a Bird Count at Kenneth Hahn Park. Meet in the Olympic Forest parking area (first left after kiosk) \$7/car, seniors \$5/car. **RSVP**

Wed., April 19, 6:30 am: Field Trip to Bear Divide. A super special migrant location!! Dressing in layers is recommended; it can be pretty chilly in the early morning. <https://www.beardivide.org/> for info, google maps location. **RSVP**

PARKLAND CONSERVANCY
 invites you and your family to
EARTH DAY 2023 at Wilderness Park in Redondo Beach

Saturday April 22
 * Native Plant Workshops, Walks & Restoration
 * Dinner & Celebrations
 * Overnight Camping

Sunday April 23
(FREE community event)
 * Lunch, Activities & Crafts Included
 * Live Music with Zed Levin and USBB
 * Local Environmental Groups representing their activities & initiatives and how you can help.

For tickets and more information: Southbayparks.org
DINNER tickets: www.eventbrite.com/e/earth-day-2023-brunch-dinner-tickets-48006759537
CAMPING tickets: www.eventbrite.com/e/earth-day-2023-slope-campout-tickets-5400453709
 *Walking & bicycling encouraged!

Phoenix Landing Foundation Webinar

Saturday, April 22
 10 AM-noon (PT) 1-3 PM (ET)

Feather Destructive Behavior with Richie Burdeaux, DVM, ABVP (Avian)

Many parrots in captivity exhibit feather destructive behavior, and we don't want to see them in pain or unhappy. Dr. Burdeaux will discuss some of the possible causes and solutions to this complex problem.



To Register or see a previous webinar, go to:

www.phoenixlanding.org/events.html



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

Thursday, April 27, 2023, 7:00-8:30 p.m.

Speakers from the Moore Lab of Zoology at Occidental College
"Diversification in Mexican Birds"

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

Previous ZOOM include topics:

- "The How and Why of Colorful Feathers of Tanagers"
- "A Global Odyssey of Migratory Birds"



San Fernando Valley Audubon Society

PALOS VERDES PENINSULA LAND CONSERVANCY



GUIDED NATURE WALK:
Sat., April 1, 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**



GUIDED NATURE WALK:
Sat. April 8, 9:00 AM

WHERE:

Ocean Trails Reserve

Rancho Palos Verdes, CA 90275

Walk through impressively-restored habitat on top of an ancient slide area with spectacular bluff-top ocean views that are well worth the visit.

Easy to moderate walk. Guides by Palos Verdes Peninsula Land Conservancy. **RSVP**



GUIDED NATURE WALK:
Sat., April 15, 10:30 AM

WHERE:

White Point Nature Preserve

1600 W. Paseo Del Mar

San Pedro, CA 90731

Naturalists will guide you along a trail to discover a variety of wildlife in their coastal sage scrub habitat with amazing views across to the ocean. Meet in front of the Nature Center and come inside to explore after the hike. *Park in the lot via Western Avenue only.* Guides by P.V.P. Land Conservancy.

Q & A *By Karen, The Parrot Lady*

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

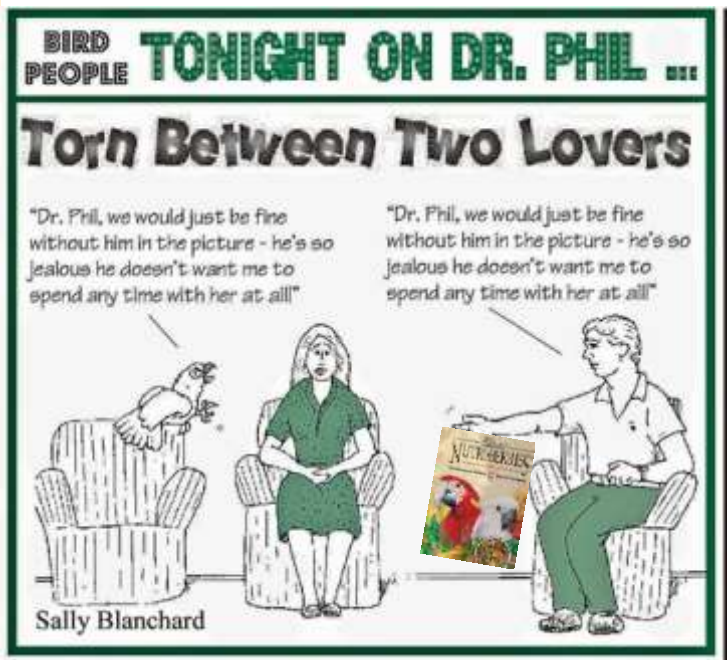
Ask me your questions and I will answer to the best of my knowledge. If I don't have an answer I will make every effort to find one for you and tell you my source. Be sure to check with your avian vet for their evaluation of your bird's particular circumstance. Here we go!!!



Q My bird turned on my husband after 10 years of being best buddies. What happened and what do I do?

A Regarding what happened, who knows? Changes in your environment, a new person visiting or moving in, furniture moved, or new drapes could all contribute to a possible cause. You are the only person that can answer that question. Sometimes it's a hormonal thing. The bird wants you for a mate and your hubby is seen as interfering.

Let the bird know verbally that that behavior is unacceptable and that when he attacks, he will be left alone by both of you. Let your hubby give him treats when he behaves nicely and be sure you both tell him how good he is, and that you both love him. Be especially verbal and loving when he shows progress.



Q My parrot learned some bad language from a nasty neighbor. How can I correct it?

A OH BOY! Heaven help you. Ignore it the best you can. The more you show recognition, the more entertained and verbal he will be. When you walk away and say nothing, he gets no attention, and it won't be so much fun to use the language.

When my African Grey is covered longer than he feels is appropriate, he says, "G D it!" (truly my fault), and when I uncover him, he says, "God Bless You!"

("Q & A" continued from page 8)

Q If my dog can eat avocado, why can't my parrot?

A Avocado is very dangerous to bird's systems -- not to people or dogs. The area next to the skin of the avocado is toxic, as well as the area next to the seed. The meat of the avocado is too oily for them to digest properly. You also cannot cook avocado in the same house as a parrot because the vapors go into the air (and all the toxicity with it) which can kill your bird on the spot.
PLEASE, JUST DON'T DO IT!

TOXIC & TOO OILY FOR BIRDS TO DIGEST



Avocados are going to the dogs, NOT the birds!



Q My bird takes a bath every time I run the vacuum. What is that all about?

A I haven't a clue. Mine does it when I sweep. You just can't account for some birds' funky habits!

Q My bird is barking. My dog is going bonkers. The cats jump every time the bird barks but ignore the dog. What can I do to stop it?

A Good luck with that one! Have a talk with the dog. It won't work, but you might feel better. Have a talk with the bird. It won't work, either, but the cats might feel better. It is kind of a "no win situation," but a great conversation piece for family and friends!

"My barking is scarier than yours little peep!"



*Happy Easter
and give your birds a smooch from
Karen,
"The Parrot Lady"*

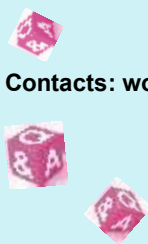


Karen Allen has been involved with birds and a SBBS member for over 35 years. She is a lifetime member of SBBS. Karen owns her own bird shop, "Birds & More" located at 4301 Redondo Beach Blvd., Lawndale, CA. Contacts: work (310) 370-7550, home (310) 371-9967, text (310) 704-1210. She counsels & trains new bird owners & is a published writer.

Send your questions for "The Parrot Lady" to:

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

Email: Birdsnmor@aol.com



Parrot Beaks: To Trim or Not?

By: Margaret A. Wissman, DVM, DABVP, Avian Practice

Beak trimming is a controversial subject. Some beak trims performed are cosmetic, and **others are medically necessary** for the bird to be able to eat and use the beak normally. **An overgrown beak can be a sign of a medical problem,** or it can just reflect **normal growth that has not been worn down by appropriate behaviors.** **The decision of whether or not to trim a beak should be a decision made jointly by the avian veterinarian and the bird owner.** **Beak trimming is usually not a part of bird grooming or necessary for most birds.**



Beaks grow and flake, with some species more prone to flaking than others. The upper beak, called the rhinotheca, of some species tend to **overgrow in length,** and, with other species, the beak tends to become “thickened” with excess growth. With still other species, the lower beak, called the gnathotheca, tends to grow too long. While **liver disease can cause the beak and nails to overgrow,** sometimes **overgrowth** is simply that, **the beak not wearing down normally due to inadequate chewing activities.** **Don't attempt to trim or file your parrot's beak yourself, as birds have nerve endings and blood vessels in the beak.** Also, **overgrown beaks have more blood flowing through them.** **Snipping the beak too short will be painful and could cause long-term nerve damage.** If you notice that your parrot's beak is too long, schedule an appointment with a vet.



When I perform a physical examination on a bird, I **evaluate the beak for symmetry and for abnormalities, including excessive growth.** In some cases, especially when dealing with an overgrown gnathotheca, a portion of the lower beak breaks off on one side, resulting in the rhinotheca curving to one side. This can cause a permanent deformity if not corrected in time. **Although a normal, healthy beak should wear down properly through normal chewing activities; this is not always the case.** Some ways to provide chewing activities for your bird is to provide wooden toys, fresh vegetables and greens, cuttlebones and a limited number of nuts.



(“Parrot Beaks” continued on page 13)

(“Parrot Beaks” continued from page 12)

Also, I **check for underlying health problems related to the beak overgrowth.**

Certain diseases also cause beaks to become overgrown, such as:

- Viral, parasitic, or bacterial infections
- Nutritional deficiencies (A lack of Vitamin A and B2)
- Lack of light exposure (A lack of D3—Avian lighting provides indoor exposure)
- **Fatty liver disease** (A diet of mostly seeds can lead to this disease)
- Metabolic abnormalities
- Beak trauma



Because the beak does not always wear down the way it should, there are times when it is advisable to trim and shape it to normal dimensions. However, [consider these important points before having a beak trim performed on a bird.](#)



Point 1: The avian veterinarian must know what that species’ beak normally looks like in order to perform a trim that closely approximates what is normal.

There’s **no uniform length that a parrot’s beak should be**, as all species are **different**. For example, macaws and pionus parrots have longer upper beaks than many other parrots, making it seem as if they’re overgrown, even though they’re a normal length. An avian vet should know the “normals” for the species that he or she is working on — whether or not the beak is of normal size, shape and length.

A beak trim is a serious procedure.

Using a high-speed grinder, such as a Dremmel® tool, can cause pain, because heat is generated by the friction. Unless the veterinarian is very careful and pays close attention to the amount of heat generated, **this friction/heat could cause the parrot pain and potentially permanently damage the beak tissue.**

Grinding the beak down to the living tissue causes bleeding, and it is possible to introduce infectious organisms. This can also be quite painful to the bird, as there are many nerve endings in the beak’s tip.

Point 2: Find out how much is being taken off and with what tool.

During a trim, **if only excess beak tissue is removed**, usually by a high-speed grinding tool, this is similar to filing fingernails. It **doesn’t hurt because you are only filing away dead keratin (beak and nails)**. It is also not dangerous to the bird, because **only this excess tissue is removed.**

Point 3: If this procedure must be performed, general anesthesia may be required, and the procedure should be performed aseptically.



After cleaning the beak with a **disinfectant** (making sure the bird does not swallow any), the **vet should use a new grinding head to minimize the risk of introducing microscopic organisms during the procedure.** I keep grinding heads for each client in plastic bags with their names on them, and I use a **different one for each client** because it is impossible to completely disinfect a rough grinding head, **ensuring that the heads do not serve as a method of inadvertently transmitting disease from bird to bird.**

Anesthesia may or may not be necessary for corrective grinding. This must be decided on a case-by-case basis and depends on any expected pain during the procedure and whether or not the veterinary team can safely and humanely restrain the bird for the procedure.

Beak trimming is a stressful procedure for your bird to undergo. The best way to deal with an overgrown parrot beak is to find the causes of the problem and make the necessary changes to your bird’s environment and diet. Your parrot will be healthier and happier if it does not need to undergo a beak trimming.

ON THE NEXT PAGE: “Avian Vet’s Advice Whether or Not Your Parrot’s Beak Should Be Trimmed”

“If You Had It Trimmed and It Was Too Short, What Should You Do?”

Avian Vet's Advice on Whether Your Parrot's Beak Should Be Trimmed **If You Had It Trimmed and It Was Too Short, What Should You Do?**

Trimming a parrot's beak is NOT a routine grooming practice and can cause the bird pain and harm if it is not done correctly. Your avian vet can determine whether or not your parrot's beak needs to be trimmed for health reasons.

As mentioned on pages 12 and 13, there may be other health-related issues causing the overgrowth of the bird's beak that needs to be addressed. Also, the bird's environment may need to be adjusted to provide ways for the bird to wear down its beak as occurs naturally in the wild.

If you and your vet decide to have your bird's beak trimmed, make sure that person is qualified and experienced at this difficult procedure. Your avian vet may be your best option to perform this treatment. They know the correct length and amount to trim recommended for your parrot's species and particular beak issue.

If you choose to have your bird's beak trimmed, it is possible that your parrot may come home and appear to be pouting. Your bird that is normally active and playful may be lethargic and listless. Your bird might be sleeping more than usual and try to hide in their cage or in a corner of the room. You might see your bird's feathers remain puffed up and it is not eating or drinking. You may notice your bird is wiping its beak back and forth on soft surfaces.

If these behaviors continue into the next day, consider that your parrot may be experiencing pain from the trim and needs to be seen by a avian vet right away. Early detection of this potential problem and treatment can often make a big difference in keeping your feathered friend healthy and comfortable. Sometimes this can be challenging, as birds are adept at hiding their symptoms, so pay close attention to your bird's behavior.

While you are waiting to get in to see your avian vet, there are some things you can do to help support your ailing bird. Separate your bird to its own cage so you can reserve the soft food for it and to better monitor what it is eating. Provide it a quiet and warm environment in order to reduce your bird's stress.

Start a soft, healthy diet right away that is easy for it to digest to keep your bird's energy and health maintained. Some food suggestions include:

- Cooking and pureeing or mashing vegetables and fruits such as yams, potatoes, squash, bananas and apples. To make them easy for your bird to swallow, thin with almond milk or water. Then heat to a warm temperature and feed your bird using a spoon. You might consider using baby bird hand-feeding formula with a bit of peanut butter for flavor to provide tasty nutrition for your bird.
- Scrambled eggs
- Oatmeal made and thinned with almond milk or water



Once you are able to get your bird seen for medical care, your vet will examine your bird's beak to see if the nerve endings at the tip or around the beak edge are exposed which would cause your bird pain. The vet may give your bird



an injection of pain medicine to provide your parrot some comfort. Most likely, you will be given liquid pain medicine to administer to your bird for several days when you return home. If your bird has gone without food for an extended period of time, your vet may want to tube-feed your bird. You will need to feed your bird at home a soft diet until your bird's beak heals. When you give your bird the pain medicine, you can sandwich the liquid inbetween a small portion of their favorite soft food and feed it using a spoon. Keep the food portion small enough to insure your bird ingests all of the pain medicine.

Monitor your bird's progress closely. Follow your vet's instructions carefully and keep an eye on your bird's behavior and physical condition. Hopefully soon, your bird will be able to crack seed, eat pellets, munch on a nut and play with its wooden toys.

Be sure to have your avian vet make a recommendation about whether or not to trim your bird's beak before you have this procedure done and discuss natural alternatives.



Sergii and Roxy

A Ukrainian Survivor and His Beloved Cockatoo's Story

Sergii and Roxy, his Mollucan 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...



Sergii continues to post updates about his and Roxy's, his peach-colored cockatoo's, experience during this past year of the war in Ukraine.

[YOU CAN GO ON THE SITE:](https://sergiandroxy.wixsite.com)

<https://sergiandroxy.wixsite.com> to see more updates)

WHILE WE HAVE TO WAIT - March 7, 2023

I didn't give new information for a long time. There were several reasons. First, my father and the new lawyer came down with the flu almost at the same time. Last two weeks my father was very sick and couldn't visit Roxy. He continues to be sick so my sister and volunteers go to take care of Roxy.

The second important reason I haven't posted in a while is the large volume of human rights activities. I'm approached by a lot of people who cannot receive medical care or have suffered from the arbitrariness of the authorities or the military. Unfortunately, there are very serious problems with human rights and democracy in Ukraine right now (I apologize if I mentioned politics again). The war raised all the problems of society and the state at all levels. People need help, so from 6:00 am to 10:00 pm I am consulting and answering messages.

On Roxy's condition:

She has become much calmer and eats and plays well again (she was bored and ate poorly for a while). Work with the documents for the departure of Roxy continues. More than 50% is already done.

Once again, thank you all for the support, prayers and attention you give us. XOXO!

Best wishes,

Sergii & Roxy



Help animals in another world disaster...

Donations to help the animals impacted by the earthquake in Turkey can be made to:

International Fund for Animal Welfare: <https://www.ifaw.org/international> and

Network for Animals: <https://networkforanimals.org/>



SBBS Welcomes New & Returning Members



RENEWAL MEMBERS: **Adrienne Kodak,
Jan & Irene Templeton**

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

IN MEMORIAM LIFETIME MEMBERS:
Laura Lynn Porter, Diane Racey

Number of Current Members: **61**

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



Patte

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 pattefisher@verizon.net or you can call her at: (310) 316-9843 (home) or at (310) 418-9096 (cell).

THE SOUTH BAY BIRD SOCIETY IS OUR LOCAL FLOCK



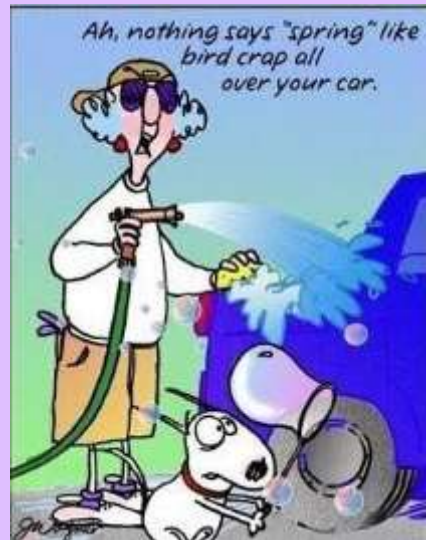
THE SOUTH BAY BIRD SOCIETY

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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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. (You may want to turn off the water while you are scrubbing.)**
- **Avoid people that are sneezing and coughing.**
- **Stay home & away from others if you are sick & contagious with a cold, flu, etc.**
- **Consider wearing mask indoors and when in close proximity to others. Respect people's choice on wearing a mask, even when it is not legally required.**



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



Kahlia & Gala

- ☀ 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 Thursday, April 6th.

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.

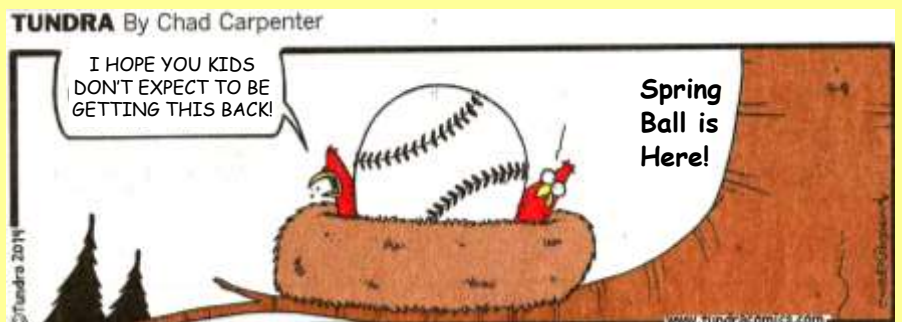
Many of these groups have websites - take a look!

<u>Organization</u>	<u>Phone</u>	<u>Contact</u>
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

Even the Ravens can't escape the TAX COLLECTOR!



LAUGH
KOOKaBURra



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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 SBBS sponsors are listed above.
LET'S GIVE THEM OUR SUPPORT!



PLEASE JOIN US



Our meetings are held **HYBRID** - on **ZOOM & IN PERSON** at the **Kiwanis Club Building of Hermosa Beach**

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

MEETINGS are usually held on the 1st Monday of the month at 7 P.M. **OR** are held on Sunday afternoons.

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. Call Janet for details.

South Bay Bird Society — Officers and Board of Directors



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
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Newsletter & Flyers	Gala Burkholder text (310) 345-0278
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Programs	OPEN
Raffle & Sponsors	Janet Ragonesi, Patte Fisher
Board Minutes	Diane Sivas, (310) 937-9925
Meeting Summaries	OPEN

NON-VOTING POSITIONS:

SUPPORT POSITIONS:

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

Be a COOL Chick and lend a claw!

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. Thank you!





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: _____