



Volume 49 Issue 12 November—December 2022 SBBS Newsletter Established 1974

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*The Annual  
SBBS Holiday  
Fundraiser &  
Silent Auction*

**Thurs., Dec. 1 at 5 PM  
through  
Sun., Dec. 4 at 5 PM**



Many of the items  
can be SHIPPED

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

You can see the items by registering on the auction's website at:

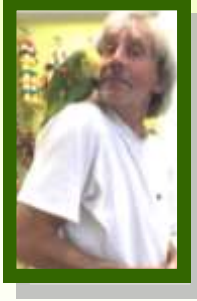
<https://www.32auctions.com/SBBSholidayauction2022>

Place your bids for any of the items you would like to bid on beginning at 5 PM on Thursday, December 1 - 5 PM, Sunday, December 4

See pages 6-7 for a review on how you can join in the fun and win your favorite items in the fundraiser & auction!



For more information, contact Janet Ragonesi at (424) 247-4447 or at [ragonesi@att.net](mailto:ragonesi@att.net) or go on: [www.sobaybirdsoc.com](http://www.sobaybirdsoc.com)



# Jeff Maxwell and his Parrot, George

Sunday, November 6th, 2:00 PM on ZOOM

By Diane Sivas

We were very happy to welcome back our friend, Jeff Maxwell, as the featured speaker at our November 6th afternoon ZOOM meeting. Jeff's visits are always highly entertaining, and we are always happy to see him. As many of you probably already know, Jeff played the chef, "Private Igor" on the TV show "M\*A\*S\*H". These days, Jeff shares his life with his wife and "George," a female Double Yellow Headed Amazon who is now 36 years old.

The meeting kicked off with a couple of announcements from Janet Ragonesi. She announced that so far we had 65 items for the auction, many of which are quite unique. Janet stated she was still accepting donations for those of you who still have things to donate. *(We now have over 115 with more sponsor donations due to arrive soon).*

SBBS board member, Karen Allen, then introduced Jeff (although he needs no introduction) and welcomed him back. He spent time speaking with each of us, asking about what kinds of birds we had, if any. Later, when asked, he talked a lot about George, how he got her, and what life had been like with her. Jeff had great stories, of course, filled with humor and love.

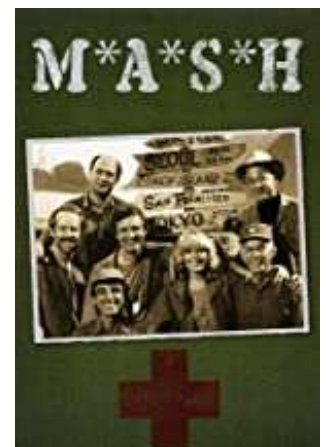
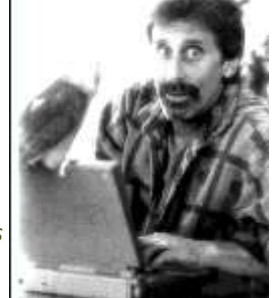
Janet asked how George reacted when Jeff was off filming M\*A\*S\*H, which prompted him to tell us how things were done before and during the taping of the show. Monday was the table reading, when all cast members were present, and suggestions or changes were addressed. The next step was working with the director of photography and the photography team. Following that, the cast would test the scenes by getting up and into position. This would last until about lunchtime and Jeff would then be free to go home. Tuesday, Wednesday, and Thursday early mornings were when the scenes were shot and, since Jeff's scenes were almost always filmed in the mess tent, he'd be done early and headed home. Fridays were spent rehearsing for the next show.

*("Jeff Maxwell" continued on page 3)*



Karen & Jeff are longtime friends

At home, George, Jeff's parrot, is always nearby



Actual script donated by Jeff for a previous SBBS auction



M\*A\*S\*H was filmed locally in Malibu Canyon



Jeff & Alan Alda on the set



*("Jeff Maxwell" continued from page 2)*

Shelly Orloff, President of the New Jersey Parrot Club, who was on the ZOOM with us asked, "How did you get the part? Did you have to audition for the part?" "No," Jeff replied. He gave us a bit of history by telling us how he started working at 20<sup>th</sup> Century Fox in the print department printing scripts. "Terrible job," he told us, with poor working conditions by today's standards, but was acceptable then.

Jeff then moved to the executive building copying interoffice memos for the executives. He enjoyed this job because he was always on the move, interacting with lots of people and getting to read things he would otherwise never have been allowed to read. From there, he met some guys in the casting department and became friendly with one of them. When a position came up in the department, his friend encouraged Jeff to try to get the job, which Jeff did. His function was finding people for small parts and extras. He'd start early in the morning taking phone calls from people looking for parts and then go from there. After a year, he decided it wasn't for him, so he resigned.

He preferred to go back to entertaining -- he had previously been performing as part of a comedy team in nightclubs, but his partner eventually quit the team. They had been doing well, so Jeff was depressed when the act ended.

He then went to see the casting director he had worked with previously and was encouraged to go into acting. Jeff wasn't much interested in acting (he preferred the quick thinking required for comedy), but the friend told him about M\*A\*S\*H. The show wasn't doing well and needed some help, and he thought that Jeff would be a good fit to add more dimension to the cast.

Next thing he knew, he was at the ranch where the show was filmed and, to make a long story short, that was the beginning of his nine years on the show. The years were good, and Jeff was glad he'd taken the part.

Jeff then told us about his current project, the "M\*A\*S\*H Matters" Podcast, which is released every two weeks, and has become quite popular. All of the surviving cast members have participated, along with a variety of writers, producers, actors and guests. Listeners can send questions that will be answered on the podcast. Sounds like fun and he encouraged us all to check it out.

When asked what he most appreciates, Jeff said that it's when viewers tell him how much they enjoyed M\*A\*S\*H. Mingling with attendees at a recent autographing event, he and the other cast members were able to make autographs and messages more personal. He is most grateful for these opportunities and loves getting feedback directly from dedicated viewers.



*Jeff, the comedian*



**Join Jeff's Podcast**

**M\*A\*S\*H  
MATTERS**



Jeff is a great guy with a lot of heart, and we hope that he'll continue to share his stories with us. **Thanks, Jeff!**



**Remember our upcoming Online Auction starting on December 1<sup>st</sup> and running until December 4<sup>th</sup>.**  
**Check out this newsletter on pages 6 & 7 for more information. It's our club's only fundraiser of the year!**

# The President's Notes *By Janet Ragonesi*

Greetings  
SBBS MEMBERS,  
SPONSORS AND FRIENDS,

Janet



As we move forward towards 2023 with family gatherings, I wish each of you the happiest of seasons! This is a time to be grateful for what we have in our lives. We each reflect and share with our family and friends on those things that bring us joy and make our lives more fulfilling.

SBBS volunteers are moving forward with preparing for our annual fundraiser and auction which will be December 1 - 4 and is hosted on 32 Auctions. Our message remains the same-to promote the betterment of all birds worldwide. Our fundraiser and auction helps us with our mission of promoting the well-being of our feathered friends. Achieving our goal depends on all of us, including our family, friends, sponsors, sister bird clubs and the public. Thank you to everyone who supports SBBS and our goal.

**THANKSGIVING BIRD SAFETY**

Remember, cooking your holiday meal often means using your oven at high temperatures. Be aware, some ovens are coated with Teflon® and can give off toxic fumes. This can be a threat to your birds' health and can even cause sudden death. Keep your birds in a separate room where those fumes cannot reach them. You might want to keep your kitchen area well ventilated for your own health as well.

**THE NOVEMBER 6TH MEETING WITH JEFF MAXWELL, FROM THE POPULAR SHOW, M\*A\*S\*H, AND HIS PARROT NAMED GEORGE**



One of SBBS's favorite speakers, Jeff Maxwell, dazzled our members in a ZOOM presentation with his parrot named George. Thank you Karen Allen for arranging for Jeff to speak to us! See Diane's summary of this delightful presentation on pages 2 and 3.

**SBBS 2023 UPCOMING MEETINGS**

We already have several fantastic guest speakers scheduled for 2023! Some of the local speakers will be in person and others who are out of the area will make presentations to us through ZOOMING! **If you have topics or speakers you are interested in for 2023, please contact us!**



Currently, we have documented 115 items and are working towards placing them on the 32-auction site. Our count is growing and I believe we will have over 125 items by December 1 for your shopping pleasure! *You can see a few of the auction items on page 7 of the newsletter.*

Please step up, bid on items and have some fun! In addition, your donations are always welcome.

**AVIAN FLU IS IN SOUTHERN CALIFORNIA**

This highly infectious bird influenza continues to be found in Los Angeles County and elsewhere in Southern California. **More information about Avian Influenza can be found on page 17. Please follow the precautions listed with your own flock and with the wild birds to help keep them safe.**



**THE NUMBER OF BIRDS BEING STOLEN IS INCREASING**

Avian shops, rescues and homes are being broken into around the country to steal birds. The rising costs of these exotic birds are making them a prime target for thieves. Be sure to keep your birds secure.



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

("President's Notes" from page 4)

**WAYS YOU CAN CONTINUE TO SUPPORT SBBS**

As you know, SBBS has continued to provide speaker programs, a September picnic, monthly newsletters, an updated website, community outreach activities and has made charitable donations to bird and animal organizations



when in need. This past year we have been supporting the Ukrainian animals and birds through several different charities.

Going forward into 2023, we will strive to continue to be vital to our membership and to the larger bird and animal community world-wide.

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



**PLEASE SHOP OUR SPONSORS**

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



**REMEMBERING OUR PET COMPANIONS**

Next month, in our December-January newsletter, we will have a special section to remember our pets that have crossed (or flew over) the Rainbow Bridge during 2022.



You are invited to share, briefly, about your pet and what he or she meant to you. *Please send your memories of your pet to our newsletter editor, Gala Burkholder at: [gidgetscal@aol.com](mailto:gidgetscal@aol.com) by December 7th.*

**MORE SPIX'S MACAWS TO BE RELEASED**

Tentatively, more Spix's macaws will be re-introduced into the wild in Brazil on December 10th. I look forward to hearing updates on this important mission to bring back the Spix's macaws to their native home in the next newsletter.



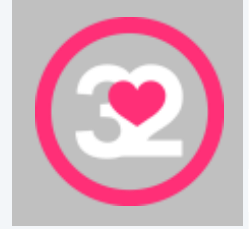
CHEERS,

SBBS President,  
Janet Ragonesi & My Flock

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



# The Annual SBBS Holiday Fundraiser & Silent Auction



## Thursday, Dec. 1 at 5 PM through Sunday, Dec. 4 at 5 PM

### FUNDRAISER & AUCTION INSTRUCTIONS:



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

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

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

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

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

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

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



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

A few days before the auction actually begins, our SBBS Fundraiser will be available for you to review online at: <https://www.32auctions.com/SBBSholidayauction2022>.

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

Beginning at 5 PM, Thurs., Dec. 1, you can start bidding at ANY TIME until 5 PM, Dec. 4. You will receive an email when you submit a bid which confirms your bid and lets you know if you're the leading bidder. You will receive an email if you are outbid and have a chance to up your bid. If there is a tie for the highest bid, the first one to place that bid, will win that item.

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

For questions about payments, other auction inquires, and to reserve a time for picking up your winning items, contact me (Janet Ragonesi) at: (424) 247-4447.



I prefer the items that you won to be picked up at my house during the week after the auction closes on the 4 days I've set aside. I have scheduled the following dates and times for pick-ups. 3-5 PM: Mon., Dec. 5; Tue., Dec. 6 and Fri., Dec. 9th. On Sat., Dec. 10, I will be available between 10 AM and 5 PM. Call me to confirm.

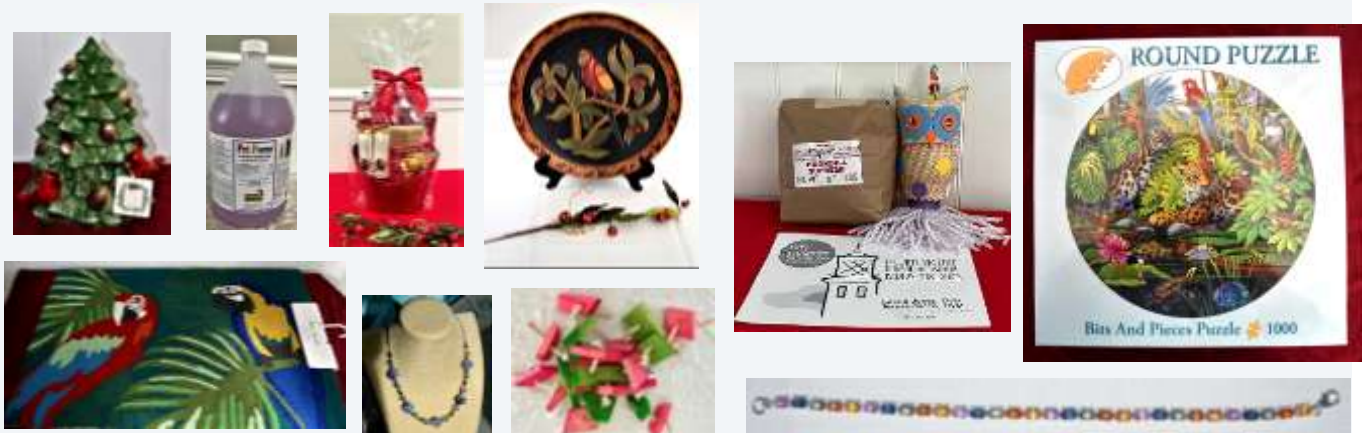
For those of you who are out of the area, many of the items can be shipped for an additional charge.

SEE SOME OF THE ITEMS  
AVAILABLE AT  
THIS YEAR'S ONLINE  
FUNDRAISER & AUCTION!

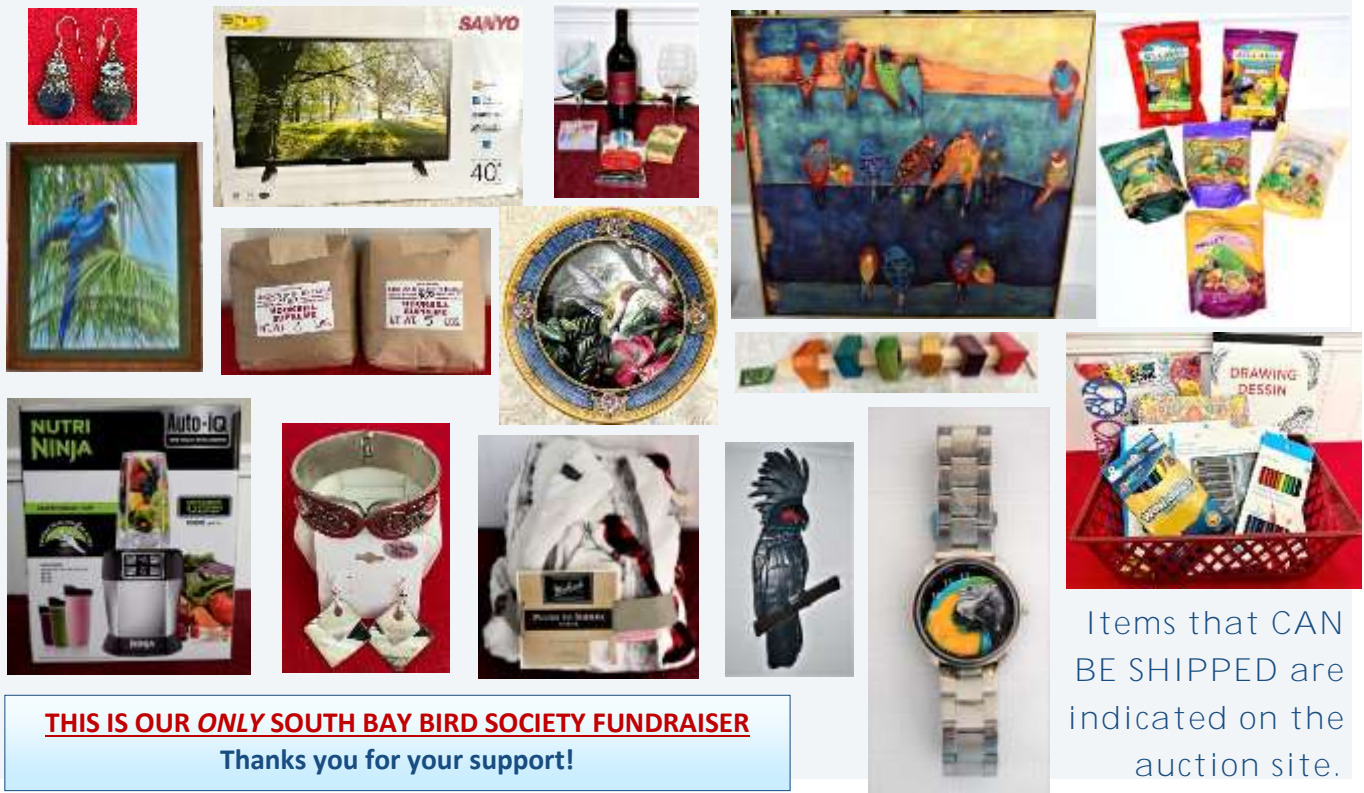
# SBBS ANNUAL FUNDRAISER & AUCTION



## Thursday, Dec. 1 at 5 PM through Sunday, Dec. 4 at 5 PM



To see over 130 Auction Items, go to:  
<https://www.32auctions.com/SBBSholidayauction2022>  
Items will be added until Dec. 1, so keep checking back!



**THIS IS OUR ONLY SOUTH BAY BIRD SOCIETY FUNDRAISER**  
Thanks you for your support!

Items that CAN  
BE SHIPPED are  
indicated on the  
auction site.

OTHER AVIAN—RELATED ZOOMS/MEETINGS/BIRD WALKS

Palos Verdes/  
South Bay  
AUDUBON  
SOCIETY



3rd Tue./mo., 7 P.M.  
(no meeting in December)

The Next ZOOM/Hybrid Meeting is:

January 17, 2022:



**“The Ecology of Local Native Habitat”**

Presented by:  
Ann Dalkly,  
PVSB Audubon President

BIRD EXCURSIONS:

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

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

Sat. Nov. 26, 9 A.M.

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



Sun. Dec. 4, 8 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 info and reservations.

Mon. Dec. 26

57th Annual Christmas Bird Count See page 17 for details and email Jonathan Nakai at [pvbirder@gmail.com](mailto:pvbirder@gmail.com) to take part. Call (310) 782-3989 for information.

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

**For Info: [www.pvsb-audubon.org](http://www.pvsb-audubon.org)**



West Los Angeles Bird Club

**HOLIDAY PARTY, Dec. 14 at 7:00 PM**

Doors open at 6:30 PM See the flyer on Page 16 for details

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

For more information, see page 16 or go to:

[www.westlabirdclub.com](http://www.westlabirdclub.com) or call Doreen at (310) 488-9749.



The Connecticut Parrot Club



**The club will NOT be holding a ZOOM meeting until January**

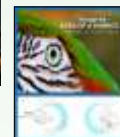
For information on an upcoming ZOOM or to watch a previous ZOOM presentation, go to: [www.theparrotclub.org](http://www.theparrotclub.org)



You Can View YouTube Videos of Previous ZOOMS from

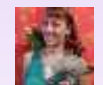
The Connecticut Parrot Club:

- Rescuing, Rehabbing & Rehoming Pigeons and Doves, Elizabeth Young
- 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\*

- **November 18 and December 16: “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)**
- **December 2 at 11 AM: “Respiratory Disease in Pet Birds” with Dr. Stephanie Lamb, DVM, DABVP (Avian Practice)**
- **December 9: “Fun for the Holidays! Annual Pet Bird Holiday Gift Guide & Giveaway” with Lisa Bono, CPBC**



**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**

**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 and Reservations:**



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

**Sunday, December 11, 8:30 am: Field trip to Antelope Valley for Raptors and other Migrants** Meet at 9 AM at the McDonalds east of the 14 freeway on Palmdale Blvd. in Palmdale. <https://mcdonalds.com/us/en-us/location/ca/palmdale/131-e-palmdale-blvd/2638.html>

**Saturday, December 17, 8 am: Join LA Audubon Birdwalk at Kenneth Hahn Park**. Meet in the Olympic Forest Parking Lot (first left, \$7/ car weekend fee, discount for seniors!) [https://www.parks.ca.gov/?page\\_id=612](https://www.parks.ca.gov/?page_id=612)

EXPLORE LEARN CONNECT WITH NATURE

Join South Bay Parkland Conservancy for monthly nature walks in  
WILDERNESS PARK

The walks are designed as a fun hour-long sensory experience catered to children. Topics include Senses, Birds, Flowers, Adaptations.

**DATE:** Sunday, Dec. 11

**TIME:** 10:00 – 11:00 (grades 2-5)  
11:15 – Noon (all ages)

**LOCATION:** Entrance Hopkins Wilderness Park  
1102 Camino Real, Redondo Beach, CA 90277

**TOPIC:** How can I explore with my SENSES?

**INFORMATION AND RESERVATIONS:**  
[info@southbayparks.org](mailto:info@southbayparks.org)  
[southbayparks.org](http://southbayparks.org)  
 Subscribe to our newsletter at [southbayparks.org](http://southbayparks.org)

**PARKLAND CONSERVANCY**

"Spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being."

### Phoenix Landing Foundation Webinar



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



**"Right and Flight for Life" with Chris Shank** When possible, maintaining your birds' feathers without clipping and allowing safe flight is a key to your bird's heart health. Chris will discuss flight training tips for those who already have flighted birds or those who want to teach a new flyer!  
**To Register or see a previous webinar, go to:** [www.phoenixlanding.org/events.html](http://www.phoenixlanding.org/events.html)

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

**Thursday, January 26, 2023, 7:00-8:30 p.m.**

**Speaker: Jacki Kuena, Assoc. of Nature and Forest Therapy, "Journey into the Forest"**

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

**Previous ZOOM include topics:**

- "The How and Why of Colorful Feathers of Tanagers"
- "A Global Odyssey of Migratory Birds"
- "Crows and Ravens"
- "We'll Always Have Parrots" (In LA)
- "Our Need for Birds"



**San Fernando Valley Audubon Society**

### PALOS VERDES PENINSULA LAND CONSERVANCY Restore Agua Marga Reserve, Dec. 3 & 17, 9-12 noon



**GUIDED NATURE WALK:**  
**Sat., Dec. 3, 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., Dec. 10, 9:00 AM**

**WHERE:**

**Three Sisters Reserve**  
**6410 Palos Verdes Drive South, RPV**

Hike through a 21-acre habitat restoration of coastal sage scrub and home to the threatened California gnatcatcher, with rolling hills and amazing scenic vistas. Moderate. *Park at St. Peter's By the Sea Church.* Guides by P. V. P. Land Conservancy. RSVP



**GUIDED NATURE WALK:**  
**Sat., Dec. 17, 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. RSVP

## 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 Veterinarian suggested that I put my bird on a pellet diet. He won't even try them. What can I do?**

**A** Some birds go for the pellets and love them, some do not. Cold turkey is not a good idea! You can add pellets to the normal mix then add a bit more each day. OR you can put a dish in the cage with just pellets and nothing else. Then add fruits and vegetables to another dish several hours later. This will either be a really easy transition, or it won't, but definitely worth a try.



I used to live with a sailor. Can you tell?



**Q My bird learned some naughty words from his previous owner. How do I stop him from using them?**

**A** You don't. Ignore it completely and with good luck it will go away...or it won't.

**Q My bird has a thing for my shoes. He likes to get inside and go to sleep. Is this, OK?**

**A** Well, that is nesting behavior and probably not the best of ideas. Some birds use shoes, cardboard boxes, newspaper or whatever they can find to snuggle up, make a nest and lay eggs (or NOT, if it's a male). The thing you have to watch out for is that they can get very aggressive when in this mode. This is not necessarily a fun time of life for either of you.



("Q & A" continued on page 11)

("Q & A" continued from page 10)

**Q My bird keeps calling my dog, and it's making the dog crazy. How do I get him to stop?**

**A** Some questions that I get, there are just no good answers for, and this is one of them. You can't stop calling your dog, so you really can't expect your bird to stop calling your dog. Strangely enough, birds do not have an "on and off" switch. If you could invent one, you would probably be a millionaire overnight!



Mitred Conure



**Q My bird has free flight and we have a Christmas tree. Is this safe?**

**A** Not if you bought the tree at a Christmas tree lot because they spray them with a fire retardant, and that is definitely not safe for the birds. Ornaments aren't safe, because they can break, and your Christmas presents are most definitely not safe from birdie poop.

Christmas time is "Birdie in cage" time or locked in another room. It's your choice: the bird or the tree in a cage. Scratch the mistletoe, too. It's toxic to the bird.

So now you have a tree in a cage and no mistletoe. What a way to end the year!



Have a wonderful,  
safe, happy and healthy  
Christmas and New Year!

With love,  
Karen, the Parrot Lady



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



Send your questions for "The Parrot Lady" to:

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

Email: [Birdsnmor@aol.com](mailto:Birdsnmor@aol.com)

## WINGED NEWS & MORE

### Bar-tailed Godwit Sets World Record with 8,435 Miles Continuous Flight from Alaska to Southern Australia

**Satellite tag data suggests five-month-old migratory bird did not stop during voyage which took 11 days and one hour to reach Tasmania**



**A juvenile bar-tailed godwit has flown from Alaska in the US to Tasmania in Australia, covering a record 8,435 miles without stopping.** Photograph: Johnny Madsen/Alamy

A juvenile bar-tailed godwit – known only by its satellite tag number 234684 – has flown 8,435 miles from Alaska to the Australian state of Tasmania without stopping, appearing to **set a new world record for marathon bird flights.**

The five-month-old bird set off from Alaska on October 13 and satellite data appeared to show it did not stop during its marathon flight which took 11 days (about 1 and a half weeks) and one hour. Tagged in Alaska, the bar-tailed godwit, *Limosa lapponica*, flew at least **8,435 miles** before touching down at Ansons Bay in north-east Tasmania.

The previous record was held by an adult male of the same species – 4BBRW – that flew 13,000km (**8,100 miles**) last year, beating his own previous record of 12,000km the year before.

According to a Facebook post from the Pūkorokoro Miranda Shorebird Centre in New Zealand, 4BBRW's **record had been “blown out of the water by this young upstart.”**

Scientists track the bird using a 5G satellite tag attached to its lower back.

According to data from the Max Planck Institute for Ornithology's bird tracking project, the migratory bird took a route to the west of Hawaii, continuing over open ocean and flying over the Pacific island nation of Kiribati on 19 October. About two days later the bird would have seen land again, shooting over Vanuatu and continuing south taking a track about 620km east of Sydney and continuing between Australia's east coast and New Zealand. On 23 October, the bird and any others flying with it took a sharp right and headed west to arrive at Tasmania on 25 October.

Sean Dooley, of Bird Life Australia, said: **“The most amazing thing is that juveniles migrate separately from the adults. Adults take off from the Arctic sometimes up to six weeks earlier.”** Juveniles would spend that time **fattening-up for the long migration south.** **“That bird is likely to have been in a flock. This record is for continuous flying and it's just incredible,”** Dooley said. He said the birds are able to shrink their internal organs to make more space for fat stores.



(Article submitted by SBBS member, June Baker)



# Sergii and Roxy

A Ukranian 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....




[Our news: November 8, 2022, Kyiv, Ukraine, \(8 1/2 months of war\)](#)

### [The Light Should Not Go Out](#)

Autumn is ending, warmth, light, as well as joy and bright colors of life are gone. The war is not going anywhere and there is no end to it. For almost a month, **Kyiv has been trying to conserve the last of its energy. It is not only light, but also the energy of life.** People do not give up and are desperately trying to maintain comfort and the remnants of well-being. **However, no one knows how much more hardships need to be endured and how much their energy and faith will last.**

### [On Roxy's condition:](#)

She decided to be with me and did not want to leave with my father and sister for Western Ukraine. They and Corrie are already there. However, even in Western Ukraine, there are problems with electricity and there are shellings. Therefore, I decided that Roxy would be better with me in Kyiv for the time being. I think that she is not ready to experience the stress of a long move and separation from me.

Since now there is often no electricity and the Internet. I have significantly increased Roxy's walks and spend several hours in a row with her every day. She learned not to be afraid of air raid signals. Roxy takes a bottle cap and quickly goes down to the bottom of the cage. She is not afraid and quietly plays there until the moment when I come to her. **Most drone and missile attacks occur in the early morning and on Mondays. Now Mondays have become anxiety days.**



### [About the situation in the city of Kyiv:](#)

The city became dark and very quiet. With the onset of darkness, and this is already about 4 pm, people rush home. There is no lighting on the streets, traffic lights do not work, and in many houses there is no light and no Internet. Some houses have problems with water and heating. People have already learned to live without electricity. Kerosene lamps and stoves, as well as candles, are back in fashion (Kyiv has now become the most romantic city).

I already have almost all the documents I need to leave the country. However, I don't know if it's worth doing it now and where to go. **I began to understand that Ukraine may not have a happy future, and the war could go on for years. Many Ukrainians are sure that victory will be very soon, but I do not share their optimism. Maybe I've lost my energy and faith? I'm writing this post from a mobile phone that have access to the Internet and energy. This gives hope.** Thank you all for your prayers, support and concern. We are still holding on. XOXO!

Best wishes,

Sergii & Roxy

## WINGED NEWS & MORE

### Companion Bird Safety: Holiday Hazards

The holidays will soon be in full swing! Many of you amazing pet bird owners out there will likely include your feathered friends in your festivities this year.



### Seasonal Plants and Decorations

Many of the splendid traditional holiday accents; including festive plants, glittering Christmas trees, twinkling lights, and the smell of cinnamon and cloves from scented candles, may pose a health hazard to many pet birds. Read on to learn how to avoid these holiday hazards for your pet's sake:

**Decking the halls.** As the holiday favorites listed below can pose a health risk to your pets, consider replacing these beautiful plants with artificial silk versions or keeping them in places not accessible to your birds.

**Mistletoe** is a traditional favorite but may pose a threat if any part of the plant is consumed; even 1-2 berries can be life threatening! Signs that your bird may have eaten this plant include vomiting, diarrhea, respiratory distress (abnormal breathing), and collapse.



**Poinsettias** are not nearly as toxic as mistletoe but if ingested may cause some gastrointestinal (gut/tummy) upset.



**Popular decorative flowers** such as **chrysanthemum, yew, and lily** may add a lovely festive accent in the home but may also cause illness to your pet bird if ingested.



**Oh, Christmas tree.** Christmas trees, in their natural state, are considered a non-poisonous/safe tree for birds but there are a few things to consider before adorning one in your home for the holidays. If your bird finds its way to perch on your tree, be mindful of **any tree sap that may stick to your bird's feathers**. While perched, your bird may likely peck and nibble at the tree's naturally **prickly needles that can cause injury externally and internally if ingested**. Also, Christmas trees themselves may be **sprayed with chemicals and the water frequently contains fertilizers** to keep them alive and make them fire retardant through the holidays. Dressing up the tree can be an occasion for joy and expressing your own artistic flare, but take care to **avoid spraying white flocking (fake snow) or glitter** as these "wow" factors may prove poisonous to birds.



**Not all that glitters is gold.** Twinkling lights and gleaming décor can provide a truly winter wonderland atmosphere, but these can **break, leaving sharp edges and exposed wire that can quickly become an electrifying or a hazardous experience for your beloved bird**. Some decorations may contain **toxic heavy metals** such as zinc. Zinc can be found in **candy foil wraps, wine bottles, bells, stained glass, and even some paints**. Common symptoms with zinc toxicity include lethargy and weakness. Additionally, your bird can become **entangled by ribbons and tinsel**.



## WINGED NEWS & MORE

("Pet Bird Safety" continued from page 14)

### Decorations that are pecked and shredded by your



**bird** may lead to choking or an intestinal blockage. Consider an **alternative decoration**, such as **birdseed ornaments, pine cone feeders, cranberry garlands, and strings of plain air-popped popcorn or unsweetened cereal such as regular Cheerios.**



**Amazing Aromas:** **Scented candles, incense, and air fresheners** can add a touch of holiday cheer with tantalizing fragrances like fresh baked cookies, maple, and pine. Unfortunately, these products typically **contain oils that are poisonous to birds.** So be sure to avoid using these while your beloved bird is in the same room. Try **boiling herbs like cinnamon, cloves, or peppermint** as an alternative.



While we are on the topic of **stovetop cooking**, you may have noticed that some **non-stick cookware contains polytetrafluoroethylene (aka PTFE or Teflon®/Silverstone®)**, which is the **most common inhaled poisoning in companion birds.** When Teflon®-containing products are heated, they **give off toxic fumes that can quickly become deadly to birds.** Additional household products that may contain Teflon® include **ovens, heaters, lamps, coated light bulbs, and hair dryers.** As mentioned with the scented candles and air fresheners, be sure to only **use Teflon® containing products when your companion bird is not in the room.**



### Tasty, but toxic treats

Many pet owners show their affection by sharing their delightful feast with their favorite companions without realizing the potential dangers. If you are sharing, to take great care to **choose foods that are not harmful for your pets.** The following is a list of some foods dangerous to birds and other pets:

**Avocado.** A staple in sunny Southern California even



during the holiday season. All parts of the avocado plant contain **persin**, a toxin that has been reported to be a **cardiotoxic** (toxic to the heart) in birds. Smaller pet bird species like canaries and budgies are considered more likely to become ill. **Respiratory distress** (trouble breathing) is a typical symptom that can develop within 12 hours after ingestion and **death can occur within 24-48 hours.**

**Chocolate.** Chocolate contains toxic methylxanthines including **caffeine and theobromine** that may



cause your pet to exhibit an **increased heart rate, tremors, seizures, and possible death** if chocolate is ingested. A general rule of thumb is the purer or darker the chocolate, the higher the potential to be toxic in smaller amounts.

**Garlic & onion.** Tasty flavor profiles infused with garlic and onion can hit the spot for human palates while posing a **threat** to your beloved bird. If ingested, especially in their **more concentrated forms such as garlic powder or onion soup mixes,** may cause **digestive issues, lethargy, weakness, increased heart rate, and even sudden death.**



**Sugar-free foods.** Sugar-free foods can contain **artificial sweeteners like xylitol that can be toxic** to many bird species. If ingested, xylitol can cause **severe hypoglycemia (low blood sugar)** that may present as **incoordination, weakness, collapse, and death.**



If you are concerned that any of your pets may have **ingested something TOXIC, immediately contact your trusted veterinarian or the ASPCA animal poison control center at 1-888-426-4435.**



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# HOLIDAY PARTY



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**PLACE:**

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❄️ *Doors Open to public at 6:30 PM*

**\$15.00 PER PERSON    \$8.00 CHILDREN UNDER 10    BIRDS FREE**



- ◆ **Contact:** Doreen Seelig at 310.488-9749 or Yolanda Keh at 310-963-6160.
- ◆ **RSVP** with the payments so we know how much food to order. Walk-ins are welcome
- ◆ **Mailing Address:** West LA Bird Club, 531 Main Street #133, El Segundo, CA 90245

# WINGED NEWS & MORE

## Christmas Bird Count: A Year-end Tradition

The Christmas Bird Count (CBC), provides a long-running consensus of winter bird populations going back to the first CBC in 1990. The first Palos Verdes CBC took place on December 31, 1966, when 22 bird observers tallied 166 species. Over the years, the average number of species seen is 164 with a cumulative total of 347.



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

### Join the 57th Annual Palos Verdes/South Bay Christmas Bird Count on Monday, December 26!

All bird lovers in the area are invited to participate. Some counters join a group working a local “hot spot,” some merely count the birds in their neighborhood, while others just observe the birds in their yards and at their feeders. All are welcome. If you are a beginner, we can link you up with an experienced group.

**If you are interested in participating, please email Jonathan Nakai at: [pvbirder@gmail.com](mailto:pvbirder@gmail.com).**

**For Christmas Bird Count forms, go to : [pvsb-audubon.org/cbcforms](http://pvsb-audubon.org/cbcforms)**

## Highly Pathogenic Avian Influenza



Currently, our wildlife in Southern California, and across the nation is subject to getting the **Highly Pathogenic Avian Influenza (HPAI)**. This subtype of H5N1 has been **devastating to a wide variety of avian species and has proven to be highly infectious**. Although **most infected birds do not survive this disease, there are some that can carry and spread it through their feces without showing any symptoms at all**. **Poultry** are at **high risk** from HPAI. The wild birds we commonly see that are **most severely at risk include raptors, geese, ducks, other water birds, crows, and ravens**. **Smaller birds, like songbirds and doves can get HPAI but are less Highly Pathogenic Avian Influenza susceptible and less likely to become ill**. **HPAI can be carried indirectly by people, animals, clothing or other objects that have come in contact with a sick animal**. People who are outdoors around groups of water birds, or find sick wildlife, should carefully **wash their hands** plus any **clothing** that was exposed. **Disinfect shoes and contaminated equipment**.

### Prevention Measures to Stop the Spread of Avian Influenza:

- In general, **bird feeders & bird baths should be cleaned and disinfected at least once a week**. **Once HPAI is in your area, these should be taken down until the crisis has passed.**
- Keep **pet birds indoors** and **away from other domestic or wild birds**.
- If you might be **handling sick birds** or other wildlife, **wear appropriate protection**.
- **Disinfect surfaces that have come in contact with birds or sick wildlife**.
- Practice **bio-security by removing your shoes after walking outside and before entering your home with companion parrots. (Have inside shoes available to put on by the door)**.
- **Depopulation is NOT required for exhibit flocks with HPAI-infected birds. However, if HPAI is suspected in your birds, you will need to follow quarantine requirements and use proper biosecurity to prevent the disease from spreading.**

### Report sick or dead birds to:

**The L.A. County of Veterinary Public Health, Animal Disease (VPH)** by calling: 213-288-7060 or by using the short report form at: <https://admin.publichealth.lacounty.gov/phcommon/public/adss/aossadshortform.csm?>

## SBBS Welcomes New & Returning Members



RENEWAL MEMBER: **Luana Feigelstock**

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: **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](http://www.sobaybirdsoc.com) and click on "Membership" to find a membership application. Fill the form out, include a check and send it to SBBS, P.O. Box 3863, Redondo Beach, CA 90277-3863. If you have received a hard copy or found the membership application on the back of the newsletter, fill it out and send it to the above address. If you have any questions about your membership, please contact the Membership Director, Patte Fisher at [pattefisher@verizon.net](mailto:pattefisher@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



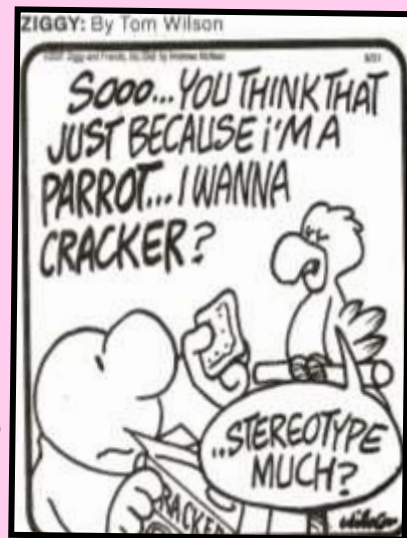
### THE SOUTH BAY BIRD SOCIETY

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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### 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.
- 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 (Covid & Flu before the winter season) 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:



Kahliia & 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](mailto:gidgetscal@aol.com).

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



## Adoptions



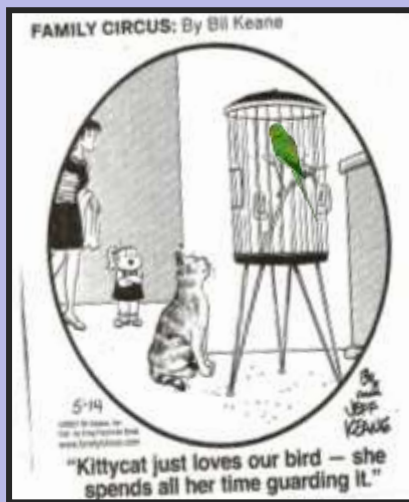
There are so many birds needing homes.

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	<a href="http://www.finefeatheredfriendsfoundation.org">www.finefeatheredfriendsfoundation.org</a>
Parrot Rehabilitation Society	(619) 224-6712	<a href="http://www.parrotsociety.org">www.parrotsociety.org</a>
Parrots First	(866) 248-7670, ext. 5937	<a href="http://www.parrotsfirst.org">www.parrotsfirst.org</a>
Santa Barbara Bird Sanctuary	(805) 565-1807	<a href="http://www.sbbird.org">www.sbbird.org</a>
Southern Nevada Parrot Education, Rescue & Rehoming		<a href="http://www.southernnevadaparrotrescue.org">www.southernnevadaparrotrescue.org</a>



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**Dec. 1-4 Online**

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**Webinars Listed on page 8!**

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**Christmas Bird Count**

**December 26**

**Holiday Food Drive for Needy Animals Day**

**Dec. 11**  
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**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](http://www.sobaybirdsoc.com).**

**NEED A HOME for Your Ad?**

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

**SPONSORS**

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

**LET'S GIVE THEM OUR SUPPORT!**



# PLEASE JOIN US



Some of our meetings are held on ZOOM & some are at the Kiwanis Club 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](http://www.sobaybirdsoc.com).

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

Members are invited to participate Board Meetings which are usually the 2nd Monday of the month. 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** Marie Calleja
- "Meet-up" Site** David Benjamin
- Photography** Gala Burkholder
- 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**  
Lorrie Mitchell, Diane Bock,  
Ron Ellwood
- In Memoriam Members** Laura Lynn Porter, Diane Racey



**Do you want to volunteer in ANY way for SBBS?**

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

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

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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: \_\_\_\_\_