



# Long Island Parrot Beacon

Volume 27 Issue 11 December 2022



Happy Holidays—wishing everyone a safe, healthy, peaceful and joyful time with family and friends. Onward and upward to 2023!

Our November presenter was Pamela Clark. Pamela is a IAABC certified parrot behavior consultant who offers both in-home and distance consultations to clients who need assistance with their parrots. Pamela certainly did open up our eyes to how we can better coexist with our feathered companions. Here is Pamela's contact info:

eMail: [pamelaclarkcvt@gmail.com](mailto:pamelaclarkcvt@gmail.com)  
 Website: <https://pamelaclarkonline.com/>  
 Website: <https://blogpamelaclarkonline.com/>

Pamela offers some great webinars—check out her website. We are looking forward to having Pamela present to us again.

We're also looking forward to our holiday party being held on Wednesday, December 21 at Greenwood Hall (58 Greenwood Avenue in East Islip—doors open at 6:30 pm). We will have the party catered: Salad, Pizza, Hero, Beverages, Dessert No need for our members to bring anything besides themselves.

That being said, have you RSVPd for the holiday party yet? It's easy, just use this link: <https://form.jotform.com/223128039675156>

Some more great news about the holiday party, Roberta Fabiano will be our musical entertainment.

Don't forget at the December meeting, members will be voting for board of director candidates as well as what two organizations to donate to by years end (per our Charitable Donation guidelines)—you'll be given a choice.

Thank you to the members who have volunteered to help during the party.

### EARLY BIRD SPECIAL!

Membership rates are changing! Beginning January 1, 2023, individual memberships will also include families. It will be called a 'General Membership' and the price will be \$45.00 a year and include digital newsletters.

Members who want a paper copy of the full-color newsletter will pay an additional \$15.00 to help defray costs of production and mailing. Senior (62+) 10% discount applies to each membership level. EARLY BIRDS can renew or extend their present subscriptions at the current price until January 31, 2023.

Newsday published an article on Tuesday, November 29: 'Bill Aims to Prohibit Wild Animal Shows'. Suffolk County lawmakers and animal welfare activists hope to pass a law that would ban traveling shows featuring wild and exotic animals to prevent mistreatment or the spreading of disease. Please read further in this newsletter for more information and how this

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could affect us. Here's a link provided by USARK where you can reach out to the legislators: <https://usark.org/22suffolk/>

Looking back at 2022, we kept our club engaged via our twice-monthly Zoom meetings, quarterly in-person meetings, securing quality presenters, outreaches, educating folks and protecting our flocks against the HPAI (avian flu)—which is still with us, publishing newsletters chocked full of great information, sending out Feather Flash emails to our membership, our Parrot Placement Program was very active, cage sales, answering phone calls and emails, helping many folks with their bird-related questions, brainstorming—needless to say, a BIG thank you to our board and volunteers for making our club so pertinent in the avian community.

Diane P Hyde, President



VIRTUAL ZOOM MEETING starts 7:00 p.m.  
 following speaker. PLEASE MUTE YOUR AUDIO  
 during speaker. SPEAKERS: Begin at 7:30 p.m. +/- 20  
 minutes.  
 Please be respectful. Mute!

# Financial Report

## Deposits as of November 2022

|                |          |
|----------------|----------|
| Deposits       | \$680.36 |
| Total Deposits | \$680.36 |

## TFCU Account Balances as of November 2022

|                 |              |
|-----------------|--------------|
| Operating Fund: | \$4009.85    |
| EXPO Fund:      | \$10598.31   |
| Parrot Care:    | \$2666.03    |
| MM (Shelter):   | \$140,494.64 |
| CD (Shelter):   | \$9,411.41   |
| Total:          | \$167,180.24 |

## Expenses as of November 2022

|                      |           |
|----------------------|-----------|
| Phone:               | \$120.00  |
| Best Value Printing: | 208.90    |
| Life Storage:        | \$442.00  |
| CRM (SalesNow)       | \$45.45   |
| USPS                 | \$227.60  |
| Misc:                | \$1107.24 |
| Total Expenses:      | \$2151.19 |



# Board Business

## Board Meeting Minutes - November 2022

November 9, 2022 7PM via ZOOM ATTENDING: David Abrahams, Donna Barbaro, Susan Chamberlain, Shawn Florman, Robert Gross, Diane Hyde, Candy Little

- Middle Country Library update (Diane): Event was very nice; lots of human and avian volunteers, including macaws, cockatoos, and others. New member came with cockatiel; small visitor arrived wearing a scarlet macaw costume. Library had carts to make it easy to load up at end of the event. Birds were handed to guests under supervision and with use of hand sanitizer.
- Annual donation (There was a mistake in previous discussion: we did contribute to three organizations: Ukraine, AFA, PERL). We have \$200 left for two organizations: Possible non-profits: STAR Foundation; Sweetbriar; Phoenix Landing; Tallgrass Parrot Sanctuary; Quaker Parakeet Society; Gabriel Foundation; Florida organizations affected by Hurricane Ian.
- Donna created Jotform to ask for member skills/volunteering. QR code in the Nov NL. It's a great form—looking forward to seeing submissions.
- More cage donations coming in—shed is beginning to fill up. Posted large donated cage on FB and no interest yet. If no interest, should we consider donating it to a wildlife org to free up some room in the shed?
- Member Marla Greene is suggesting Ollie the Cockatiel (from NZ) as a Zoom presenter. <https://lafeber.com/pet-birds/ollie-the-cockatieltakes-on-epic-fundraising-trek-across-new-zealand/> Time difference is 18 hours (NZ is ahead by 18 hours—ie: 6:30 pm Monday in NY; 12:30PM Tuesday in NZ)

- BOD Holiday Dinner—Restaurant closes at 9:30 p.m.—did we want to meet at 6:30 p.m. rather than 7 p.m.? 6:30 resolved.
- Member Holiday Party—getting RSVPs—if enough attendees, have Roberta perform? 35 people minimum for entertainment. Kaitlin donating an Instant Pot for raffle; Christensens donating a cargo net for birds to climb; Flormans are donating a chocolate themed basket.
- Shawn's Photo Booth—set up at the Holiday Party? Ask for donations from members? Possibility to buy from Shawn—would need dedicated person to store and bring equipment to events and operate system. Lack of volunteers is biggest drawback.
- Diane took part in a discussion among club officers about motivating members to participate, attend meetings, etc. Difficult to have people commit since COVID.
- Determine additional annual amount to charge for paper NLs beginning January 2023—\$10 or more? Cost to produce and mail color newsletter \$4.75 each per month. Drop family membership designation; make all memberships inclusive of families. Proposed membership: \$60.00 per year for paper; Digital membership \$45.00 per year.
- Incorporate membership card into Feather Flash so members can print it out themselves?

## BOARD MEETING NOVEMBER 30, 2022, 7PM VIA ZOOM

**ATTENDING:** David Abrahams, Donna Barbaro, Susan Chamberlain, Bob Dietrich, Shawn Florman, Robert Gross, Diane Hyde, Candy Little

Holiday Party: Entertainment: Roberta Fabiano; Diane Hyde has found a restaurant nearby that will accommodate our needs.

### MEMBERSHIP PRICE INCREASE

General Membership (electronic NL): \$45 a year (still offer a 10% discount for seniors)

Members Opting for Paper Newsletter: \$45.00+\$15.00 additional for a total of \$60 a year (still offer a 10% discount for seniors) Increase is to cover additional costs of printing and mailing.

Instead of breaking up membership into individual and family, it will be a general membership. EARLY BIRDS can renew or extend their present subscriptions at the current price until January 31, 2023.

**POSSIBLE MEETING SPEAKERS DISCUSSED:** LI Budgie Rescue, Karrie Noterman, Pamela Clark, Detective Catherine Spanpinato, Suffolk SPCA scheduled for March.

*Merry Christmas*

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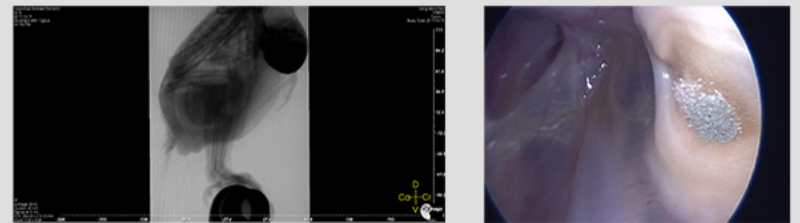
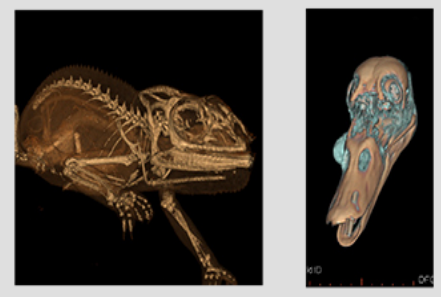
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By: Susan Chamberlain  
a new meeting hall.

Many thanks for your support throughout 2022. Because of you, our members and donors, The Long Island Parrot Society has been able to survive, and even thrive with increased membership and new innovations over the past several years. We were challenged by COVID, bird flu and relocation to We managed to keep members engaged throughout.

We have continued most member services, including our adoption program, which is busier than ever. It's a full-time job for the Parrot Placement Team. They field inquiries about lost and found birds and have helped facilitate several successful reunions. We provide distinguished speakers and interactive programs at our twice-monthly ZOOM meetings for members. Outreach events have resumed. Quarterly in-person meetings are scheduled. The in-person meetings are also streamed on ZOOM so that far flung members may participate.

Our Shelter Fund is growing, which is of great importance. Your donations will help make it a reality. Donations enable us to help birds in need now by supporting emergency cases, both medically and in foster homes. We have made several urgent placements, relocations, and temporary foster arrangements. LIPS gets daily requests from people wanting to re-home their birds. Some cases involve multiple birds. The situation is so overwhelming that our adoption program is on temporary hiatus until current cases have been resolved.

According to a recent Newsday report, shelters here on Long Island are seeing huge numbers of pet surrenders—dogs, cats, rabbits. Reptiles and other pets. However, donations are way down, making it difficult to offer needed services. It is believed that many of these surrendered animals are pets acquired during the height of the pandemic, and now that people are back to school and work, they no longer have time for the critters. Financial constraints caused by inflation and the rising costs of veterinary care and pet food may also be factors.

If you are able, please remember The Long Island Parrot Society with a donation this holiday season. Donations may be made by check and mailed to Long Island Parrot Society, PO Box 2754, North Babylon NY 11703 or call 631-957-1100 to donate via credit card. You may also donate via PayPal to

bookkeeper@liparrots.org Please note 'donation' with payment.

Amazon shoppers can garner donations for LIPS by shopping through smile.amazon.com and noting Long Island Parrot Society of New York as the chosen charity. Not a penny comes out of your own pocket! No sensitive information to divulge!

We also need donations of TIME! Please volunteer! Log on to the link below to help us match you with a project aligned with your talents and available time:

<https://www.liparrots.org/skills-survey/>

**Update to Sanibel's Periwinkle Park:** You read about the tragic losses there during Hurricane Ian in last month's Long Island Parrot Beacon. David Muench, manager at the park posted the following on the park's Facebook page: "It's been eight and a half weeks since Ian paid an unwelcome visit to our park and Sanibel Island. Emotions were raw and unchecked as we attempted to deal with our grief and concern. Unhelpful and unkind comments were made on our social media platforms. We completely get it! Those types of comments come from a place of pain." The park team continues to work to mitigate the unimaginable destruction.

## Winter Comfort and Safety

©Susan Chamberlain

The winter months are often stressful for those of us who share our homes with pet birds. We fret about keeping them warm enough and we worry about drafts, long cold snaps and sudden power outages.

Do you need supplemental heat for your bird? Often, the answer is no. Down is one of the warmest materials on earth, and a healthy, fully feathered bird is equipped with enough insulation to keep in warm under cool conditions. The important thing is to avoid *abrupt* temperature changes. Many exotic birds live in outdoor aviaries or in feral colonies all year. Wild Quaker parakeets are thriving in the Northeast. Most outdoor aviaries are in southern climes, but even Florida gets cold snaps. The birds are acclimated, so they do very well. There is no exact temperature at which your bird will be too cold: if you're comfortable in your home, your pet probably is too. Observe your bird for signs of shivering, tucking the beak into its feathers, and crouching low with feathers over the feet during the day, as these may indicate that he or she is cold. (Abnormal huddling or sleeping at odd times may indicate illness, so consult your avian veterinarian if symptoms persist.)

There are some simple things you can do to offer your bird a bit more warmth during the winter. Serve fresh foods at room temperature rather than refrigerator cold. Evaluate the placement of the cage. Be sure it is located away from exterior doors that will be opened frequently. Is the cage in a dim corner with little sunlight? If so, move it to a brighter location, but out of direct sunlight, preferably in a room with southern exposure. Raise the window shades on sunny days to allow the sun to help warm the room and lower the shades at dusk to conserve heat overnight. Covering the cage at night adds a layer of insulation and draft prevention as well.

Many birds, especially conures, enjoy snuggling warmly inside plush fabric 'huts' or cuddling up to 'snuggle buddies' installed inside their cages. They're popular and readily available at pet shops and online. Do take precautions when trying one of these accessories. Make sure your bird's nails are kept trimmed so they don't get caught in the fabric and supervise your pet closely to be sure it isn't chewing and ingesting the fibers.

One of the biggest concerns of bird owners is the safety of heating appliances. Perhaps the safest of all space heaters is the radiant heat variety. A popular model, available at mass merchandisers and home improvement stores is the oil filled radiator, which operates by warming oil inside the sealed unit. Because heating elements are not exposed to the air, there is minimal danger of dangerous polymers being dispersed into the atmosphere.

Convection heaters make use of a heating element and a fan to heat the area. A fan draws cold air through a heating element and circulates heated air into the room. Older units with exposed metal heating coils can be hazardous, but the newer ceramic units are typically safe if they have a temperature cutoff switch and a tip over switch. The big question is, however, "Has the heating unit been coated with polytetrafluoroethylene (PTFE) or other fluoropolymers similar to Teflon®?" Fumes emitted from heating surfaces treated with such polymers are deadly to birds and may cause flu-like symptoms in humans. Because

appliance models and manufacturing processes constantly change, there is no way to say with accuracy which heaters do or do not contain harmful coatings. Package labeling is not always helpful. Calling customer service numbers for information can be frustrating as well: the people answering the phones often don't know the answer. The best solution is to avoid hot-air heaters and choose an oil-filled heater instead.

Because of fumes and fire hazards, kerosene heaters are illegal in some municipalities. According to articles in the U.S. National Library of Medicine (<https://www.nlm.nih.gov/>), kerosene fumes are not safe to inhale. If not properly vented to outdoors by a chimney, kerosene heaters emit poisonous carbon monoxide fumes, nitrogen dioxide, which is a lung irritant, and sulfur dioxide, which can impair breathing. Dizziness, drowsiness, headache and unconsciousness may also occur. These cautions apply to *humans*. Birds have much more sensitive respiratory systems than we do: Don't risk exposing them to kerosene fueled appliances.

Heat lamps *marketed specifically for avian use* can help provide supplementary heat during cold snaps. Infrared bulbs warm objects instead of the air and the red light does not disturb the heat cycle. Ceramic heat emitters, designed specifically for use with animals are available in various wattages and do not emit sleep-disturbing light. Use such appliances according to manufacturer's directions and make sure your bird does not have access to light bulbs or electrical cords.

Fireplaces, wood stoves and fireplace heat inserts can be safe when correctly sealed and vented to outdoors and when untreated, properly aged wood is burned. Even so, some soot inevitably finds itself into the indoor atmosphere, so it is advisable to house birds in a room away from the immediate heat source. One of the main drawbacks of wood and pellet burning appliances is that they reduce the humidity in the home to often uncomfortable levels and can dry out sensitive sinuses. Supplementary humidity from a humidifier or a kettle or water atop the heat source can help alleviate some of the dryness. Mist birds with water daily to reduce the incidence of dry skin and feathers.

### Clean Air Check-Up

- Check and change filters on heating and air conditioning units frequently.
- Have air ducts inspected for mold and cleaned when necessary.
- Keep bird cages clean! Dust from dried droppings can compromise indoor air quality and spread disease.
- Use unscented detergent and forego the use of fabric softener sheets when laundering cage covers, as your bird may be sensitive to scents and chemicals.
- Scented candles may have adverse effects on birds. Use pure beeswax candles instead.
- Never mix cleaning products together (ex. chlorine bleach and ammonia), as lethal fumes may result.

(Continued to page 10)

(Continued from page 9)

Do you feel cold when just sitting around and warmer when you're active? Don't encourage your bird to be a perch potato. Instead, keep your pet active with stimulating toys and foraging opportunities. Share relaxing evenings with your bird by letting it snuggle with you for a while. That's rewarding for you both!

#### DRAFTY WINDOW HACK

- Add insulation to window glass by misting it with water, then pressing bubble wrap onto the glass. It will stick until you remove it!

#### SAFETY FIRST!

- Never use generator indoors or in your garage. Carbon monoxide fumes can kill your birds *and* you. Be sure generators are kept clear of snow.
- Don't warm up your car in the garage. Make sure the garage door is open before you start your car, then move it out to warm up.
- Before using any electric heater in proximity to your birds, heat it to its maximum for several hours in a garage, outdoors, or in a well ventilated area away from your pets. This will help burn off some possible chemical residue on exposed parts but cannot absolutely guarantee the safety of exposed heating elements.
- Never use a gas stove or barbecue grill as a heat source. Carbon monoxide poisoning may result from such use.
- Install fire and carbon monoxide detectors in your home and check the batteries of existing units.
- Open a window or door for a little while each day, even in cold weather, to exchange the air inside your home.
- Heated perches and 'bird warmer' panels are available in select pet shops and from online sources. When using these, be sure that birds cannot contact electrical cords.



## WINTER CAUTIONS

A house fire in Hicksville recently killed seven pets. With the onset of winter and the use of fireplaces and holiday cooking and lighting, replace your smoke and carbon monoxide detectors now! Unplug small appliances when they are not in use, and never leave candles unattended.

The Great Cooking Bag Debate: There have been conflicting reports about their safety around birds on social media, and the posts have ignited something of a firestorm! Debbie Huckaby (Birds of Paradise Sanctuary & Rescue) posted a warning against using them, accompanied by a photo of a turkey roasted in such a bag. Bird owners took the warning as intended, but Debbie was viciously attacked online by a faction of vegans, accusing her of advocating eating animals. They barraged her with hateful phone calls, emails, and posts on social media. Another well known bird owner posted that the bags are safe, quoting statements by manufacturers that the bags do not contain PTFE or PFOA and when 'used as directed' are safe. The bags have not been tested on birds. Is it possible that other components could be harmful? Yes, possibly. If in doubt, don't use them. Always ventilate your home when cooking, and do not use the self-clean feature on your oven unless you can remove your birds from the home. Even if your oven does not contain non-stick components, smoke and fumes during the cleaning process can be just as deadly.



# Conservation Notes

**Echo Conservation Center** on the island of Bonaire doesn't only care for indigenous yellow shouldered Amazons—"Baby", a greenwinged macaw also makes his home there. A former pet, his favorite type of enrichment is social interaction with human visitors.

**Lewis "Buddy" Waskey** has added two young great green macaws to his education and breeding program. The birds will be ambassadors for conservation and free flight. Some LIPS members watched Waskey's mature macaws in free flight at the AFA Convention in Connecticut several years ago.

#### Here are some of the recent accomplishments of the World Parrot Trust:

Over 100 endangered Puerto Rican Amazon chicks hatched this season, bringing the total to more than 200 Puerto Rican Amazons in the wild – a new milestone!

The WPT has helped empower local communities in Bolivia to prevent and manage wildfires so they can protect their land and native birds.

More than 100 African grey parrots have been confiscated from trade and given a chance to fly free in the wild once again.

The WPT was able to provide emergency funding for food, medication and transportation for war-weary Ukrainians and their companion birds.

**From Forbes:** Puerto Rico's endangered parrots may be facing a new challenge to their long-term survival: dialects. Conservation efforts have apparently allowed these iconic parrots to develop different dialects from their wild relatives. This may prevent them from being able to communicate effectively with their wild peers after they're released into their native habitat, which could prevent them from finding mates, thereby threatening their survival.

**Going on a fall or winter beach walk?** Cold-stunned sea turtles often wash up on shore suffering from hypothermia and even pneumonia. Riverhead's New York Marine Rescue Center is already caring for 23 turtles that have come ashore. If you come across a stranded sea turtle, even if it seems lifeless, please call 631-369-9829. Assume the turtle is alive until you've spoken with a biologist. Many have been revived, even when they had no detectable heartbeat.

**From the Scientific American:** Environmentalists are calling Brazil's presidential election of Luiz Inácio Lula da Silva, popularly known as Lula, a big win for the Amazon rain forest. The ecosystem suffered record high levels of deforestation after

the nation's former president Jair Bolsonaro took office nearly four years ago.

Lula, who served two terms as president from 2003 through 2010, said during his campaign that preserving the rain forest will be one of his top priorities. Amazon deforestation decreased by an estimated 67 percent under the previous Lula administration. Brazil has excellent environmental regulations and plenty of highly motivated people in its agencies who are ready to help Lula achieve his goals. "Brazil is ready to retake its leadership in the fight against the climate crisis," he told supporters. "Brazil and the planet need a living Amazon."

**And in Florida:** The bald eagle pair in North Ft. Myers rebuilt their nest after losing it to Hurricane Ian and egg #1 was laid on November 29<sup>th</sup>!

**ARE 'WILD' ANIMAL SHOWS IN THE PAST?** Suffolk County lawmakers and animal activists are trying to pass a law that would ban 'traveling shows featuring wild and exotic animals' ostensibly to prevent disease spread or poor treatment of the animals. Saying that animals shouldn't be transported for entertainment purposes, legislators Jason Richberg and Trish Bergin sponsored the bipartisan bill. Sloth Encounters, a business that brings sloths into homes for up-close visits, is at the center of this movement after complaints were lodged last summer. The owner, Larry Wallach, does have permits from the Dept. of Agriculture, which he hopes will supersede local regulations.

The proposed law defines a 'wild' animal as one that is not a cat, dog, cow, goat, sheep, horse, or pig. What does this mean to us? Pet birds are not one of the seven domesticated species and would be classified as 'wild'. Under the proposed law, we may be prohibited from transporting our birds for 'entertainment' purposes. The law will not apply to accredited zoos, aquariums, universities, research, and environmental education programs. So, logically, we concentrate on environmental education at outreach and social events. Ultimately, we will have to see what the law allows if passed. Will we be permitted to bring our birds into libraries and schools? What about the dockside events? Private parties? We'll just have to wait and see.

Nick Jacinto, "Nature Nick", who has appeared with his animals at Parrot EXPO has launched a petition on change.org against the pending legislation. Petition · Stop Suffolk County from Banning Exotic Animal Shows · Change.org

It isn't clear if the regulation would apply to his business, but he told Newsday that his animals are inspected by federal and state authorities. "Kids seem to benefit from an up close and personal encounter; these are concepts that can't be learned in a textbook."

## Atherosclerosis: The Hidden Killer

By Pamela Clark

Atherosclerosis is a common disease in companion parrots – one we must all take seriously. If you have ever heard of an older parrot who died suddenly, without apparent cause, there is a good chance that this progressive disease was a primary factor in the demise.

### What is Atherosclerosis?

Atherosclerosis is one type of arteriosclerosis. The word atherosclerosis derives from the Greek words athero, which means “gruel or porridge,” and sclerosis, which means “hardness.” This is a fairly descriptive term for the disease itself, in which cholesterol is deposited onto the sides of arteries, creating hard plaques. Once build-up is great enough, plaques can dislodge; these cause blockages, which lead to heart attack.

It is primarily a disease of inflammation. The more inflammation, the greater the risk of atherosclerosis. Blue and Gold by Engin Akyurt

Birds are more susceptible to atherosclerosis than any mammal, with the exception of humans. “The reported incidence rates in avian species range widely from 1.9% to 91.9%.” (Powers, 2015)

### A Confusion of Information

While much is known about atherosclerosis in humans, this information cannot be readily transferred with reliability to birds. Reading through scientific papers about the disease causes consternation and befuddlement. Undeniable conclusions are lacking, although more recent research does point to strong correlations.

Much of the research has been done on bird species other than parrots, such as quail, waterfowl, and chickens. Diagnosis on parrot species who have succumbed to this illness has been conducted on a very mixed population, particularly those kept previously in zoos, who have been maintained under a variety of conditions and fed a mix of diets.

Moreover, the studies that are being done on risk factors that exist for parrots are being performed on the known risk factors for humans and other mammals. There may, however, be other risk factors specific to avian species that may take longer to uncover, such as individual species’ genetics.

Thus, I will warn you that what I write today may well be something I will edit extensively in another five years. The danger is significant and real for our parrots, so an examination now of what we know is important. However, I have every expectation that some of what you read below may be proved wrong in the future, while additional details will in turn come to light.

### Which Parrots Are At Risk?

While we have a very good understanding of risk factors in mammals, this is not so with parrots. But, a few things we do know.

Species

It is currently agreed that Amazon parrots, African Grey parrots, quaker parakeets, and cockatiels appear to be at greatest risk. While the disease has been seen in cockatoos and macaws, they are not believed to be quite as susceptible. Many avian species, though not all, have been found to develop atherosclerosis in captivity.

### Age

Increased age is a significant risk factor. However, while more common in older parrots, Nemeth states that atherosclerosis has been found in birds aged 1 to 42 years. (Nemeth et al, 2016) It is most common in companion parrots over the age of 10.

### Gender

Female parrots have been proven statistically to be at greater risk. Female birds in reproductive mode generally have elevated levels of cholesterol, triglycerides and lipoproteins, as well as calcium, creating greater susceptibility.

### Diet and Nutrition

“The inclusion of cholesterol in the diet of birds that consume non-animal protein, even as low as 0.25% of the diet, dramatically increases plasma and serum cholesterol levels.” (Petzinger and Bauer, 2013).

Petzinger also mentions a 2003 paper by Bavelaar and Beynen that found that African grey parrots fed a high-fat diet containing palm kernel oil (saturated fatty acids) had increased cholesterol levels.

Petzinger also reports on the findings of yet another study from 2012. In this research, a total of 47 cockatiels who were supplemented with fish oil had lower plasma cholesterol than cockatiels fed flaxseed oil. The conclusion? “Thus, dietary fish oil (and possibly dried algae products) may be more beneficial than oils high in A-linolenic acid on reducing risk factors and prevalence of atherosclerosis in avian species.” (Petzinger and Bauer, 2013)

Another nutrient capable of lowering cholesterol levels in birds is pectin. Pectin is the soluble fiber contained in fruit and some vegetables.

The overall amount of food eaten may also contribute to the development of atherosclerosis. Overeating and obesity are proven risk factors for mammals. This correlation has been studied in birds with varying conclusions.

### Physical Inactivity

Every research paper I read reported a presumed link between inactivity and the development of atherosclerosis. However, I could find no evidence that any link between exercise and this illness had actually been researched in avian species. Conure2

Since such a strong link exists between the two in mammals, including humans, it would be foolish to ignore it here and the papers I read did include recommendations for exercise in companion parrots.

### Inflammation

The literature on human health names inflammation in the body as a primary cause for the

(Continued from page 13)

development of atherosclerosis. In fact, inflammation is currently being discussed in what is being called “a unifying theory of disease.” (Harvard Health, 2006) In other words, inflammation is now considered as a significant factor in the development of many chronic human illnesses.

Nevertheless, inflammation as a process “remains a mystery.” (Anft, 2016) However, scientists are beginning to agree that lifestyle choices like diet and exercise may increase (or reduce) inflammation. parrot eating cracker

Common foods that cause inflammation, which are often fed to parrots, are fried foods and those containing refined carbohydrates (white flours and sugars).

### Co-Infection with Psittacosis

The disease Psittacosis, also known as Parrot Fever, is more accurately referred to as Chlamydia psittaci. This disease is still relatively common among companion parrots, especially those who have come from large collections. While researchers disagree about whether there is a conclusive correlation between infection with Chlamydia and atherosclerosis, some studies appear to agree on this.

### Signs and Symptoms

Sadly, the most common sign of atherosclerosis is sudden death. In the late stages, there may be symptoms such as weakness, lethargy, neurological signs (including seizure-like activity), trouble breathing and exercise intolerance. However, these may be less observable due to parrots spending long hours in cages. It is easier to identify exercise intolerance, for example, in parrots who fly.

At this point in time, diagnosis is extremely difficult. Most people will never imagine that their parrots are ill until they lose them unexpectedly, well before their time. With better imaging techniques, as well as a better understanding of identifying factors in serum chemistries, this may change in the future.

### What Can We Do?

Atherosclerosis in companion parrots is still not well-understood. Direct and specific correlations from the human health field may only be suggestive. Thus, we do not have well-defined risk factors that would allow us to target flawless measures for prevention.

Suggested lifestyle changes reported in the literature include “increasing physical activity by providing more opportunities for locomotion and foraging behaviors and decreasing the stress level in their captive environment. Limiting dietary excess and obesity also seem to be a

reasonable strategy, but species-specific dietary needs should be considered.” (Beaufre, 2013)

“Birds should be provided ample opportunities for exercise and activities such as foraging, and even flight, if considered safe for the bird. Excessive energy content in the food should be avoided, such as excess carbohydrates and fats. Birds should receive regular preventative veterinary care with periodic bloodwork monitoring.” (Powers, 2015)

Diets that contain relatively high levels of Omega-3 fatty acids reduce the prevalence of the disease. (Petzinger and Bauer, 2013) Nordic Naturals Newer research indicates that fish oil may be more effective in this than alpha-linolenic acid, the type of omega-3 found in plants, such as in flax seed oil. Supplementation with fish oil may be an excellent addition to the diets of many companion parrots, but this should not be undertaken without the advice of your veterinarian.

Pectin in the diet has also decreased the occurrence of atherosclerosis. (Petzinger and Bauer, 2013) Pectin is the soluble fiber found in fruit. Too much pectin can result in a decrease in the absorption of nutrients from the intestine, however. Thus, fruit should be fed in moderation for most species.

Reducing the overall amount of food, i.e. not over-feeding, can also decrease the prevalence of atherosclerosis. This information too, however, could be harmful if implemented to the extreme. Hunger and malnutrition do nothing to improve overall health. It is best to consult with your veterinarian about the quantity of foods to offer.

### Suggested Action Steps:

After as thorough a review as I could muster with the research I was able to access, I think the following steps are prudent:

Identify an avian vet who specializes in birds and schedule annual visits.

If your veterinarian tells you your bird is fat, take this seriously and formulate a plan for gradual weight reduction.

Discuss with your veterinarian supplementation with fish oil. (The correct dose is important and should be obtained from your vet.) Nordic Naturals is an excellent choice. If you have a female parrot, do everything you can to minimize triggers for the increased production of reproductive hormones. (You should do this for males too.)

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Watch a YouTube Video

[Why your parrot bites when you give it treats \(and how to solve it\)](#)

Listen to a Podcast by Dr. Scott Echols.

[Dr. Scott Echols: Bridging New Frontiers in Avian Wellness with Technology](#)

### Discourage a pair bond

- Avoid cuddling and other highly affectionate interactions
- Prevent cavity seeking (getting into closets, boxes, etc.)
- Feed a low-fat, low-carbohydrate diet<sup>013</sup>
- Do not feed foods high in saturated fat (fatty meats, butter, margarine, cheese, coconut oil, palm oil, fried food, or snack foods).
- Do not feed pasta, white rice, or any foods that contain white flour or sugar and other sweeteners.
- If your bird eats a seed mix as a dietary staple, convert him to a pelleted diet with supplementation of fresh foods.
- Avoid overfeeding. Remember the size of the creature you are feeding.
- Encourage foraging and try to incorporate some physical activity into this.
- Encourage exercise.
- Determine whether you and your bird might be a candidate for flight in the home.
- If not, work to discover ways to encourage as much movement as possible.
- Do feed foods high in pectin, in moderation (apples, pears, plums, peaches, apricots, cherries, strawberries, guava, carrots and peas). Apples are especially high.
- Do feed foods high in omega-3 fatty acids or that are otherwise known to reduce cholesterol (oats, barley and other grains, walnuts, flax seeds, chia seeds, hemp seeds, edamame, almonds, beans, tofu, salmon)
- Do feed foods that fight inflammation (green leafy vegetables, blueberries, salmon, broccoli, cauliflower, kale, peppers, grapes, celery, ginger, turmeric)

Atherosclerosis is a scary prospect, given what we now know about the susceptibility of our companion parrots. However, I suspect that we have in our hands the tools for prevention, just as people do. Granted, risk factors outside of our control exist, such as age and gender. However, we do have enough information to take action and keep our parrots as healthy as absolutely possible.

*\*Used with permission: Pamela Clark: www.pamelaclarkonline.com*

## Selling Your Home is for the Birds!

By Susan Chamberlain

Are you planning to sell your home this year? It's a great time to do so! Watch any television program geared toward helping people sell their homes, and you'll learn that one of the first pieces of advice realtors give is "Relocate the pets!" It isn't always practical to move the pets out for open houses and showings, and if you have numerous birds, it may be close to impossible.

This is the one time you can look at your birds as part of the décor. Use them to enhance the ambience of your home. I've sold three homes with my birds in residence. The first house was in New York and quite small, so I boarded my four Amazon parrots with a friend during the

open house. The macaw, Senegal parrots and budgies remained in the house-for-sale and didn't seem to detract from the showing. Because the 'green gang' and their cages were absent, the space looked larger, and the house was peaceful and quiet.

My parrots seemed to add to the appeal of my house in Florida. It was a piling house surrounded by tropical foliage on a barrier island, and the birds fit right in. Several of them were on the screened porch, and the Amazons and macaw were indoors. Large windows and sliding glass doors brought the outside in, and the birds seemed to be a natural part of the décor. Cages and surrounding areas were kept scrupulously clean so that the house could be shown on 30 minutes notice. Consider marketing your home your new full-time job. Estimate how long it will take to get your house ready for impromptu showings, and let your realtor know how much lead time you'll require.

Buyers are waiting for great deals even in a hot market and inventory may be low, but you can compete. The first impression is the lasting impression. What will the buyer see first? A jumble of cages, bird food and play stands in the living room won't pass muster, especially if the potential buyer isn't a 'bird person'. Before you even call a Realtor®, convert your bird room back into a dining room or den. Remove the swings and perches hanging from the ceiling and stow the assortment of parrot paraphernalia that's cluttering your bookshelves. Shampoo or replace carpeting. Green stains will not go over well.

A Licensed Sales Agent and Certified Buyer Representative (LSA/CBR) with Coldwell Banker Residential Brokerage in Ronkonkoma, NY agreed. "They're our pets and we love them, but it doesn't mean the potential buyer does. Cleanliness is key to everything, right alongside de-cluttering. Put all pet food and accessories away."

A Realtor® friend on Sanibel Island, FL, concurred. "With any animal, I ask the seller to make the pet area as clean as possible. You don't want people walking over bird seed or smelling pet odors. One advantage of birds over cats and dogs is that there's virtually no odor.

"In my experience, most people like birds, but some might be put off by a very loud bird. In that case, I might move the cage to the smallest bedroom, or the den -- to a room that isn't the focal point of the home," she continued. "I wouldn't want a home that is perfect in every way to be remembered as the 'house with that awful bird in it'! If the sellers are motivated, they should do whatever they can to minimize the negative impact of their animals. They know how their pets react to strangers coming into the room. For instance, covering the cage might keep a loud bird quiet."

Once your house is in contract, you can begin looking for your new home. Are you looking at a development or a condo? Review the rules regarding noise and pets. Are you planning an outdoor aviary? Check the

(Continued to page 15)

zoning regulations. Do you want cathedral ceilings so your macaw will have plenty of headroom? A roll-in shower for bird cages? A sunporch for your cockatiels? Happy house hunting!

### Biting and Other Problems

If you have aggressive birds, post signs in front of cages warning people away. Realtors® suggest keeping it friendly with something like, "We know we're cute, but please don't touch!"

Tell your agent not to allow people to poke at the birds or remain in the house to supervise if you feel it's necessary. "It's better to be absent during showings," according to Papaemanuel, "because it makes it easier for potential buyers to imagine the home as their own. If you remain in the home, tend to the pets but leave all the talking to the agent. Don't hover. Stay out of the way. On the plus side, there may be some questions that need answering and you can do so on the spot."

My Florida friend addressed another situation that occurs quite frequently. "When another realtor shows one of my listings and there are animals present, I warn them about what to expect. I instruct the realtor to control the client. I tell them not to approach the cage and not to stick their fingers in the cage. If I have any misgivings, I'll accompany them to the showing." (It should be noted that she sells homes on an island where it is not unusual to encounter 6-foot iguanas on a porch or pet peacocks in the yard!)

Some people are superstitious about birds indoors. Others may be fearful. Ask your Realtor® to advise potential clients that you have pet birds prior to a showing, and if necessary, arrange to temporarily relocate the feathered members of your family.

"During an open house, you never know who's coming through, so you can't forewarn potential buyers that birds are present.

Keep the attention off the birds, even if you need to cover them during an open house. Keep the focus on the house.

### Security

In general, people perceive exotic birds as valuable. Don't include your birds in virtual tour or online photos, especially if the address of your home is included in the listing. Using a real estate agent makes it more likely that prospects will be screened to some degree.

Don't mention pending trips, work schedules or other away-from-home activities in front of prospective buyers. Remove daily calendars and phone numbers from sight. If a buyer asks you about availability for a future showing, say you'll get back to the sales agent with the information. You never know who's walking into your house. For added security, work with certified buyer's agent. That agent is working for the buyer, much like a personal shopper and

the buyer is going to be screened and pre-approved."

### Bird owner's Top Ten Selling Tips

De-clutter. Pack non-essential items and stack boxes neatly in the garage or other non-living area. If necessary, rent a storage unit. Store bird carriers, travel cages, play stands and other avian 'furniture' out of sight. Potential buyers will open cabinet doors and drawers. Make sure bird food is neatly organized in a designated space.

De-personalize: Remove family photos and personal items from view. Yes, you can leave that gorgeous macaw portrait over the fireplace but remove and store knick-knacks and other decorative avian items. Take your beloved "Beware of Attack Parrot" sign down and pack it away for you next home.

Deodorize. Healthy birds and clean cages are not odiferous. Make sure cages are pristine. Wash floors, shampoo the rugs, launder draperies and bedding and don't smoke indoors. One of the first things prospective buyers notice is how the house smells. Simmer a little potpourri on the stove prior to a showing and open the windows for fresh air.

Dust! Be aware that people with allergies may look at your home. Mist your birds daily to reduce dander. Change cage tray paper just prior to a showing. Use an electronic air filter to further reduce airborne allergens. Change or wash air conditioner filters frequently, and vacuum daily. When possible, open windows during showings.

Advertise in bird related publications and on avian websites. What makes your home ideal for your birds may attract a buyer with birds. My current home has a 28-foot conservatory style room that's perfect for birds and it's right up the hill from a top-notch bird store!

Are your birds nervous around strangers? Cover the cages or advise people not to approach them. Take your bird out for a ride during showings or relocate your pet to a friend's house.

Noisy birds? Relocate to a friend's or cover the cages. Play soft background music to soothe the tropical soul.

Do you have an unused area to relocate birds, such as finished basement, enclosed porch or playroom? Designate that area as a temporary bird room.

Move cage to a large room or area so it doesn't dominate the room. Buy some large, inexpensive potted palms at Home Depot and place them strategically near cages for a tropical look.

Is your bird's cage beginning to look shabby? This is the ideal time to purchase a new one. Think of it as a 'home improvement' that will help sell your house!



# Meet the Member



Stefni Dusterwald with white crested cockatiel Joey

Stefni Dusterwald joined the Long Island Parrot Society about ten years ago. "I had a bare-eyed cockatoo since 1991, and when I learned about LIPS, I thought it would be a great opportunity to learn more about

caring for my bird. Living in Glendale, Queens, I could only attend meetings every few months due to distance and traffic." Stefni moved to Long Island in 2016, and that made it much easier to attend club meetings.

Aslan, the bare-eyed cockatoo and Stefni's first bird was named for the talking lion in *The Lion, the Witch, and the Wardrobe*. She was working as a vet tech at the Staten Island Zoo when the bird came her way. "He was dropped off along with a pair of Goffin's cockatoos and became a hospital pet. He didn't get along with the Goffin's, and eventually had to go because other birds were coming in." Another zookeeper took him home, but it didn't work out, so Aslan, now called 'Doobie' moved to Stefni's home in Glendale. "I had him from 1991 until 2017," she said. "He was the love of my life."

Stefni currently shares her home with three cockatiels and two zebra finches. As a child, she had dogs, cats, and a hamster. Initially, she worked as a secretary and thought she might want to go to vet school. She volunteered at the Bronx Zoo, finished college, and decided not to go to vet school after all. She heard about the New Jersey Wildlife Preservation Trust program on caring for wildlife and took part in the program. "The thing I most enjoyed was when the vet came and devised treatment plans...so I became a vet tech. I applied to the State University of NY and at the age of 30 went to school to become a vet tech!

"I did an internship at the Rockefeller University Lab Animal Research Center, then worked for six months at Sloan Kettering as a lab animal technician. Someone told me that the Staten Island Zoo was

looking for someone. I applied and they hired me! I drove every day from Queens to Staten Island for ten years."

Eventually family demands precluded spending 12 hours a day away from home and Stefni got a job as an assistant at a publishing company. She semi-retired in 2019, and then came Covid, which changed things dramatically. She currently works part time doing customer service. "I was brought up to be nice, so I can be nice to people and help them," she said.

Stefni finds her membership in the Long Island Parrot Society "So rewarding. It's wonderful to be around people who love their birds the way I've loved and love mine. People who don't have that don't get it. In our lives, birds are like little people. You're having a relationship with this being. You want the birds to have fun, eat right, etc. It's not the same as having a plant. I think most members feel the same way. The club also affords great networking opportunities."

She advises new bird club members to try to attend the meetings, virtually or in person. "The newsletter is excellent too. The articles are so interesting." Stefni gets the paper copy and says "If you don't have such a great memory you may forget to look in email. It's very reasonable to pay extra for paper." She also advises that members look for emails for the twice-monthly Zoom meetings.

Although Stefni doesn't have much time to participate in club events due to family obligations, she has high hopes for the future of LIPS. "I hope it goes on for a hundred more years," she said.



white-cheeked cinnamon cockatiel, Gracie (who is a male, despite the name) Stefni's 'litle old man', Mojo

## Parrot Placement Program - Explained

By Susan Chamberlain

Parrots are re-homed for many reasons: Owner's death, lifestyle changes, relocation, avian behavior issues, allergies and other human health problems, loss of interest in the bird and numerous other situations.

The Long Island Parrot Society is truly a service organization, serving the birds and their human companions on the Island. The adoption program has long been the heart and soul of the club, helping people to adopt or rehome their birds. Occasionally, dramatic rescue situations have occurred—birds removed from untenable situations, parrots requiring immediate help due to death of their owners, and most recently, emergency foster needs due to Covid. The Parrot Placement Team at the Parrot Society knows the decision is difficult and is based on what is best for the bird. Happily, most parrots adapt very well to new homes.

The team works with the owner to find out what type of environment the bird is accustomed to (small children, other pets, additional birds, lots of activity, etc.) and makes every effort to assure a similar lifestyle in the potential new home.

The Parrot Society acts as liaison between bird owners and qualified adoption candidates. How does one get qualified? Potential parrot parents complete an adoption application and submit a fee, which includes a complimentary one-year membership to The Long Island Parrot Society.

Once the application is received, the applicant is called to make an appointment for a home visit. Since the pandemic, home visits have been conducted virtually. There is a checklist that covers experience level, planned location of bird in the home, quarantine if there's an existing flock, household hazards, other pets in the home, diet, avian veterinarians, willingness to adopt a bird with plucking or other behavioral issues, designated caregivers, smoking in the home (which is a no-no), small children, (poking fingers in cage; etc.). When the applicant lives in a rental home, clearance must be provided by the landlord. Once a person/family is qualified, they are matched with the owner of a bird that will likely thrive in their home. The process may take some time, so applicants are advised to be patient. **It is ultimately up to the owner where their bird is placed.**

The Long Island Parrot Society is currently seeking reasonably priced rental property in a central location for the Island's first open-to-the-public avian shelter and adoption center. When this is realized, the Society will be able to provide emergency shelter to displaced pet birds and to enable direct adoptions.

Here are a few of joyful adoptions facilitated by The Long Island Parrot Society:

- A family already had a macaw, but they wanted to adopt a lovebird for their teenage daughter. There was a cutie lovebird on our site, we let the owner know about our qualified family—they went over to meet the lovebird and it was love at first sight. The new owners send us photos of their daughter and the lovie all the time.

- A couple wanted an African grey parrot. The wife was hesitant. They wanted a fully-feathered friend until they met an African grey whose feathers were not in great condition. The bird's personality captivated them, and they adopted him. We get constant updates and photos showing how he is thriving. In fact, the wife is the bird's main squeeze!

- A large, active family was interested in adopting a cockatoo. A Goffin's 'too from a similar family was looking for a new home. Perfect match! Both families were thrilled, and the bird is loving life.

- A Moluccan cockatoo's owner died. There was no family to take the bird in. We found an emergency foster home. That foster mom became a foster failure and adopted the bird—the Moluccan has a home and is thriving!

- An adoption candidate wanted a talking African grey—she was in no rush. A family had to place their "talking" grey immediately—we had the qualified candidate waiting in the wings. Everyone is happy.

In 2022, the Parrot Placement team fielded almost daily telephone calls from people wanting to place their birds. Some of these were emergency situations requiring immediate placement or fostering. Numerous other requests were received via email. While a great number of birds were placed through the program; some were placed by their owners and the status of others is unknown. Sometimes owners decide to keep their birds and they are removed from the Placement Program. Birds remaining in the program will be eligible for adoption to qualified homes once the backlog is cleared, hopefully by mid-January, 2023.

For more details, visit the Parrot Placement Team at a Long Island Parrot Society meeting, or visit [www.liparrots.org](http://www.liparrots.org) or call 631 957 1100. There's a bird out there who wants to share the joy with you!



Sign up for Feather Flash

The official, online news service of The Long Island Parrot Society

- Updates on Club Activities and events!
- Timely products warnings!
- News you can use!
- Happenings in the avian community

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SALE

Portion of the sale donated to LIPS

Etsy Store: <https://www.etsy.com/shop/someguyssewing>

### LIPS MEMBER DISCOUNTS

The following businesses give the discounts noted for LIPS members. You must show your current membership card. Discounts are subject to change; we suggest you ask before you make your purchase. If you have a problem with a store or service not honoring it, let us know. (631-957-1100):

- Bird Paradise**, Burlington, NJ, 10% off (doesn't apply to purchased birds or Harrison's products) - in store only. 15% discount for on-line purchases—code: LIPS15.
- B.T.J.'s Jungle**, West Islip (631-587-8191) 10% off
- Central Veterinary Associates**, 24/7, Valley Stream + 5 other locations, 10% off all services, call (888-4CVA-PET), [www.centralvets.com](http://www.centralvets.com) — for LIPS members
- Fine Feather, LLC** (The Pet Store Next Door), [www.finefeather.us](http://www.finefeather.us) (516-801-6400) discount code liparrot10
- First Flight**, 514 Middle Country Road, Coram (631-732-1494) 10% birds and related
- Paumanok Veterinary Hospital**, Patchogue (631-475-1312) 10% off exam
- Total Pet Care/Lawrence Labs**, Holbrook (800-TOTL-PET) 10% LIPS.

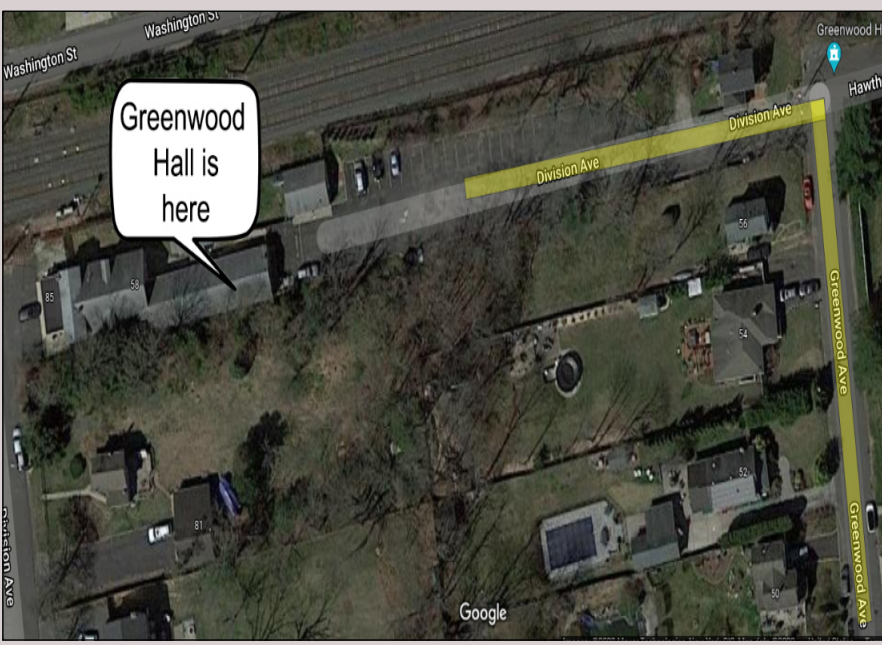


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2. Sign In to your account
3. Go to "shopping programs" and designate **Long Island Parrot Society of New York** as your charity.



### Directions to Our Meeting Hall, 58 Greenwood Avenue East Islip, NY 11730



**From the East:**  
Sunrise Hwy to exit 46. Left on Connetquot Avenue. Stay straight. Turn right at Hawthorne Ave. (Just after Railroad tracks.) Stay straight until the end of the street, note the Greenwood Hall Sign. Follow into the long drive way.

**From the West:**  
Sunrise Hwy to exit 46 toward County Rd 17/Carleton Ave/East Islip/Central Islip. Merge onto Sunrise Hwy South Service Rd. Turn right onto Garfield Ave. Turn left onto Jackson St. Turn right onto Carleton Ave. Turn left onto Union Blvd. Turn left at the 2nd cross street onto Greenwood Ave Street.

Please observe the following rules for the safety of your parrots and others!

- You must be a LIPS member for at least 60 days prior to bringing birds to meetings or events.
- Non-members and guests are not permitted to bring birds to meetings or events.
- Flighted birds must be confined to carriers or cages.
- All birds must remain under supervision of their pet human or a caretaker designated by said human.
- Please clean up after your birds (poop, food, etc.).

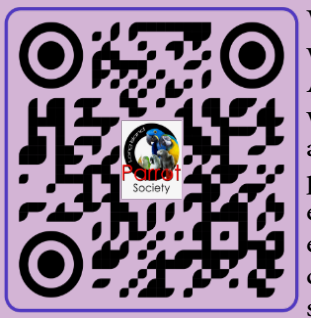
The following birds must have been quarantined for 60 days prior to attending meetings or events:

- Newly acquired birds, baby birds and geriatric birds.
- Sick birds; any bird exposed to sick birds within the past 60 days.
- Birds that have been boarded in pet shops.
- Pin-feathered baby birds are not permitted at meetings or events unless contained in appropriate, solid sided containers or incubators. Owner assumes any risks associated with bringing

### Check Out Our Meeting Vendors!

- 14 Karat Parrot—Great "Parrotphernalia"! Fine Gifts and Accessories for the Exotic Bird Lover!
- K&M Mobile Grooming & Bird Food

### Become a LIPS Volunteer!



We need help with Administrative work, answering phone call, emails, data entry, committee specific help, just to name a few. Get more involved with the Long Island Parrot Society. Let's build a team that helps grow our organization. Scan the QR code to take our Skills Survey. Once we received your information, we will contact you.



## News from the Flock

Seen on Facebook: Michael Schindlinger, who has studied the 'language' of wild parrots posted a photo of the lead page of an article about him in a long-go issue of *Bird Talk* magazine. LIPS member Susan Chamberlain wrote the article. Michael spoke at a LIPS meeting some years ago, and we showed his movie "Stalking the Wild Amazons" at several meetings.

Remember the exotic cat that made the news last July? It showed up at Frank Huwer's house and an effort to capture it lasted several days. It had apparently been someone's illegally kept pet. After a stint at Sweetbriar, the Eurasian lynx was recently transferred to the Holtsville Ecology Site and Animal Preserve, where attendees can visit "Leo," the 40-pound cat in its new enclosure. The former owner has not come forward.

LIPS Board member, Donna Barbaro reported that one of her house chickens has a penchant for sharing her dog's bed!

Best wishes for a quick recovery to Nicole Pica who broke her tibia while trying to move a weighty veterinary patient.

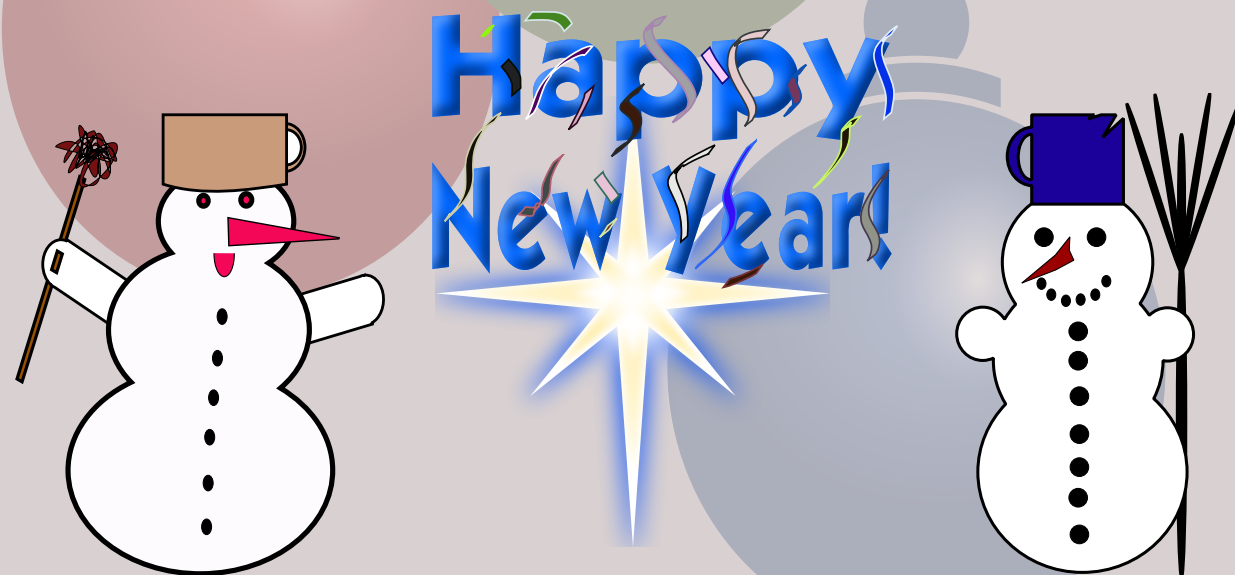
Did you know that eating berries, nuts, whole grains, and healthful plant-based foods can help our mental well-being? Must be why our birds are so level-headed. LOL.

Keep your guard up. There have been 3 new avian Influenza detections in our state in November: Queens, Sullivan and Wayne County, NY. Thank you, Donna Barbaro for constantly monitoring the status of this deadly disease.

Thank you to member Whitney Bremer for being a monthly sustaining donor to the club. Whitney's generosity is greatly appreciated.

Thank you to lifetime member, Kaitlin Saxton, for donating a brand-new Instant Pot to the raffle table at our Holiday Party on December 21.

Many thanks to lifetime member, Roberta Fabiano for her weekly Facebook Live concerts for the Long Island Parrot Society! Visit Frog Hollow Music on the Facebook app to view previous sessions. Tune in on Mondays at 2PM for a live performance. And congrats, Roberta, on your new car!



# ROBERTA FABIANO

TO  
PERFORM  
AT HOLIDAY  
PARTY!



As she has done in years past, lifetime LIPS member, Roberta Fabiano will entertain attendees at this year's LIPS Holiday party! We are indeed in rare company with Roberta!

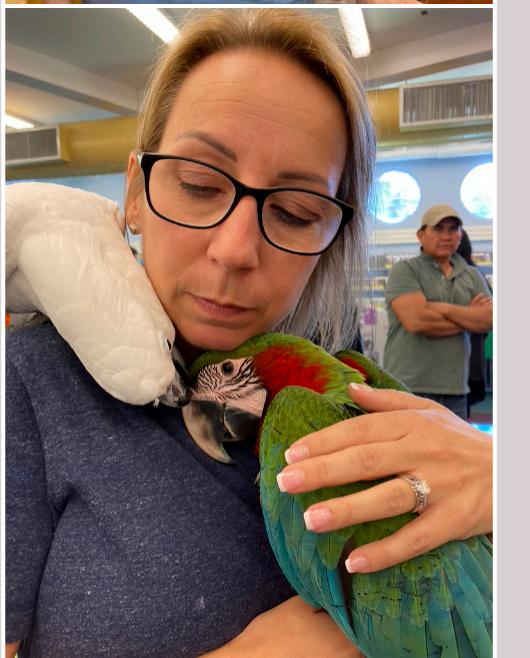
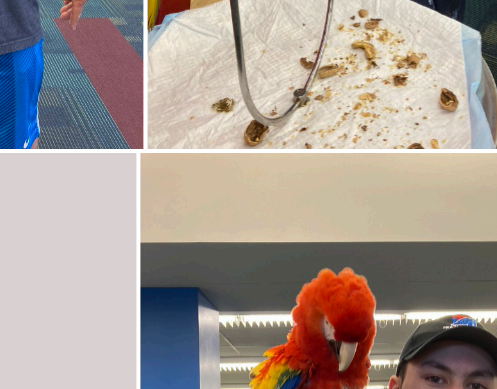
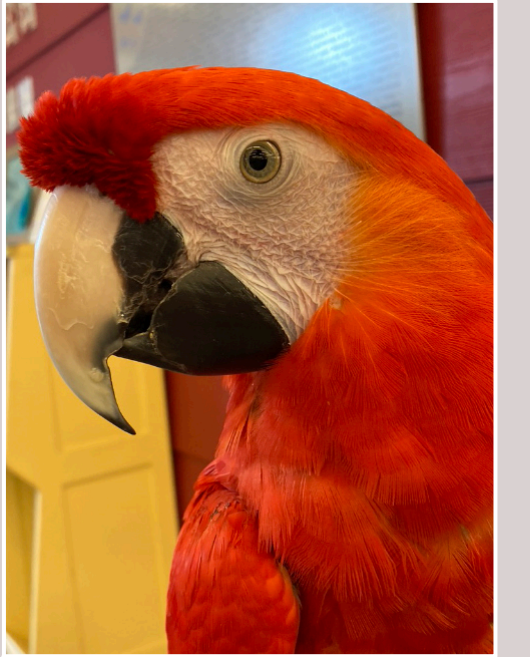
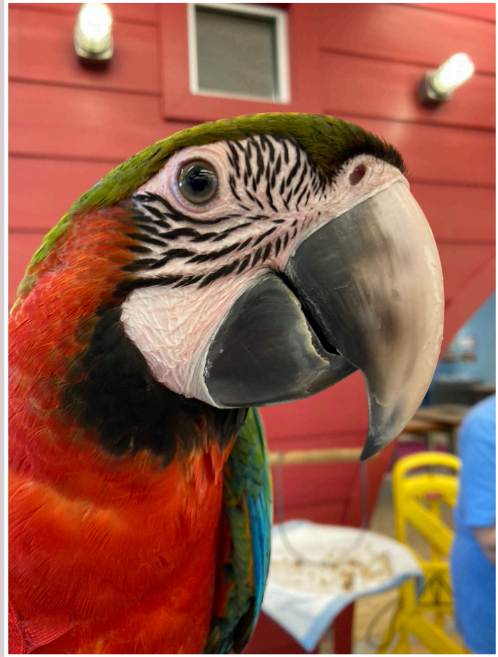
A graduate of Boston's Berklee School of Music, Roberta is the lead vocalist and guitarist with the legendary Peter Duchin Orchestra. She has toured with Nellie McKay, written songs with Doc Pomus and collaborated with noted music producer/engineer Don Casale on various original song projects. Her song, "Dogen, Connor and Tupelo" is an extra on the DVD of *The Wild Parrots of Telegraph Hill*. She is one of the musicians whose work will be heard on Mark Bittner's *Street Song* companion DVD, *Street Songs*, when the book is published.

With the Duchin Orchestra, Fabiano's performances include six Presidential Inaugural Balls, parties for the Royal family at Windsor Castle, Cunard's 150th Crossing celebration aboard the QEII, the annual *Save Venice* balls in Venice, Italy, New Year's Eve galas at the Metropolitan Opera and Carnegie Hall's 100th Anniversary gala. She has appeared onscreen and contributed to the soundtracks for numerous films, most recently, *The Post* for DreamWorks Pictures and *Never Too Old, A Music Documentary*, produced by the Music Performance Trust Fund. Television appearances include NBC's *Today Show* and ABC's *Good Morning America*. She currently does a Monday afternoon LIPS concert on Facebook Live. Visit Frog Hollow Music on Facebook to see previous shows and at 2PM on Mondays for the live version.

Roberta shares her home with two African grey parrots, a blue-fronted Amazon and a Nanday conure.



# November 5, 2022 - Middle Country Library Scales and Tales Pet Adoption Fair



LONG ISLAND PARROT SOCIETY OF NEW YORK, INC.  
A NONPROFIT 501c3 ORGANIZATION AND  
NYS REGISTERED CHARITY

**OFFICERS:**

President: Diane Hyde  
Vice President: Shawn Florman  
Treasurer: Diane Hyde  
Recording Secretary: Susan Chamberlain  
Corresponding Secretary: Susan Chamberlain

**BOARD OF DIRECTORS:**

Diane Hyde, Donna Barbaro, Candy Little, Susan Chamberlain,  
David Abrahams, Bob Dietrich, Shawn Florman, Robert Gross

**CONTACT INFORMATION:**

Website: [www.liparrots.org](http://www.liparrots.org)  
E-mail: [info@liparrots.org](mailto:info@liparrots.org)

Feather Flash (sign-up): <https://www.liparrots.org/featherflash>

Facebook Page: <https://www.facebook.com/liparrots>

Parrot Phone: 631-957-1100; Diane Hyde

**GET INVOLVED—TEAMS & SERVICES—JOIN A TEAM:**

Accountant: Adam Seyam, CPA

Bookkeeper: Sharon Millard

Cage Donation Committee: Bob  
Dietrich, Robert Gross

Fundraising Coordinator: Susan Chamberlain

Grooming: Nicole Pica, LVT

Holiday Party Coordinator: Diane Hyde

Hospitality: Carol and Mike Christenson

Membership Coordinator: Bob Dietrich

Media Coordinators:

(Newsletter, Social Media, Signage, AV, Web, & Research)

Kaitlin Saxton, Donna Barbaro, Karie-Ann & Shawn Florman

Outreach Events Coordinator: Candy Little

Parrot EXPO Coordinator: Board of Directors

Parrot Placement Program Coordinators: (631-456-1813)

Diane Hyde, Shawn Florman, Marla Greene

Parrot University® Coordinator: Robert Gross

Picnic Coordinators: Bob Dietrich, Diane Hyde,

Carol and Mike Christenson

Programming and Education Coordinator: David Abrahams

Publicity and Public Relations Coordinator: Susan Chamberlain

Raffles Coordinators:

Special Events: Susan Chamberlain

Vendor and Venue Liaison: TBD

Volunteer Coordinator: Robert Gross

**HELP WANTED!**

Monthly Meetings:

Help with set-up before meeting and break down afterward

Coffee/Refreshments

Volunteers for Parrot University and Outreach Events  
during the year

**UPCOMING MEETINGS/  
OUTREACHES**

March 4 - 5 - [Long Island Pet Expo](#) - Brentwood, NY

\*Mini-ZOOM meetings are held on the first Wednesday of each month at 7PM. In-person meetings will be live-streamed via ZOOM. Meeting invitations are sent via email

**OUT OF TOWN & VIRTUAL  
EVENTS**

Organizations: list your upcoming events here. Email information to: [editor@liparrots.org](mailto:editor@liparrots.org)

Join The Leather Elves Facebook page every Friday evening at 7PM EST! Robin Shewokis-Sullivan hosts an informative and entertaining presentation on different avian topics each week!

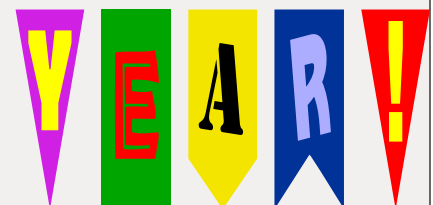
Friday to Sunday, January 6<sup>th</sup> to the 8<sup>th</sup> - Super Pet Expo - Edison NJ.

January 14 at 1 PM EST - [Phoenix Landing Zoom webinar](#) - Avian Behavior and Training with Debbie Foster, CPBT-KA and CPBC

January 27 - 29 - [World of Pets Expo](#) - Timonium, MD

February 3 - 5 - [Lehigh Valley Pet Expo](#) - Allentown, PA

February 11 at 1 PM EST - [Wounds, Ouch! What To Do When A Bird Is Hurt with Tammy Parker, DVM](#) - Phoenix Landing Zoom webinar



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