



# Long Island Parrot Beacon

Volume 28 Issue 2 February 2023



Happy Valentine's Day all you love birds!

While visiting the Sachem Library, they had posted a word of the week. This particular word really caught my eye: **AVIOTHIC (ay-vee-oh-thik)—noun. The strong desire to be up in the air or to fly.** I know I've always had that desire.

Last year the club donated to Projekt Ptasia Edukacja, an organization in Poland that fundraises for the Ukrainian birds and their families. We heard about the story of Sergii and his Moluccan Cockatoo, Roxy. Sergii had posted about the horror of trying to survive in Kyiv during the war with his beloved Roxy. Here's the latest on Sergii and Roxy's story: [https://sergiandroxy.wixsite.com/home?fbclid=IwAR1\\_Jjo-F4\\_I9P4-w4EzHJZxqUpUFWWZhEMnhYu9rzn\\_u8n2cXUhydEOc4JE](https://sergiandroxy.wixsite.com/home?fbclid=IwAR1_Jjo-F4_I9P4-w4EzHJZxqUpUFWWZhEMnhYu9rzn_u8n2cXUhydEOc4JE)

Our speaker for January 18 was Bonnie Zimmerman from the Indonesian Parrot Project. Bonnie gave an inspirational and educational presentation on what's being done to conserve the parrots of Indonesia, which includes education of the indigenous people, working with the local governments, promoting eco-tourism, building a team of like-minded folks in Indonesia to keep the conservation effort going. If you would like to contact Bonnie to get more information or to see how you can help, please email her at [info@indonesian-parrot-project.org](mailto:info@indonesian-parrot-project.org). If you would like to donate, here's the site: <https://indonesian-parrot-project.org/>

Speaking of conservation, the late Laney Rickman founded a non-profit, Bird Endowment, to save the Blue-throated



Macaws in Bolivia. Laney's sister, Dorothy Paterson, is continuing Laney's work. What folks can do to help is to sponsor a nest box via the Nido Adoptivo™ Nest Box Sponsor. An incredible 113 Blue-throated Macaws have now fledged from the nest boxes on the Laney Rickman Reserve. With estimates of only 400 - 450 of these critically endangered birds in the wild, this number is truly significant - about 25% of the wild population. After seeing a presentation by Dorothy Paterson, I decided to sponsor a nest box—Dorothy sent me a photo of the nest box and guess what, the nest box has an egg!!!! You can read more about the Blue-throated Macaws and what's being done to conserve them: <https://www.birdendowment.org/>

HPAI never went away and now we know of at least one bald eagle in Suffolk County contracted HPAI (reported on <https://www.aphis.usda.gov/1/10/23>—bird had to be euthanized). **Bald eagle found in Brookhaven humanely euthanized as avian flu spreads fast among LI birds** <https://longisland.news12.com/bald-eagle-found-in-brookhaven-humanely-euthanized-as-avian-flu-spreads-fast-among-li-birds>. There's been preliminary reports that "dad" eagle from Centerport also died from HPAI. We are keeping our eyes on this and are determining the best way to handle

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outreaches while keeping all of our birds safe.

As we sit in the midst of winter in the northeast, are you dreaming of basking in the sun, maybe on the deck of a cruise ship and enjoying some Caribbean Islands? What could make this dream even better? Enjoying a cruise with other parrot lovers on the 15th annual Parrot Lover's Cruise 2024 which will take place on 2/6-2/16/2024 on the Enchanted Princess. Here's the website that will tell you more: <https://parrotloverscruise.vistaprintdigital.com/> By cruising with the Parrot Lovers, you will help parrots thrive in the wild. There are excursions specific to the parrot lovers, on-board seminars, camaraderie with other parrot lovers. A great time will be had by all! Contact Carol Cipriano at 570 390 0809 or [carolstraveltime@gmail.com](mailto:carolstraveltime@gmail.com) Join their Facebook page: <https://www.facebook.com/groups/1018915664850436/>

See you on the next Zoom.

Diane 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 January 2023

Deposits	\$2045.86
Total Deposits	\$2045.86

## TFCU Account Balances as of January 2023

Operating Fund:	\$6512.55
EXPO Fund:	\$10599.65
Parrot Care:	\$2691.70
MM (Shelter):	\$141,883.52
CD (Shelter):	\$9,458.50
Total:	\$171,145.92

## Expenses as of January 2023

Phone:	\$120.00
Best Value Printing:	\$208.90
Life Storage:	\$442.00
CRM (SalesNow)	\$45.45
USPS	\$123.28
Star Foundation	\$100.00
Sweetbriar Nature Center	\$100.00
Misc:	\$255.00
Total Expenses:	\$1394.63



## Board Meeting Minutes - January 2023

January 11, 2023 7PM via ZOOM ATTENDING: David Abrahams, Donna Barbaro, Bob Dietrich, Shawn Florman, Robert Gross, Diane Hyde, Candy Little, Susan Seddo

# Board Business

Welcomed new board member, Susan Seddo, and reviewed BOD Rules of Conduct. Susan and Diane will be meeting on Saturday to set up Susan's new club email and FileZilla application.

Bonnie Zimmerman from the Indonesian Parrot Project will be our presenter at our January 18 Zoom meeting. David and Diane will be contacting Bonnie to firm up her presentation.

Update on Parrot Placement Program: Adoptions will be re-opening as of January 15. There will be a limit on the number of adoption applications received monthly to avoid getting overwhelmed.

Parrot Placement Program—New Linking to Petfinder (Donna and Shawn): Eliminating double posting on the parrot placement site—folks would be directed to Long Island Parrot Society's Petfinder page. They can filter the species they're interested in.

Volunteering: We received two skills surveys from members. Would like to promote the skills survey more in newsletter and Feather Flash emails, as well as at Zoom meetings. We've had a member volunteer to verify avian vets on

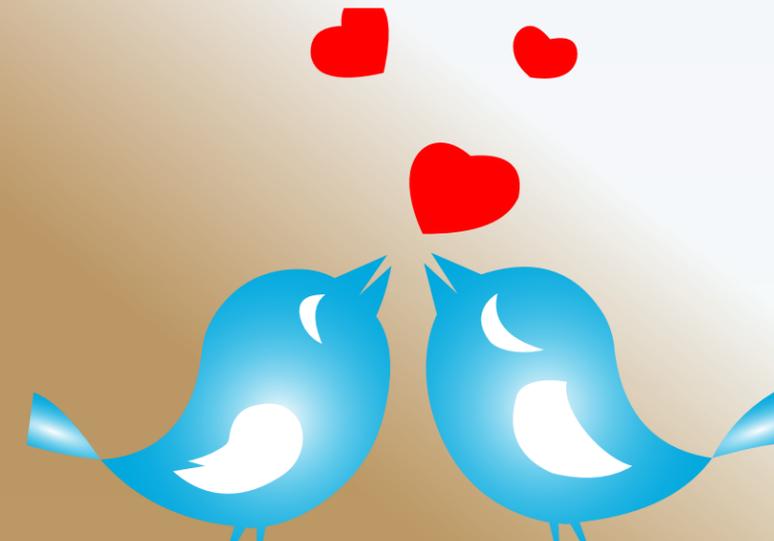
our list on the website. <https://www.liparrots.org/skills-survey/>

Outreaches: First outreach of the year will be the LI Pet EXPO on March 4-5 at Suffolk Community College in Brentwood. Discussed the threat of avian flu. What can be done to mitigate the risk? Exercise extreme caution, don't hand off birds, what is the risk tolerance, what is the safety protocol? Putting some ideas together to make sure we protect our birds.

Newsletter Content Ideas: "Birdie Corner"—ask members to submit 4-5 sentences about what they do with their birds that other members would like to hear about—no specific topic. Members would email their paragraph to [editor@liparrots.org](mailto:editor@liparrots.org). Susan S suggested folks giving adoption updates—how's life with their newly adopted bird.

Adoption Fee Section of Website (Shawn): Many people are accidentally prepaying adoption fees. Causes us to then take time to send refund. Would like to just list the adoption fees as a schedule and provide a link to a "hidden" page where candidates can pay the adoption fee at end of their case.

2023 Parrot EXPO: Plan an alternative: Virtual on-line EXPO. Zoom speakers (main speaker, species spotlight, enrichment, behavior, health and wellness). Virtual vendor room. On-line auction. Will continue to brainstorm.



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Long Island Bird & Exotics Veterinary Clinic (LIBEVC) is a state of the art veterinary hospital dedicated entirely to the care of bird and exotic pet species. We specialize in surgical procedures, endoscopy and minimally invasive surgery and advanced imaging of these unique species. We are open seven (7) days a week and our overnight staff can be reached by calling our emergency line: (516) 441-2726

**ENDOSCOPY** Dr. Malka is one of the leading avian and exotics endoscopists in the field

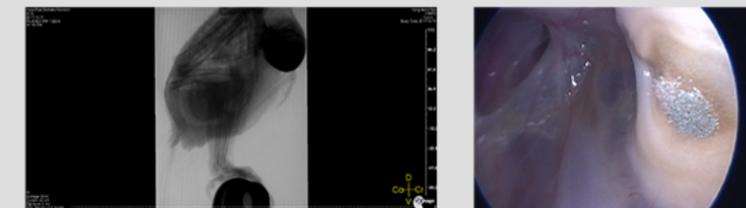
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- Rodent/Lagomorph dentistry and maxillofacial surgery
- Avian and reptilian reproductive tract emergencies



# Educational

This month, I am going to co-opt some of noted aviculturist, Kashmir Csaky's thoughts on parrot parenthood and why, in her opinion, some generally held tenets are inaccurate.

Here are some of her thoughts:

Our birds are not wild animals, they are domestically bred.

**Writer's note:** The difference between domesticated animals and wild animals is widely opined as: Domesticated animals have been born and bred for many generations to live alongside humans, while wild animals have not and still live in the wild, or in their natural habitats.

Our birds are not endangered, the wild population is endangered.

We do not have a cage bird trade. We have a bird community.

We do not keep our birds in cages. They are in enclosures to protect them.

Breeder has become a nasty word to many audiences. "I am using fancier or aviculturist. We are fanciers and aviculturists if we have birds," said Kashmir, who says that today some of the onus has been taken away from the term 'breeder'. **Writer's note:** Much of what we have learned about pet bird care, we learned from breeders, and they were also the people who originally formed bird clubs.

Our birds do not escape, like our dogs and cats do not escape. Our birds may fly away.

Our birds are not in captivity. They are part of our families; they are in our homes.

We do not have a collection; we have a flock.

There are no unwanted birds, there are birds that need rehoming.

"Rescues" are places that take in sick and injured birds, not healthy birds that just need a new home, otherwise they are shelters or sanctuaries.



By: Susan Chamberlain

There are no bad birds, just poorly trained birds. **Writer's note:** And poorly trained humans! Avian behavior is complex, and it is not always possible to mold it to our own expectations. Learning about your bird's natural behavior is a big step in the right direction. Behavior modification is often possible with patience and consistency.

**Many thanks** to members who have garnered donations for LIPS by shopping through Amazon Smile. It was a good run, but now it is going away, as Amazon directs its attention toward creating moderate income housing for its employees. Amazon wrote:

"We are writing to let you know that we have made plans to wind down AmazonSmile by February 20, 2023. Until this date, customer purchases made via AmazonSmile will continue to accrue funds for your charity as normal. To help nonprofits like you plan ahead we will also provide you with a one-time payment equivalent to three months of payments based on what you accrued in 2022 through this program. The timing of this final payment will be approximately 60 to 90 days after February 20, 2023. We hope that this will help minimize the impact that this decision might have. Online shoppers can still get donations for the club by shopping through [igive.com/](https://www.igive.com/) liparrots

According to recent news reports, the average amount received by each charity was about \$230.00. Thanks to our members and friends who shopped through the program, LIPS received quite a bit more than that over the years.



## Spotlight On the Ultra-Rare Araripe Manakin

by Matt Rowe

This is a big world that we live in. We discover new things all the time. And sometimes, some of the things we discover become rarer than we want them to be. There are many areas of the earth that we have not had ample time to be in. Within those spaces are creatures we might not have ever seen, or if we had, we don't see enough of them.



[Rick elis.simpson, CC BY-SA 3.0](https://commons.wikimedia.org/wiki/File:Araripe_Manakin.jpg), via Wikimedia Commons

One such creature is a bird called Araripe manakin, a bird native to Brazil, specifically in what is known as the Araripe Uplands. The Araripe Uplands is a land base approximately 31 miles long, and a little over a half mile wide. But within this time space lives a bird so rare that there are believed to be only 500 pairs left. This makes the Araripe Manakin one of the rarest birds in the world, who live in such a singular space and nowhere else.

### Where Every Inch of Space Matters

The bird was discovered in 1996, and scientifically described in 1998. By 2000, there were believed to be only 50 of these beautiful birds in existence, thus creating a massive concern. The small bird was listed as Critically Endangered by the IUCN, which monitors and reports on the population of birds throughout the world. Relocating the bird in the hopes that it will fruitfully multiply is a struggle all by itself as it only knows the small land spread where it currently lives. Adapting to another place is a difficult agenda to undertake for the beautiful bird.

The Araripe Manakin is approximately about 6 inches in length, with a long tail. Like the Northern Cardinal, male and female Araripe Manakins differ in appearance. This makes it easy to discern how many of each sex are in the wild. The male is a colorful, predominantly white bird with a red patch that runs from the head down the back. The wings of the male are black as are their tail. The iris of the male is red in color. The female, on the other hand, is completely olive green with their upper region a pale green. The green color of the female helps to keep it camouflaged while the male can be spotted almost anywhere.

The diet of the bird is largely fruit and plant, although the females, with their camouflage-like green color, can spread their diet out and take in more than their brightly colored mates. The males simply stand out to potential predators and must be more careful. The bill of the female is much longer and better suited to fruit picking.

The bird is of special interest as it is included in the Alliance For Zero Extinction primarily because of its strong predilection for a small location. With this, if the bird loses the habitat it currently lives in, it is highly likely to become extinct.

The American Bird Conservancy has helped to purchase over 300 acres of land annexed to the Araripe National Forest. Its primary function is to become a suitable home for the rare manakin in the hopes that the bird will take it as its new habitat. To help with this, the location is filled with trees replicating the ones they accept. Everything is being done to replicate the habitat so that the Araripe Manakin can survive and thrive.

\*Used with permission: Lafeber Company: <https://lafeber.com/pet-birds/spotlight-on-the-ultra-rare-araripe-manakin/>

## Uncommon Pets: Tips for Proper Care at Home from Experts

by Susan Chamberlain

If you're an animal lover, you may be more than just a little eager to open up your home to some less usual pets than are commonly found in households today. Of course, many creatures have specific care needs regarding living space, diet, and routine care. However, when you're able to meet their needs, you'll find that many exotic or unusual pets add an excitingly wild dimension to life in your home.

### Are exotic pets good for children?

Pets teach responsibility, conservation, patience, and respect for life. Tailor noise levels and beak strength to the age of the child. Very young children enjoy watching budgies, finches and canaries flit about and chirp. By about five years of age, a child is ready to hold, under supervision, a budgie, lovebird, or cockatiel. At about seven or eight, children are capable of feeding and light cage cleaning. Be sure that children wash their hands before and after handling pet birds. Supervision is key!

Locate the cage in area where the bird can observe family activity, yet not be in the middle of a maelstrom. Avoid placing the cage in bedrooms or in the kitchen. Bird dander may exacerbate human allergies, especially in bedrooms. Cooking fumes and cleaning products in the kitchen will be harmful to a bird. Stress is a factor when a bird moves to a new home. Do not over handle, over stimulate or over train the newbie. Allow the bird to adjust to its new environment, and work with it at its own pace.

Do take noise level into consideration. Birds ordinarily begin to chirp at daybreak and may wake sleeping children. A dark cage cover will help the bird to sleep a bit later.

Avian escapes often occur when exterior doors are opened while birds are at liberty in the home. Make it a hard and fast rule that your child's bird must be safely inside its cage before doors are opened.

Read more of this article [here](#):

## Balanced Omega Fatty Acids: Why Do Birds Need Them?



Fatty acids are the building blocks for fats and oils in the body. All animals, including birds, need them. Recent research has shown that balanced omega 3 and 6 fatty acids in the diet are good for a whole host of body functions. When these omega fatty acids are available in the right proportions, or balanced, they help the immune system and the body's ability

to respond to disease and precancerous conditions. This means that the immune cells are able to fight off infections and not over-respond, as occurs with allergic responses. In people, balanced omega 3 and 6 fatty acids have even been shown to reduce the incidence of colon cancer. They keep the joints healthy and have been shown in dogs to reduce osteoarthritis and the pain associated with this chronic disease. This reduction in inflammation is important in many disease conditions, including kidney failure and liver disease when chronic. We also believe that balanced omega 3 and 6 fatty acids in the diets of pet birds will also help to keep birds healthy, as has been shown in poultry.

### Omega 3 & Omega 6 Science

The two basic families of fatty acids are the omega 3 series and the omega 6 series. The numbers in the names refer to where the first double bond in the backbone of the molecule occurs, either at the third or the sixth position.

The omega 3 family of fatty acids includes linolenic acid and all of its elongated products. Common sources for omega 3 fatty acids in human diets are coldwater fish and walnuts. The omega 6 fatty acids include linoleic acid and its group of products. Common sources for omega 6 fatty acids in human diets are eggs, poultry, cereals, vegetable oils and baked goods. The dietary requirements of the

omega 3 fatty acids do not reduce the need for the omega 6 fatty acids because they are not interchangeable. Both are required by the body, and both need to be consumed in proper balance for optimum health.

The balance between these two fatty acid families is important, because higher levels of omega 6 to 3 fatty acid levels appear to promote inflammation, while higher omega 3 to 6 levels are anti-inflammatory. This is most likely the result of the omega 6 series acting as precursors to the proinflammatory prostaglandins, leukotrienes and the thromboxanes. These products are produced as a result of the inflammatory process. Once these products are produced, they set up a cascade of events that continue the inflammatory process. When the omega fatty acids are in balance, this cascade of inflammation is dampened. This helps the immune system to work properly and the organs to function normally.

Fatty acids like the omegas can easily become rancid so that they are no longer effective. Heat can also destroy them when they are in foods or in the oil form, so they need to be kept cold or stabilized by a natural preservative. Foods that are high in the omega 3 series are flax seed (better than the oil as it less likely to turn rancid), walnuts and other true nuts. Food cooked on a low heat with canola oil for your birds can also provide a source of the oil. Foods high in the omega 6 series are sunflower seeds, as well as other common seeds in bird foods, corn and grains. It is not that you don't want any of the omega 6 products; you want the balance to be correct. Lafeber Company is leading the bird food industry by providing properly balanced omega 3 and 6 diets.

Omega 3 & Preventing Atherosclerosis In Birds  
Atherosclerosis, or hardening of the arteries, is fairly common in captive birds. Factors that have been linked to the development of atherosclerosis in pet birds include longterm diets high in fat or cholesterol and/or lack of exercise. Dietary PUFAs, especially omega-3 fatty acids, play an important role in the prevention of atherosclerosis by inhibiting inflammation within the blood vessels, reducing plaque formation and by other means that protect the vessels.

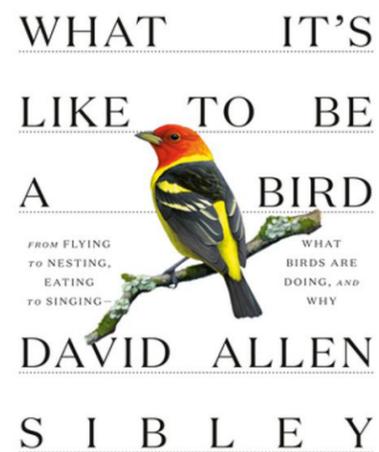
\*Used with permission: Lafeber Company: <https://lafeber.com/pet-birds/balanced-omega-fatty-acids-why-do-birds-need-them/>

## Book Report What it's Like to be a Bird

by David Sibley; Knopf Publishers, 2020, 240 pages

Have you become more aware of wild birds since a parrot joined your family? Many of us have, including members Marcia Abrahams and Roberta Fabiano who are avid birdwatchers.

In *What It's Like to Be a Bird*, David Sibley answers the most frequently asked questions about the birds we see most often. "Can birds smell?" "Do they hear worms in the ground?" This large-format volume is geared to nonbirders and to the obsessed, covering more than two hundred species and including more than 330 new illustrations by the author. It focuses mainly on backyard birds but also examines certain species that can be fairly easily observed, such as the Atlantic puffin. David Sibley's exacting artwork and wide-ranging expertise bring observed behaviors vividly to life.



# Conservation Notes

**From the World Parrot Trust:** Research is an important conservation tool in the fight to save lovebirds. Between 1980 and 1990 more than 500,000 Fischer's lovebirds were legally caught for trade. It is likely that many did not survive after capture. Their population was last surveyed more than 30 years ago, and it is unknown how many remain in the wild. The World Parrot Trust's field team is working to how many lovebirds are left in the wild and the threats they face. Their objectives include:

- Understanding lovebird genetics to inform conservation actions.
- Conducting surveys to assess how threatened wild birds are.
- Reviewing research and conservation priorities for all lovebirds.

### From Journal of Wildlife Diseases:

Outbreaks of PBFV have been reported in wild endemic and endangered South African Cape parrots (*Poicephalus robustus*) as recently as 2008. A previous study of wild Cape Parrots in the Eastern Cape region of South Africa in 2010–11 found 34/49 birds positive for beak and feather disease virus (BFDV), the causative agent of PBFV, showing that the outbreak was still ongoing. The latest study (2015–16) screened 30 blood samples from the same Cape parrot population for BFDV infection by PCR: all parrots were found to be BFDV DNA-negative, which showed both that BFDV infection in the region has declined and that the parrot population has recovered. Our data contributes to the important negative data set which permits monitoring the progress of BFDV infections in wild Psittaciformes.

**Out for a beach walk?** It is seal season! If you observe a seal that may need help, call the New York Marine Rescue Center 631-369-9829 or the National Oceanic and Atmospheric Administration 866-755-6622.

**Start planning your spring garden!** Peruse seed catalogs for things to plant this spring! Your parrots will love early peas! Order milkweed seed so you will have plants for Monarch butterfly caterpillars. Dill is fast growing, and a host plant for Eastern black swallowtail butterfly caterpillars. Grow a lot of it...they can devour it in a day!

**Bird flu** has not disappeared on Long Island. There was recently a suspected case in a bald eagle that was humanely euthanized, and a confirmed case as of January 10<sup>th</sup>. Final necropsy results for the male bald eagle from Centerport are not in as of this writing. Do not drop your guard. Keep your bio-security measures going! Many thanks to Donna Barbaro for keeping us updated about this disease.

**The Queens Zoo** is worth a visit! It is part of the Wildlife Conservation Society, [wcs.org](http://wcs.org), which includes the Bronx Zoo. There's a large aviary housing several parrot species along with other birds and in a separate exhibit, they have one of the two largest flocks of thick-billed parrots under human care! Visit [queenszoo.com](http://queenszoo.com) for hours and directions.

**You can see wild parrots** in abundance at Brooklyn's Greenwood Cemetery! Large flocks of Quaker parakeets have called the cemetery home for years! Wait for a mild, sunny day and visit them!



## A Home for You and Bird

By Susan Chamberlain

Sharing a home with pet birds is more than a hobby—it is a lifestyle choice! As people move from home to home, they will look for features that would make la vida avian easier and more pleasurable for all: a cathedral ceiling to give a macaw more headroom, tile, or laminate floors for ease of cleaning and perhaps a separate room altogether for the birds.

*How is the house situated?* Look for southern exposure in northern climates, as the sun will help keep your home warm during the winter. In warmer areas, northern or eastern exposure is beneficial during the summer when the hottest rays come from the south and west. Have trees been planted to provide shade during the summer? These things make a big difference in terms of heating and cooling costs.

*Is there room for your birds?* It is easy to become enamored of a new model home or condo but take a moment and look at it from a birdkeeper’s point of view. Is there space for your pets in the living area, or will they be remanded to a spare bedroom where interaction with the family will be nonexistent? Is there a den, family room or enclosed porch or sunroom that can be used as a bird room? Take measurements of doorways and room dimensions and calculate how your bird furniture will fit inside. Does the potential bird room have a view of outdoors? Most pet birds love to observe the activity outside.

*Is the dwelling ‘for the birds’?* Tile, laminate, or hardwood floors are a plus, especially in the area where you are planning to house your birds. Hookbills have a penchant for stripping wallpaper from the walls. Opt for painted surfaces instead. Is the kitchen convenient to the bird area? Is there a pantry, closet, or enough cabinet space for bird supplies? Does the range hood over the oven vent to outdoors or does it simply blow cooking fumes back into the room? What kind of heating system is in place? Forced hot air can be dry (install a humidifier) and the heat dissipates quickly. Does the home have central air conditioning? If not, is there adequate wiring to support window air conditioners?

*How does sound travel in the structure?* Whenever I have moved, my birds spend the first few days in the new home vocalizing and becoming accustomed to the new acoustics.

Add a sound check to your house hunting checklist. Have your spouse or companion go into another room and talk in a normal voice, then go upstairs and talk and walk across the floor so you can see how easily the sound is transmitted. Curtains, area rugs and other soft surfaces can help muffle sound. If you are planning to remodel, you can add soundproofing materials or additional insulation to interior walls to further reduce noise levels.

High ceilings, skylights that can be opened for ventilation and plenty of screened windows are all nice to have when you share your home with birds. Give homes with central vacuum systems a second look. The benefits include less noise and no blowback of tiny particles as dust is contained in a canister in the garage or basement.

*Is the building safe?* Home inspections are the norm when applying for a mortgage but be careful to ask the engineer to check for problems that may affect your birds, such as mold and radon. If you are looking at apartments, are

there businesses in the building? You may want to avoid buildings housing restaurants, dry cleaners, Laundromats, and pest control establishments due to increased risk of fire and exposure to chemicals. Avoid single family homes located adjacent to auto body shops (possible toxic vapors), restaurants (cooking fumes), nightclubs (noise at night) and other businesses that may produce noxious fumes or excessive noise.

*Check local ordinances and condominium or homeowner’s association rules!* Ordinances governing noise and the number and size of pets permitted may be in place. Ask about them before you even look at homes or apartments in such communities. A friend who moved into a condominium in Florida told me that a neighbor was forced to rehome her African grey parrot because another neighbor complained that the bird ‘talked too much’ when it was out on the lanai! Imagine the reaction to a noisy Amazon parrot! A friend on Long Island was forced to spend thousands of dollars on soundproofing when a neighbor complained about her macaw’s vocalizations, and another is at the mercy of a neighbor who regularly reports her to the authorities when he imagines she is added another bird to her flock.

*Visit your future neighbors.* Once you have found the near-perfect house, STOP! Before you sign any contracts, visit some of the residents in your future neighborhood. Introduce yourself, tell them you are thinking of moving into the area and ask if they have any objections to having pet birds nearby. Ask if there is anyone in their household who would be disturbed by occasional chirping, squawking, and whistling. Inquire about possible cranky neighbors. When you move in, introduce your closest neighbors to your birds. Hopefully, they will be captivated, and you will never have a problem. A friend who lives in a condo did such a good job that most of the people on her floor eventually got birds too!

*Ask about other pets in the area.* Pet friendly neighborhoods tend to be more tolerant of noise. I do not complain about my neighbors’ barking dogs and they do not complain about my birds. Before it was general knowledge that I had birds, a neighbor thought a child was lost in the woods behind his house because Cracker was hollering “Maaaaa! Maaa!” at the top of her voice!

*How is the security?* Many thieves perceive exotic birds as valuable. Does the apartment building you are considering have a doorman or video security system? A gated community offers some additional security, but you will likely be subject to some strict homeowner’s association rules regarding noise. A monitored alarm system is a good method of protection and an experienced installer can calibrate it so that squawking birds will not set it off. In any case, choose a home where your birds will not be visible to passersby. Look for a house or apartment where you can locate the bird room at the back of the dwelling.

*Is there a bird store in the area? Is there an avian veterinarian nearby?* A great bird store less than half a mile away was an unexpected bonus when I purchased my home, and an avian veterinarian was located about two miles away. These benefits were pure luck, but in subsequent years, online sources became important for food and supplies. Check local phone and Internet directories for services in the neighborhood you are considering, and check to see if there is a bird club in the area as well.

*Moving day does not have to be traumatic.* Arrange for your birds to stay with a friend if possible, until the move is complete. They can then come into the new home when the hubbub is finished, and their cages are all set up. If your birds will be present during the transition, place them in a room where activity will be at a minimum. Expect some posturing and vocalizing at first, as the birds become accustomed to the new environment and acoustics. Different traffic patterns and noises at night may trigger night frights in some species, so be sure to install a night light in the new bird area. Be cognizant that the sights and sounds of new wildlife may be unsettling at first. Kelly, my orange-winged Amazon freaked out when a small lizard got into the house in Florida...so much for being a rainforest species! Spend a little extra time with your pets following the move to reassure them that life has not really changed *that* much!

### Building or Remodeling?

Specify that plywood or particleboard be sealed with paint or enclosed in Formica® or a similar product to reduce risk of formaldehyde fumes.

Use wall-to-wall carpeting only in bedrooms or in rooms where birds will not be present. Choose a formaldehyde-free carpet or ask that the carpet and pad be unrolled and aired at the store for several days before installation. If this is not possible, have the carpeting installed prior to moving in, and arrange for the house to be aired out for a few days.

New tile floor? Consider installing radiant heating beneath the floor.

## Easiest Behavior Fixes Ever!

By Pamela Clark

It seems sometimes that the bulk of our days is spent trying to change the behavior of other species – spouses, co-workers, children, pets, and even pests.

We struggle to get our kids to do their homework, rather than stare at screens. We want the dog to sit rather than jump up on a guest. We search for non-toxic snail control. We stress out over parrots who scream, display aggression, or pull feathers, trying one tactic and then another to get them to stop. At the same time, we can’t get them to eat vegetables, play with toys, or accept a bath.

### **Consequences and Punishment**

When it comes to problem behavior, our first impulse is usually to try to find a consequence to make it stop. Further, that consequence often takes the shape of punishment.

We take away screen time if the homework doesn’t get done. We lock the dog into his crate when he jumps up. When the parrot screams, we spray him with water or cover his cage. If the bird bites, we put him into his cage for a “time out.”

Why are we so focused on the use of consequences to change behavior? Perhaps because it feels so familiar.

We are all familiar with the painful consequences of failure

to plan or of our own miscalculations. We learn to use a hammer correctly when we bang our fingers often enough. We fix that step after we trip. We avoid jalapenos after a sleepless night of indigestion.

For many of us, consequences in the form of punishment from others are also very familiar. If we run a red light, we pay the price of a ticket. If kids misbehave in school, they get a visit with the principal. If we break a law, we go to jail. For those of us who have taken a spin around the sun more than a few times, we can remember being spanked by our parents for wrongdoing – an accepted practice back when we were young.

We live in a society in which consequences, especially the consequence of punishment, is the first “go to” method for changing behavior. Is it any wonder then that we focus on consequences when we need to change a parrot’s behavior?

Of course not! It feels familiar and punishment, delivered skillfully, will serve to decrease the problem behavior in the future. Moreover, it often feels good to the punisher, since it can relieve frustration and anger.

However, many problems derive from the use of punishment. Results of positive punishment may include a desire to escape, with a display of either fear or aggression. Another unforeseen result is apathy, in that other behaviors may be suppressed as well. Results of negative punishment include stress and frustration.

In general, taking action to punish a behavior often results in broken trust and increased problems of another sort. (Chance, 1999) We do not want to be in the position of punishing our parrots as our primary tactic for changing behavior.

### **Applied Behavior Analysis**

There is, thankfully, a much better way to successfully solve many behavior issues. By changing antecedents, we can both make problem behaviors less likely and cause desired behaviors to occur more often.

I have brought you through the backdoor into the house of applied behavior analysis. Applied behavior analysis (the science of behavior) gives us a systematic, scientifically-proven method for changing behavior.

Please note that most of the behavior suggestions found on Facebook and other social media sites are not science-based. Most offering advice have a bad case of not knowing what they don’t know. Anyone “researching” behavior problems must question the credentials of anyone offering advice.

In contrast, the approach provided by applied behavior analysis can be trusted to work if practiced correctly.

We need focus on only three things when we need to change a specific behavior. In addition to the behavior itself, we examine the antecedents and the consequences. We are all familiar with the consequences of course. They are the events that occur immediately after a behavior that influence the rate at which that behavior will be offered in the future. (Luescher, 2006) Punishment is a consequence that reduces a particular behavior in the future.

A far better strategy whenever possible is to deftly arrange antecedents in order to support the

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likelihood of a desired outcome.

**Antecedent-based Interventions**

According to Friedman, Martin and Brinker, “Antecedents are the stimuli, events, and conditions that immediately precede a behavior.” Antecedents set the stage for the behavior to occur; the behavior will not occur without the presence of the antecedent.

Changing antecedents in order to change behavior is a more ethical, often simpler and easier way to change behavior. So easy in fact that, when I suggest such a change, clients will look at me with a bit of skepticism. I can see them thinking that things really can’t be that easy.

Antecedent changes can be used in order to make it easy for our birds to perform the behaviors we do want and to make it hard or impossible to perform the behaviors that we don’t want to see.

Let’s review some examples of using antecedent changes both to decrease problem behaviors and to set birds up for success when performing new or unfamiliar behaviors.

**Decreasing Problem Behaviors**

**Aggression and “Nippiness”**

Antecedent changes are the “name of the game” when it comes to solving problems of aggression.

**Example One:** Some types of misbehavior occur when a bird is on the shoulder. Perhaps a bird, who has been sitting on your shoulder for three years without problem, suddenly begins to bite when up there. Perhaps he nips your earlobes or pulls your glasses off or rips an earring out.

**Antecedent Change:** In this case, the recommended antecedent change is simple – just don’t allow the bird onto your shoulder. Instead, you can teach him to station on a perch near you by offering reinforcers frequently. This will actually increase his quality of life more than sitting on your shoulder does. It both encourages independent behavior and offers him control over access to reinforcers.

**Example Two:** Your bird lunges at you when you are changing out food dishes.

**Antecedent Change:** Teach him to station up on a perch in the cage located furthest from the food dishes. When you show up with the food dishes, have with you a good-sized favorite treat that will take him a minute to eat. By moving your hand on the outside of the cage, lure him up to the designated perch and then give him the treat through the cage bars. Quickly switch out the dishes. Continue to do this every time you feed him. He will begin to scramble up to the preferred perch as soon as he sees you arrive with his food.

**Example Three:** Your flighted bird attacks your hands when you hold a book or tablet.

**Antecedent Change:** Either put him into his cage or outdoor aviary while you read or read in another room.

**Example Four:** Your bird bites when you ask him to step up.

**Antecedent Change:** You begin to reinforce stepping up by first showing and then immediately delivering a preferred food treat. At the same time, you read your bird’s body language and honor that by making use of a start button.

**Screaming or Other Problem Noise**

**Example One:** Your parrot enjoys perching where he can look out the window, but screams frequently when he sees neighborhood action taking place outside.

**Antecedent Change:** Purchase some sheer curtains and keep those closed when the noise will be inconvenient. You can still have the light without the noise.

**Example Two:** Your parrot is too loud when you have company. You might have learned to live with this, but it may upset your visitors and make it hard to enjoy yourselves.

**Antecedent Change:** If you have a sleep cage, turn it into a “siesta cage.” Add a hanging perch above and a playstand beside, then place toys and foraging projects there. This way, your parrot can be relocated before your visitors arrive.

**Example Three:** Your parrot screams when you get on the phone.

**Antecedent Change:** Go into another room or outside to talk, if the call cannot be predicted. You might also try using the speaker phone function, since it is often holding the phone to your ear that acts as the stimulus for the noise.

**Example Four:** Your parrot screams when you and your spouse have a conversation in another room. This often results when a pair bond exists between the parrot and one of the partners. Additional measures will be necessary to resolve this social dynamic.

**Antecedent Change:** A simple antecedent change for the short term is to have the parrot present for the conversation. In this case, isolation is a problem.

**Increasing Desirable Behaviors**  
**Improving the Diet of Small Birds**

It’s common for small parrots like budgerigars, cockatiels and lovebirds to eat a seed mix as the dietary staple. After all, that’s what the breeder or pet store sent you home with, along with that too-small cage, the cuttlebone, and the plastic toy with a bell inside.

If you have a bird like this and have learned about the dangers of such a diet, you may have struggled to get your bird converted to pellets and other foods.

**Antecedent Change:** Offer new foods in dishes that are right near to the bird’s favorite perches. They are more likely to accept these new foods sooner when they are right under that beak. This means that eating the new foods is easier, in terms of energy use.

**Teaching Larger Parrots to Eat Vegetables**

Many parrots who have been eating a seed mix typically resist the consumption of both vegetables and pellets. In part, this is due to their neophobic nature. The other problem is their tendency to be naturally drawn to high-fat, carbohydrate-rich foods.

**Antecedent Change:** Measure out the amount of seed that your parrot eats in a day. This is important. You can’t decrease it if you don’t know what quantity you are offering to begin with. Before feeding, mix the seed into an equal measure of finely chopped vegetables or Chop Mix. Gradually begin to incrementally decrease the amount of seed offered daily as your

parrot begins to eat the vegetable mix. By the time that you have stopped offering the seed mix at all, your parrot will have begun to eat both the pellets (if offering those also) and the vegetables.

**Antecedent Change #2:** Offer the pellets or vegetables in a different location, such as on top of the cage or on a play stand. This will often encourage consumption and I have no idea why. When I was working full time, my parrots ignored pellets in their cages. When I put them on play stands, they began eating them eagerly.

**Playing with Toys**

I hear many owners complain that their parrot doesn’t play with toys. There are certainly parrots who do not interact with any enrichment. These birds can be taught to interact with toys and foraging opportunities, but this requires consistent and focused training.

Still other birds might interact with toys, but do not do so because it is too difficult or inconvenient. For example, many wooden toys sold for certain species are actually too difficult for them to chew. Either the wood itself is too hard or the pieces are too big. Toy manufacturers have caught onto the fact that you won’t be happy if your parrot destroys in 15 minutes a toy that cost you \$15.00. The problem with this is that the sorts of things that interest parrots are those that they can destroy quickly.

**Antecedent Change:** Make toys at home, using designs from my pamphlet Parrot Enrichment Made Easy. This includes suggestions for making quick, easy-to-chew wooden toys, in addition to those made of paper, cardboard, and fabric.

**Antecedent Change #2:** In addition, make sure that toys and foraging options are placed very near perches on which your bird chooses to spend time. I have seen toys attached to the inside back of the cage with no perch in sight. I have seen toys placed near perches that are so close to the back of the cage that the parrot can’t comfortably turn around on the perch and can only sit on it facing backwards. Pretend you are your parrot and ask yourself if you can easily interact with the enrichment you have in the cage. Make sure that your parrot can perch easily in a spot where he can easily reach his enrichment items and won’t bang his tail if he turns around.

**Encouraging a Bath**

Another common complaint concerns the larger parrot who won’t accept a bath. This bird might bathe in the water dish occasionally, but doesn’t get wet enough.

**Antecedent Change:** Many owners have noticed that their parrot displays bathing behavior, usually in the water dish, when the vacuum cleaner is running. In addition to marveling at this strange phenomenon, you might also choose this as a time to offer a few spritzes from a spray bottle, especially if the parrot isn’t scared by the sight of the bottle. And if he is, perhaps you can conceal the bottle with a kitchen towel or piece of cardboard so that just the nozzle is visible.

**Fun with Antecedents**

I’ve provided examples of very simple antecedent changes for very simple problems so that you could get the idea. The whole process can be, and usually is, more complicated, and this is where the fun comes in. In most cases, there are several possible antecedent changes that might work. So, when you identify that you have a problem, sit down with a piece of paper and

brainstorm as many as you possibly can, even if a few seem unlikely or even silly.(You may also need to teach other, new behaviors using positive reinforcement, but you can at least get a head start on a solution in this way.)

Remember not to get caught up in trying to figure out what the parrot is feeling or thinking. Instead, just focus on the behavior itself. Then, implement for a week or so the one that you think is most likely to work. Measure the results by observing closely what happens. If that tactic seems to not be working, go on to the next most likely.

I’ll give you an example from my own case files. I know a particular parrot who pulls pin feathers during the night. These are observed on the floor of the cage or the cage cover in the morning. This is a perfectly well-adjusted, flighted parrot on a good diet with an excellent environment that encourages movement and provides lots of enrichment.

Possible antecedent changes include the following: (1) Encouraging more food consumption before bed; (2) Encouraging more exercise before bed; (3) Partially, rather than completely, covering her cage; (4) Giving her some enrichment in her cage to chew on during the night; and (5) Allowing her to stay up a bit later.

This case remains a work in progress. Since the feather damage is occurring only at night, it may well be related to a disease process. However, since veterinary treatment has been completed, it still makes sense to examine antecedents.

**A Last Word**

Antecedent changes provide us with science-based, ethical, and effective tactics for behavior change. Many simple problems can be resolved through these alone. Using antecedent changes, we can set our birds up for success by encouraging behaviors we would like to see.

All behavior principles that are scientifically proven, like the use of positive reinforcement and antecedent changes, work for humans too. They work across all species lines.

Perhaps we reach so readily for punishment when dealing with parrots is because we as a society use punishment almost exclusively to deal with our children and others.

It’s been a long time since my own kids were young. I was lucky enough back then to discover the book “How to Discipline with Love: From Crib to College” by Dr. Fitzhugh Dodson, which was published in 1992. As Fitzhugh points out, parents all across America are teaching their children to behave badly.

They ignore them when they are behaving well, usually desperately trying to get something else done, and instead provide attention (reinforcement) when they behave badly – throwing a tantrum in the grocery store, fighting with siblings, or refusing to go to bed.

He provides clear instructions for how we can turn that dynamic around. As we all struggle now with staying in place, physical or emotional isolation, and the anxieties related to contracting COVID-19, there is no better time than the present to begin practicing both antecedent changes and the use of positive reinforcement with our parrots, our children, and other family members. “They” say that things won’t be the same once this is all over. This is one change I would like to see that would benefit us all.

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## HOW WE MADE IT THROUGH COVID AND MORE by Susan Chamberlain

During the second week of March 2020, life as we knew it came to a screeching halt. Major snowstorms had forced us to cancel two previous March club meetings, but in 2020, the coronavirus (now known as COVID) reared its ugly head. The Board of Directors of the Long Island Parrot Society met as usual on March 11<sup>th</sup> and had to decide whether or not to cancel our general meeting on March 18<sup>th</sup>. There wasn't a lot known about the virus yet, but nursing homes were beginning to shut down to visitors and rumors of a pandemic began to spread. Out of an abundance of caution, we decided to cancel, and the next day we all got busy calling members to notify them of the cancellation. That March Board meeting was the last physical one we would have. In-person club meetings were suspended indefinitely. Parrot EXPO was canceled in 2020 and 2021 due to COVID restrictions and concerns. EXPO was canceled again in 2022 due to lack of vendor response. Some had gone out of business and others never responded to LIPS.

We did have our annual holiday party at the end of 2021 but were put on notice (after 25+ years) that birds were no longer permitted in the building due to an American Legion member's allergy. That news necessitated finding a new meeting hall for when regular meetings resumed. That wasn't the end of our challenges: Just as COVID began to wane, bird flu was detected in New York State, NY City and on Long Island, which effectively put an end to any hope that our birds could accompany us to meetings, the club picnic or outreach events.

Did we fold? Did we roll over and give up? NO! We stepped up our efforts to keep members engaged during lockdown. The Board began meeting via ZOOM, twice monthly. Thanks to our techie Board members, we began presenting regular monthly meetings via ZOOM, and instituted a Mini-ZOOM discussion group for members on the first Wednesday of each month. The club newsletter began publishing in February, formerly a month 'off' for the editor.

Some of the ways the Long Island Parrot Society adapted to the 'new world':

**Meetings:** Because we could not hold meetings due to COVID restrictions, we went virtual, holding our usual meeting via ZOOM on the third Wednesday of the month. A second, Mini-ZOOM meeting was added on the first Wednesday of each month and continues today. The Board of Directors began meeting via ZOOM twice monthly. Our January 18<sup>th</sup> ZOOM meeting had a

record number of attendees who were fascinated by Bonnie Zimmerman's presentation on the Indonesian Parrot Project. Members who ordinarily can't attend in-person meetings love the ZOOM option!

In March 2022 we held our first in-person meeting at our new venue, Greenwood Hall in East Islip and scheduled quarterly in-person meetings for 2022 and 2023. These meetings are live streamed over ZOOM for those who can't attend. The space is clean and lovely, and we have our own dedicated parking lot!

**Parties:** Due to COVID concerns, our last two holiday parties have been catered, rather than having members bring food to share. Members and their families and guests enjoyed pizza, salad, heroes and dessert. Musician Roberta Fabiano performed this year, a great addition to the festivities!

**Adoptions:** Virtual home visits were instituted, with great success, and the Parrot Placement Program remained busy throughout. The program had to be put on hiatus a few times to clear backlogs. The adoption team is busier than ever, fielding phone calls and emails and following up with virtual home visits.

**Picnic:** Concerned about bird flu, we asked veterinarians for advice about bringing birds to our annual picnic. Dr. Monaco and Dr. Laurie Hess responded, saying it was unwise due to the presence of waterfowl at the park. The picnic was held without birds in attendance.

**Membership:** Increased over the past few years, as the Club's online presence increased during lockdown and the adoption program continued. Some members who hadn't been active in a while renewed their memberships. Several members signed up for Lifetime Memberships.

**Cage sales:** Several successful sales were held outdoors at the storage facility. Watch for another one in 2023.

**Outreach events:** Outreach was on hold during the height of COVID, and the presence of bird flu on Long Island precluded bringing birds to outdoor events. Indoor events have normalized somewhat, and volunteers are enjoying getting out with their pets again. Strict sanitary protocols are enforced.

**The Newsletter:** LIPService is now called the Long Island Parrot Beacon. It went virtual in January 2022—print version is now in color and the virtual version has enabled links. Editor Shawn Florman has been doing a great job keeping it on schedule and keeping the contributors on track!

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**Lockdown:** A LIPS member died of COVID, and the club facilitated adoption for his bird. Another member rescued a bird from a home and cared for it until its family was released from the hospital.

**Parrot EXPO:** Was cancelled in 2020 and 2021 due to COVID. The cancellation in 2022 was due to lack of vendors. Some had gone out of business, others were reluctant to travel, and many did not respond to our inquiries. The Board is exploring options for some kind of event this year.

**Fundraising:** Our Holiday fundraiser garnered several thousand dollars from members and friends of LIPS. We received some nice donations throughout the year, many earmarked for the Shelter Fund. Shoppers who bought through Amazon Smile and igit.com/liparrots garnered donations for LIPS without a penny coming out of their own pockets. We have also received donations through Petfinder.

## Give Your Bird Some "Gym Time"

By Emily Page

Life with companion parrots is a unique pet parent experience. While most people understand how to "go the extra mile" when caring for a dog or cat, we are often mystified on how to truly make our homes a sanctuary for our parrots. Certainly, a spacious cage with plenty of toys and nutritious food is a start; but, where do we go from there? Our parrots want to have fun, stretch their wings, and constantly be entertained – and you can provide it all with a parrot play gym.

A typical day for a wild parrot consists of flying for miles, vocalizing for hours, playing with their flock, and eating lots of tasty food. While we can't supply all of the wonders of their natural habitat, having a complex indoor environment for your parrots keeps their clever brains busy so they can burn off their extra energy safely.

Providing a play gym for your parrot enables you to have a defined space where your parrot can explore, play with toys, or just stretch their wings and exercise without being confined to their cage. Using a play gym daily gives your bird a little independence and may have other health benefits, like reducing stress from boredom or burning extra calories to reduce the risk of obesity.

### Gym Styles

Parrot play gyms come in many shapes and sizes to suit all types of parrots, and are commonly made from high-quality wood, like Java, a durable plastic, or bird-safe metal. These materials are made into tabletop, free-standing, or hanging gyms; to choose the best stand for your parrot, you'll also want to consider her activity level, size, and age. All gyms can be customized with the addition of your bird's favorite types of toys.

A good place to start when researching play gym options is to consider the amount of space you'd like to dedicate to your parrot's play area. For a smaller space, or maximum portability, a tabletop gym or branch stand is a great option that enables you bring your parrot to any room in the house or put the gym away when not in use. Tabletop gyms equipped with ladders, swings, and other types of exercise toys are common for small parrots like parakeets or cockatiels, while stands for larger birds typically have a thick wooden branch with a hook to add a toy of your choice, and a cup for treats or water.

For a more permanent and stationary option, hanging play

gyms are whimsical, fun, and can be placed just about anywhere with the right equipment. For a particularly adventurous bird, you may consider both a free-standing java branch stand below a hanging gym for a floor-to-ceiling parrot exploration experience. Hanging gyms are particularly great for fully flighted parrots, and those that consider climbing to be an extreme sport. Make sure that any hanging gyms are appropriately anchored in the ceiling to reduce the risk of damage or collapse, especially for heavier parrots like a macaw or cockatoo! For an option that is still mobile, yet not quite raising the roof, free-standing parrot gyms come in many different styles that may consist of a single java branch, or an array of metal ladders, swings, and bridges. Any parrot play gym is sure to please when equipped with plenty of appropriate toys to shred, chunk, forage, and destroy!

### Go Slow

Young and active birds are best kept busy with variety and daily excitement, while older and shyer birds tend to rely on predictability; take your bird's personality into consideration when changing their environment to make sure they adjust appropriately and aren't afraid of their new surroundings. Not all parrots will accept their new play gym on Day 1 – and that's ok! Introduce slowly with plenty of praise and rewards at a pace that makes sense for your particular bird.

In addition to a smooth introductory period, you'll also want to make sure your parrot stays safe while using their new play gym. When deciding where to place the new gym, you'll want to make sure that your parrot cannot easily access items that you don't want chewed; this may include electrical wires, outlets, painted wood, curtains, wooden molding, ceiling tiles, ceiling fans, or any number of possibilities. Speaking of ceiling fans, make sure all are turned off and stay off while your bird is out of their cage.

If you have a particularly busy household, it may be a good idea to lock the front door if the play gym is within reach – it's better safe than sorry! It's also important to always be present while your parrot is free to explore their gym. Some parrots, despite having two wings, enjoy climbing down off their gyms to take a walk. You can train your bird to stay put by repeatedly placing them back on the stand and rewarding them with a treat after a few seconds of them staying put! You'll also want to monitor the condition of toys and gym daily – what was once a smooth piece of wood can quickly become a jagged hazard at the mercy of an overactive parrot beak.

Also, consider the other pets that may share your home and how they will react to the new furniture. Cats, in particular, enjoy jumping up onto high-rising places. It is ok to allow other pets to become familiar with the play gym, however it is not recommended to do this while your bird is using the gym. Rather, keep your parrot safely in their cage while other pets take a good sniff. Living with parrots, we know they truly enjoy being mischievous and getting themselves into sticky situations. Make sure your parrot is safe by moving unsafe items out of reach or choosing a different location for the play gym.

Living with parrots is a wild ride, and one that we enjoy every day! Making sure to keep our parrots busy is so important, and made much easier by having one or more parrot play gyms at your disposal. With their endless energy, your parrots are bound to appreciate every day as they stretch their wings, shred a toy, or just hang out just a closer to you thanks to their play gym. \*Lafeber Article used with permission. <https://lafeber.com/pet-birds/give-your-bird-some-gym-time/>

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### 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.

**goodshop**

Support the Long Island Parrot Society when you shop on [GoodShop.com](http://GoodShop.com).

- Simply click on Choose a Cause at the top of the page.
- In the search box type in Long Island Parrot Society.
- On the right of the page, a link for Long Island Parrot Society will appear. Click the link.
- Goodshop.com will display information on LIPS, on the right, click the SHOP NOW button.
- At the top of your page, it will now display, Supporting the Long Island Parrot Society. You can now shop and donate!



Vet list

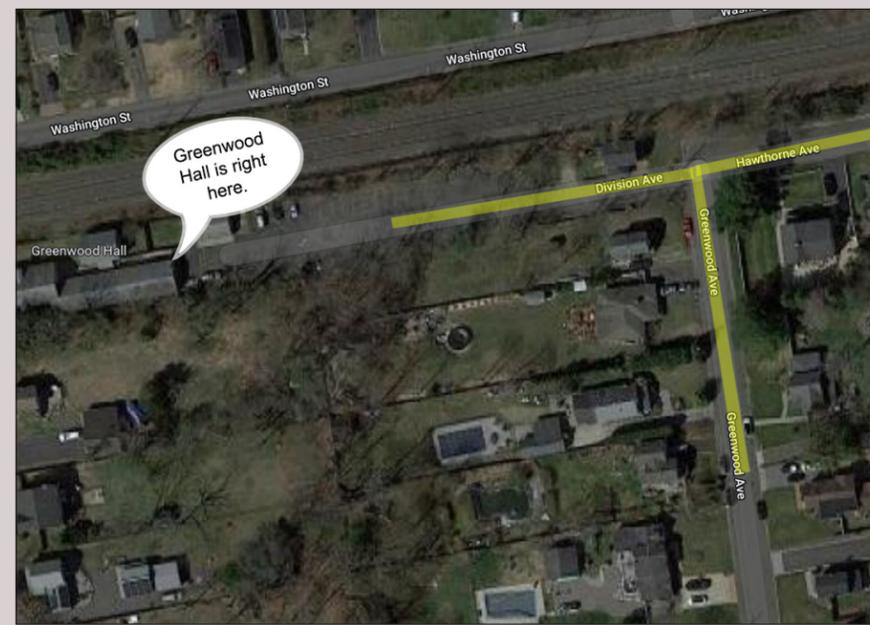
To view our list of Avian Veterinarian, just scan the code or [click here](#).

**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.



### 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.

**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

**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 such birds to meetings or events.

## News from the Flock

Condolences to Diane and Muriel Hyde as their beloved Cody has made the trip over the rainbow bridge.

Heartfelt thanks to Lifetime members Ray and Rhea Young, who now live in Rhode Island, for sponsoring the Long Island Parrot Society's holiday party! We were surprised and thrilled that they picked up the entire tab for the food served at the party! Their generosity is much appreciated!

Condolences to Marty and Wendy Wattenberg on the loss of their beloved 19-year-old sun conure, Max.

We are so grateful to Florida Lifetime member, Barbara-Jean Landsperg for creating a Facebook fundraiser for her birthday last month! To date, it has raised more than \$1,000. for the club!

Condolences to Linda LaFleur on the loss of her brother. We also extend our sympathy to her mother, Pat Pierini.

From July through December 2022, Lifetime member, Roberta Fabiano performed 25 Facebook Live concerts for the benefit of the club. The musical hour begins at 2PM every Monday on Frog Hollow Music's Facebook page. Roberta is often accompanied by one of her four parrots. Log on! Tune in!

Condolences to Diane Ciardullo on the loss of her husband Steve on January 20th.

Sincere sympathy to Linda Womack, whose beloved cockatiel "Uppy" passed away. Uppy is survived by her best cockatiel friend, Shadow.

We have booked Greenwood Hall in East Islip for a second year of in-person meetings on March 15, June 21, September 20, and December 20. Save the dates!

It's only February, but we're already looking at dates for the club's summer picnic!

Our club president, Diane Hyde is in good company! She, Chris Armstrong (Percy Wings Aviary) and Debbie Huckaby (Birds of Paradise Sanctuary & Rescue) all sponsored nest boxes for blue throated macaws at the Laney Rickman Reserve in Bolivia. Each nest box sports the donor's initials.

We are sorry to hear of the passing of Daria Feinstein who was a great advocate for the feral macaws of South Florida. LIPS members, David and Marcia Abrahams knew Daria from their time as members of the Bird Lovers Club in Pembroke Pines, Florida.

We hear that former Board member, Pat LoRusso was living it up on a bachelorette weekend in Scottsdale, AZ. Way to go, Pat!

Have you seen the cute new lovebird Legos? They are adorable! Visit [lego.com/shop](https://lego.com/shop) to order!

**Originally aired: November 18<sup>th</sup>, 2002.** Join us for a FREE, live, interactive webinar hosted by Laura Doering, former editor of Bird Talk magazine and Birds USA magazine. Our special guest Tom Tully, DVM, DABVP (Avian Practice), DECZM (Avian), joins us once again to answer your questions about pet bird health, nutrition, & care.

Dr. Tully, a decorated professor & practicing vet at Louisiana State University School of Veterinary Medicine, is an internationally known Veterinarian who has earned specialties in Avian medicine in the United States as well as in Europe. Having this type of access to a Veterinarian of his status is rare, but Dr. Tully believes in the educated bird owner as being the best bird steward. Dr. Tully answers each question in detail and shares his vast knowledge of birds, particularly parrots. Is your bird's problem health-related or behavioral? Are you offering the right foods to your pet bird? Ask the Vet!

[Watch Video](https://lafeber.com/pet-birds/webinar-ask-the-vet-qa-with-tom-tully-dvm-dabvp-avian-practice-dec2m-avian-27/) / <https://lafeber.com/pet-birds/webinar-ask-the-vet-qa-with-tom-tully-dvm-dabvp-avian-practice-dec2m-avian-27/>



Lisa A Bono, CPBC has been involved in aviculture over the past four decades and has been a caregiver to numerous species of parrots during that time. In early 1991, Bono founded and served as President for the Sussex County Exotic Bird Club in North Jersey and helped to organize Bird Clubs of NJ shortly thereafter.

Lisa has fulfilled her educational aspirations over the past three decades at veterinary and behavior conferences, the LLP course: Living & Learning with Parrots and Living & Learning with Animals, as well as hands-on training. She continues this education at every turn with the motto of "No one can learn too much."

Lisa has written or co-authored articles that have been featured in Bird Talk, Birds USA, Birdchannel.com, MyLifeBook, In Your Flock, Lafebers.com, Chewy, Das Papageien-und Sittich-Journal, American Pet Magazine as well as various bird club newsletters worldwide.

Currently, Lisa works with Lafeber Company to produce a series of webinars, The Grey Way, to help promote good parrot husbandry. She was also a pet bird video host for About.com. She presents webinars/lectures to bird clubs, rescues, sanctuaries. She was a guest speaker at LIPS in 2013 with Dr. Irene Pepperberg.

Lisa is a Certified Parrot Behavior Consultant with the International Association of Animal Behavior Consultants, specializing in the African grey parrot. She is a professional member of the International Association of Avian Trainers and Educators, has volunteered for the Alex Foundation and is the avian and exotics volunteer for the County Animal Response Team. She is a past member of the AFA and AAV. Lisa is the founder and owner of The Platinum Parrot, a beak free parrot specialty store, which is devoted to parrots and the needs of their caregivers as well as GreyParrotConsulting.com, a service to help owners and parrots live together in harmony.

Lisa A. Bono, CPBC

Meet  
Speaker

## Inside Dr. Pepperberg's Lab: Do My Parrots Enjoy Their Tasks & Training?

by Irene Pepperberg, Ph.D.



Athena quickly tapes the correct cup on her trial.

I'm sometimes asked if my parrots enjoy their tasks in the lab, or if they find their testing and training stressful—and whether they have enough time just to “be parrots.” I think the answer to the first question is not too different from what it

would be if the subjects were young children—that it depends on the exact type of task that they are being given. As for the second question—well, a huge amount of time in the lab is devoted to play—by themselves or with the various students. Some days, they have about 10 minutes of trials and 50 minutes of tickles for every hour they spend with their human companions!

But going back to the tasks. At the moment, one of our studies involves something called “inference by exclusion”—figuring out where a treat may be hidden after being given information about where it is absent. I've previously written about earlier versions of this task; now we are giving a much more complicated version to Griffin, and running the simpler, earlier version with Athena (see figure below). They both really seem to enjoy these trials.

### Harder Tasks Reap Bigger Rewards

It may be a consequence of getting half a cashew per trial (a *huge* bonus, as they generally receive only about an eighth or maybe a quarter of a nut for most correct answers)...here because they *really* have to watch what is happening, we use the larger reward to keep them focused. When we run these sessions, we start with Griffin's trials. He gets only three per session, maximum because they are so involved and require two choices (and thus the possibility of earning three whole cashews!) And while he is being tested, Athena sits on her cage, squawking for attention, often saying something that sounds quite a bit like “What about *meee!*?” She is really eager for her turn to start, and she gets five trials (they are much simpler, and therefore much quicker). Interestingly, when we tried to run her trials with organic fruit-flavored cereal pieces, she wouldn't work at all. But once we started using cashews...



Griffin clearly does not care to participate.

Another one of our studies is about logic, and eventually, it will be quite complex. The first step, however, is very simple: to get both of the birds to tap one of two blocks with their beaks, depending on the alphabet

letter attached. The command is either “Touch A” or “Touch B,” and the choice is, obviously, A versus B. Given the kinds of difficult tasks my parrots have previously solved, one would think this would be extremely easy and that they would succeed very quickly—that it would almost be like handing out free nuts. But that is very much *not* the case. They simply will not score above

chance (see image of Griffin giving me “the look” instead of working in the figure below). Maybe it is the small reward (they temporarily paid more attention when I increased the size of the nut reward—but I drew the line at a quarter of a cashew for such an easy task). The situation is quite frustrating for me, and possibly for the parrots as well. Maybe we should follow each correct trial by a few minutes of tickles? Hmm....

Some tasks they will do correctly, if grudgingly. As I write this, we have only one human in lab at any given time (thank you, Omicron), so we can't do our normal two-person Model/Rival training. Therefore, I try to get Griffin to stand in for a human. It works, but not very well. If, for example, I ask Griffin to model color labels for Athena by asking “What color?”, he gives me a look that seems to say, “You already know that this thing is *orange*. And you already know that I know it is *orange*. And I know that you know that I already know it is *orange*. So, what is the POINT???” After I repeat the question a few times, he'll usually give me an annoyed feather *flooff*, then respond. And Athena will often keep repeating a color she already can say, expecting a reward just for talking. Clearly, we all are looking forward to a return to standard training....

Sometimes they really want to learn a new label and Alex, at least, was proactive. For whatever reason, he wanted to learn to say *brown*, and he would, over and over, tap a piece of a cardboard box and ask me, “What color?” I'd respond, “brown” and then he would ask again. He hadn't quite mastered it before he passed away, but he was close.

My friend and colleague, Leigh Ann (a former trainer in our lab), says that her birds, Pepper and Franco, whom we sometimes incorporate into our studies, really enjoy the challenges. Maybe it is because we generally ask them to do only the tasks that are the most “fun—like the inference trials. It certainly is NOT because they are otherwise bored. Leigh Ann is always thinking up new foraging toys or other types of enrichment for them. Maybe it is because they get to work *with* her during the task? For whatever reason, they almost never seem to balk.

Overall, my impression is that—at least for creatures as smart as African grey parrots—giving them various types of tasks is basically a form of enrichment and a form that, for the most part, they really enjoy. Remember that, in the wild, they would be flying about 60 kilometers (that's over 35 miles) per day to forage for various different foods and for water. They would constantly be on the lookout for predators and would also be interacting with many different members of their flock over the course of the day. It would therefore seem that asking our birds to do some tasks—birds who don't have to forage or avoid predators—would be seen as a way to keep them as mentally stimulated as they would be in nature. And if they find a particular task somewhat boring, well...they just have to wait a short while and something else will be on the schedule!

\*Lafeber Article used with permission. <https://lafeber.com/pet-birds/inside-dr-pepperbergs-lab-do-my-parrots-enjoy-their-tasks-training/>



# Adoption Spotlight

**Parrot's Name:** Rico

**Species** Quaker Parrot

**Are the Wings Clipped?** No - Fully flighted

**Bird Color** Green blue and grey

**What do you currently feed your bird to eat?** Seed and pellet mix

**Is your bird hand tame?** No

**Does your bird have any feather issues?** None

**When was the bird last Vet checked?** I don't know the exact date it's been a few years

**Tell us if your bird has any behavior issues?** He is nice to people he knows, but he can be aggressive towards strangers and people who awake sudden movements around him.

**Why are you needing to rehome your bird?** We are moving to a small apartment in the city

**Provide us with any additional information that may help a candidate show interest in your bird.** We have cared for and loved Rico for over 10 years, unfortunately due to our current life situation we cannot take care of him anymore. We want to find a safe and comfortable home for him with someone who has the time and patience to bond with him!



Rico is looking for his forever home. If you are interested in adopting Rico please contact us at 631-957-1100 or send an email to: [parrotplacement@liparrots.org](mailto:parrotplacement@liparrots.org) for further information. You can find our adoption application at: [liparrots.org/Adopt](https://liparrots.org/Adopt)

**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,  
Susan Seddo

**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, Susan Seddo

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: Candy Little

**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

**LIPS MEMBERSHIP APPLICATION**  
(Please Print Clearly)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone Number (with area code): \_\_\_\_\_

eMail Address for Feather Flash: \_\_\_\_\_

I hereby apply for membership in the Long Island Parrot Society of NY, Inc. Check all that apply:

- NEW MEMBER       RENEWAL       SENIOR (62+ 10% off)
- GENERAL MEMBERSHIP  
(includes electronic newsletter delivery: \$45)       LIFETIME MEMBERSHIP \$500
- Only select this option if you **do not** want electronic newsletter delivery  
Paper Copy (\$15 additional annual fee charged to help defray the cost of paper version)
- Gift (if gift, list your name as sponsor): \_\_\_\_\_

Please make your check or money order payable to the Long Island Parrot Society of NY, Inc.

Mail to: P O Box 2754, North Babylon, NY 11703-0754

Memberships may also be paid on-line on our website using  
PayPal: <https://www.liparrots.org/membership>

General Phone: 631 957 1100

Adoption Line: 631 456 1813

eMail: [info@liparrots.org](mailto:info@liparrots.org)

**UPCOMING MEETINGS/  
OUTREACHES**

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

March 15<sup>th</sup> - In Person Meeting at Greenwood Hall. Starts at 7pm.

\*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!

March 10 - 12 - [Oaks, PA - Greater Philadelphia Pet Expo](#)

April 2 - [Monroeville, PA OHPA Bird Fair](#)

April 15 at 1 PM EDT - [Feather Destructive Behavior](#) with Richie Burdeaux, DVM, ABVP (Avian) - Phoenix Landing Zoom webinar

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