

## BIRDING AND UNRIVALED GAME WATCHING IN SOUTHERN AFRICA WITH BRYANT AND DIANE HICHWA

MONDAY, JANUARY 11, 2010, 7:00 P.M. ADMISSION IS \$5

Join the Hichwas for a visual presentation of Southern Africa. Their safari combined birding with unrivaled game watching in some of Africa's most remarkable wildlife areas of South Africa, Namibia, Zambia, and Botswana, all captured by Bryant, a semi-professional nature photographer.



protected.

Habitat variety through the countries allowed them to see Blue Crane, Monteiro's Hornbill, Malachite and Great Kingfisher, Yellow-billed Stork and Pearl-spotted Owlet among many other birds.

The Sea Ranch couple visited game reserves in the "bush" of northern South Africa, vast and pristine Namibian highlands, ochre-colored dunes of the Namib Desert, lagoons of the Skeleton Coast, game filled waterholes of Etosha National Park, backwaters of the Okavango Delta and the savanna of Chobe National Park on the Zambezi River. All provided incredible contrasts.

In Makulu Makete, a private reserve in the northern South African bush known for its "rewilding" of cheetahs and hundreds of baobab trees, they observed Wild Dogs (Painted Wolves), an elusive and endangered species that is making a comeback where

The safari combined views of beautiful scenery with waterholes and rivers that draw in mammals such as Roan and Sable antelope, Kudu, cheetah, and black rhino for which these regions are famous. They end their visual safari in Livingston, Zambia, marveling at one of the Seven Wonders of the Natural World, the spectacular Victoria Falls.

Diane and Bryant Hichwa, past presidents of Madrone Audubon, travel extensively, photographing and enjoying the natural world. Bryant is known for his popular lectures on the physics behind musical instruments, but this lecture will be his first on wildlife.



## THE AGING EYE WITH BOB NELSON

MONDAY, JANUARY 18, 2010, 7:00 P.M. ADMISSION IS \$5

We all know someone with diabetes, glaucoma, cataracts or macular degeneration; we all think about our own vision impairment as we grow older. So Dr. Robert Nelson's talk on "The Aging Eye" is an excellent way to learn more about these vision related ailments that plague so many in their later years.

Of the 18 million diabetics in the U.S., over half will have related eye complications. Over half of those over eighty will have cataracts or cataract surgery and it is the leading cause of blindness in the world. Glaucoma strikes over 3 million and is the second leading cause of blindness in the country. Macular degeneration is the major cause of vision loss in those over sixty. Of the 10 million Americans who are visually impaired, 6.5 million are over 65.

"Doctor Bob," as he is known at the Redwood Coast

Medical Services office in Gualala, will talk about these vision problems, explaining what they are, what causes them, and how patients and their family deal with these age-related problems, which all of us who live long enough will confront.

Born in Brooklyn and a graduate of Columbia University, Dr. Bob practiced for thirty-six years in Napa and continues to teach ophthalmology residents at the California Pacific Medical Center. He is a fellow of the American Academy of Ophthalmology and the American College of Surgeons.

This talk should appeal not only to card carrying Medicare seniors, but to anyone interested in learning how to prevent contracting one of these vision-threatening conditions.