

The Country Courier

Free delivery to businesses and residences in Campbell Town, Cressy, Devon Hills, Evandale, Longford, Perth, and distribution in Bracknell, Epping, Poatina, Ross, Avoca and Rossarden with Australia Post delivery to 500 rural addresses.

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The Country Courier is pleased to offer, free of charge, to charities, service organisations and sports clubs the invitation to submit material for inclusion by the 25th day prior to the next month of publication.

The Courier Mission

To provide businesses with the means to reach their local market, effectively and inexpensively. To inform the community of goods and services available in the Northern Midlands Municipality. To cover events of interest and to bring only good news to the community.

Disclaimer

The advertising and editorial in this publication is published from material provided by contributors. Whilst every effort is made to ensure the accuracy of contents, the publisher accepts no liability for the accuracy of any inclusions, or any advice given or for omissions from the publication.

Our Heritage

We here a lot of depressing talk about the world economic crisis and a thousand explanations as to its cause. We are all living on credit, the United States is to blame, it's all the fault of Liberal or Labor politicians and because the cat spent all night in next door's greenhouse on Friday the 13th and no one believes in the tooth fairy anymore. It seems to me that we are wasting a lot of time working out why it happened rather than deciding what we are going to do about it. Perhaps it would be better for us to consider how many people will really suffer if tourists stop visiting our beautiful island and how we can help even if we do not work in the hospitality industry. Consider taking a holiday here in Tasmania because just as man gazes at the stars and forgets the flowers at his feet so many of us ignore the glorious place in which we live. We live in a wonderful and scenically beautiful place. We really can have a good time if we drive our own cars around our own State seeing wonderful places and meeting wonderful people. With our wonderful scenery and our wonderful people how could you not have a wonderful time? No air fares, no car hire, far less traffic, better food and the glories of our built and natural heritage. This is a proposal worth considering. One can almost guarantee that you will have a better time whilst spending less money. You will also be helping to preserve local employment so that when the good times come again we will have a viable and experienced hospitality industry to serve our valuable tourists. Yes, you know what I am going to say. You will have a wonderful time. Yes, right here in Tasmania! North, south, east or west, Tasmania offers you the best, and taking your holidays here will do something really important for your State and for its future.

Len W. Langan

Help with health



With Paul and Kathleen Schild of Armstrongs Pharmacy

Thursday the 12th of March is World Glaucoma Day and so we thought it was a good time to think about eye health. The major causes of blindness and vision loss in Australia are age related degenerative eye diseases such as glaucoma, macular degeneration, cataract and conditions such as diabetic retinopathy. There are a number of things we can do to decrease the impact of these diseases.

The early detection of these diseases can help to save vision and often prevent further damage so regular eye checks by your doctor are extremely important. You should also contact your doctor if you experience changes in your vision, which include dark or empty patches in your vision, difficulty in reading or doing activities requiring fine vision, distortion (where straight lines become wavy or bent), difficulty in distinguishing faces or making out objects in dark rooms and blurred vision.

Adopt a healthy lifestyle. Control your weight, exercise regularly, don't smoke and eat a healthy, well-balanced diet. (A supplement with zinc and antioxidants may be helpful for those at risk of macular degeneration. Speak to your doctor or pharmacist.)

Managing any other illnesses such as high blood pressure and diabetes is also very important.

Always protect your eyes from sunlight exposure by wearing cancer council approved sunglasses.

Wear protective eyewear during sport or when working with hazardous and airborne materials to decrease the risk of eye injury.

Your vision is so important. Come and discuss with us what you can do to preserve it, or telephone Glaucoma Australia direct on 1800 500 880.

Catch us on the net
www.netspace.net.au/~courier/

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Or visit the website

www.commcarelink.health.gov.au

* Calls from mobile phones are charged at applicable rates