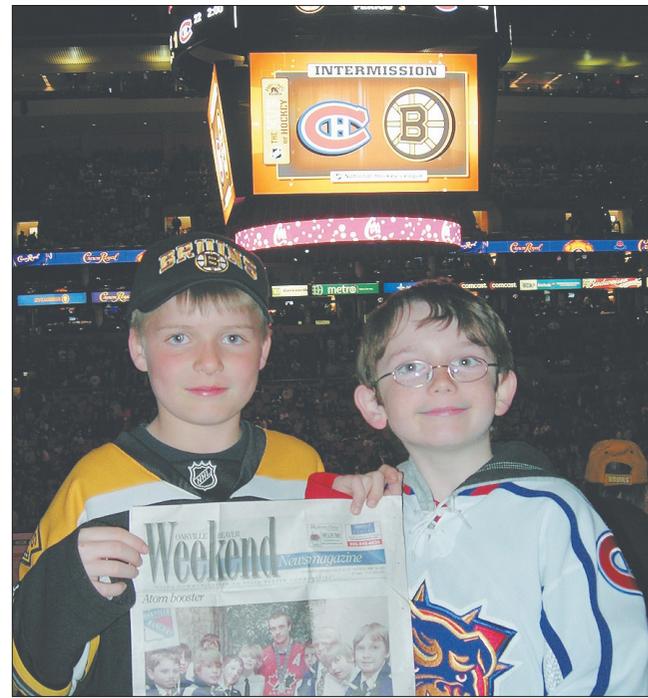


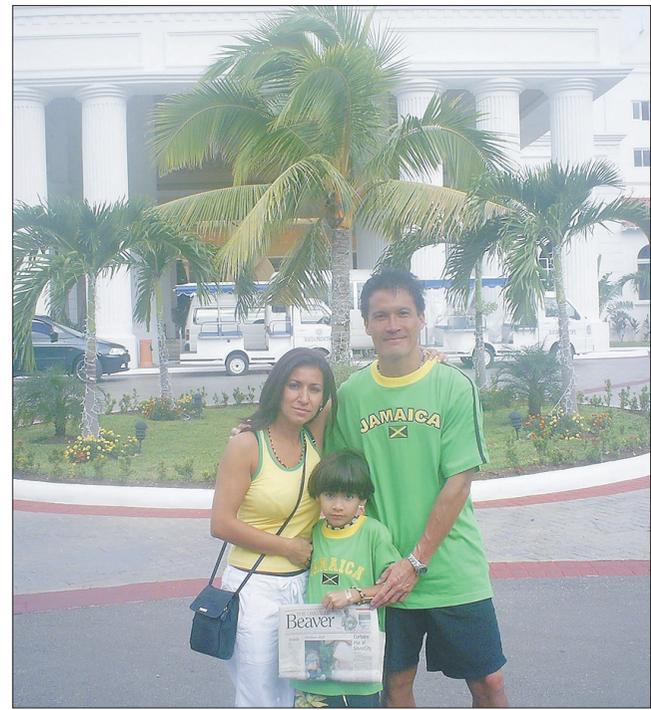
# Weekend Beaver Trails



**BEAVER TRAILS TO BOSTON:** Future owners of Joshua Creek Furniture, Matthew Hobbs (Bruins fan) and Noah Levine (Canadians fan) took *The Oakville Beaver* to game four of the Stanley Cup Eastern Conference quarter-finals between Boston and Montreal in Boston, Massachusetts with their dads, Jim and Joe. The boys had the opportunity to meet and have their photos taken with their hockey heroes after the game.



**BEAVER TRAILS TO DOMINICAN REPUBLIC:** The Langford family took *The Oakville Beaver* to the Bahia Principe Bavaro resort in Punta Cana, Dominican Republic.



**BEAVER TRAILS TO JAMAICA:** The Tjahja family, (l-r) Sara, Bijan and Mario took *The Oakville Beaver* to the Golden Grand Bahia Principe in Jamaica. Take along a copy of *The Oakville Beaver* on your next vacation and send it in for publication to Beaver Trails, Oakville Beaver, 467 Speers Rd., Oakville, ON, L6K 3S4 or e-mail to editor@oakvillebeaver.com.

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### What every golfer should know

1. Get the right fit: Playing with clubs that don't fit can hinder your game and cause you pain. Consult a pro to ensure your clubs are the right height, are made of a material appropriate to your arm strength, and have a comfortable grip.
2. Take lessons: The right swing technique can do more than just improve your game, it can also spare you plenty of unnecessary pain. Working with a CPGA professional is a great way to learn the basics.
3. Warm up and warm down: Take a few minutes to stretch before and after your game. Start with a brisk walk, then do some light stretching.
4. Push, don't carry, your golf bag: Pushing or pulling a bag on its wheels and taking turns riding in a cart can help you take a load off and prevent a back injury. If you prefer to carry your clubs, consider using a double strap carry bag that evenly distributes the weight.
5. Choose the right shoes: Wearing a golf shoe with good support and the proper fit can go a long way to prevent some knee, hip and lower back pain.
6. Drink lots of water: Dehydration can cause fatigue and increase your risk of injury. Water and juice are ideal refreshments. Drinking alcohol depletes the body's fluids and can lead to stiff muscles and soreness later on.

- News Canada