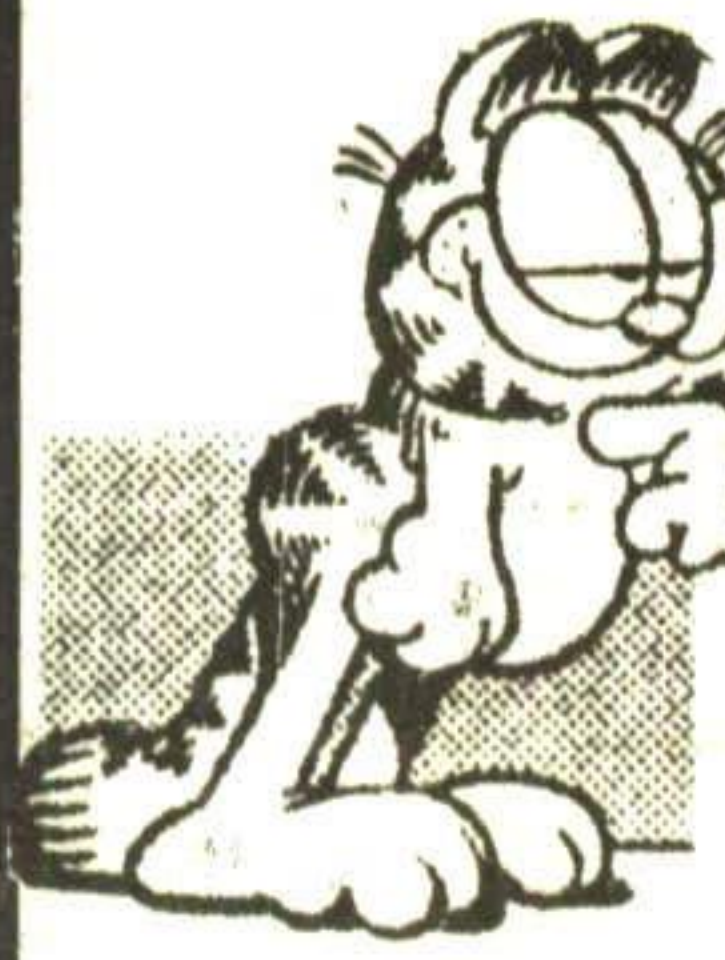


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**APPLICATION FOR 1994 MEMBERSHIP - ERIN HEIGHTS**

**Erin Heights Golf Club**  
 R.R. 2, Erin, Ontario NOB 1T0 (519) 833-9702



**Join before March 4, 1994 and pay less for your membership**

Name (s) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Postal Code \_\_\_\_\_ Telephone No. \_\_\_\_\_

The person(s) listed above wish to purchase a membership at Erin Heights Golf Club under one of the following: (please check one)

	By Mar 4/94	After Mar 4/94
<b>FULL MEMBERSHIP (7 days per week) (incl. G.S.T.)</b>		
• Senior Male	\$560.00 <input type="checkbox"/>	\$640.00 <input type="checkbox"/>
• Senior Female	\$480.00 <input type="checkbox"/>	\$550.00 <input type="checkbox"/>
• Intermediate (18-21 yrs. at Mar 1/94)	\$300.00 <input type="checkbox"/>	\$345.00 <input type="checkbox"/>
• Junior (under 18 yrs. at Mar 1/94)	\$275.00 <input type="checkbox"/>	\$315.00 <input type="checkbox"/>
• Husband & Wife	\$895.00 <input type="checkbox"/>	\$1,025.00 <input type="checkbox"/>
(each additional family member under 18 years)	\$160.00 <input type="checkbox"/>	\$185.00 <input type="checkbox"/>
<b>WEEK-DAY MEMBERSHIPS (Monday to Friday excluding holidays)</b>		
• Male or Female	\$430.00 <input type="checkbox"/>	\$495.00 <input type="checkbox"/>
• Husband & Wife	\$690.00 <input type="checkbox"/>	\$795.00 <input type="checkbox"/>
(each additional family member under 18 yrs. at Mar 1/94)	\$125.00 <input type="checkbox"/>	\$145.00 <input type="checkbox"/>

(1/2 price for persons over 75 years of age before March 15th who have been members for at least the last five consecutive years)

Your 1994 Membership Cards will be forwarded early in April.

The holder of any of the above membership cards is entitled to Golf Only for the entire 1994 golf season at ERIN HEIGHTS GOLF CLUB. Membership cards are to be used by the purchaser only. Membership does not include participation in outside (non-member) tournaments. Members at Erin Heights are entitled to play golf at Derrydale Golf Course in Mississauga for 1/2 the effective Green Fees.

A receipt and your 1994 membership card(s) will be forwarded by return mail in April.

ENCLOSED IS MY CHEQUE IN THE AMOUNT OF \$ \_\_\_\_\_ payable to ERIN HEIGHTS GOLF CLUB.


Applicant	Date of Payment	Approved by
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Junior members are restricted on the following days only:

- after 11:00 am Tuesdays (Ladies' Day)
- before 3:00 pm Wednesdays (Men's Night)
- after 2:00 pm week-ends (Tournaments)

**Our facilities include:**

- 9 hole regulation Golf course
- 5,842 yard Par 72
- Snack Bar & Pro Shop facilities
- Fully licensed
- Tournaments welcome



Hwy. 10 - north to Hwy 24 (Village of Caledon), West to Dundas Street in Erin, turn right to Erin Heights Golf Club.  
 For further information contact: Gary Graham, Manager (416) 822-4869

**TOURNAMENTS WELCOME!**

# Home aquariums proven to benefit health

Relaxation and relief from stressful situations go hand-in-hand with good health and fitness. This is why your doctor's or dentist's office may have an aquarium.

Now, two doctors at the University of Pennsylvania have proved what many doctors and dentists have known for years: Watching tropical fish in a home aquarium not only is relaxing and a good way to relieve stress, but actually reduces high blood pressure.

Drs. Aaron H. Katcher and Alan M. Beck published the results of their study, entitled "New Perspectives on Our Lives With Common 'Animals,'" in the University of Pennsylvania Press.

### The many benefits

Not only is a home aquarium enjoyable, entertaining and a good hobby for any family member, it is also a proven benefit to your health.

Owning a home aquarium obviously has many positive benefits. Throughout the U.S., 10 million aquariums are being enjoyed in homes, offices, restaurants and hotels.

Undoubtedly you have seen at least one and may have wondered, "How do I or my youngsters (kids love tropical fish and easily get involved in the simple maintenance) get started?"

First, you will want to locate a good dealer in your area. If you have a friend who has an aquarium, ask for a reference; otherwise, the phone book lists most tropical fish retailers.

### What to look for

During your visit to a tropical fish store, you will want to get some of the aquarium sizes and of the equipment you will need, and look over the selection of the fish so that you can choose the ones you will

want to keep.

It is advisable to purchase a book that provides complete instructions on setting up and maintaining an aquarium.

One basic rule to follow, however, is to buy the largest aquarium possible, because the greater the water environment, the less chance there is of water problems.

When determining where to put your new aquarium, several factors should be considered. You will not want to put it in direct sunlight since this will cause algae to grow on the glass and plastic accessories. You will also not want to put it on your best carpeting since, during water changes, it is possible for some water to splash on the floor, and you will be sure to want to put it on a firm stand since water is heavy.

After you have decided on the aquarium, your first accessory will be a tightly fitting canopy cover equipped with a fluorescent fixture. Fluorescent fixtures throw off a cool light and will not cause fluctuations in the water temperature.

While on the subject of water temperature, tropical fish require an environment maintained at around 75 F (25 C).

You therefore will need a good heater and an aquarium thermometer. A recent development in this technology is the liquid crystal digital thermometer, which affixes to the outside of the aquarium, yet measures most accurately the water temperature.

You will also need a quality filter. Your dealer can give you proper advice since there are several types of filters and your needs will vary with the size of your aquarium. If you are going to keep a lot of fish, you will also want a separate air pump to add oxygen to the water.

### A creative venture

Decorating an aquarium is great fun. There are multi-colored gravels, highly decorative backgrounds and hundreds of ornaments, as well as plastic plants so real in reproduction it's almost impossible to distinguish them from live plants.

Most good retailers will have a complete assortment, and you selection should be based on the size of your aquarium and the amount of money you decide to spend.

Once you have set up your aquarium, you should add a chlorine neutralizer to the water and add only a few fish initially. These few fish will help develop the proper biological conditions necessary to maintain a fully stocked aquarium. After three to four weeks, assuming everything is functioning properly, you can then go ahead and add the rest of your fish.

### Easier than you think

Aquarium maintenance is a lot simpler than people think. Every two weeks, a partial water change (not greater than 20 per cent) by siphoning the water from the bottom of the aquarium is all that is required. A device called the Hydro Clean allows an efficient siphoning by separating the debris in the gravel and removing it with the water from the aquarium. On a monthly basis, your filter will require minimal maintenance. That's all there is.

Following this simple routine, chances of fish disease or any other aquarium problems are remote. In fact, one of the biggest problems people have is spending too much time maintaining their aquarium. On a daily basis, of course, fish should be fed; a good quality flake food will provide a complete diet for almost all fish.



**You'll play better,  
 enjoy them more  
 and  
 have fewer injuries  
 if you first get into shape.**

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