



## Meeting Notice

### Superintendent/Managers Meeting

**Day and Date:** Thursday, July 8, 1982  
**Location:** Siwanoy Country Club  
 Pondfield Road, Bronxville

**Host:**  
**Superintendent:** Scott E. Niven  
**Club Manager:** Gary Jorgensen  
**Golf Professional:** Larry Craig  
**Greens Chairman:** Duncan McNab  
**Club President:** Hans Peyer

**Telephones**  
**Superintendent:** 914-961-8698  
**Clubhouse:** 914-337-3840  
**Golf Shop:** 914-337-8858

**Golf:** 12-1 p.m.  
 Carts: \$10.00 sign or cash  
 Caddies: \$12/bag plus tip  
 w/cart \$3.00/person

**Lunch:** 12-1 p.m. in Men's Grille  
**Social Hour:** 6-7 p.m. with Hors D'oeuvres  
**Dinner:** 7:00 p.m. \$25.00/person  
**Program:** E. F. Hutton

**Special Note:** Supt./Mgr. Tournament — Scramble

**Directions:** Coming north on Hutch — Take Exit 14 (New Rochelle Rd.) Turn left off ramp. At 3rd light bear right up hill, Club entrance is ½ mile on right.  
 Coming South on Hutch — Take Exit 18 (Mill Rd.) Turn right off ramp. At 9th light turn left (Rt. 22). After passing Concordia College (1 mile on right) continue ½ mile and turn left onto Pondfield Road. Club entrance is ¼ mile down on left.

## Coming Events

June 23 Mass. Turfgrass Field Day,  
South Deerfield

June 21-26 Westchester Classic, Westchester C.C.  
(GCSA members invited)

July 8 MGCSA Superintendent/Manager  
Meeting — Siwanoy C.C.

July 12 MGCSA Summer Social — Fairview

July 13 L.I. Turfgrass Field Day on Wheels  
State University, Farmingdale, NY

August MGCSA Family Picnic  
 August 5 Rutgers Turfgrass Research Field Day  
Cook College, North Brunswick

August 25 Univ. Of R.I. Field Day, Kingston

September MGCSA Meeting — St. Andrews G.C.

September 30 Chapter Team Championship  
Ridgewood C.C. (contact  
Dennis Flynn for details)

October 14 MGCSA Meeting — Wee Burn G.C.

November 9-11 N.Y.S. Turfgrass Conference and Trade  
Show, Rochester

December 6-9 N.J. Turfgrass Assoc. Expo

December 11 MGCSA Christmas Party  
Brae Burn C.C.

## MGCSA Summer Social Monday, July 12th Fairview Country Club

Poolside steak barbeque  
 \$25 per person for dinner and hors d'oeuvres  
 Hors d'oeuvres at 7 p.m.  
 Band with dancing

Dress code: Sportswear — no cutoffs or jeans

**Reservations a must!!!**

Return card to Bob Alonzi

## MGCSA News

The weather for 1982 is off to a poor start. First, we had the blizzard of April 6th, then a hot, dry month of May and now several inches of rain. What's going to be next?

We had a good day for the MGCSA Superintendent/Green Chairman Tournament held May 19th at Dick Allen's Woodway Golf Club. We had 80 for golf and 100 for dinner with the following winners.

1st Place: Woodway Golf Club 62  
Dick Allen and Bruce Vernon

2nd Place Greenwich Country Club 63  
Paul Caswell and Samuel Stowell  
(match of cards)

3rd Place Fairview Country Club 63  
Bob Alonzi and Irving Dale





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Reprint permission is hereby authorized providing credit is given to *Tee to Green* . . . unless author states otherwise.

Publication deadline for *Tee to Green* is 21 days before the regular meeting.

Chuck Martineau won closest to the pin on the 15th hole with 2'10".

Our thanks to Dick Allen and everyone at Woodway.

This spring we ran a survey in the *Tee to Green* asking the membership what articles they would like to see more of. Some of the comments are as follows:

"Use of wetting agents as a tool for poa seedhead reduction."

"Latest research and new chemical trials."

"An annual survey on area salaries and benefits of both Superintendents and crews that would be useful in negotiations with club management."

"Labor and/or money saving ideas."

"Local input from members. Re: *What's Happening*."

We'll do our best on the first three items, hope the membership can help us out on the last two.

This year our MGCSA Invitational Tournament was held on June 3rd at Fred Scheyhing's Mt. Kisco Country Club. With the previous heavy rains the course played long. Winners are as follows:

1st Place	Bedford Golf & Tennis Club	52
2nd Place	Brae Burn Country Club	53
3rd Place	Innis Arden Golf Club	57
		(match of cards)
	Westchester Country Club	57
	Fenway Golf Club	57
	Wykagyl Golf Club	57

Kelly Moser, Professional at Brae Burn won closest to the pin with 4'2".

Mr. Jim McLoughlin, Executive Director of the GCSAA was our speaker for the evening. Mr. McLoughlin gave us an overview of the current status and direction of the game of golf.

Thanks to Fred Scheyhing and everyone at Mt. Kisco for an enjoyable day.

A sidelight which might be of interest was received from the Connecticut Nurserymen's Association, Bulletin #294. During the 1982 Connecticut General Assembly, a "Water Diversion Bill" was made into law. This bill establishes a major DEP regulatory program via comprehensive registration system. Existing water diversions are exempt from permit and review; however, users of more than 50,000 gallons per day must register with DEP prior to 1 July 1983, the location, volume, frequency and rate of withdrawals and discharges along with a description of the water use and system. Vegetable, field crop, sod, nursery and tobacco operations with a potential to water more than two acre inches per day will be required to register."

With last year's drought and pieces of legislation such as this, the message should be clear: improve, update, refine, streamline, control and reduce water usage. The day of the quick coupler system is ending quickly, and the sooner clubs realize this and modernize, the better.

—Pat Lucas

*Editor's Note: "The Bullshead," newsletter of the Midwest Golf Course Superintendents Association carried the following article "Coping With Stress" written by Carl Landgrebe, CGCS.*

—P. Lucas

## Coping With Stress

Stress is a serious matter. It is a very significant element in a golf course superintendent's life, as well as every person in our fast-paced society. I'm not going to present here, new data from research or personal success I experienced growing grass. So nothing will follow in the familiar lbs./1000 sq. ft. or in "Royal" Stimp Meter measurements. Rather, I am going to deal with quite an abstract matter. I am going to relate to you some adversities and how I dealt with them, and how you also might deal with them.

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Your reading this might not directly improve your ability to grow fine turfgrasses, but it just might help you to live longer. It may also help you improve your outlook thus, indirectly assist you in growing fine turfgrasses. It will hopefully allow you to control the emotional distractions, which attempt to obstruct you from achieving your goals.

Stress! What is stress? Why should we concern ourselves with it? We concern ourselves with it because we have to control stress. Medical research is uncovering daily, more and more links between major physical disorders and stress. Stress leads to psychosomatic disorders, such as heart attack, high blood pressure, ulcers, cholitis, respiratory and digestive disorders and it's been proven recently, rheumatoid arthritis. The underlying biological weakness determines the type of illness we express. Under stress, the parasympathetic nervous system (present under calm times) gives way to the sympathetic nervous system. This change has been conclusively shown to cause an undesirable metabolic change, leading to various physical and mental disorders.

Some common causes of stress:

- Time deadlines
- Anxiety
- Future uncertainties
- Boss pressure
- Uncontrollables
- Worrying
- Adversities

You don't have to look far to find potential uncontrollable adversities. Anthracnose, Dollar Spot, Ataenius,

Spretulus, Poa annua. Diasters just waiting for a place to happen. It is these sometimes uncontrollables which set our jobs apart from other jobs.

What is the distinguishing element? Nature, and its infinite matrix of variable situations, thrust upon us in such an unpredictable manner. So much is emotionally at stake. We put so much time, effort and investment into what can be swept away by a three inch thunderstorm the day before the invitational or Pythium seemingly feeding on your just applied Dollar Spot preventative.

Truely, our work environment is unique. A far cry from the Airline Pilot, who is most of the time on autopilot, or the train conductor whose destination is established and route clearly defined by the two steel rails. A different ball game indeed, when your success or failure greatly relies on the perpetuation of the living organism.

Ours is a challenge unparalleled. Think about it a minute. We must a 6:00 a.m. motivate the minimum wage earner, and at 8:00 a.m. explain to a chief executive officer of a billion dollar corporate conglomerate on the first tee, why frozen turf succumbs under the wheels of a golf cart. One might consider that a crisis, another might consider it opportunity/challenge. Depends on how you look at it.

Our work environment is a stage set. With stress playing the leading role. Supporting actors, we got plenty, you can name them just as well as I can, their names are in the club directory or membership list. They come with scripts well written and intentions, through not harmful. Somehow the result is all too often dramatic, with our emotions the

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victim. Triumverate system? Or three ring circus. You're at the controls. Indeed, with all those self-acclaimed authorities posing as consultants, deciding when the golf carts can roll, why the greens are slow or why the tees aren't cut daily.

So, ours is a tough task. That of developing a system to deal with stress, so we are left emotionally uninhibited, to control and organize the unpredictable elements of nature, into a consistent product, a golf course. A "perfect" golf course.

There are many approaches dealing with stress, some good some bad. Some very expensive. I would like to discuss two, which I relate to the golf course superintendent's situation. One I will call the direct method, the other the aversion method. The two methods differ in the way they approach the problem of stress.

In the direct method, you attack your stress factors, thus the direct approach. The first step is to identify these factors, or things which trigger tension in you. Physically write them down. Even those you think are not significant (if they came to mind then they are significant). A typical list might approach 70. Such things as superior pressure, fungal attack, 3" Friday thunderstorms or undisciplined employees. Next step is to single out ones you feel you effectively control, then eliminate them, one by one.

To realize how important elimination is we must understand the effect each additional stress factor has on the individual. As we add stress factors we are not simply adding the weight of another "straw to the camel's back" bringing us close to the breaking point. We are not only adding the

tension associated with the new factor, but adding a composite stress factor. In other words, we compound the amount of stress caused by each of our previous stress factors when we add additional stress factors.

I personally don't put much confidence in the direct method, because quite frankly I feel there isn't much we can do about the unreasonable boss, unexpected rain storms or a furious golfer that lost a \$200 bet because he missed a 20' putt that he stroked **perfectly** across your **terrible** greens.

So, I rely on the aversion method which I find very helpful. It goes like this. Stress factor present: April first greens loaded with snow-mold damage. I can hear them now. What happened to the greens? Will the grass come back? When can we plan? This provides the setting which starts the process, which provides the tension, which triggers the sympathetic nervous system which results in what we recognize as head throbbing, dry throat, queazy stomach or body jitters.

Now it's time for you to step in and do something positive, take control of the situation. Apply the aversion method. How do you do that? I call it flashback. Flashback to some memorable experiences, places, events or people you have met. Relive those precious moments in your mind. Take yourself back in time, momentarily away from your present stress.

This will help you maintain your composure when faced with the various pressures surrounding such an adversity. This aversion or flashback process will allow you to regroup your thoughts, maintain that overall perspective to allow

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you to keep the impact of that stress factor/adversity in context. Don't allow it to balloon out of proportion. Don't let it dictate your mood.

The system works for me. I am sure it would work for you. It's simply a way to actively take charge of your mood. Doctors have a system called hypnotherapy. They are better instructors of the system than I am, but quite frankly, I can't afford their \$100 plus per hour fees. So, it's imperative that we develop our own system to cope with our individual stress factors.

By all means don't think this is a one shot process. It is a perpetual process, requiring periodic implementation. Because sure as you think you have the situation licked and are "flying high" here comes that 3" Friday afternoon once in a "100 year" rain storm that seems to come every other year.

This can send you reeling down once again, to the emotional cellar (don't reach for the wine, it's not that kind of cellar). As you know, it's not hard to slip and bury yourself in your sorrows, heaping great mental anguish upon yourself and get into a downright irritable mood. Thus, creating a much less tolerant mood to listen to petty complaints.

When periodically confronted with these stress situations, practice the aversion method. It will serve to release tension and block the inevitable "multiplier built up effect" of tension. A way to wisk away those headaches. Giving you a soothing feeling, like emersing into a hot tub.

Let me take a moment to dwell briefly on one of the previously listed stress factors, time deadlines. I would like to give this stress factor special attention because it is a very common and important self-inflicted potential adversity. I'm talking about scheduling more than can physically be completed in a given period of time. Commonly referred to "Biting off more than you can chew." Due to a break down in the planning and scheduling phase of your operation. Whatever the fault, the result is obvious. We distort the impact of time. This forces us into an accelerated pace, uncharacteristic of us. Working frantically, therefore we risk an obvious head-on collision with our deadline, leading to an inevitable stress situation.

As we search our memories for possible flashback subjects or material for use in our aversion system, I might suggest looking within the confines of your own club. Ours is a natural work environment second to none. If one likes "the out-of-doors" you can't beat our surroundings. So search your mind for those pleasurable moments, experiences or accomplishments on your own golf course, that might serve as reserve subjects for pleasant recall process. They might be such things as special reconstruction projects you completed, or a successful tournament, or just seasonal course beauty. Keep your mental registry process open at all times, so you can actively add subjects for future recall reinforcement of your mood. Good luck! Hang in there! Stay in control. Hypnotize with pleasantries.

—Carl Landgrebe, June 1982

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Dr. Martin Petrovic, Dr. Richard Smiley, Dr. Haruo Tashiro, Dr. Arthur Bing, Maria Cinque and some of their assistants will guide you through the Turf Plots.

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Social: Social and Dinner at SUNY—Farmingdale in Knapp Hall  
5—6:30 p.m. — Cash Bar. Some refreshments compliments of NYSTA  
Dinner: 6:30 p.m. (Steak dinner)  
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**Metropolitan Golf Course Superintendents Invitational Tournament  
Mt. Kisco Country Club, June 3rd**



**First Place: Bedford Golf and Tennis Club**  
l/r: George Lawrence, Green Chairman; Walt Ronan, Professional;  
Terry Boles, Superintendent; Bob Ferguson, Golf Chairman.



**Second Place: Brae Burn Country Club**  
l/r: Dennis Flynn, Superintendent; Kelly Moser, Professional; Gil  
Koenig, President; Harry Auerbach, Green Chairman.



**Third Place: Innis Arden Golf Club**  
l/r: Chet Rice, Green Chairman; Billy Mitchell, Professional; Pat  
Lucas, Superintendent; Reg Gisborne, President.



Mt. Kisco Green Chairman Domonick Pasquale addressing the  
Mt. Kisco meeting as MGCSA President Mike Maffei (l) and Mt.  
Kisco Superintendent Fred Scheyhing (r) look on.



Mt. Kisco Superintendent  
Fred Scheyhing  
addressing the  
MGCSA Mt. Kisco meeting.  
President Mike Maffei  
listening.

Jim McLoughlin,  
Executive Director of  
the GCSAA speaking  
on trends of golf today.







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*With any chemical, follow labeling instructions and warnings carefully.*





*Editor's Note: Mr. Dennis P. Petruzzelli, Assistant Superintendent of Grounds at Brae Burn C.C., has submitted the first of several interviews he plans to conduct with local Superintendents. Our thanks to Dennis for his contribution to Tee to Green.*

—Pat Lucas

## Host Superintendent . . . A Biography

by Dennis Petruzzelli, Assistant Superintendent  
Brae Burn Country Club

Mount Kisco Country Club was recently the site for the June meeting of the Metropolitan Golf Course Superintendents Association. The hosting Superintendent was Fred Scheyhing.

Fred was born in Manhattan, and grew up in Massachusetts. He got his initial interest in Golf Course Management as a golf caddie at Springfield Country Club in West Springfield, Massachusetts. In order to increase his understanding of the trade, he enrolled in Stockbridge College of Agriculture for Turfgrass Management. After graduating, Fred became the Assistant Superintendent at Chevy Chase Country Club in Maryland. In time, he advanced himself to a Superintendents' position at Mount Kisco Country Club. Fred remained at Mount Kisco for ten years before moving back to Maryland as Superintendent at Chevy Chase Country Club. Two years past, and Fred came back as Superintendent at Mount Kisco Country Club.

Fred loves the idea of being his own boss and having the freedom of coming and going as he pleases. What he finds most fascinating about being a Superintendent is implementing and visually seeing beautification enhanced through careful manipulation. Fred believes in "sticking" with same practices and techniques yearly due to their high success rate. Anything that works well for you, should be stayed with. However, chemical programs tend to vary yearly. Fred's feelings on the impact of high prices in golf course management are that the smaller golf clubs will really feel the "pinch." It may be necessary for everyone to "tighten their belts" some and make do as best as possible,

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Many Superintendents have been counteracting against inflationary times by resorting back to many "old" cultural practices, such as hand weeding tees. Fred hopes this is not the case and seems optimistic for better economical times. Although, many dollars can be saved through these "old" practices, that they shouldn't be automatically eliminated from a maintenance schedule . . . especially at the smaller golf clubs.

Whenever Fred's not strolling fairways, he may be found in a bowling alley for bowling is one of his favorite past-times. He also loves to play the piano and golf. Fred looks forward to visiting his fellow Superintendents at monthly meetings. He enjoys spending much of his time with his wife and son at home in Brookfield, Connecticut.

I would like to thank Mr. Scheyhing for his time and wish him a very prosperous "green" season.

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## Backyard Putting Green Demands Painstaking Daily Care

So you're looking for a hobby? Something to get you out of the house? Maybe you can spruce up the lawn a little bit.

Have you ever thought about turning some of that backyard terrain into your own putting green?

Don't.

Unless you're ready and willing to part with plenty of money, plenty of time, and plenty of backbreaking hours of work. If that's the case, Junior's sandbox might be lined up next to an attraction as beautiful as the 18th green at Augusta National.

What better way to slice strokes off that embarrassing average than having your own practice playground? What better way to be the envy of your neighborhood? What better way to keep the family from bugging you about your little block of earth with a swimming pool?

"Strangely enough, we've had a number of people interested in putting greens," said LaGrange golf course architect Larry Packard. "But most of them cool their interest when they find out how much work it takes."

Those perfectly manicured blades of closely-shorn bent grass that cover golf course and country club greens don't just happen. It takes hours and hours of painstaking care by professional staffs every week, every day, indeed sometimes every hour. Many experts caution if you aren't willing to either give your green that kind of care or pay the price to somebody who can, you'd be better off buying a croquet set.

Architect Ken Killian, who along with his partner Dick Nugent, designed the new Kemper Lakes layout, has given up advising people on owning their own putting surface.

"We've known a lot of people who have tried it. In fact, when we started we built several greens for people. But we've given up on that. It's just too much for a homeowner."

"A putting green has to mowed almost daily," Killian continued. "It has to be treated with fungicides and aerated. A fungus can crop up in that grass in a matter of

hours. If you don't know what you're looking for, that can be the end of it right there."

Briarwood Country Club greens superintendent Paul Voykin is one of the nation's foremost authorities on grass, lawns and putting greens. He's written two books and numerous short articles about how to keep your grass green. Voykin believes in home putting greens.

"Every year you read about what's the 'in' thing for that year, what's the newest fad," Voykin said. "From my point of view, putting greens are 'in.' Plus, it's a prestige thing. It's for the wealthy. Chances are you'll be the only person in your neighborhood to have one."

"I probably have 20 to 30 inquiries each year," Voykin added. "And I actually try to discourage people from putting 'em in. So once greens are put in, you can be sure the people are dedicated, diligent and knowledgeable to the task."

Ah, the task.

First, your home lawnmower isn't going to clip that bent grass to the 3/16 inch that persistent putters are accustomed to. A cost ranging upwards of \$1,000 for a new machine alone drives most middle-class golfers back to their public course.

With that mower, however, Packard says you can have a reasonably adequate surface. But, that simple maneuver doesn't count as a real green.

If you want to add a few undulations and a few tricky readings to the green, you'll have to dig out some soil and put in the whole works.

A sandy soil with plenty of peat is required, because the green will need lots of water, fertilizer and fungicide protection. And chances are you're going to have to put down some drainage tile to avoid getting that backyard swimming pool after all.

Now you should be ready to lay down some sod and get set for a summer in the backyard, watering, feeding, nur-

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turing, and once in a while even putting on your personal green.

"If you leave out the dirt and the drain tile, maintaining a green wouldn't involve all that much expense," Packard said. "You can look for a used handmower that shouldn't run at too much expense. All it takes then is some extra watering, mowing, and fertilizing—unless you want to get into more elaborate preparations."

Killian cautions that equipment is a problem.

"Unless you're quite close to a golf course, it's difficult to get the equipment you need. Plus maintenance is a daily job.

"For the weekend golfer, it's hardly worth it. The expense is too much. Unless he likes to work with a green better than play golf itself, it's hardly worth the trouble."

Yet, with plenty of consultation from an expert, you can maintain a putting green.

"We show people certain blemishes that they should look out for," Voykin said. "And we teach them preventive spraying—once you see a problem, it may be too late to stop it.

"I've found that usually in three years, out will go the green if they lose interest in it. But most people give me a call, and I don't have any trouble selling the mower to somebody else," Voykin said.

"A putting green is a great idea for an apartment, or a condominium or even for industry. What better value is there for employes to go outside on their lunch hour and putt around."

"There's no end to where putting greens can go. And," Voykin added with a sly smile, "that makes people appreciate golf superintendents."

Packard poses even more potential for the serious putter.

"About half of the 72 strokes in a round are putts if you consider two putts for every green. Save a putt on each hole and you can save 18 strokes."

Hmm. With a little practice, we can all shoot 54.

Where's that sod?

—Linda Young, *Suburban Tribune*

## 'Malignant Individualism' Blamed For U.S. Upswing in Mass Violence

A Harvard University psychiatry professor who has worked on Atlanta's child killings said yesterday that society's emphasis on individual satisfaction is breeding more mass violence. "I think there are more killers out there than before," said Dr. Alvin Poussaint. "Some things are an expression or atmosphere or tone of a society."

Poussaint, addressing about 200 teachers at the New Jersey Education Association convention, said growing "malignant individualism," or a person's right to do almost as one wants, is being stressed at the expense of the rights of the community. "Part of the 'self' thing in America is a wish to be famous, to be a celebrity. One way is to be infamous, to make a name for oneself by doing something outrageous," Poussaint said. "The ultimate in being self-interested is to kill," he told the teachers. "In the act of violence, you get a sense of power. It's the ultimate in power."

Poussaint, a former consultant to the Atlanta Police Department in the recent slayings of black children, said most mass killers and some political assassins are "isolated, loner-type of individuals, cut off from society, fantasizing about themselves." He said such feelings are becoming more common in American society because of television and movies, which he said portray killing as a way to solve problems and disputes. Poussaint said society's emphasis should be re-directed toward the community good.

Mass media, for example, should "tone down violence," especially in movies and television hows directed at children, he said. Parents, he said, should teach children that non-violent means, such as walking away from a fight, is acceptable behavior. Parents should also be encouraged to reduce their "violence" against children. Finally, Poussaint said, American competitiveness should be dampened so children won't feel that violent behavior is necessary to achieve their goals.

—Greenwich Time



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*Our thanks to John Wistrand of Metro Milorganite for forwarding us this revised Oftanol Calibration Guide.*

### OFTANOL CALIBRATION GUIDE

The following chart can be used as a guide in establishing accurate rates of OFTANOL 5% granular. The listed settings should provide an application rate of .9 lbs. per 1,000 sq. ft. or 40 lbs. per acre.

#### SPREADER

Cyclone B-1  
Scotts R X-7  
Scotts PF #1  
Scotts 100-4  
Lely

Precision Broadcaster  
Model W Standard Feed Ring,  
(Pt. #RC-2.3201.0250.0 or  
Pt. #2.3201.0400.0)

Gandy Company  
Turf Tender

603

#### SWATH WIDTH

10 feet  
10 feet  
21-inch drop  
36-inch drop

20 feet

(Dependent on  
model size)

(dependent on  
model size)

#### SETTING

2.75  
D  
3  
3

3.5

27 at 4mph  
28 at 4.5 mph  
29 at 5 mph  
15 at 4 mph  
16 at 4.5 mph  
16.5 at 5 mph

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In order to check the calibration of individual pieces of equipment, the following steps can be taken.

1. Determine swath width of equipment being used to apply OFTANOL 5% Granular, using approximate settings as shown on chart.

2. Using the width measurement of the primary setting, determine the distance to travel to cover 1,000 sq. ft. of surface and mark each end of this lane. (Example: 10 foot swath  $\times$  100 foot strip = 1,000 sq. ft.)

3. Carefully weigh the amount of OFTANOL 5% Granular which will fill the applicator one-half full and make one trip in the calibration lane.

4. Carefully weigh the remaining amount of OFTANOL 5% Granular in the spreader—.9 lbs. of product should have been used.

5. Adjust the setting to reflect the increased or decreased amount necessary, and re-do steps 3, 4, and 5.

If further refinement of the rate is necessary, the setting can be calibrated to apply one-half the recommended rate and apply in a twice-over application at right angles to each strip.