



Tee to Green

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Stress Management on the Golf Course

Mary Medonis Assistant Superintendent, Westchester Country Club

Sensing an intruder lurking in the shadows, primitive man thousands of years ago would have several instantaneous physical responses. His blood pressure would rise, and a combination of hormones would send sugar to his muscles and brain. His survival threatened, he would most likely feel a surge of fear or anger. Now physically ready for conflict, our ancestor would either face the intruder and fight, or run like hell.

Once a necessary component of survival, stress has come to threaten modern man. Our bodies are continually being alerted by dangers and conflicts we cannot respond to physically. The irritation and frustration you feel on the scorching August afternoon as you watch the greens browning out is understandable, even appropriate, right? But aside from fungicidal application, what can be done to physically fight the disease? Pythium is not only killing your grass, it is also threatening you!

Continually being keyed up results in a fatiguing of all life-support systems through time. Prolonged stress causes cortisol (a hormone) to be released from the adrenal glands. Cortisol increases metabolism and suppresses the immune system. This gave an advantage to primitive man, who would be able to run or fight even though wounded. A continually suppressed immune system means increased risk to colds, infections, and a number of other illnesses. Tension's effect on the body is very often via the muscles, resulting in ulcers, headaches, colitis, hypertension, insomnia, and infertility.

The golf course superintendent must be

aware of stress effects, because he faces a potentially large dose on the average day. One reason lies in the vast diversity and complexity of the day-to-day skills needed to manage a golf course. The "average" superintendent's range of knowledge includes personnel management, diagnostics, irrigation repair, and mechanics. It is only human to have strengths and weaknesses, but the nature of our work tends to make us more aware of our shortcomings. In addition, foul weather can wreak havoc with even the best laid plans. It seems as if the day is too hot, too cold, too wet, too dry, too windy, or too humid. The weather is rarely "just right," and often is a force beyound our control.

while an individual's job security is often tenuous, he may find it difficult to move on because available jobs are scarce, and competition is fierce. The superintendent or assistant seeking upward mobility often drives himself hard, in an effort to make him and his course stand out. They feel that to do a job right, it must be done to physically fight the sease? Pythium is not only killing your ass, it is also threatening you!

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into less and less time, and are nervous and irritable. (These are all traits of the Type A Personality.) Spinning their wheels, physically taxed, they become disillusioned, and depressed. The superintendent who cannot learn to delegate responsibility, and works inappropriately long hours may be a prime candidate for "Burnout."

Reduce job-induced stress by being organized and efficient with your work resources. Try to set workable goals for each day. Concentrate on the high priority needs, and try to put the small annoyances out of your train of thought.

Short-term stress reducers include allowing 10-20 minute of quiet time in the middle of a hectic day. Tensing and relaxing muscles (called **progressive muscle relaxation**) can also be helpful. Some people find imagery, which is envisioning a tranquil, peaceful scene, to be effective during their rushed periods.

Biofeedback is based on the belief that a person has some degree of control over

(continued on page 6)

Met GCSA Invitational Results

Low Gross: W 2nd Gross: K 3rd Gross: M

Westchester Hills Knickerbocker Middle Bay

Low Net: 2nd Net: 3rd Net: Essex Falls Rockrimmon Heritage Hills



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Presidential Message

The purpose of this brief, mid-season note is to update you on some Association news.

In May, Tackman, Pilla, Arnone & Company, Certified Public Accounts, completed our audit. This included recommendations for streamlining some procedures which are being implemented by your Board of Directors. Our thanks to Treasurer, Larry Pakkala for his tireless efforts related to the audit.

Our Social & Welfare Committee, co-chaired by Scott Niven and John Carlone, has organized a great Summer Social for us. On Tuesday, July 21 at 7 p.m., we will depart the Norwalk Harbor aboard the Mississippi Riverboat "Lady Joan" for a great four hour cruise. Some seats are still available so contact either Scott or John immediately.

Mrs. Janice Russo of Larchmont is our Met GCSA secretary. Jan is part-time secretary to Bob Alonzi at Winged Foot and does the Met secretarial work on her computor at home. Welcome aboard, Jan.

In passing the mid-way point in my term as your President, I must comment on the "natural resources" of our Association – natural resources which I want to ensure do not go unnoticed by the membership. I am referring to the men and women who give so unselfishly of their time and talents to serve on the Board of Directors and the various Met Committees. My heartfelt appreciation to all of you for the fine work you are doing on behalf of the Association.

Remember, July 21 is the Summer Social Cruise and July 28 is a joint meeting with the Hudson Valley Association at George Pierpoint's, Ardsley Country Club. See you there.

- Patrick Lucas, CGSA

John Reid Award Winner Says Thanks

May 25, 1987

Mr. Peter R. Rappoccio, CGSA Awards Committee Metropolitan Golf Course Superintendents Association, Inc.

Dear Peter:

Since you called to tell me the great news, I've been bursting with pride! Please accept and convey my thanks also to all members of your Awards Committee . . . I'm deeply appreciative! The prestigious John Reid Award holds special meaning for me and my family as I was born and raised in Yonkers . . . and was introduced to the great game by caddying for my brother and his friend Elmer Voight at Sunningdale C.C., back when they both worked in the Pro shop. I couldn't believe the beauty of the course and the vast expanse of manicured turf on which the game was played . . . and to this day I vividly recall my first view of the first hole as we walked from the parking lot to the first tee . . . and this image comes back often when thinking back to the days of my youth.

Peter, I deeply appreciate being named the 1987 recipient of the John Reid Award . . . and while bursting with pride, I also cannot help but feel a tinge of guilt as I so thoroughly enjoyed my work . . . work that kept me involved with the game and with the men whose dedication, perseverance and pursuit of excellence in the field of golf course maintenance and management earned them the respect of all the golfing world.

Sincerely, Alexander M. Radko

Nematodes - perhaps?

Miki Reeb, CGCS

In late spring of 1986, after an unusually warm and dry April/May, and despite a comprehensive preventive spray program, the greens at C.C. of New Canaan began to decline steadily. Symptoms included numerous small (dime size) reddish brown wilting areas which appeared water soaked and coalesced into larger areas of dead turf. Little or no *Poa annua* was being taken out, just the bentgrasses. Roots, previously relatively deep, now appeared generally brownish and very weak. All greens showed similar symptoms but the drier, stress, prone areas had been hit the hardest.

While conferring with colleagues, technical representatives, and university people, and while various fungicidal controls at high label rates were proving ineffective, samples were sent to Dr. Noel Jackson at URI. Fungal pathogens were ruled out, as was a suspect herbicide application, but some nematodes were discovered. So more soil samples were sent to Dr. Martin Harrison at Cornell for further evaluation.

Assay results suggested treatment, so Nemacur 10% granular (LD50-10) was used at a rate of 4 lbs/m. The entire course

*Met GCSA Championship First Round

(Second Round is September 17 at Greenwich Country Club)

was closed on the day of application, including the swimming pool which is situated near the practice greens. Prior to applying the Nemacur greens were mowed, flags removed, and cups reset (to avoid crew contact with soil for a few days afterwards). Full protective clothing disposable coveralls, rubber boots and gloves, cartridge respirators, and goggles - was worn by the two applicators (phone calls to their homes that evening assured that they were showing no symptoms of overdose). Immediately following application each green was thoroughly watered. To prevent puddling and avoid potential bird kills, it was necessary to irrigate each green several times to allow for slow water penetration. The course was reopened for play the following morning. Within two weeks the decline stopped and the turf visably began a strong, steady recovery.

Nematodes, mostly microscopic threadlike root parasites which are usually present in the soil, feed by penetrating the host cells with a stylet. Some are specific to certain kinds of plants while others are not so fussy. General symptoms can include any of the familiar signs that occur when a plant receives inadequate amounts of water or nutrients. Although nematodes are not normally considered a problem in this region, their numbers can increase to the point of causing substantial damage to the roots, greatly weakening the plant and thereby reducing its ability to withstand other adverse environmental conditions.

Nematode/Disease complexes can also develop whereby the combined detrimental effect is more severe than that of both pathogens acting separately. This apparently is what occured at C.C. of New Canaan. Fungal problems, particularly yellow tuft, proved difficult to control and throughout the ordeal an aggressive spray program utilizing high rates had to be maintained.

Control of these sometimes troublesome little critters is aimed not at complete eradication but rather towards reducing populations to a level that will permit the normal growth of turfgrass. The actual damage threshold number is, however, difficult to determine since a plant's ability to withstand large numbers of parasitic nematodes will vary according to its relative health and vigor (makes sense, but deciding whether or not to treat becomes complicated). Once treatment becomes necessary annual monitoring of nematode populations is in order, and yearly applications may be required.

Testing for nematodes can be done any time between May and October as long as the soil temperature exceeds 40°F. To receive a pamphlet outlining complete sampling and shipping instructions (it's important that nematodes reach the laboratory alive) write:

Marion B. Strang, Lab Technician Nematode Diagnostic Laboratory Dept. of Plant Pathology 334 Plant Science Bldg. Cornell University Ithaca, NY 14853

For more specific information take a look at the nematode sections in Couch's Diseases of Turfgrass, Hanson's Turfgrass Science, and Beard's Turfgrass Science and Culture. And consider this: when you next go through the logical diagnostic steps to determine the cause of an unknown cultival problem, think about the possibility of nematodes – perhaps they are a contributing factor, even in this region.

	Coming Ev	ents
JULY		
23-26	U.S.G.A. Women's Open Championship	Plainfield C.C. Plainfield, N.J.
28	*MetGCSA Business Meeting (Joint w/ Hudson Valley GCSA)	Ardsley C.C. George Pierpont, Sup't.
29- August 2	The Commemorative (Senior PGA TOUR)	Sleepy Hollow C.C. Joe Camberato, Ssup't.
August 10	MetGCSA Family Picnic	Woodway Beach Club Darien, Connecticut
13-16	LPGA Tour Mastercard International Pro-Am	Westchester Hills G.C. Matt Ceplo, Sup't. and Ridgeway C.C. Earl Millett, Sup't.
26	Rhode Island Turfgrass Field Day	U.R.I. Turfgrass Research Farm Kingston, Rhode Island

Superintendent's Profile George Pierpoint – Ardsley C.C

July's joint MGCSA-Hudson Valley meeting will be held at Ardsley C.C. The host superintendent is George W. Pierpoint III.

* * * *

Dedication to the job, and aiming to please the membership are two of George Pierpoint's trademarks. As a youngster, he was befriended by Al Durland (then the superintendent of Otterkill G.C.) and his wife. As well as fatherly guidance and companionship, Al sparked George's interest in golf courses. U Mass followed, with superintendent's positions at Orange County, Echo Lake, Kramesha Lake, the Concord, and finally Ardsley C.C.

Originally built as the Ardsley Casino in 1895, designed by William Dunn (and re-designed by Allistar McKenzie), Ardsley boasts the most breathtaking view of the Hudson in all of Westchester County. In his 3½ years there, George has rebuilt several holes, installed extensive drainage,

implemented a tree program, and improved the "basic agrinomics" of the course.

A member of the MGCSA, Hudson Valley (also past president), NJGCSA (also past director), GCSAA, and the Co-operative Extension Service, George still actively pursues his favorite pastime: motorcycle riding. George logs 3-4,000 miles per year on his Harley FLHTC. His wife Ineke and sons George IV, 17, and Robert, 16, also enjoy touring.

Mary Medonis Assistant Sup't. Westchester C.C.

* * * *

In conjunction with the regular membership meeting of Ardsley Country Club on July 28th, there will be a separate meeting for Class B members. The meeting will begin at 4:00 p.m. and will be chaired by Tracey Holliday, the class B representative on the MetGCSA Board of Directors. We urge all "B" members to make an effort to attend.



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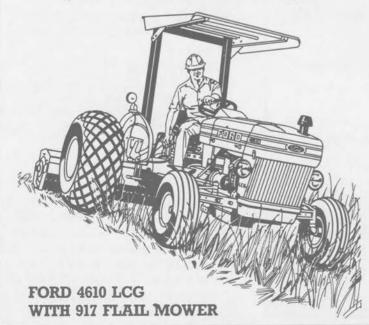
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MetGCSA Studies Employee Assistance Program

Over the past several months, the Met GCSA Long Range Planning Committee has been studying ways by which the Met GCSA can better serve it's membership. Along these lines the LRP Committee has recommended to the Met Board the implementation of a Employee Assistance Program (EAP). This program would be available to all Met GCSA members and their immediate family living with them. The program will be coordinated with Employee Assistance programs of Southwest Connecticut.

What is EAP? EAP is a program designed to help those Met members and their immediate family solve personal problems that affect their ability to perform their job or cause probems in their daily living.

We all have problems at one time or another. Usually we can resolve these problems ourselves. For those times we need assistance, the Employee Assistance Program provides professional, confidential counseling and referral. Initial counseling costs are covered by the Association through the MET GCSA participation in the program. Personal problems appropriate for this serve include, but are not limited to: Marital and family difficulties, emotional stresses, financial or legal problems and problems caused by alcohol or drug abuse. Without proper attention, these problems usually become worse and the consequences are often unpleasant and expensive.

The Met GCSA would like to offer this program because we care about our members. EAP offers supportive, professional help in an atmosphere of privacy and understanding. IT IS HIGHLY CONFIDENTIAL. No information about the nature of anyones problems will be released by the counseling agency, EAP of Southwest Connecticut.

What the Met Board would like to know is: What does the membership feel about such a program? Is it an avenue you would like the Met to pursue? Would you like to see such a program on line for Met members? Would you object to having dues monies allotted to fund such a program? Please let us know. Contact Peter Rappoccio, 203-438-6720, LRP Committee Chairman with your input.

The Met Board endorses this new and worthwhile program. We hope the mem-

bership feels the same.

NOTE: The Met Section of the PGA will also be studying the EAP program. If both associations accept the program, it would be to both our benefit to make EAP a joint venture.

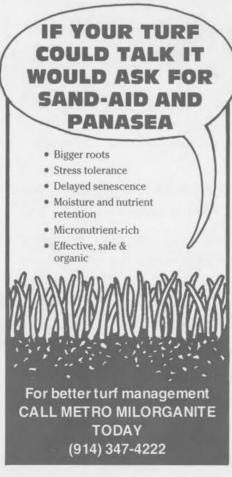
GCSAA Director's Comments

The continued growth and development of GCSAA has never been more evident than during the past several months as the Government Relations and Public Relations efforts of the association have taken shape and been implemented, GCSAA members for some time have looked to their association to promote the role of the golf course superintendent within the golf community. The recently approved dues increase, which specified significant sums toward such public relations efforts, illustrated this desire ever so clearly. So it is most gratifying to report that such efforts are well underway. Under the watchful eve of John Schilling, Executive Director and thru the enthusiastic initiatives of Bob Still, Manager of Media Relations, the world of the golf course superintendent is becoming more widely understood and recognized. Television advertisements, VIP receptions, soon to be introduced radio spots, and perhaps most importantly, regular one to one contact with individuals who report the game's goings on or who function within the framework of the golf community, all serve to help elevate the awareness of the professional golf course manager.

Truly exciting initiatives for GCSAA are in the area of Government Relations where Zack Grant, Manager of Government Relations, is breaking new ground in terms of creating positive perspectives in the minds of legislators and those who write the laws as to the professional qualifications of golf turf managers and how we, as keepers of the green, are indeed environmentalists who have a love of nature and who seek to manage our golf courses in a manner that is move favorable to the environment and to ployers of the game.

These are exciting times for GCSAA as our Association breaks new ground and as our profession becomes more recognized, better understood, and more willing to assert itself as a very significant player in the community of golf and the world around us.





Metropolitan Golf Association News

One of the fundamental objectives of the MGA Green Committee is to raise funds to address turfgrass problems that specifically affect golf courses in the metropolitan area. To perpetuate the fund, the MGA and the three local Superintendents Associations annually allots money from their operating budgets and asks each MGA member club to contribute \$100.00 from their green committee budget.

It is the MGA's hope that with the support of our member clubs, a healthy ongoing fund can be maintained that will allow us to:

- 1. Identify and help research turf problems that affect area clubs and,
- 2. Established a reserve fund that will enable us to react quickly to any acute problems that may develop which affects golf course maintenance.

Your Green Committee is pleased to report that our initial research project, "Moss Infestation in Putting Greens," has made considerable progress. The project is in its second year under the direction of Cornell University's Dr. Norman W. Hummel.

The Committee was founded to coordinate the research efforts of the three local superintendents associations and gets its direction from their representatives as well as representative Green Chairman from MGA member clubs. The Committee would like to be sure to point out that the MGA's efforts in researching local problems are in no way trying to replace the USGA's Turfgrass Research projects.

This fund raising efforts is co-sponsored

Met GCSA GCSA of New Jersey Long Island GCSA

Workers are responsible for only 15% of problems in a company. The system is to blame for the other 85%. The system is the responsibility of management. Blaming the work force for problems is a way for management to shirk the responsibility that's rightfully its own.

The Deming Management Method by business writer Mary Walton, with the cooperation of renowned management consultant W. Edwards Deming, Dodd, Mead, 79 Madison Ave., New York 10016, \$19.95.

Stress Management continued

their involuntary muscles (heart, head, digestive system, among others.) The individual must then learn to send signals to relax those affected muscles.

An underlying sense of well-being will help any superintendent to clear the hurdle of the summer season. Keep your body healthy, well-fed, well-rested, and exercised. Avoid complusive drinking, smoking or eating.

Make the most of your life away from work. Home and leisure time should be a buffer against the golf course aggravation. Sports offer exercise and competition, hobbies provide a chance to excel at a specialized skill.

When you have had a bad day, look to family and friends for companionship and support. A quiet moment with your spouse, watching your children laugh and grow, and a pleasant evening with a good friend are among life's richer pleasures.

Like our ancestors, we are able to watch the sun rise, and observe nature first-hand. Surrounded by stretches of grass, trees, and summer colors, a golf course superintendent's job can also be one of life's richer pleasures.

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From The Back Tees

Can Course Superintendents Get Any Better?

by Charlie Robson Executive Director Met PGA

While the USGA was deliberating about the width of grooves and the effect equipment has had on the game, it seems that there are other forces at work which are also altering the ability of great players to spin the ball more easily and ultimately score better.

The quality of golf course superintendents keeps getting better and better and our area has been blessed with the very best.

During the last two weeks, this phenomenon has really hit home. The PGA Tour made its annual stop at Westchester and the Seniors held their inaugural Northville Invitational at Meadow Brook. The finest players in the world left these two great courses with the highest praise for their wonderful condition.

Jack Nicklaus even paid a visit to the green crew at Westchester just to compliment them on the outstanding condition of the course. While these sites get the most attention, the accolades hardly stop there. Silver Spring in Ridgefield, CT hosted the Manufacturers Hanover Westchester PGA and was immaculate.

Middle Bay hosted both a Michelob New York State Open qualifying and the LIGCSA tournament and left the fields dazzled with the golf course improvements. Ditto Rockville Links, Knollwood, Ridgeway where other local qualifyings have been held.

Old courses, or relatively new layouts, all seem to be in the best shape ever.
Whether Garden City Golf Club or Brae Burn, Woodmere or Woodway, Piping Rock or Stanwich there is constant upgrading in condition and sometimes even in design. The new breed of superintendent is so well versed and so attuned to changing technology that it seems the sky is the limit.

We may be approaching greens that are too fast as stimpmeter readings break the 10.0 barrier more and more often while it was rumored that the fairways at Olympic registered over 6.5 on that very same measuring device.

While this trend may be carried a little too far, it certainly is worth paying tribute to the great job our area's golf course superintendents are doing. Good conditions mean more rounds, more green fees, more cart and caddy fees, more shop sales and lessons, more dinners and drinks and, of course, more pride in your course.

Our area is fortunate to have club officials that recognize the importance of the quality of their most valuable asset. The budgets must grow to keep and attract the top quality superintendents and to allow them to keep finding better equipment and better techniques to allow for continual improvements.

Those razor-sharp fairways and perfect greens may have as much to do with the ability to spin the ball as the width and shape of the grooves. While purists worry about the advances of technology in the golf ball and club industries permitting better scoring opportunities, they hail the advances in course conditions and even contribute to them through research and financial support.

This paradox is just another quirk that makes golf so unique. And if the golf course superintendents keep doing such a great job they may have to go back to hickory shafts and gutta percha balls to keep scores under control.

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