

## Nov. 13 Meeting

Our Nov. meeting will be held Tuesday, Nov. 13th at the Loudon Golf and Country Club. Our host will be Tony Goodly.

Tony graduated from North Carolina State in 1971 with an Associates Degree in Turfgrass Management. Upon graduation Tony worked as an assistant superintendent under Fritz Zeller at Shannon Green for a year. Tony then moved on to the Lake Holiday Estates as superintendent and then on to Loudon Golf and Country Club 2½ years later. Tony has been at Loudon almost five years. Besides golf, Tony's hobbies include scuba diving, weight lifting and archery. Tony earned a runner's up position in the 1968 National Field Archery Championship.

Loudon G. & C.C. was built in 1927 by architect Dr. Thomas W. Brown. In 1961 the second nine was built and opened. The setting consists of 164 acres of farmland characteristic of Western Loudon County's rolling hillsides.

## Coping With Stress

In the modern pressure-cooker world, stress and fatigue are daily problems. The tension starts to mount when we tackle the morning paper, and, for some people, it never lets up.

Many executives and people in management positions feel that they have learned to live with stress. Some even claim that they need it to work at peak efficiency. However, a recent study produced these statistics on the effects of stress on businessmen earning more than \$40,000 yearly.

- One out of five suffers a heart attack.
- Two out of five are divorced
- Three out of five die before their wives
- The average life expectancy after retirement is only four years.
- Most are asked to retire five years before the mandatory age.

If pressure is indeed necessary for these people to succeed in their jobs, they pay a high price for success. In fact, experts say that pressure and the fatigue which results from being constantly on edge are responsible for mistakes, oversights and generally lowered efficiency. We become more susceptible to disease, we forget important steps in complicated processes, we ignore safety procedures and our personal relationships suffer because we don't have time to properly maintain them.

Find something which allows you to escape the pressure, such as exercise or a low-key hobby. And be sure to get plenty of sleep.

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The putting greens at Loudon are a mixture of C-1, C-19, Washington, Pennncross and our old friend "Poa." Cutting height ranges from 3/16" to 1/4" depending on weather.

The tees were originally seeded to bluegrass, but are now overseeded twice yearly to Hybrid Ryegrass varieties, spot overseeded and topdressed continually to repair divots. Cutting height ranges from 1/2" to 3/4".

The fairways are bluegrass, not irrigated and cut at 1 inch.

### Program for the Day:

Golf: Anytime after 12 p.m.	Carts \$10.00
Lunch: Available at club snack bar	
Cocktails: 6 p.m.	
Dinner: 7 p.m.	Cost: \$12.00 (steak)

### Directions to the Club:

Take Rt. 7 west from 495. Go through Leesburg to Purcellville. The club is on the left. Phone: (703) 338-7679 or 338-7705

## Photo Quiz Answers

Look at the back page photo.

### Top Row

Barclay L. Whetsell, Tantallon C.C. — Flowers  
 James A. Reid, Suburban Club — Membership  
 George C. Gumm, Ocean City Golf & Yacht C. — Newsletter  
 L. Robert Shields, Woodmont C.C. — Publicity  
 Angelo Cammarota, Green Hill Yacht & C.C. — Finance

Frank J. Haoke, Shady Grove C.C. — Golf  
*FRANK HASKE WASHINGTONIAN*

### Seated

George S. Lanford, Univ. of Maryland  
 Sheldon R. Betterly, Chantilly National — Sec./Treas.

James E. Thomas, Army-Navy C.C. — President  
 Thomas A Doerer, Fort Belvoir G.C. — Vice President