

**THE BULL SHEET, official publication of the
MIDWEST ASSOCIATION OF GOLF COURSE
SUPERINTENDENTS.**

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PRESIDENT'S MESSAGE

I think everyone has their own share of problems this season so I will not elaborate on mine. In this general trend of thought, I would like to bring up our August meeting that is held in conjunction with the Illinois Turf Foundation. Last year we held our meeting in the same manor, but we have very poor attendance by the superintendents. I hope this year we can improve on this attendance.

If you think of the services that the Illinois Turf Foundation provides, it has been a very worthwhile cause. I am sure that many of your fellow superintendents have received help in some way or another from the organization. For example, the increased number of high quality graduates in our field from the University of Illinois and the research that has helped solve many of our problems. I am sure the Foundation will continue to be of service to us in the future. I hope to see you all at Indian Lakes in August.

Joe Grenko

WAYS TO COPE WITH PRESSURE

R.P. Savoy, DTM, The Toastmaster, Sept., p. 19

Of all the skills needed by today's executive, none is more important than the capacity to work comfortably under pressure. Here are common sense ways to achieve this vital state of mind: Realize that it is possible to handle a pressure job without discomfort; thousands of other people do and if they can, so can you. Analyze the pressure you feel; if you know where it's coming from, or whom it's coming from, you can usually get some relief. Learn to plan your time effectively; a lot of pressure is self-imposed by people who put things off, then have to catch up. Find a hobby that relaxes you, something so absorbing or challenging that you can't think about the pressure of the workday. Learn to fantasize; psychologists tell us that it is healthful to vent anger through fantasy. And it's certainly a lot less destructive to workplace relationships.

PLEASE!!!— If you have any changes of status (especially a change of address) notify the Association Office—529-4303.