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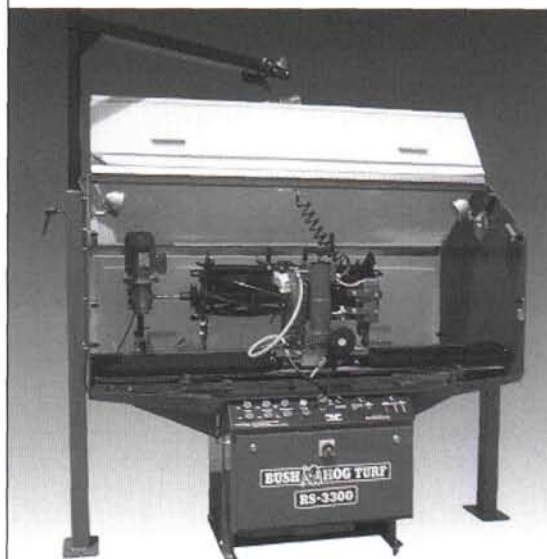
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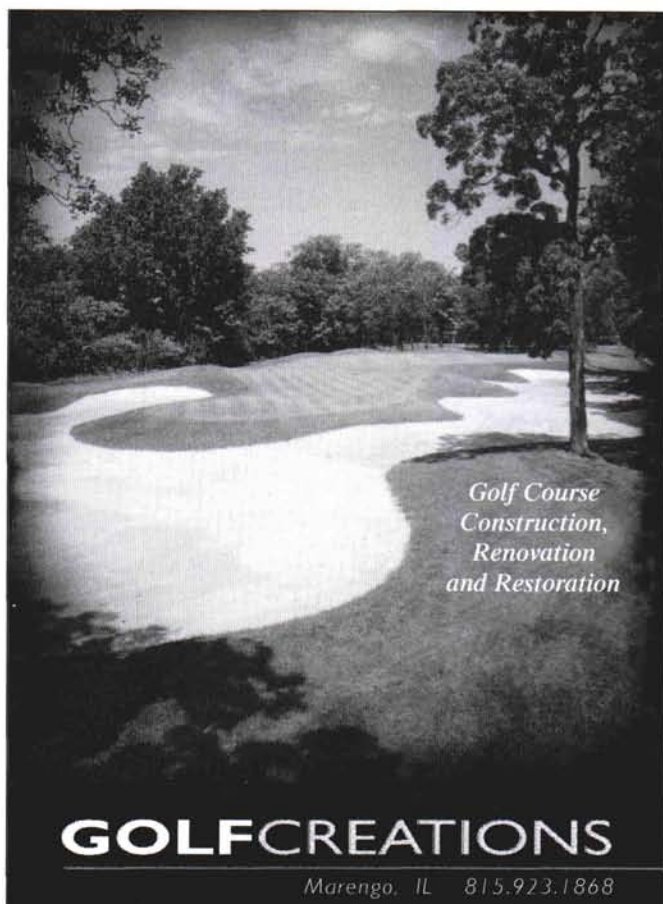


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Avoiding Frostbite

Golf course maintenance employees frequently work outside for extended periods of time during cold-weather conditions and run the risk of receiving cold injuries due to exposure. The severity of cold injuries depends on the temperature, wind-chill factor, duration of exposure and how well-prepared you are to deal with frigid weather. Last winter, I obtained some information and facts on this topic from an article written by Dr. Isadore Rosenfeld for Parade Magazine and wish to pass along some excerpts and my comments because of their relevance to our profession.

Exposed skin and underlying tissues can be damaged when the temperature falls below freezing (32°F, 0°C). However, if there is a stiff breeze, even temperatures above freezing can hurt you.

Exposed skin and underlying tissues can be damaged when the temperature falls below freezing (32°F, 0°C). Anyone with a circulatory problem is especially vulnerable. However, if there is a stiff breeze, even temperatures above freezing can hurt you. That's because there is a very thin layer of still air that normally envelops the body at rest. When wind blows that coating away, the skin is more exposed to cold air, which now comes into direct contact with it. So you can't go by the temperature alone. Always check for the wind-chill factor. Human flesh exposed will freeze in 30 minutes or less at a temperature or wind-chill factor of -18°F.

When you are out in cold weather, especially if the wind-chill factor is below 32°F, take the following preventive measures (all the more important if you've had frostbite before):

- **Dress in layers.** Layers of loose-fitting garments will insulate your body by trapping warm, dry air. Goose down, loosely woven cotton and wool are better insulators than synthetics. Wear thermal underwear, a close-woven shirt, a lightweight sweater and slacks, insulated coveralls and a down-filled parka to repel both wind and water.
- **Cover your head and neck.** They lose heat faster than any other part of the body. Wear a hat, scarf and turtleneck. Cover your face and ears. I've discovered that a head sock works exceptionally well at protecting the entire head, face and neck area.
- **Protect your hands and feet.** Mittens are better than gloves. Socks should be woolen or insulated. Boots should be insulated, waterproof and high enough to protect the ankles. Now that you are wearing 50 pounds of pro-

(continued on page 14)

rective clothing and are looking like a native of the Arctic coastal regions of North America, please continue reading.

- **Always have extra winter clothes** in your car and locker during the cold months. You never know when your vehicle may be stalled in frigid weather late at night on a back road with little traffic.
- **Apply a waterproof moisturizer** such as a skin cream to exposed parts of your body (face and ears) before you go outdoors.
- **Never take a hot bath or shower before going outdoors.** It dilates the blood vessels on the surface of the body.
- **Take a cell phone with you.**
- **Load up on carbs and liquids.** For cold-weather activities, getting enough carbohydrates and fluids is the key to cold tolerance.
- **Don't booze** when engaged in outdoor activities in the cold.

If, despite precautions, cold injury occurs, recognizing and treating the condition is vital. Cold injuries come in three stages of severity.

- **Frostnip.** The hands or feet tingle, then hurt and eventually become numb, soft and white. *What to do:* Breathe on the frozen fingers until you can soak them in warm (not hot) water. It usually takes about half an hour for the numbness to disappear. Continue rewarming the limb until the skin has a pink flush. The thawing process may be painful, especially during the last 10 minutes, so take a mild painkiller such as acetaminophen or ibuprofen. Avoid aspirin, as it enhances the action of some of the chemicals that are produced when tissue freezes. Frostnip does not cause permanent damage, and there's usually no need to see a doctor.
- **Superficial frostbite.** The skin is numb and feels waxy. It is also hard—not soft, as in frostnip—because ice crystals have formed in

the surface layers. The limb turns from white to gray or yellow patches. At this stage, the deeper tissues have not yet been damaged.

What to do: If your feet and toes are frozen, don't walk on them, and keep them raised once you're indoors. Apply warm towels to the affected area, or immerse in water no warmer than 105°F (40°C) for an hour or so. As blood flow returns, the skin begins to thaw and becomes red, flaky and painful. Blisters will form the next day. Don't pop them. Cover the area with a clean cloth, and look for evidence of infection (pain, redness, pus or red streaks on the skin), in which event see a doctor. Do not expose frostbitten skin to cold for several days or until it has healed completely.

- **Deep frostbite,** a prime emergency. Read on only if you have a strong stomach, because this gets really ugly, really fast. The continued reduction in blood supply to frozen tissue damages not only the skin, but also the muscles, nerves, tendons and even bones. This can result in permanent injury that can lead to amputation and even death. In this condition, the body temperature drops below 95°F (hypothermia). Tissues are completely numb, hard like wood, waxy and pale. You're likely to feel nauseated, tired and confused. You may shiver uncontrollably, your speech is slurred and your movements are clumsy—all forerunners of possible coma. There's no time for home measures. *What to do (and not do):*
 - Get indoors immediately and arrange to go at once to the nearest emergency room.
 - Remove all your wet clothing and loosen any tight clothes that can cut off blood flow.
 - Never rub the affected area with anything, even your hands. There is a prevalent and dangerous myth that frozen limbs should be rubbed with snow. Big mistake! Don't ever do it.
 - Immerse the frozen area in lukewarm water (no hotter than 105°F) or apply warm towels for 20 minutes. Never use dry heat, such as a heating pad or heat lamp—and don't get too close

Cold injuries come in three stages of severity: frostnip, superficial frostbite and deep frostbite.

to a stove, radiator or fireplace. The injured tissue can't sense the heat, and you could burn yourself.

- Drink hot liquids such as tea or coffee, but avoid alcohol or tobacco no matter how relaxing you think they are. Alcohol dilates the blood vessels on the skin's surface, promoting heat loss. Nicotine constricts the blood vessels, further reducing blood flow to the chilled area.
- Check whatever medications you're taking to be sure they can't affect your circulation and worsen frostbite—for example, beta-blockers such as propranolol or atenolol, or certain tranquilizers.
- A frostbitten limb that thaws often turns blue or purple, and blisters may form. It may swell for a month or longer, but if you act in time, you may be able to avoid gangrene and amputation. However, you won't know the extent of the damage for six weeks or longer.

If you must go out in frigid weather, keep warm and dry. But remember: any frostbite associated with a body temperature lower than 95°F is a prime medical emergency!



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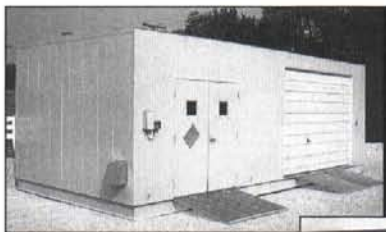
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the Bull Sheet

John Gurke, CGCS
Contributing Editor

DATES TO REMEMBER

December 3-5 — 19th Annual North Central Turfgrass Exposition (NCTE) at the Pheasant Run Resort in St. Charles, IL.

December 9-10 — GCSAA Education Seminar "Spanish for the Golf Course Superintendent" at the Ramada Suites-Rockford Conference Center in Rockford, IL. More details follow.

January 12-16 — National Institute of Golf Management at the Oglebay Resort & Conference Center in Wheeling, Almost-Heaven-West Virginia.

January 14 — MAGCS monthly meeting at Arrowhead Golf Club, Robert Breen host.

January 15-17 — Mid-America Horticultural Trade Show, Navy Pier, Chicago.

February 10-15 — GCSAA's International Golf Course Conference and Show in Atlanta, Georgia. Stay tuned for the most important date—the MAGCS hospitality suite!

March 12-13 — Reinders Turf Conference at the Waukesha Expo Center in Waukesha, WI (suburban Milwaukee). More details will be available in upcoming issues, but for information you can call 262-786-3301, ext. 243.

The two-day GCSAA seminar "Spanish for the Golf Course Superintendent" will be held on December 9 and 10 in Rockford beginning at 8:00 a.m. each day. Arturo Castro, a familiar name to many MAGCS members, will conduct this valuable program for those

superintendents who work with Spanish-speaking staff but have difficulty communicating with them. Contact GCSAA's Service Center at 800-472-7878 for registration and information.

By the way, as was mentioned last month in this column, GCSAA has sent out little green postcards to all members for the purpose of reviewing and verifying their voting status. Hopefully, you actually looked at it—mine (along with about 6,000 others) had me voting with the Alabama Superintendents Association!

The 2nd Annual MAGCS Scholarship Outing was held at Salt Creek Golf Course (Gary Hearn host) on October 15. Twenty-two golfers attended the event, which raised \$700 for this very worthy cause. Jeff Smith from Springbrook G.C. took the honors with a 62, and all

competitors were within 9 strokes of his benchmark. Everyone who participated left with an armload of gifts, thanks to the generous sponsors. Thanks to Gary and the staff at Salt Creek for hosting the day—we are looking for a host for next year's event! If you are interested in having the Scholarship Outing at your course, contact Gary Hearn at 630-773-4790.

News from north of the border (or the Cheese Curtain, as Dave Braasch so eloquently puts it): Wayne Otto, CGCS—a Wisconsin legend and friend to many MAGCS members—is retiring after 30 years of caring for Ozaukee Country Club in Mequon, WI. If you see this, Wayne, best of luck to you and your family with your newfound freedom.

Didn't think I'd have to do this again, but please be respectful of our speakers during seminars and TURN OFF CELL PHONES AND PAGERS!

For those of you who like to keep in touch with old friends, I have a new address for Fred and Judy Opperman (Fred being the poster

(continued on page 18)

News from Ed Fischer, CGCS of Old Elm Club—Ed recently was invited on a trip to Augusta National for a two-day golf junket. Now this was no ordinary trip to Augusta—the group flew down in a private jet and stayed on the hallowed grounds in one of those cute cottages they have over there. Ed had the opportunity to describe his experience during the MAGCS election (until Don Cross rudely interrupted him), which included playing the par-3 course, and the real deal from both the members' tees AND the Masters tees. In his usual manner of overstating everything, Ed said, "It was cool."



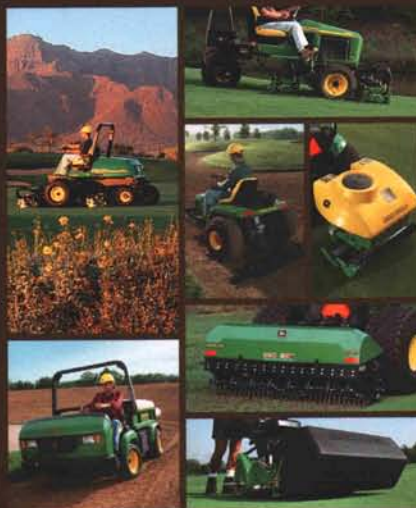
After hitting out of the woods several times, Eddie Fischer stands in "Position A" on the 10th fairway at Augusta National.

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boy for "OLD friend")—although they have not moved, their address is now 389 Starling Drive, Bozeman, Montana 59718-9559. Drop them a line sometime—Fred loves to keep abreast of the goings-on in our neck of the woods.

As most of you are already aware, **Brian Green**, CGCS of Sunset Valley G.C. and his wife Mary recently suffered the tragic and unexpected loss of their daughter Jeni, who had been living in the Seattle, Washington area. Adding to the horrible nature of this loss is the fact that Jeni left behind two young boys aged 5 and 8 who will be raised by Brian and Mary. Please include the Green family in your prayers, and do whatever you can to help them through this terrible ordeal. A fund has been set up for the grandchildren of Brian and Mary Green, and donations are welcome. You can send donations to: Jeni's Kids, c/o Vince Donofrio, First Bank of Highland Park, 1833 First Street, Highland Park, IL 60035.

Some more sad news: Nels Johnson, founder of Nels Johnson Tree Experts, passed away on November 8. Our condolences to Karl and **Joel Johnson**, and the entire Johnson family, on this loss. Please see our January 2003 issue for an extended tribute.

This just in: Nobody new has joined Chicagoland Turf.

Some great news was received by **Dudley Smith**, the retired superintendent of Silver Lake Country Club—Dudley fielded a call from Mike Wallace (who, he figured out after several moments of brain-rack-ing, is NOT the "60 Minutes" guy, but the president of GCSAA) informing him that he'd been chosen as the winner of the Distinguished Service Award for 2002. The announcement and obligatory acceptance speech will be made in February in Atlanta during the International Golf Course Conference and Show, and couldn't have happened to a nicer guy. Heartfelt congratulations to Dud on this crowning achievement in a career filled with . . . well . . . crowning achievements!

Fall Dinner Dance Shines

On October 19th, the Annual Fall Dinner Dance was held at Bryn Mawr Country Club, with **Brian** and a VERY pregnant Pam **Bossert** hosting. The event, as usual, was a smashing success (some getting more smashed than others), with excellent food, drink, service, music and fun abounding. Big MAGCS thanks go out to **Dave** and Debbie **Nadler** of Nadler Golf Car Sales for again picking up the bar tab (which had to be large), and to all the fine folks at Bryn Mawr for the wonderful evening. If you haven't taken the opportunity to attend a dinner dance, you really should. Not only is it a great deal, with dinner, drinks, entertainment and friendly company for a low price, it's a great opportunity to pay your significant other back for a long summer of being absent by taking them out for a night of fun. It's also a nice treat to bestow upon your long-suffering assistant and his or her spouse—get 'em out of the house and on the dance floor! Watch for notices of next year's event in upcoming issues.



The Murphys, Jennings, Rick Jacobsons, DeRoos and Pedersens.



The Strojny, Behnkes (Fred's wife looks a lot like a contributing editor), Wittes and Scott Kellys.



*The Hollers, Drendels
and Copersmets.*

*The Evans, Brad
Andersons, Kevin
Knudson and Kelly
Schroeder, and
Kerry Anderson
with Sally Staun.*



*The Purpurs, Tim Andersons
and John Maksymius
(say it like it's spelled).*

*Julie Olszowka with
Brian Widmer, the Brian Bosserts,
Gloria and Bruce Bossert with
Alison Graham and Rodney Reich.*



*The dancin' fool Gomoroys with Jim Evans,
the Baviers with Kevin DeRoo, the Zolmans
and the Dudley Smiths.*



*Joel Purpur keeps
an eye on Catherine
Anderson while husband
Dan was "busy."*



*Tim and Linda Anderson
share a slow dance.*

The 50th Annual Mid

The 50th Annual Midwest Turf Clinic took place on November 6 at Medinah Country Club (Tom Lively, CGCSA host), and a near-record crowd of 175 people was in attendance for the day-long education-packed event. The roster of speakers was chock-full of industry professionals who kept us entertained and informed throughout the day (although, as noted by Dudley Smith, there were very few superintendents on the roster, which is contrary to the original intent of the Clinic). Always keep in mind that this Association, its educational seminars and its monthly



Morning moderator Scott Witte—one of the few who got a laugh out of his jokes.



Gene Wojciechowski of ESPN kept us awake and guffawing in the tough after-lunch time slot.

publication rely on the participation of you, the golf course superintendent, and you, the assistant superintendent, for its continued success. We want to hear your story, be it through an article in this magazine, or through an appearance at the podium at our monthly meetings. Okay, now to jump off my high horse and get back to matters at hand . . . A brief recap of the day, for those of you who were unable to attend (or who did attend, but didn't take notes):



Dudley Smith relates the story of how he learned he was the GCSAA Distinguished Service Award winner for 2002.



Greg Martin led off the day and got our sleepy brains cooking.



Bill Middleton of Emerald Isle spoke on "What Is a True Foliar."



Dave Ward can still look stress-free with the U.S. Open just around the corner.