



Forty-one Florida superintendents from around the state met in Orlando to learn about wetlands and golf courses. See story on page 52. Photo by Joel Jackson.

What are the ‘big rocks’ in your work life?

Three messages for Coping in Today’s Working World

One day a time-management expert was speaking to a group of business students. To drive home a point, he used an illustration those students will never forget.

Standing in front of this group of high-powered overachievers the speaker said, “Okay, time for a quiz.” He pulled out a one-gallon, wide-mouthed mason jar and set it on a table in front of him. He produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, “Is this jar

full?” Everyone in the class said, “Yes.” Then he said, “Really?”

He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing the gravel to work itself down into the spaces between the big rocks. Then he asked the group once more, “Is the jar full?” By this time the class was onto him. “Probably not,” one of them answered. “Good!” he replied.

He reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, “Is this jar full?” “No!” the class shouted. Once again he said, “Good!”

Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked up at the class and asked, “What is the point of this illustration?”

One eager beaver raised his hand and said, “The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it!”

“No,” the speaker replied, “that’s not the point. The truth this illustration teaches us is: If you don’t put the big rocks in first, you’ll never get them in at all.”

What are the ‘big rocks’ in your life? A project that you want to accomplish? Time with your loved ones? Your faith,

your education, your finances? A cause? Teaching or mentoring others? Remember to put these big rocks in first or you’ll never get them in at all. Your jar can easily be filled with the sand and gravel of daily routine and distractions if you’re not careful about priorities.

So, tonight or in the morning when you are reflecting on this short story, ask yourself this question: What are the ‘big rocks’ in my life or business? Then, put those in your jar first.

2. The Art of Juggling

Brian Dyson, CEO of Coca Cola Enterprises, had this to say at a recent university graduation:

“Imagine life as a game in which you are juggling five balls in the air. You name them — work, family, health, friends and spirit — and you’re keeping all of these in the air at the same time.

You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls — family, health, friends and spirit — are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.”

3. Dealing with Stress

It’s here again. the time of year we all

Editor’s Note: Nobody denies that superintendents have stressful jobs. Everybody has stress in their lives. The trick is finding ways to deal with it successfully so it isn’t harmful. Here are a couple of articles that have messages for coping with stress. The first two came to me via the Internet. The third is printed with permission from the North Texas News.

dread, the 120 days that can make you, or break you, the dog days of summer. For most, it is a time to take a family vacation, but for the North Texas golf course superintendent, this is no vacation!

We start spending less time with our families and friends and more time on the golf courses we are responsible for. As the temperatures rise so do the temperatures of everyone involved from the membership to the executive staff and even within our own crews. Expectations are also up from member-guest tournaments to corporate outings. Everyone wants the golf course in the best shape possible.

Tolerance levels are at an all-year low. All things combined puts your stress level higher than the thermometer. If you're waiting for a freak cold front to come out of Canada to relieve some of your stress you might still be holding your breath come the end of September!

While surfing the Internet I ran across this interesting piece of information. The

10 Most Stressful Jobs

1. U.S. President
2. Firefighter
3. Senior corporate executive
4. Indy class race-car driver
5. Taxi driver
6. Surgeon
7. Astronaut
8. Police officer
9. NFL football player
10. Air-traffic controller

ten most stressful jobs listed above are based on 21 undisclosed specific job demands.

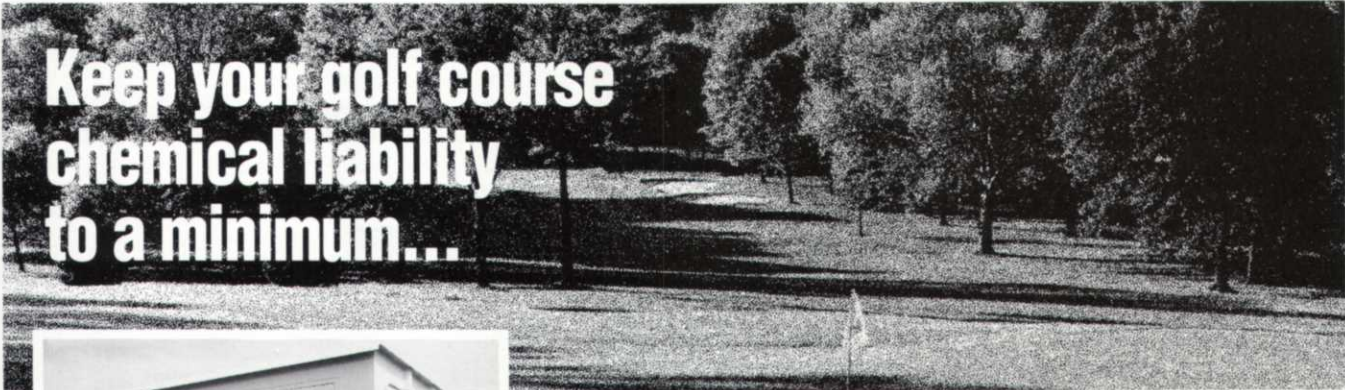
I can think of three of the top ten I would substitute "North Texas golf course superintendent" for. Wouldn't you love to take the summer off and be a NFL football player or an Indy race-car driver? Most of us couldn't make a very good living at it, but it would be fun. As

for the third substitution, I would not want to be a taxi driver but the thought of sitting in an air-conditioned car all day in August sounds a little appealing!

The truth is we all have stressful jobs and, when things don't go as planned on our courses, the stress level can rise dangerously. The following are a few things that can help relieve some of our stress.

Exercise. This one is on top of the list because there is nothing like a good workout or a long walk to relieve stress and also to clear your head. Sometimes you get too many things going on at once and a good workout can relax your mind enough to sort things out and help put things in the proper order.

Good nutrition. Your body has no real defense to protect itself against stress. Stress must be kept to tolerable levels using your mind. Stress was controlled better at a time when man ate foods from the land. Many foods taken from the land, especially the herbs, helped our bodies fight off some stress. But this kind



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of diet has been lost in today's society. We are all too busy to eat like we did 75 years ago. By staying away from certain foods we can help keep our stress minimized. High intake of alcohol, caffeine, processed foods and sugars cause fatigue, irritability, headaches and can add stress to our already overloaded days. Properly eating proteins, fibers and foods containing Vitamin B help steady our emotional thought processes and can alleviate some stress.

Recreational activities. Most of us like to play golf for recreation, but it is best to get away. Even at a different golf course your mind reverts to problems at your job. Early morning or early evening fishing is a good choice. A game of basketball or any kind of activity with your kids will help take your mind off what is happening at work.

Movies. There is nothing like a good movie to really take your mind somewhere else. Even though only for a couple of hours, you get caught up in the plot

and forget about everything else.

Massage. I have never had one, but the people who have say it is their best source of stress relief. A good work over can relax your tense muscles and also improve your circulation. This will help clear your head and help in making good decisions.

Sleep. That is a no brainer. We all know what lack of sleep can do to your day!

Everyone has their own methods of dealing with stress. Using the power of your imagination, meditation and prayer can clear your mind and help you put things in perspective. It is important that all of us find our own method in dealing with stress to keep our lives under control, and keep us all successful.

GENE DAHLEN,
Assistant Superintendent
Bent Tree C.C.

Wetlands Seminar Draws Full House

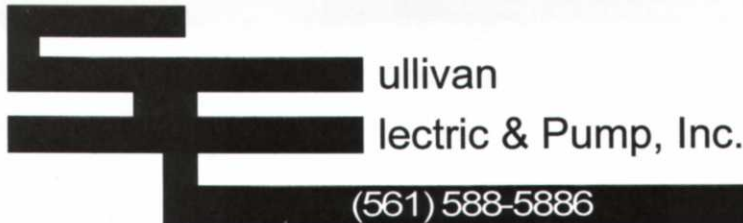
Forty-one golf course superintendents

from Jacksonville to Tampa to Palm Beach attended a day-long GCSAA Regional Seminar on wetlands and golf courses in Orlando Oct. 8.

The wetlands regulations have had a profound effect on how property owners and developers can use their land. These superintendents came to learn the regulatory restrictions and how they can maintain their golf courses without affecting the wetlands on their properties.

Barbara Beall, an environmental consultant from New York was the instructor. Beall has worked for state environmental agencies and the U.S. Army Corps of Engineers. She is married to a golf course superintendent, so she has a unique perspective and expertise on the subject.

In addition to learning about the regulations, ecology, functions and value of wetlands, the attending superintendents earned CEUs for certification.



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