

Before going to Scotland I thought Gorse was a close relative to a goose because of its spelling. Gorse, contrary to my thinking, is not a feathered bird. It is a bush that grows everywhere — in the roughs, on the links golf courses. Gorse has a yellow flower in spring, is about three to six feet high with very **sharp** needles and very thick growth. To hit a ball in a patch of gorse is like hitting it out of bounds. Just tee it up again because the chance of having a shot or even finding the ball is almost non-existent. If your bad shot is lucky enough to miss the gorse, the ball will end up in the deep rough and if you find the ball you should consider getting it back on the short grass as quickly as possible.

**Golf in Scotland as I See It**

Golf is a way of life in Scotland. Changes come only with much deliberation. Golf is accessible and affordable to everyone. Scotland has kept golf much the same since the 19th century. You see no golf carts. When you play the great courses in Scotland, take a caddy. Their local knowledge will mean a lower score and an enjoyable round of golf. The caddies we took were great.

There are no yardage markers on the golf courses. I've heard golfers in the U.S. say "if we put yardages on every sprinkler head we could speed up play." Yet, on the unmarked courses of Scotland, even with their deep roughs and Gorse — the 16 rounds of golf we played were played in four hours or less. In fact, after the visit, I'm not sure that yardage markers don't create slow play. The perception of depth or distance to the flag stick is a part of the challenge of the game — and it still is in Scotland! At St. Andrews, as well as many of the links courses, the wind blows so hard that exact knowledge of distance means very little in club selection. I can't believe some courses in the U.S. put markers on flag sticks to show hole location. I wonder what Old Tom Morris would say if he could see that?

This has been an experience of a lifetime for me as it was for Wayne, Stan and Pat. After each round we would review our score, losers would wipe their tears, and then we would discuss what we had experienced that day in respect to

our profession. We all agree these courses are a page back in history. The courses in Scotland have stood the test of time and will continue to do so. The golf equipment and skill of the game has advanced much over the past century. These golf courses built as far back as the 15th century have not been intimidated to date and I don't think they ever will be.

The people we met, new friendships made were all gratifying to us. We appreciate the hospitality shown us by our colleagues in Scotland and thank each and every person for sharing with us their love, knowledge and personal

commitment to the Royal and Ancient game of golf.

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**WISCONSIN SECTION  
PGA OF AMERICA**

**Wisconsin Golf Course  
Superintendents Association  
1986 Meeting Schedule  
and Educational Program**

<b>Date</b>	<b>Location</b>	<b>Topic/Speaker</b>
March 17 (Monday)	Traveler's Inn Fond du Lac, WI	Business Meeting
April 28 (Monday)	Tumblebrook, C.C.	<i>"Winter Recovery"</i> James Latham, USGA Director
May 20 (Tuesday)	Villa du Parc C.C. Mequon, WI	<i>"Fairway Insect Control and Earth Worm Suppression"</i> Dr. Roscoe Randell, University of Illinois
June 23 (Monday)	North Shore G.C. Menasha, WI	<i>"Irrigation Techniques"</i> Mr. Peter Beaves, Engineer, East Dubuque, IL
July 14 (Monday)	Waupaca C.C. Waupaca, WI	<i>"Poa anna Breeding"</i> Dr. Donald White, University of Minnesota
August 11 (Monday)	Watertown C.C. Watertown, WI	<i>"Employees Equal Rights and Supt's. Responsibility"</i> Mr. Robert Huppertz, Equal Rights Officer, Milwaukee
Sept. 22 (Monday)	SentryWorld Stevens Point, WI	<i>"Fall Fertilization"</i> Dr. Wayne Kussow, University of Wisconsin- Madison
October 20 (Monday)	Cherokee C.C. Madison, WI	<i>"Bunker Design and Construction"</i> Mr. Bob Lohmann, Architect
Nov. 3 (Monday)	Traveler's Inn Fond du Lac, WI	Business Meeting

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From the  
Director's  
Desk

From the Director's Desk

## GETTING WITH GOLF AGAIN... THE GREAT LAKES REGION IN '85

By James M. Latham, Director  
Great Lakes Region,  
USGA Green Section

There's a lot of land in the Great Lakes Region of the USGA Green Section. There's also a great array of golf courses and superintendents who maintain them. And with that mix of miles, men and means I will be forever grateful that 1985 was, for the most part, a gentle season for golf turf in this area.

First of all, the golfers started off happy — with one of the earliest, driest springs I can remember. There were no weekend rainouts. Cash flow was good. The pro shop staffs looked like toothpaste salesmen at a dentist's convention. Milwaukee actually had springlike weather when the calendar said it should. This was a first for me in 25 years here.

Superintendents, of course, have difficulties experienced by no one else in golf. The beautiful weather brought June grass growth in April with a January-size crew. The lovely southwesterly breezes dried out the unfrozen soil more rapidly than ever before and many irrigation systems weren't quite ready for the midyear stresses in May. But hold on — that was here in the flatlands. Our friends in the Dakotas and Montana were having a helluva time with spring ice problems — the kind that Jim Beard wrote classics about. Crown hydration...Dead grass...Recovery or reseeding or resodding. Like always, though, perseverance paid off and their season was successful.

In the spring, stresses also gave rise to the early appearance of the *Xanthomonas* bacterial problems

in Toronto bent. The **real** bad problem didn't surface until June or July, but what appeared to be spots from fertilizer burn early on, passed final I.D. as Decline. The range of affected greens was the range that Toronto was planted, from Indianapolis to Minneapolis in well-maintained greens on high quality golf courses. The bullet biting ranged from simple interseeding, to gassing and reseeding, to full scale rebuilding and reseeding, to the whole schmear of rebuilding with a new growing medium and all new sod.

Speaking of grasses, I think that Penneagle is getting a lot of undeserved bad mouthing. Its only sin is that we don't know how to handle it — yet. Some of us remember that Penncross got the same treatment, because it didn't perform the way Washington or Toronto or South German bents did under the high nitrogen, high cut programs then in use. Well, maybe we need to change our thinking again. There **are** some good Penneagle greens around. It makes no more sense to hang with a one pound of N per 1,000 sq. ft. per year program now than it did to stay with a six pound program earlier. But, if you don't want to change programs, don't change turf varieties. It's just that easy. Who said that new has to be better, anyway? New is only different.

The industrialists who get the blame for the international arms race are at it again except now they are working on golf courses. They put the con on clubs to begin using triplex mowers to get that 'Augusta-look' striping on fairways. This sells new mowers all around. But it's not the whole story.

The real goal of these propagandists is to get financing to develop new types of dethatching equipment and/or methods. Just think of the potential in all those acres of fairways! Then, when you get the bugs out, consider the gold in them their lawns. Golfers love THE LOOK, but when the flying iron shots starts showing up these plotters know that the superintendent will pay anything for a one-shot, one-day cure-all, whether it be animal, vegetable or mineral. We didn't reach this condition in 1985, but lightweight mowing must be counterbalanced by thatch reduc-

tion and the sooner the better.

There is one other potential problem which accelerated in 1985 — the choice of topdressing materials for greens. Just as good suppliers of high quality sands are becoming known and their products and pricing somewhat stabilized, new variables are literally muddying the water. The variable is **any** untested additive to a topdressing sand. You can have the best sand in the world and mess it up royally with a poor grade of peat. How does **your** 80/20 (or whatever mix) stack up? And who said 80/20 was good anyhow. How much silt or clay or very fine sand is in the peat? The non-capillary pores (internal drainage ways) in a Medium Sand are pretty small, so it doesn't take much mud to block them. So why pay a premium for sand if you trash it up with **any**, repeat **any**, unknown additive? This, to me, is **THE** primary problem observed in the 1985 season.

Now here are the questions **you** need to answer:

1. If I can't judge sand quality off hand, how can I judge peat quality?
2. Who **can** judge peat quality?
3. What **is** good peat quality?
4. What do I expect peat to do for me?
5. Why buy **more** trouble?

The fall of '85 was the season that balanced the Midwestern year. Rotten! It was not a time for construction. Late fall and early winter brought ice formation to some areas and prompted a major mailing from any office. December is too early for 3-inch deep ice sheets — but they are still here in mid-January, but the thaw just arrived. I hope the sprayer and fungicides are ready if this thaw cycle continues.

From my angle, I'm grateful for a pleasant 1985. There were enough problems with great variations to keep anyone busy. It was not, however, a season devoted to putting out a lot of fires so there was time to look a little deeper into basic management techniques to get a handle on the direction that Midwestern golf turf quality is heading. From where I sit this snowy January morning, the direction is true and correct if we keep our minds on the basics for program development and our eyes on

the cosmetics for people-pleasing maintenance operations. The two are indeed compatible.

These are the things that make up the lure of the Green Section today. Twenty-five years ago the work was mostly reacting to day-to-day happenstances and the swings of nature. There is much less need for this today because golf course folks are much better educated and have more sophisticated tools with which to work. Note that I did not say smarter or better equipped. Today, golfers get what some people believe are better playing conditions. They certainly tax the skill of superintendents more than ever before.

My thrill in getting back to total golf work is that with better education and much more beneficial research involvement than in the past, golf course superintendents not only recognize the real problems — soil conditions, water quality, the plants' survival capabilities and more — they are able to do something about them. The next decade should end band-aid maintenance of golf courses. I hope to be there, right in the middle of it and, hopefully, helping it happen.

## THE GRASS ROOTS IS HONORED IN SAN FRANCISCO!

The Wisconsin Golf Course Superintendents Association was recognized for publishing the "best overall chapter newsletter" among those chapters of similar size. This is the second consecutive year THE GRASSROOTS has won an award for excellence. Editor Monroe S. Miller accepted the award at the newsletter editor's seminar. The award was also announced at the conference opening session.

There was a change in the competition categories in 1985. The number of awards was reduced to seven. Best overall — categories A, B, & C — were given, and the competition was divided in A category for chapters with less than thirty members, B category for chapters with 30 to 70 members, and the C category for chapters with more than 70

members. Additionally, four special recognition awards were made, regardless of chapter size: best flag design, best cover, best original editorial content, and best format and readability. Judging was done by a highly qualified panel of independent journalists.

The GCSAA award was based on quality and that quality reflects the excellent writing of those people who have generously given their time to this journal. Industry was well represented with articles by Ken Altorfer, Dr. Richard Hurley, Bill Keenan, Julie Nara and Dr. Tom Perkins. Our feature columnists — Dave Cookson, Ron Frame, Jim Latham, Bob Lohmann and Stan Zontek — met printing deadlines issue after issue with vital and interesting material. The University of Wisconsin — Madison faculty had a hand in earning GRASSROOTS recognition and we thank Dr. Alma Baron, Dr. Helen Harrison, Dr. Ed Hasselkus, Dr. Wayne Kussow, Dr. Jim Love, Dr. Birl Lowery, Dr. Kevin McSweeney, Dr. Emmett Schulte and Dr. Gayle Worf. Several spouses of WGCSA members — Cheryl Lange, Cheryl Miller, and Mary Worzella — cared enough to share their thoughts with our readers. WGCSA members figured prominently and put forth many interesting and educational pieces. Thanks go out to Tom Harrison, Dave Helke, Rod Johnson, Jerry Kershasky, Mark Kienert, Ric Lange, Monroe Miller, Pat Norton, Jeff Parks, Danny Quast, Bill Roberts, Mike Semler and Randy Smith. Photographic work by Ed

Devinger, Rod Johnson and Monroe Miller added greatly to the attractiveness of each issue. And very special thanks are due Gene Haas and his outstanding talent with pen and sketch pad.

Maybe deserving most credit of all is the generous group of people and companies that pay the bill for the GRASSROOTS — our advertisers. Without their support, all of the previously mentioned efforts wouldn't receive public distribution.

The unsung heroes in the process of putting this magazine in your hands are the fine staff at Kramer Printing in Madison. They really care about their craft, willingly put up with a demanding editor and work to make each issue better than the one before. Diane, Connie, Sandy and Larry are worthy of thanks from the WGCSA.

Will we stand on our laurels? No way! 1986 will be a challenge that is entirely new. Cookson, Lohmann, Latham and Worf have promised to be there again. Several new features will be forthcoming — thanks to Pat Norton, Larry Lennert, Mike Semler and Rod Johnson. Their features will each be timely and make for enjoyable reading. Our ad rates have remained stable and some refinements in layout are in the offing. Finally, this editor remains committed to publishing a magazine that accurately portrays the interesting and exciting work of the Wisconsin Golf Course Superintendent. It is the easiest job of all!



GRASSROOTS Editor Monroe S. Miller accepts GCSAA Award for "Best Overall Chapter Newsletter."





## Jottings From The Golf Course Journal

# THE WORM MOON

By Monroe S. Miller

Working at Blackhawk Country Club for the past fourteen years has heightened my interest, in a general way, of Indian cultures. I used to keep my eyes open, during spring plowing and planting on our family farm, for Indian arrowheads. They were found quite frequently in southwestern Wisconsin fields and it was a real find when you spotted one. Our Club has preserved many features of Indian society of a thousand years ago, and that effort was recognized by the National Park Service when they declared the Blackhawk group of effigy and burial mounds a part of the list of historic places in America.

A bit of Indian history I've found interesting for a long time has been the Indian calendar. Their terminology was based on weather or natural events and they used interesting names that are easy to relate to — Harvest Moon, Wolf Moon, Cold Moon, and so on. The names, obviously, varied from region to region and from tribe to tribe. What may have been the Snow Moon in New England was Opening Buds Moon for a tribe on the Gulf of Mexico. I like the New England names best, simply because they were ones used by related tribes in the areas where the first English settlers arrived, and they more closely match the seasons in Wisconsin.

The moons approximated the months of the years, as we know them. However, a lunar month (moon) is only 29 days, 12 hours, 44 minutes, 3 seconds and the Moon years of the Indian calendar required a correction Moon every few years, just to make solstices and equinoxes come out right. Below are our months and their equivalent moons on the Indian calendar:

January	Wolf Moon
February	Snow Moon
April	Pink Moon
May	Flower Moon
June	Hot Moon
July	Buck Moon
August	Sturgeon Moon
September	Harvest Moon
October	Hunter's Moon
November	Beaver Moon
December	Cold Moon

The Corn Moon was occasionally inserted between Sturgeon and Harvest Moon as the correction moon. And the upcoming month of March has an interesting moon, one that is of particular interest to Golf Course Superintendents. It is the WORM MOON.

Spring in New England is commonly and frequently referred to as "Mud Time" and my suspicion is that that reference may also have roots in Indian heritage. At any rate, "melt and mud, and the frost comes out of the ground, the angle worms with it," and the first days of spring are in the WORM MOON.

I heard more conversations about earthworms last year than I had in the previous ten. When I started my career in this business, educational programs occasionally included the topic of earthworms. One of the best I heard was given by Ted Woerhle and I recall it was presented at the Wisconsin Golf Turf Symposium. The subject was addressed from "what can we do to maintain and increase our earthworm populations." Recently, the talk has taken on tones of grumbling. A couple of days prior to the 1985 Wisconsin Turfgrass Association golf outing I remember asking Tom Harrison how he was doing in getting Maple Bluff ready for the tournament. His reply, paraphrasing, was, "Fine, except for all the damn worm casts on some fairways." I had a similar visit with Carl Grassl about what he was doing on greens and tees to suppress earthworm activity at Blue Mound. And they weren't the only ones experiencing some problems with worm casts. We are even going to have the opportunity, at our May meeting at Villa du Parc, to hear Dr. Roscoe Randell from the University of Illinois Department of Entomology address the topic of earthworm suppression.

I would love to have been around our golf course twenty-five or thirty years ago. Because of the five lakes the metropolitan area of Dane County has built around,

there are naturally a lot of fishermen. Fishermen need bait. Worms make great bait and are easy money for ambitious kids — the product is free for the taking. The secret was finding a good source, a source that didn't require digging for them. From stories I've heard, Blackhawk was easy pickings'. One of my good sources for this information is Roger Bell — he was a west sider prowling for bait and harvested his share from the golf course.

You can only speculate as to why there were so many earthworms then. My guess is that it simply related to low or no insecticide use, few fungicide applications and probably significant over-watering. This was also a period when sand topdressing was not in vogue — medium to fine textured soils with organic amendments were the rule — and the playing surfaces must have provided an excellent environment for earthworms.

The serious kids that worked to make money had interesting methods of harvest. The normal gear required a metal can tied to each ankle — one for holding the earthworms as you picked them and one to hold grit or lime. The lime was necessary to keep the worms from slipping through your fingers. The method was to dip into the grit can, harvest a handful of worms, put them into the can tied around the other ankle and start all over again. As the ankle can filled, it was dumped into a larger pail. Usually brothers or close friends worked in partnership and contributed to the same larger vessel. One other piece of equipment common to the worm harvesters was a spelunkers helmet — there were no free hands to hold a flashlight. A small team could, in a relatively short period of time in a night, harvest tens of thousands of earthworms for sale as bait. It sounds like it was quite a system, and a successful one as well.

The thing that amazes me is that it seemed impossible for them to over — harvest. This went on all summer long, summer after summer. The earthworm population started a rapid decline in the late 60's/early 70's, and that correlates exactly to some significant management changes on our golf course. Why weren't there serious



worm cast problems before then, considering the number of earthworms that were present beneath the surface? Is the worm casting related to the height of cut — it seems particularly logical on fairway turfs. Was this heavy harvest of earthworms from greens and tees enough to check populations to a level where casts weren't significant? There is no doubt that chlorodane had an effect on their numbers, but what about the new generations of insecticides with such short periods of residual activity? There are a lot of more unanswered questions. The thing that strikes me most is that we seemingly have come full circle, something that almost always happens in our business. This summer will tell us more as it unfolds. Will more and more golf courses be searching for solutions to a "new problem"?

Some researchers at Purdue University are studying the effects earthworm populations have on soil properties. I assume that means they are quantifying or measuring those effects. That they have an effect has been known for years. The Purdue study involves estimating the size of earthworm populations found under natural conditions as well as under several agricultural management systems. They found that the population ranged from 10 worms per square meter (in continuous, conventionally tilled soil) to 1,300 worms per square meter in a dairy pasture where large amounts of manure had been applied. They have observed that earthworms increased water infiltration rates about 10 times on a silt loam soil in greenhouse tests. Seedlings emerged faster and crusting was less severe on test soils where

worms were active.

It is interesting that current research is including earthworms. I'd have guessed much of that kind of work had been done already. After all, the earthworm is the largest invertebrate animal living in the soil, a million times bigger than the smallest one visible to the human eye, the mite; and the mite is a million times larger than the smallest soil animal, the protozoa, which itself is a giant alongside a soil virus. There is, in fact, a considerable amount of literature about the earthworm, and not all of it from the angler or fisherman's point of view — that is what most people think of when they infrequently think of earthworms. I read in detail Izaak Walton's description of how to bait a hook with a worm in his famous book, "The Compleat Angler." I was surprised to learn that Charles Darwin's "The Formation of Vegetable Mold Through The Action of Earthworms" was a shattering revelation of scientific truth that was written and published **before** his best known work — "Origin of Species."

Man was, of course, not the earth's original farmer. Earthworms were, by virtue of their constant tilling of the soil around root areas. Because of their tireless burrowing, they are, it seems to me, the ultimate agriculturalists and an ally to farmers and Golf Course Superintendents alike. The burrows form channels, through which root growth may reach down, into the subsoil, for nutrients and moisture. These channels also absorb rainfall quickly, allowing it to move into the soil instead of running off. Corn field or golf course fairway — both are benefactors of this kind of

earthworm activity.

One researcher, who has to have preceded the current Purdue investigators by quite a number of years, claimed that each day an active earthworm can absorb a quantity of soil equal to its own body weight. And it was Darwin himself who suggested that a weight of more than 10 tons of dry soil passed through earthworms in an acre of soil and was brought to the surface in a year. Later investigators upped that estimate to 25 tons per acre.

In the powerful and muscular gizzard of worms, ingested soil is ground, mixed and conditioned, and digestive secretions exert their solvent and neutralizing action. Slowly, this "paste" moves through the intestine and finally is ejected in and sometimes on the surface, forming the castings that are starting to bother Tom Harrison and Carl Grassl.

I can see the subject of earthworms coming to the front more and more often. It is a creature that we may love and hate at the same time — giving untold benefits to our golf courses and causing untold grief to our players. Maybe we'll feel somewhat like Shakespeare. Hamlet asked his friend somewhere in the Elsinore garden, "Did you know, Horatio, that without earthworms men could not create civilizations?" Horatio replied, "Until now I thought that earthworms were destined to destroy the last traces of human civilization, devouring men's corpses and swallowing up their buildings."

If the problem gets any worse, maybe we should do like Roger Bell did 30 years ago — pick up a few of those earthworms and go fishing!

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## Part II — Ridding Yourself of Stress

# WHEN THE GOING GETS TOUGH. . . BEING TOUGH ISN'T ALWAYS ENOUGH

By Dr. Wayne Dyer

Removing stress from your life will take practice. So make a regimen of anything you can that will help you to relax more in your life and send out the turmoil. Things such as relaxation, meditation, reading, music appreciation and the like. But always keep two things in mind: One, relaxation does not necessarily mean being inactive; two, if you are feeling anxious or stressful, it is residing in your very own body, and no place else. Consequently, YOU must take the responsibility for sending it away, and any activity which allows you to relax and do fun things for yourself will automatically encourage you to be less stressful. Remember, it is the way you think that creates stress, so you must begin to practice new and more relaxing thinking.

Remember, too, that worry will do nothing to improve the quality of your life. Practice "non-worry behavior" in five-minute intervals, since most stress is related to the presence of worried thoughts swirling around in your head. You can simply refuse to worry about something that is going to happen next week, until the very moment when the time arrives. Each time you are inclined to worry, remind yourself, "No amount of worry will change anything, so I am not going to worry at this moment." This kind of discipline will be easier if you are willing to practice. Remember the old slogan: "I'm an old man, and I've had many troubles, most of which HAVE NEVER HAPPENED."

### **Mind Control.**

Since stress comes from the way in which you think, and not from the situation or people involved in your stress, you can begin to practice mind control. When you find your mind occupied with a stress-producing thought, see if you can push it out for a sixty-second period of time. Simply refuse to think of the stress-producing thought for one full minute. This may sound simplistic, but it is the basis for ridding yourself of all self-defeating thoughts. The stress that you feel will soon disappear when you refuse to think stressfully for a full minute. Eventually, with practice, thinking non-stressfully will become habitual, just as stressful thinking has become a habit for you now.

### **Hurry Sickness**

Among the promises you make to yourself to reduce stress, you ought to vow to rid yourself of "hurry sickness." This means learning to slow down and stop expecting everyone in the world to be in a hurry. While driving, shopping, eating, expressing love, vacationing, or performing any activity, some people are always in a hurry. If you don't rid yourself of that continuous frenzy, you will be paying dearly in terms of inner upset, as well as in later damage to your body. Stay busy and involved, but don't have that constant rushed attitude that only intensifies

stress by adding unnecessary pressure to your life. Generally, if you slow yourself down inside, you not only reduce stress, but you also get the job done more efficiently and, ironically, more quickly as well.

If you feel the pressures of a lot of deadlines, whether self-imposed or not, and you are always feeling behind schedule, put a stop to this kind of lifestyle one day at a time. You needn't feel that life has to be completed on a schedule. Life is to be enjoyed rather than catalogued and organized perfectly. Leave your watch off for a day and just enjoy the day, just once. See if you don't feel better when you don't feel the pressure of a list, a time commitment, or some other standard. Deadline urgency is a critical component of those people who feel more stress in their lives, and you can be a person who puts many of those deadlines in the trash can where they belong.

### **Say No.**

If you are serving on too many committees, feel pressured by too many demands, have taken on too many responsibilities, then make a deliberate choice to restrict some of your activities. Say NO, firmly and finally, when you are asked to do things that bring too much additional pressure into your life. Save some time for being with your loved ones, rather than filling up every moment with stressful thinking as a result of being over-committed. Saying NO and meaning it is an effective stress-reducer in your life.

### **Enjoy The Moment.**

Life itself has an "unfinished" quality. You will never complete everything that has to be done. When you really understand this, you will see that you can never get everything done. Do the things you chose to do because you value them as important, and then let the rest of them go in favor of enjoying your life. Take the pressure off of yourself to be perfect, and instead put the focus on being able to be fully involved in the present moment. Find excitement in each of your moments. Enjoy whatever it is that you are doing in the moment with a new and wonderful attitude about it. Don't demand perfection from yourself; insist, instead, on finding fulfillment in every single moment of your life. The key to accepting the unfinished aspect of your life is all in your attitude toward what you do, and in removing the pressure from yourself to get everything done, perfectly and immediately.

An atmosphere of peace is crucial. Work one day at a time to bring it to your family and home. Anything that you are doing which brings about upset and strife, either in yourself or in other family members ought to be examined and then eliminated. If you are picky, fastidious, pushy, arrogant, or have any personality trait which is unpleasant to others, then go to work at changing it. Practice biting your tongue and postponing an outburst for a few minutes. If you eliminate one horrible scene at home or on the job through this technique, you will have sent some stress out of your life, as well as the lives of others. Do what you can to make your home a fun, pleasant, non-hostile place. This kind of effort on your part will not only rub off on other family members, but it will make your time on the job more pleasant and stress-free as well.



### **Time Alone.**

And what should you do with your time? It's important to take one hour each day just for you. Take a walk, or read a book on your lunch hour. Even if you feel guilty at first, simply remind yourself that you are worth it, and that you are going to do it regardless of how much prior conditioning you've had to be always busy and productive. It doesn't matter what you do during your lunch hour, but give yourself this time period one hour a day for one week, and see if you don't begin to really look forward to that time. Any person who doesn't know how to get away from the desk, doesn't belong behind it in the first place.

You need a similar kind of time alone at home. It's called privacy. Seek it out. Insist upon having a time and a place in your home in which you can be alone. You are not only entitled to your privacy, you need it in order to survive as a healthy stress-free person. When you are constantly feeling as though your space is being invaded, you are under stress. The way to send that stress away is to be assertive about demanding privacy from every member of your family. It is also important to permit others to have privacy. Don't make regular inspections or enter spaces without knocking or seeking permission.

You also will find that happiness, just like misery, is infectious. Try smiling deliberately and saying hello in a friendly manner to five strangers today. Doing something nice is one of the greatest stress relievers in the world. If you feel good about yourself, you won't feel stress, and nothing feels better than knowing you have done something to relieve another person's burden, even if it is only with a smile. A smile is a good way to break up the "serious scenery" of everyday life.

### **Vary Your Life.**

Speaking of scenery, that's something you should change a lot in your life. Boredom breeds stress, and you can eradicate boredom by being flexible and changing your surroundings regularly. Don't do things the same way all the time; hire someone to come in and do some of the chores that you find tiresome, or get a neighborhood youngster to take on some tasks for a financial payment. Get away on weekends, even if it is just to the next town. The message is: If you vary your "menu," life will be exciting; if you keep it the same you will feel bored, and eventually you will feel the ravages of stress in one form or another.

### **Be In Charge Of Your Life.**

A particularly important cause of stress might be the way you treat yourself. Remember that chemicals do not solve problems, nor does alcohol. It is imperative that you visit a doctor who is interested in helping you to reduce any chemical dependencies, rather than one who encourages you to gulp anti-depressants and tranquilizers as an antidote for your stress. If your physician doesn't cooperate with you in your efforts to be less chemically dependent, then seek out another professional who can be of help to you in reaching this goal. Stay off the "anxiety pills," and be in charge of your life, rather than being numbed by consciousness-altering drugs to the point of not being able to han-

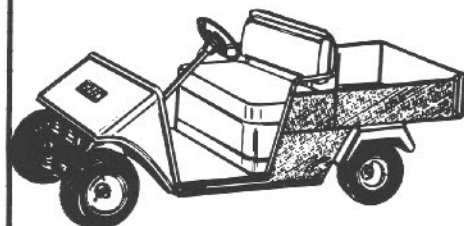
dle normal life problems without their aid.

A flabby lifestyle will also affect your stress level. Too much sitting and not enough action lead to stress, overweight, and boredom. Get up and jog, swim, walk, play games, toss a frisbee, or anything that will keep you from too much sitting around and fretting away the hours of your life.

### **You Control Stress.**

Most importantly, love and respect yourself at all times. Like all self-defeating conditions, stress is something that you can do to yourself. If you love yourself, then you do not want to do damage to yourself, since you never want to hurt something that you love. Stress is actually a severe form of self-rejection. It's an indication that the person who is in possession of the stress lacks inner peace and, therefore, is taking a step in the direction of self-destruction by thinking and behaving in stressful ways. Make no mistake about it, stress is really a killer. The results of the damages of stress are too widespread and common to catalog neatly, but every professional in the health and helping professions sees the results of too much stress every day, whether it be in a hospital, a mental health clinic, or in simply observing how people behave publicly in stressful ways. You don't have to be a victim of stress, if you will take the corrective steps toward eliminating it. The choice to be without tension, stress or anxiety for the rest of your life can be made immediately. Meanwhile, the world will continue to go on just as it always has, regardless of your opinion about it. You see, the world is a stress-free place. Only you can **think** stressfully. Only you can create your stress. As a result, only you can get rid of it.

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# ROBERTS WINS!

(Continued from page 1)

listen to any number of them. Included in this select group was Wisconsin's own Bill Roberts, speaking on staff management, and Monroe Miller, speaking on how to use your Land Grant College. It is always nice to see some familiar faces at the podium.

Saturday morning began with the ever-growing trade show, now one of the 200 biggest in the country. Where else but the GCSAA Trade Show do you have the opportunity to see and compare most of the products and equipment related to turf maintenance, as well as being able to convey ideas with sales representatives. This year, more than 300 exhibitors displayed their products over the 260,000 square feet of the Moscone Convention Center. It was truly a rare opportunity to meet with multiple representatives at one time.

Once again, the USGA Green Section put on its own educational seminar. Topics for their Monday morning conference ranged from the Best Turf Tips of 1985, to Critical Looks at Contemporary Golf Course Architecture. Their wide ranging topics always offer good "food for thought" and the panel discussions give a free exchange of differing view-



Milorganite,



Kohler,



Columbia ParCar,



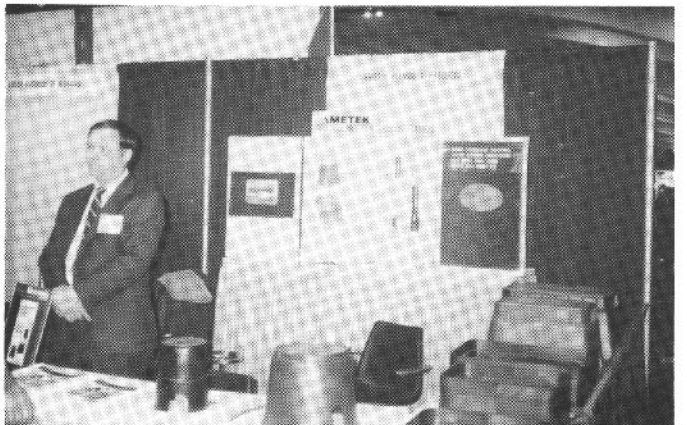
Jacobsen,



Ransomes,



Briggs and Stratton, and



Ametek were some of Wisconsin's Industries that were present on the GCSAA show floor.