



Abraham Lincoln's cabin birthplace is preserved inside this imposing building.



This is the home Abraham Lincoln moved into at two years of age.



Jimmy Carter's Museum is in Atlanta, a short trip from downtown.



Goninen and Grimm saw the real thing at the Patton Museum on Fort Knox.

was livid - "I draw the line at church radio," he complained.

There are similar disputes over where to eat, when to stop for a restroom visit, and how late into the day to drive. But it's all in good fun and adds flavor to the trip.

We stopped briefly in Dana, Indiana to see Ernie Pyle's boyhood home. The renewed interest in WWII has brought guys like Ernie back into the limelight a bit. He wrote great news stories about the American boys in the war, first in Europe and then in the Pacific, where he was killed himself. His dispatches were widely read and won him a Pulitzer Prize. His home in Dana speaks to his humble beginnings.

Louisville, Kentucky is the home of the Louisville Slugger bat and the factory tour is very interesting (and short). We stopped at President Zachary Taylor's gravesite in Louisville since it was so close to I-

65. He was stationed at Fort Crawford in Prairie du Chien early in his Army career, at about the time of the Blackhawk War.

WWII again inspired a stop at Fort Knox, home of the US gold bullion deposits, but more importantly, the site of the George S. Patton Museum. Security was tough, but we got on base and the Patton and US Armor Museum was worth stopping for.

Not more than a dozen miles off I-65 is Lincoln's birthplace, a NHS, and a little north of there is the farm and home the Lincoln family moved to when Abe was two years old. These were great and inspiring stops.

On to Nashville, east on I-40 to Greenville, Tennessee. President Andrew Johnson, Lincoln's VP, was the only president other than Slick Willie Clinton to be impeached. His home, tailor shop and burial site are extremely well preserved and inter-

esting. There was a fair amount of snow in this southeast Tennessee town, testimony as to how far south the cold weather pushed.

From Greenville we went to Gatlinburg, drove up through the Great Smoky Mountains - tons of snow on top - and stayed north of Atlanta. There was good reason not to go to Atlanta for the night. It was called the NBA All-Star game, which was played, literally, across the street from the Georgia World Congress Center (GWCC). Stories of the traffic jam and unbelievable behavior of the fans were spread through sports pages all across America. It sounded more like a convention for pimps and drug dealers than a professional (oxymoron) sports all-star game.

We stopped at the Atlanta Athletic Club on the way into town - Bobby Jones was club president once - and also at the Jimmy Carter Presidential Museum and Library. I



Bobby Jones was once president of the Atlanta Athletic Club.

am glad I saw the Carter Center, but left a bit underwhelmed.

The GCSAA conference was held at the confluence of many well known venues. The Phillips Arena is right there, where Dany Heatly plays hockey for the Atlanta Thrashers instead of the Wisconsin Badgers. He is a real hero in Atlanta. The Georgia Dome is connected to the GWCC and is the field where the Packers will administer a severe revenge beating to the Falcons in the 2003 NFL preseason. The CNN Center is there and we were able to watch Arthel Neville host her daily one-hour show, Talk Back Live. In fact, a program staffer tried to get us to join the audience. We passed; I didn't want to argue with some nitwit over the pending conflict with Iraq.

This was the 31st conference I have attended (consecutively) and, honestly, the thrill is still there. I registered for Frank Rossi's seminar - excellent, as usual - and an HR course taught by Frank's colleague at Cornell, Dr. Bob Milligan. Great stuff to consider and contemplate as the new golf season bears down.

The conference really got rolling Wednesday late afternoon when the



The Georgia Dome is adjacent to the convention center.



A bird's eye view of a small portion of the show floor.

opening session was held. For the first time in a long while all three recipients of the DSA got my applause. No political payoffs here; these men were selected on the basis of their qualifications and contributions. Joel Jackson is the long time editor of *The Florida Green*, a regular feature contributor to other journals, and an effective advocate of golf before regulatory agencies. He even served as a Symposium speaker. Dudley Smith spoke simply but eloquently about his 40-plus years at Silver Lake CC in Illinois. And Bob Emmons, professor of turf at Cobleskill, New York, a Vietnam War veteran with abundant humility and humor, has taught at a lower profile institution that has turned out quality students for years.

John Kasich was as outstanding as Jimmy Johnson was outrageous last year. Speaking without notes and always from the heart, John was



Wayne Horman was an anchor at the Scott Seed booth.

truly inspiring. He even spoke to the importance of religion in life.

This edition of the opening session left me feeling really good. It gets my best grade of A+.

The general golf session on Thursday morning had me skeptical that there could be much to learn from a commercial airline pilot. I was wrong. Al Haynes told a story of courage and cool and professional



The Badger Turf and Grounds Club represented their institution very well.



Dudley Smith, Joel Jackson and Bob Emmons were deserving DSA recipients.



A couple of former Wisconsin guys - Frank Rossi and Darrin Litchfeldt.



Sheri Swonger with Lyle and Darlene Christopherson.

competence that could do nothing but inspire. Adding to my good grade is the fact that 20 people were not paraded up to get their environmental award. Mass recognition was fine. Give 'em an A.

The innovative superintendent lectures were mostly good, better than in recent previous years. Some grouse about the early hour, but the seats were all taken, as well as the "standing room only" spots along the back wall. Collectively, give this portion of the program an A.



Dr. Chris Williamson lectured on his earthworm research.

The most consistent feature of the GCSAA meeting is the equipment show. Always, it is a powerful event and that was true again this year. I could get along without the irrelevant product displays that always seem to appear. But, hey, the bills have to be paid. Mostly, this is the greatest collection of golf course equipment assembled in one place each year in the world. If it's made for a golf course, it usually is at the GCSAA show. My complaints are the usual ones, especially the lack of seating at lunch time. Give the show an A.

There are so many educational sessions available at conference that it is physically impossible to attend

them all. Some are eliminated automatically - I do not care about southern grasses, for example. But everyone finds value in the USGA Green Section Program. They have moved away from the turf tips and gone to longer presentations. It turned out really well this year; the secret is carefully selected topics. The 50-year history of the Green Section, Dr. Couch's Green Section Award, and Stan Zontek's fungal resistance lecture all hit me between the eyes. Grade this program with an A+.

I attended the chapter publications seminar; it's always useful and besides that, I enjoy visiting with my editor colleagues from around the country. Another A.

The research session on Saturday morning should have been a must for almost everyone. I was especially anxious to hear Dr. Gwen Stahnke give a northwest US perspective on basal rot anthracnose and compare that with what we know about it in our state. The other lectures were as good as hers; therefore, an easy A.

I went to both golf course management sessions - Saturday morning and Saturday afternoon. Again, excellent. The afternoon program included our own Dr. Chris Williamson; he gave a lecture that has created some demand for him around the country - earthworms. Nick Christians gave some good info on research that is being initiated at Iowa State to study winter injury on golf course turf. Rack up these two



GCSAA members will miss the great work of Suzanne Clement. This was her last conference as a staff person.

sessions with A grades, too.

For the first time in 31 years, I passed on the banquet and show. The past two years were awful, and for the money charged, it isn't worth the risk of lousy entertainment and poor food. I would have liked to have seen Pete Dye get the Old Tom Morris Award, but not enough to chance enormous aggravation again. I didn't miss it. Also, it was the absolute last event. I wonder if attendance was affected by that?

Gosh, there are so many other things I love about conference. The book store is one of them; great selection and some great prices again this year.

I also enjoy seeing GCSAA staff people I have gotten to know over the years. Margo Campbell Szabo's daughter, for example, is attending Lawrence University in Appleton. Small world. I am always glad to see Suzanne Clement; she's the librarian for GCSAA and has been in charge of the formidable historical preservation effort for us. She is trained in the science and brought GCSAA from the dark ages in these areas. I knew she was a pro when she made me don a pair of white gloves to handle an old Tonka Golf Course Tractor collectible. Heck, I was going to run it around on the floor! Suzanne is a great one, the right person at the right time for us, and we will miss



Jim Latham was presented the USGA Green Section's Piper and Oakley Award by Jim Moore at the Wisconsin Hospitality Room.

her a lot. She's taken a tenure track position with Kansas University in Lawrence where her husband is a professor. I wish her the best.

And I had a chance to sit next to past GCSAA president Jim Timmerman during Frank Rossi's seminar. Jim was Dr. Paul Reike's first graduate student and the first turf student at Michigan State University. He is 64 now, still a golf course superintendent and still taking notes on the latest research and science; he wants to get better! What an inspiration. Michigan has been fortunate to have Ted Woehrlé and Jim Timmerman in the profession, and we have been lucky to be able to learn from them.

The UW-Madison had a great booth on the show floor, a good effort by the Turf Club. And they did well in the Turf Bowl Competition. Congratulations to all who participate.

I was happy to see the GCSAA directors no longer wear the same plaid coat; it may have been a nice touch at one time, but it grew old. Business suits are better.

The highlight of the whole trip for me had to be the USGA presentation of the Piper/Oakley Award to Jim Latham at our Wisconsin/Milorganite Hospitality Room. To see all of the Green Section staff and hear them chanting "Latham, Latham" was rarified stuff. The presentation by Jim Moore, the comments by Bob

Vavrek and Wayne Otto and Danny Quast were precious, and Jim's acceptance speech became a piece of our history. Gosh, it was a great evening.

Maybe, looking strictly at association activity, the best to come out of the conference is the fact that they wisely tabled the move to move. I have never once heard a member say, "we should move out of Lawrence." I know a lot of GCSAA members, yet nary a one ever suggested the need to move. Maybe that message came through.

It is always hard to pick up on a theme, but if there was one, it was water (or the lack of it). From the use of reclaimed water for irrigation to low water use varieties, there were lots of avenues to investigate. The economic downturn in golf nation wide was discussed extensively too.

The GWCC isn't the best we've visited, but it wasn't the worst. The city offers little to my tastes, but the area seemed safer than in past years. It was interesting to walk through the Centennial Olympic Park; we certainly read a lot about it and the explosion there in the months after the Olympics.

All things considered, the GCSAA conference in the judgment of a 31-year attendee ranks in the top half. For a tough judge with high expectations, that is pretty good. ♣



Prescribed Season-long Disease Management Programs: Are they right for your course?

By Jeff Gregos, Research Program Manager, Departments of Plant Pathology and Horticulture

Over the past year I was asked to conduct a study to look at prescribed season-long disease management programs by both Bayer (Aventis at the time) and Syngenta. From Syngenta, I was given a program from June through September with applications every 14 days. An application for snow mold was added to compare it head to head with the three Bayer programs. With the Bayer programs I was given liberty to develop them as I saw fit for disease activity in Wisconsin. The programs with Bayer products were applied on either a 14 or 28 day schedule. While these might not be the best answer for everybody (and some even had failure at the Noer), they help you get in the ballpark for possible programs that could be useful for maintenance of your greens. When it comes to greens, fungicide programs should be on a preventative schedule. It is impossible to catch up after you have a disease outbreak, not to mention the expense of higher rates of chemicals for curative control.

EXPERIMENTAL METHODS

This evaluation was conducted at the O. J. Noer Turfgrass Research and Education Facility on creeping bentgrass/annual bluegrass maintained under golf course green management conditions, at 0.125-inch cutting height. The test plot received 2lb of N/1000 ft² during the growing season, half from an application of Spring Valley 21-3-12 in early June and the other half from two applications in the form of Urea in mid-July and early September. Irrigation was provided four times a week at 100% ET. Individual plots, 3 ft x 10 ft, were arranged in

a randomized complete block design with six replications. The experimental area was not inoculated and all disease pressure was of natural occurrence. Treatments were applied with a CO₂-powered boom sprayer, using XR TeeJet 8005 VS nozzles, at 30 psi, in water carrier volume of 2-gal/1000ft². All applications were initiated on June 24, 2002 and followed their respective spray schedule listed in Table 1. Quality, percent dollar spot, and percent anthracnose were rated several times during the summer and fall. If disease

develops over the winter that information will be collected and shared at a later date. Data obtained were subjected to analysis of variance and LSD was used to determine significant differences between treatment means.

RESULTS AND DISCUSSION

Spray programs #1 and #3 had excellent performance throughout the summer. Disease development was kept to a minimum and quality was usually well above acceptable levels (Table 3). Some programs

Table 1. Application dates based on spray timing schedule.

Timing Date	June 6/24	July 1 7/8	July 2 7/21	Aug 1 8/5	Aug 2 8/18	Sept 1 9/3	Sept 2 9/18	Oct 1 10/1	Oct 2 10/29
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Table 2. Spray programs and schedule of applications.

Treatment	Formulation	Rate	App Timing
1 Chipco Signature	80WG	4OZ/M	June
Chipco Triton	1.67SC	1FL OZ/M	June
Chipco 26 GT	2SC	4FL OZ/M	July 1
Chipco Signature	80WG	4OZ/M	July 2
Chipco Triton	1.67SC	1FL OZ/M	July 2
Chipco Signature	80WG	4OZ/M	Aug 1
Compass	40WG	0.25OZ/M	Aug 1
Chipco Signature	80WG	4OZ/M	Aug 2
Daconil Ultrex	82.5WG	3.2OZ/M	Aug 2
Chipco Triton	1.67SC	1FL OZ/M	Sept 1
Chipco Signature	80WG	4OZ/M	Oct 1
Chipco 26 GT	2SC	4FL OZ/M	Oct 1
Chipco 26 GT	2SC	4FL OZ/M	Oct 2
Daconil WS	6F	5.5FL OZ/M	Oct 2
Chipco Signature	80WG	4OZ/M	Oct 2
2 Chipco Signature	80WG	4OZ/M	June
Chipco 26 GT	2SC	4FL OZ/M	June
Chipco Signature	80WG	4OZ/M	July 1
Chipco Triton	1.67SC	1FL OZ/M	July 1
Chipco Signature	80WG	4OZ/M	Aug 1
Compass	40WG	0.25OZ/M	Aug 1
Chipco Signature	80WG	4OZ/M	Aug 2
Chipco 26 GT	2SC	4FL OZ/M	Aug 2
Chipco Signature	80WG	4OZ/M	Sept 1
Daconil Ultrex	82.5WG	3.2OZ/M	Sept 1
Chipco Signature	80WG	4OZ/M	Sept 2
Chipco 26 GT	2SC	4FL OZ/M	Sept 2
Chipco Signature	80WG	4OZ/M	Oct 2
Chipco Triton	1.67SC	1FL OZ/M	Oct 2
PCNB	4F	8FL OZ/M	Oct 2
3 Chipco Signature	80WG	4OZ/M	June
Chipco Triton	1.67SC	1FL OZ/M	June
Bayleton	50WG	1OZ/M	July 1
Chipco Signature	80WG	4OZ/M	July 2
Compass	40WG	0.25OZ/M	July 2
Chipco Signature	80WG	4OZ/M	Aug 1
Chipco 26 GT	2SC	4FL OZ/M	Aug 1
Chipco Signature	80WG	4OZ/M	Aug 2
Chipco Triton	1.67SC	1FL OZ/M	Aug 2
Chipco Signature	80WG	4OZ/M	Sept 2
Compass	40WG	0.25OZ/M	Sept 2
Chipco Signature	80WG	4OZ/M	Oct 1
Chipco 26 GT	2SC	4FL OZ/M	Oct 1
Chipco Signature	80WG	4OZ/M	Oct 2
Chipco 26 GT	2SC	4FL OZ/M	Oct 2
Daconil WS	6F	5.5FL OZ/M	Oct 2
PCNB	4F	8FL OZ/M	Oct 2
4 Daconil Ultrex	82.5WG	3.2OZ/M	June
Heritage	50WG	0.4OZ/M	July 1
Daconil Ultrex	82.5WG	3.2OZ/M	July 1
Daconil Ultrex	82.5WG	3.2OZ/M	July 2
Heritage	50WG	0.4OZ/M	Aug 1
Banner Maxx	1.3EC	1FL OZ/M	Aug 1
Banner Maxx	1.3EC	1FL OZ/M	Aug 2
Daconil Ultrex	82.5WG	3.2OZ/M	Aug 2
Daconil Ultrex	82.5WG	3.2OZ/M	Sept 1
Heritage	50WG	0.4OZ/M	Sept 2
Banner Maxx	1.3EC	1FL OZ/M	Sept 2
Heritage	50WG	0.4OZ/M	Oct 2
Daconil WS	6F	5.5FL OZ/M	Oct 2
5 Untreated Control			



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Table 3. Quality, dollar spot and anthracnose rating from 2002 season.

Treatment	Quality†					% Dollar spot				% Anthracnose		
	Jul-12-02	g-01-02	Aug-17-02	Sep-05-02	Oct-01-02	Jul-12-02	Aug-01-02	Aug-17-02	Sep-05-02	Jul-12-02	Aug-17-02	Sep-05-02
1 Program 1	6.17a*	6.92a	7.42a	7.25a	6a	0.8b*	5.2cd	0c	0.7c	4.2ab*	3.8c	2.2b
2												
3 Program 3	6.67a	7.42a	7.17a	7a	5.75a	0b	2d	0c	0c	1.7b	4.8c	2.7b
4			7b	6.83a	5.67a	0b	11.7c	0c	0c	6.7ab	13.3b	3b
5 Untreated Control	4.92b	4.08c	3d	3.33c	2c	8.3a	35a	32.5a	34.2a	9.2a	23.3a	8.3a
LSD (P=.05)	0.80	0.76	0.78	0.82						5	4.67	
Standard deviation			5	0.68								
CV	11.01	11.04	11.75	11.54	9.27	88.38	36.77	30.84	26.13	73.29	39.26	41.54

†Quality was rated visually on 1 to 9 scale; 1=necrotic turf/bare soil, 9=dense, uniform, dark green turf, 6=acceptable turf quality.

*Means followed by the same letter do not significantly differ (P=.05).

did incur disease breakthrough at certain periods of the summer. These breakthroughs were usually due to improper timing of certain chemicals or extending spray timings beyond the length of efficacy for the chemical. It was also noted that once disease development occurred, it was difficult for a program to recover to pre-disease conditions. An example of this

would be program #2, which suffered extensive dollar spot damage at the end of July and maintained higher levels of disease and reduced quality through the fall.

The information provided in this study should help you develop programs that will best fit your circumstances. While some of these programs worked excellently, course-to-course and year-to-year

results may not be the same. With this study and any study conducted at the O. J. Noer Research Facility, it is important to take the knowledge gained from the study and expand on it for your situation. We are here to evaluate programs to help control plant diseases on your golf course. 🌿

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Spring Green-Up Day at Glenbogle Golf Club

By Monroe S. Miller, Golf Course Superintendent, Blackhawk Country Club

"Meet me in front of the Sale Barn Restaurant on the north end of town," Alex Mereworth instructed me over the phone. I was at Tom Morris' course early on a Saturday morning, helping him load the big Ransomes rotary mower he had sold to Alex. When the phone rang, Tom yelled from the tractor seat, "Answer that."

Morris took good care of his golf course machinery and always found a market for it that was better than the trade value distributors gave him. And he had a trailer that allowed him to deliver whatever he had sold to a colleague.

"Sometimes I think you should have been a trucker, Tom," I suggested to him as we were hooking up the trailer to his Ford F-250. "To me, it seems like one big hassle."

"Well, it is fun when done in small doses like I do," Tom replied. "And there is nothing like windshield time behind the wheel of a Ford truck!"

Alex was the golf course superintendent for the Glenbogle Golf Club in Huntly, Wisconsin, a small town with strong Scottish and Irish heritage. The village loved its Catholic and Presbyterian churches and its sporty little golf course.

Huntly was a neat small town. The intersection of the state highway and a main county trunk brought everyone to the village green. It was a park with a bright white bandbox in the center, majestic oaks and maples scattered about, and lots of park benches facing the sidewalk and surrounding the park. The churches occupied opposite sides and the remaining two sides faced the business district on one and the town offices on the other. It was an inviting scene, reminiscent of those captured by Currier and Ives in the 1800s.

We had a pleasant ride there, Tom and I, visiting and speculating about the upcoming golf season. Our courses, like most of those in the state, were open, but play was slow. "Good thing," Tom said. "We have a lot of work to do before we are really ready for full golf activities."

"Same for us," I echoed.

We met Alex at the Sale Barn, just as instructed. "Come on in and we'll have a little breakfast," Alex invited after we had exchanged handshakes.

The restaurant was warm, and we were greeted by a sign in the vestibule that said, "Where the food is cheap and the BS is deep."

"My kind of place," Tom commented with a smile.

A waitress behind the counter poured three coffees and commented, "No business here this morning, Alex - everybody in town must be at the golf course."

I ordered the Auctioneer's Special - thick-cut bacon, two fried eggs and toast. Tom and Alex ordered the Sale Ring Special - pork sausage and scrambled eggs.

"What did she mean when she said everybody must be at the golf course?" Tom asked Alex.

"Today is our annual Spring Green-Up Day at Glenbogle. I hear the same thing every year - businesses in town think **everybody** belongs to the club because business is so slow."

I didn't say anything. Tom was lost in thought for a few minutes before he finally commented, "that must be pure hell."

Alex smiled. "That is the general consensus, Tom: what could possibly be worse at work than having a big group of members nosing in my business? I thought the same thing my first year at Glenbogle. How can I handle having them meddle in the shop or on the course, doing things their own way, possibly doing poor or sloppy work, ignoring my requests or wishes? I dreaded dealing with it.

"As it turns out, we would experience significantly reduced conditions on our golf course without the work our players do for us on Green-Up Day."

"You have got to be exaggerating," Tom said.

"No, really, I'm not. You'll see why when you drop that big rotary mower off at my shop."

We finished breakfast and followed Alex to the Glenbogle Golf Club.



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The spring air was fresh and the beautiful Wisconsin landscape had turned almost completely green. Trees were leafed out for the most part, although the leaves themselves still had that pale green that new leaves have for a while after bud break. Farmers were in the fields, sowing oats and getting ground ready for corn planting. The air smelled good.

We pulled into the Glenbogle parking lot - it was packed full. Alex had Tom pull up and unload near the range tees. Almost immediately there was a crowd of members, anxious to see the "new" mower Alex had purchased from Tom.

Clearly they were happy to add this mower to their equipment inventory, and at a good price, too. One of the men offered to drive it down to the shop.

The club was a beehive of activity. We went with Alex down to his shop. Inside were a dozen people, painting tee blocks and rake handles and other miscellaneous tee and green equipment. Somebody was scrubbing water coolers while another person was cleaning what appeared to be tournament flagsticks.

We visited a bit and took Alex up on his offer for a quick golf course tour. The number of people working on the golf course was surprising. "Why isn't anyone playing golf?" Tom wanted to know.

The course and the driving range are closed today," Alex responded. "No golf on Green-Up Day!"

There must have been 75 people around the course, hand raking leaves and twigs and other debris into piles to be picked up by a couple of older members with an 8N Ford tractor and trailer. It seemed they were all having a good time, but they were working pretty hard, too.

"Amazing," was the only comment Tom could make.

There was a group - men and women - getting flower beds ready for planting, and another gang was putting up the tee signs.

Alex took us to the far corner of the course where a number of men were limbing a tree that had been dropped. Some were cutting up the body wood while others fed branches into a chipper. Not far away a sky-worker was trimming trees around the 14th green. A couple of guys were splitting the body wood and pitching it into the back of a Cushman. "That will make some nice fireplace fires in the clubhouse next winter," Alex noted.

The clubhouse grounds were getting a good going over. "At noon we all head to the clubhouse and have lunch together," Alex said. The chairs of the various work committees report on their progress and we reallocate labor to places where more work remains.

"This might be the ultimate team effort you will ever see in golf," Alex offered. Tom added, "That is a certainty."

We accepted an invitation to stay for lunch and

enjoyed ourselves immensely. The conversation and banter and good feeling filled the clubhouse.

Obviously, the members at Glenbogle enjoyed the feeling of community, the camaraderie and the satisfaction of investing some good old-fashioned sweat equity in their club and golf course. One of them was snapping photos of the affair, to be put in the club's photo album for this year.

They shared a common pride in the golf course, their golf course - on this day the bank president and the plumber, the doctor and the dry waller, were all the same in every way. They were working hard on this one day and would see the fruits of their labor all season long.

"Alex was right," Tom contemplated as we drove home. "Spring Green-Up Day probably is his best day of the season. And he IS a lucky man to be part of it. That's golf for you." ♻



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Your Nutrition Can Be Important to a Healthy Golf Course

By **Clark Rowles**, Golf Course Superintendent, Nakama Golf Club

Over the past 25 years I have read numerous articles in trade journals pointing the way to successfully manage a golf course. From anthracnose to zero turn radius mowers, advertisers have suggested equipment and products that can help get to that end. All of this reading has made it apparent just how much stress superintendents put themselves under to achieve perfection on a golf course.

Missing from all of my reading has been any suggestion that the most significant factor in all of this is the individual; the literature has rarely addressed our needs as human beings.

Conferences and seminars have been another great source of information for me; I have listened to speakers lecturing on what is needed to perform our jobs to the standards demanded. A lot of advice has been given, but the question "what if we don't have the energy to do any of it?" has not been addressed.

We all know that proper diet and nutrition can "do the body good." Or do we? I believe if we paid as much attention to our bodies as we do turf, most of us would perform at a higher level. The demands of our profession sometimes do not permit us to have a regular regimen of diet and exercise, so what do we do? Are you sick and tired of being sick and tired?

The most obvious thing we should not do is start off the most important time of the day with a 32 ounce soda and a cigarette, which too many of us do. There are a lot of us who try to start the day properly and also try to exercise on a regular basis. But the reality is that the diet portion of this equation is not lived up to often enough.

Did you know that of the eleven published diet plans most widely used today, none of them provide the Recommended Daily Intake (RDI) for thirteen vitamins and minerals? Did you know that in a 3,000-calorie diet you still do not receive the nutrients your body needs? The



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