

reason for these shortcomings is that our foods are often over-processed. So what can we do?

I believe the answer is simple – do for ourselves exactly what we do for turf. We supplement turfgrass nutritional needs, and we should do the same for our bodies. There are 16 elements essential for turf whereas 26 elements are essential for human life.

Discussions about the food chain and the circle of life are part of any education that includes botany or biology classes. Often lost is attention to how this information relates to our own well-being. Today much of the food we eat is grown with attention to the plant's needs, but little regard seems to be given to our nutritional needs as the consumer.

The New England Journal of Medicine suggests that cavemen actually had a superior diet than those of us today. Why? They didn't eat processed foods. Nutrients from the grain an animal consumed are transferred to us in the meat. Today, it has been estimated that roughly 50% of all the nutrients that go into food production are lost by the time the food arrives at our table.

Such facts require us to educate ourselves on what it is that our body truly requires on a daily basis. Several years ago the government established the Recommended Daily Allowance (RDA) for vitamins and minerals. In 1993 that was changed to the Reference Daily Intake (RDI). RDIs represent an average need for adults and children (above the age of four). The main flaw in RDIs is that the amounts suggested are levels necessary to prevent nutrient deficient diseases such as scurvy (vitamin C) or rickets (vitamin D), and they do not take into account an individual's needs. Currently, terms such as Optimum Daily Intake (ODI) or Optimal Nutrient Intake (ONI) are used and they address nutritional needs based on one's environment, health and lifestyle. And this is where the debate starts.

As we age our bodies go through changes, and our nutritional needs change. Yet, the 1993 guidelines do not recognize those nutritional changes. Research over the past 20 years has started to draw conclusions on the relationship between nutrition and health and longevity. Some of that research has concluded that if we took optimal levels of just certain vitamins (A,C,E) several billions of dollars in health cost could be saved annually.

From a personal standpoint, I started looking at supplements over three years ago because I seemed to be experiencing more winter colds. Two of the previous four years I came down with pneumonia. I turned 40 at about the same time and realized that physically I wasn't what I used to be. There were other factors involved, too. I was getting less exercise. My diet had changed to accommodate the eating habits of my children, and a more hectic lifestyle with their activities all factored in. As much as we tried to eat the right foods, more often than not it just didn't work.

So I began looking at supplements to give my body what it was not getting from my diet. The education phase started by researching what was available as supplements. I soon found out that all kinds of different formulas were available, and some were definitely better than others. I needed to find out exactly what it was I should be taking and why, and cost factors needed to be considered. I then chose the brand and formula that best aligned with my personal needs.

Since I have been taking supplements, the colds I used to get that lasted for a week or more now only last a day or two. I generally just feel better. I am no longer sick and tired of being sick and tired! My oldest son two years ago missed 13 days of school due to illness (colds, strep throat, etc.) For the past two years he has been on supplements and has seen a significant reduction in the amount of time missed. Coincidence? I do not think so. I am convinced that his body is getting what it needs for growth without jeopardizing his defense mechanisms, which he needs for being in contact with 600 students on a daily basis.

I hope that as people read this, they will consider that maybe there is something to supplements and the benefits I believe they offer. I cannot help recall a recent article by Dr. Frank Rossi in a recent issue of Golfweek's Superintendent News, titled "Health concerns persist for superintendents," and wonder if supplements would provide us the protection to guard against the health concerns he discussed.

After all, don't we all want to live long and healthy life, and enjoy the fruits of our labor? ♣



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Elkhart Lake: "A Couples Weekend to Remember"

By **Kris Pinkerton**, Golf Course Superintendent, Oshkosh Country Club

Those couples who were not in attendance at last fall's Couples Weekend may have missed the best event ever! Superintendents and vendors I've run into are still talking about how much fun they had in Elkhart Lake. And how about Joe and Patty Deschler, claiming their first Mr. and Mrs. Mow title. Wow!

The weekend kicked off on Friday night with the vendor hospitality room at the Victorian Village Resort in Elkhart Lake. Pat and Debbie Staehler along with Bill and Joyce Vogel of Spring Valley Turf Products hosted the vendor-sponsored event. Drinks, enough hors d'oeuvres to feed an army and a lot of good conversation helped to get the weekend kicked off.

Tom and Lynn Wiese, owners of Quit-Qui-Oc Golf Club, along with superintendent Troy Conrad,



Vendor Hosts **Bill and Joyce Vogel.**

played hosts for this year's golf event. The Wieses' were very gracious in allowing our 19 couples to play the new Glacial Nine. Troy and his staff had the golf course in excellent condition. With the natural glacial outcroppings and



Vendor Hosts **Pat and Debbie Staehler.**

scenic views, this is a definite must see! True to tradition, the couples had a few challenges such as long drive using the opposite club, longest putt with a pool stick or my son Hunter's rather short putter and longest putt with a two handed pendulum putter.

After the couples were all rounded up, Joe and Patty Deschler emerged as the champions of the coveted Mr. and Mrs. Mow traveling trophy and title. Joe claimed that Mark and Bonnie Grundman somehow fudged the scorecard. But after interviewing those involved, it was clear that both Joe and Patty had brought their "A" game! Congratulations!

On Saturday evening, everyone gathered back at the Victorian Village Resort for their choice of Prime Rib, Sea Bass or Chicken dinners. Commemorative frames with photos of the couples taken earlier at the golf course along with WGCSA embroidered club bags were presented to each of the couples. Also, in response to the very generous donations from the

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vendors, Bill Vogel and Pat Staehler did some shopping! Door prizes were drawn, with each couple receiving a very nice gift. The very talented "Menagerie" entertained our group as we danced the night away. If I'm not mistaken, it was one of the few times I've seen just about all the couples stay to the last set! Everyone loved the band and the special guest appearances! (see photos) While the band was on break, Pat drew the ticket for the grand prize of a 32" Color TV. Guess who! For the Deschlers, it was their lucky day!

Special thanks go to Pat and Debbie Staehler, Bill and Joyce Vogel and their staff for all their hard work in helping to organize and host the weekend events. Special thanks also to Tom and Lynn Wiese and their staff for providing a wonderful golf experience. And last but not least, thank you to our wives and significant others for a special weekend away from our own courses.

Plans for the 2003 Couples Weekend are well underway with host Scott and Melissa Sann offering the event at Greenwood Hills Country Club in Wausau. We hope to see you all there! 🌿



WGCSA Couples, "gettin' down!"



Mr. & Mrs. Mow-Joe and Patty Deschler with their new 32" color television.



"Menagerie" with special guests Janell Johnson, (center right) and Dawn Lyons, (center left) aka "Spark Plug".

Thank you to the following sponsors who contributed graciously to make the 2002 Couples Weekend a huge success!

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Economic Downturn in Golf May Be BEST Time for a USGA Green Section Visit

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

Golf course superintendents everywhere, not just in Wisconsin, are going through 2003 budgets with a fine-toothed comb, looking for any expenses that can be reduced or eliminated over the coming months. Sometimes we look in the wrong places.

There are some among us (and among those we work for) who consider subscriptions to such services as the USGA Green Section or the UW - Madison TDL as discretionary expenses. In a sense, they may be that when compared to water and labor.

But I argue that circumstances like we face in golf these days are the most important time to get an objective look at your golf course operation and some helpful suggestions on ways to temper or disguise budget deficiencies.

If faced with the need to reduce expenditures, obviously the familiarity a course superintendent has with the property and the attitude of the players is the first and most important person to turn to. But none of us has the vast exposure to all kinds of other golf courses and their successes in budget and agronomic matters like the Green Section agronomists. It is not only what an individual agronomist, like Bob Vavrek, has seen in his years of Green Section service. When you have a Green Section visit, you are essentially accessing the experience of the other agronomists from around the country as well. These guys are really good about sharing information among themselves, and in fact consult with one another when confronted with a particularly difficult problem. Regardless of how well read you are or the extent of your own golf

course travels and experience or your own networking with colleagues, no one of us can match what the Green Section brings to a course during a visit.

The Green Section will accommodate you and the course officials when planning the timing of a visit. You can get a visit in any season (including a winter meeting like we once had) and at any time of the day. Want the agronomist to stay and report directly to the board of directors at an evening meeting? Done. Would you see value in having Bob Vavrek meet with you and the green committee? Not a problem either. The visit you plan with the Green Section will be arranged to suit your circumstances. You will talk about the

issues you want to talk about and get help with.

Wherever golf turf educational meetings are held, the USGA Green Section agronomists are there. They are part of our GCSAA conference, and the Wisconsin State Golf Association endorses their value to Wisconsin golf courses.

I don't want to go through the year without that impartial, unbiased look at the golf course I am responsible for maintaining. The visit will only help me provide a better product.

And the good advice you'll receive will save your budget money. What could be better than that these days? ♣

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As Winter Closes, Wisconsin Golf Courses Get Ready to Open

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

It seems to happen every year - once I get back from the GCSAA conference my mind shifts out of the winter mode and thoughts turn to getting ready for opening. Winter ice and snow trapped us in southern Illinois on the way home from Atlanta, but the lengthening days and slowly warming temps confirm that the sun is moving north. Spring and golf will be here soon.

This is an exciting and emotional time of the year, if...we don't have any winter injury. In some ways the brutal cold days with no snow cover that came at the end of January and in early February were what some of us wanted - nature's way of reducing populations of some insect pests whose numbers have grown to dangerous levels during the recent mild winters.

Soon enough the blossoms of the spring bulbs will be pushing up, in some cases even through the snow. Then we will know that golf season is at hand.

We have come to more or less expect big things from the University of Wisconsin - Madison sports teams. Bo Ryan has followed nicely in Dick Bennett's footsteps and given us some extremely competitive basketball games. Barry Alvarez has fielded some awesome football teams in his years here - three Rose Bowl Championships in ten years, for example.

In that fine tradition, the UW - Madison Department of Meteorology has been fielding winning teams in the weather forecasting competition started 20 years ago. Run by Penn State, the forecasters come from 37 colleges and universities to compete.

Competitors must submit forecasts of high and low temps and predict precipitation amounts during a 24-hour period for 13 cities.

Scoring is similar to golf. The more degrees off from the actual temperatures, the more points that get added to the competitor's score. The lowest score wins first.

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70 and above	Texans turn on the heat and unpack the thermal underwear. People in Wisconsin go swimming.	10 below	Californians fly away to Mexico. People in Wisconsin get out their winter coats.
60 and above	North Carolinians try to turn on the heat. People in Wisconsin plant gardens.	20 below	Hollywood disintegrates. The Girl Scouts in Wisconsin are selling cookies door to door.
50 and above	Californians shiver uncontrollably. People in Wisconsin sunbathe.	30 below	Polar bears begin to evacuate the Artic. Wisconsin Boy Scouts postpone "Winter Survival" classes until it gets cold enough.
40 and above	Italian and English cars won't start. People in Wisconsin drive with the windows down.	40 below	Mt. St. Helens freezes. People in Wisconsin rent some videos.
32 and above	Distilled water freezes. Lake Michigan's water gets thicker.	60 below	Santa Claus abandons the North Pole. Wisconsinites get frustrated because they can't thaw the keg.
20 and above	Floridians don coats, thermal underwear, gloves, and woolly hats. People in Wisconsin throw on a flannel shirt.	100 below	Microbial life no longer survives on dairy products. Cows in Wisconsin complain about farmers with cold hands.
10 and above	Philadelphia landlords finally turn up the heat. People in Wisconsin have the last cookout before it gets cold.	460 below	ALL atomic motion stops (absolute zero in the Kelvin scale). People in Wisconsin start saying, "Cold 'nuff for ya?"
0	People in Miami all die. Wisconsinites lick the flagpole.	500 below	Hell freezes over. The Brewers win the World Series!

- Madison team led three of these at mid-winter - faculty/staff, grad student, and junior/senior students.

Speaking of the weather and the cold winter weather lately, the above is offered for your enjoyment.

Alums who were undergrads in the Department of Soil Science might remember Dr. M.L. Jackson. He likely knew more about clay mineralogy than anyone in the whole world during his career. He passed away December 12, 2002 at the age of 88.

A man very few people in the turf industry didn't know passed away last December 30. I am speaking of Ray Christopherson; he was 84 years old.

Ray was as close as I will come to knowing an inventor, and he had the down-to-earth practical ability to go along with his creative mind. In 1937 he was hired as a tool and die apprentice at the J.I. Case Company in Racine, his home town. WWII saw him in the Navy, and after the war Ray, along with brothers Ralph and Les, went into business together in Racine as "Christy's Saw and Lawnmower Company."

For about 10 years Ray and Ralph owned and oper-



Ray Christopherson

ated Wisconsin Turf Equipment Corporation together, and for the last 20 years Ray owned and operated Terracare Products Company, Inc. in Pardeeville.

Thousands of golf course shops around the country have products designed and built by Ray in them. For us, it has ranged from a pair of Halgan Spinaway 42" rotary mowers to the 60" Terrator to the Terrabroom.

Ray was as kind and host and friendly as they come. He was always glad to see you and loved to talk about the care of turf. I'll miss him.

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