

# North Central Regional Update

By **BOB VAVREK**

*Agronomist, North Central Region  
USGA*

The extensive *Poa annua* losses that occurred following the heat, high humidity and heavy rainfall in mid-August continue to plague golf courses across the region. Fairways have been especially hard hit, and the recovery process was hampered by extended periods of hot, dry weather well into early September. More often than not, the injury was a result of drought stress and the inability to keep weak, shallow-rooted turf alive during heavy play, rather than loss from disease activity.

Memorial Day was a week earlier than usual and Labor Day was a week later this year. Add these two weeks to the prime golfing season and three more weeks of play due to unusually warm spring weather, and the result is a considerable amount of additional wear and compaction to just about every golf course visited this fall.

The importance of aggressive core cultivation to greens, tees and fairways this fall cannot be overemphasized. It also would be a good idea to overseed weak, thin areas of turf.

Every year a few more superintendents question the benefits of core cultivation to greens and fairways because of the pressure from golfers to maintain perfect playing surfaces until they (the golfers) decide when the season is over — usually with about 5 or 6 shopping days left before Christmas. The decision whether to core the greens and fairways should be a no-brainer this year.

Be sure to map the areas where significant crabgrass encroachment occurred this summer if you plan on making an application of pre-emergence herbicide during late fall or next spring. After the first few hard frosts it will be difficult to determine if the thin or bare areas are (1) simple wear and compaction, (2) sites where knotweed died, (3) sites where *Poa annua* died or (4) sites where crabgrass died. Controlling clover and other perennial weeds this fall would be a good idea considering the amount of weed encroachment observed on courses throughout the summer.

---

## Ten Guidelines For Good Mental Health

**1. Face Reality.** In other words, learn to accept the facts of life and make the best of them. Do not be afraid to compromise when necessary.

**2. Take Responsibility.** Don't blame others for your problems. Accept help when it is needed, but also make a major effort to solve your own problems.

**3. Be interested in other people.** Do things with and for other people. Make the effort to acquire new

friends. Retain your same-age friends and work to keep in touch with younger and older people.

**4. Have strong and varied interests.** To be a well-adjusted person, try to do many kinds of activities and enjoy sharing these activities with other people.

**5. Be interest in new things as well as the old.** Most people agree that the world is changing faster than we can comprehend, but we still try

to keep up. Do not be afraid of the future and accept changing times.

**6. Look forward to the future.** Live in the present and the future instead of the past. Make plans for the future; set some goals for yourself.

**7. Watch your health.** Good health is both important and worth working for. Do not dwell on your aches and pains; work to relieve them and safeguard your health.

**8. Maintain a neat appearance.** Take pride in your appearance. Have a strong interest in maintaining the place where you live.

**9. Know how to relax.** For good mental health learn how to relax and not take life too seriously.

**10. Adapt to changing circumstances.** One of your best assets is an ability to change your ideas and way of doing things when the situation requires it.

	Office (715) 425-9511
	Facsimile (715) 425-2962
	E-mail <a href="mailto:golfwga@presenter.com">golfwga@presenter.com</a>
<b>Williams-Gill &amp; Associates</b>	<b>Golf Course Architects</b>
Garrett Gill, Principal	Williams, Gill of Wisconsin 122 N. 2nd St. River Falls, WI 54022
	<b>• Services •</b>
	• New Course Design
	• Master Plans
	• Golf Practice Center Design
	• Environmental Planning
	• Irrigation Design
	• Renovation & Restoration
	• Site Planning