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FROM YOUR PRESIDENT'S DESK

When Life Gives You Lemons, Make Lemonade



The score of the game is 7-0 midway through the second period. Things look bleak as your team is behind. The efforts begin to fade. The harder you try, the worse it gets. There are days like these. All you can do is do the best job possible and remember that tomorrow is another day. Funny how problems look better after a good night's sleep.

Once again, I was unable to attend our monthly outing at Baker National G.C. An act of God (6.6" of rain) occurred over a three-day period and completely ruined two months of preparations prior to seeding. Words could not describe the scene. I took some pictures for lasting memories. Anyway, I am sure there were a few more superintendents who had to deal with excessive water. Why is that the case whenever superintendents gather?

* * * *

Thank you to Keith Greeninger and staff for hosting our Annual Championship. A lot of extra work goes on behind the scenes to make it all possible. We are looking for a few sites for 1996 and beyond. If you are interested in hosting a monthly meeting, please contact Pat Walton for details.

* * * *

A special congratulations to Tom Fischer, CGCS of Edinburgh USA, and Jim Nicol, CGCS of Bunker Hills G.C., for hosting LPGA and Senior PGA Tour Events. Their professional attitudes helped make their respective tournaments successful.

* * * *

Reports from around the region indicate this has been a tough season for maintaining quality turf. As bad as the summer stress was, the sound of aerifiers are not far behind. As the saying goes "When life gives you lemons, make lemonade." Make the most of whatever you got. When the turf is down and out, what a great time to renovate to a more desirable species.

* * * *

I hope everyone has a chance to play in our 11th Stodola Research Scramble — a great opportunity to play golf with your club officials at two great golf courses in the Town and Country Club in St. Paul and The Minikahda Club in Minneapolis. All proceeds from this outing help fund research projects.

* * * *

If you have not already, you will be receiving a survey from our association. Please take a few minutes to complete and return it to our office. The results will be tabulated and the info will be disseminated among the association. Your cooperation is essential on this endeavor as this information can and will be used to help superintendents improve themselves.

— Kevin Clunis, CGCS
President

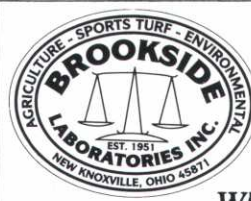
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Hole-By-Hole Preview of The Minikahda Club

11th Annual Harold Stodola Research Scramble

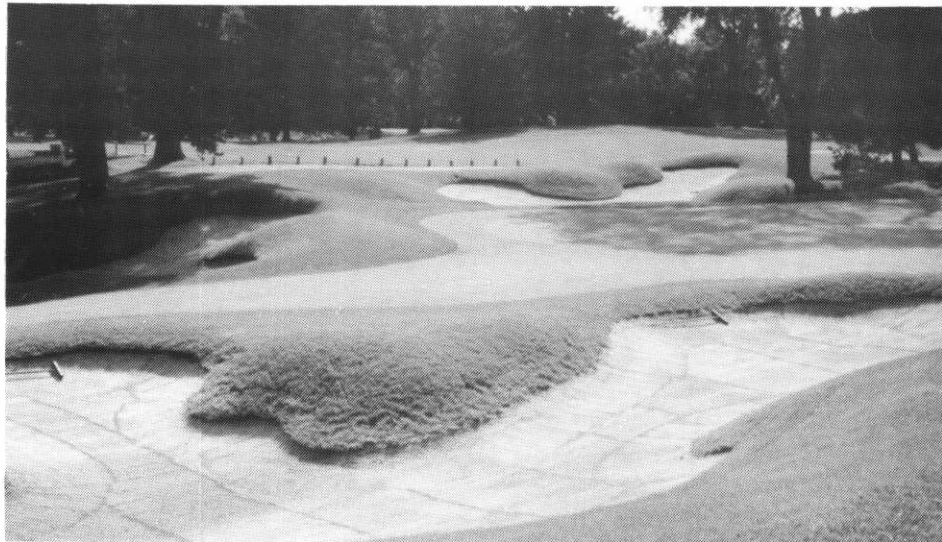
Monday, September 11, 1995

By Mike Brower
Assistant Superintendent
The Minikahda Club

On behalf of the entire staff at The Minikahda Club, we wish to extend a warm welcome to all of the contestants in the upcoming Harold Stodola Research Scramble. It is an honor for us to co-host this event with Town & Country Club and have you all with us for what should be a wonderful September day of golf and camaraderie.

Since its founding in 1898, The Minikahda Club has developed a distinction and tradition of tournament golf and the fine playing conditions that go with it. Our first golf professional, Willie Watson, is given the credit along with Robert Foulis for the original nine holes at Minikahda. A couple of years later, Robert Taylor and C.T. Jaffray laid out another nine holes south of the creek, which is better known as the "south end" to the turf management staff. After hosting the 1916 U.S. Open, the club hired heralded architect Donald Ross to make a study and proposal of his recommendations for the course. This resulted in some changes, most notably with green shapes and bunkering, and the course is pretty much the same today.

With nearly three thousand mature trees on the 155-acre property, including over 250 large elms, one can certainly say we are a wooded golf course. Minikahda is also well-bunkered with 79 bunkers spread throughout the rolling terrain. Players who consistently hit it down the middle are rewarded with ample opportunities for par on what could be considered a rather short course of 6410 yards. The front nine plays to 3050 yards, par 36, with three par 3s, while the back nine is a bit more picturesque and plays to 3360 yards, par 37, with just one par three. Overall, Minikahda will offer a good test for all golfers. Try to keep it down the middle, and most of all, have a wonderful time!



No. 1204-yard, Par 4
Accuracy is key here, long iron and wedge will be enough. Trees on both sides, overhanging fairway on left. Sharp slope on right toward OB. OB also directly over green. Bunkers on left of driving area as well as in front and right of green

No. 2418-yard, Par 4
Could be most difficult hole to make par. OB on right extending entire length of hole. Small green with steep slope on backside puts high demand on shot to green. Bunker in front, 60 yards from green, also bunkers on right and left.

No. 3153-yard, Par 3
The first of three par 3s on the front side. No fairway on this one shot hole over ravine to small green, with OB on right side. Five bunkers surround small poa annua green. Accuracy again is key.

No. 4492-yard, Par 4
OB on right extending entire length of hole and behind green. Tee shot to wide fairway short of sharp elevation change leaves blind second shot. Very narrow approach and small, well-bunkered green make it difficult to reach in two shots.

No. 5305-yard, Par 4
Shortest par four on course, yet a difficult hole for most. Drive area moderately restricted with bunkers on both sides of rolling fairway that can result in a difficult downhill shot to a tight, well-bunkered green.

No. 6183-yard, Par 5
Water hole with 160 yard carry over lake to a large green with some difficult pin placements. Bunkers on both sides and behind green. A pretty hole.

No. 7490-yard, Par 5
Dogleg right with OB on right along nine acre bird sanctuary. Difficult to carry dogleg off tee with large trees on right. Landing area for second shot considerably reduced by bunker on left and overhanging trees on right at 80 yards from green. Fairly severe slope on green from back to front with overhanging oak on left.

No. 8205-yard, Par 3
Very difficult hole, well-bunkered green with narrow approach. Green is large, two-tiered, and is only sand-based green on course. Many subtle breaks on green make this a difficult par.

No. 9500-yard, Par 4
Slowly turning dogleg right makes it very difficult to drive past the turn. Last 160 yards of hole ascending a steep hill. More severe as you approach the green causing a rollback on a shot failing to reach putting surface. Fairway bunker on left of driving area is very reachable, Green is well-bunkered with back to front slope that can fool you.

No. 10420-yard, Par 4
Don't let the beauty of this demanding hole hinder your concentration. Accuracy

(Continued on Page 6)

Minikahda—

(Continued from Page 5)

off tee very important because of many trees on both sides. Blind second shot to a green with steep decline and trees behind. Bunkers on front right and left of green.

No. 11165-yard, Par 3
Only par three on back side. Great one shot hole over pond with narrow opening through two bunkers in front of green, bunker left of green also. Small green sloping back to front and right to left can result in difficult pin locations on front half of green.

No. 12375-yard, Par 4
Rolling fairway makes this a very picturesque hole, with last 100 yards uphill to a green that's not visible from below. Drive down the left side is favorable to avoid overhanging trees on right. Undulating green sloping back to front and right to left.

No. 13520-yard, Par 5
Very rolling hole generally downhill offering a great vista. Creek crosses fairway 75 yards from green, making you think twice about going for it or laying up. Lay up! Overhanging trees short of green on both sides and bunker on front right can be troublesome. Large green with lots of clay underneath.

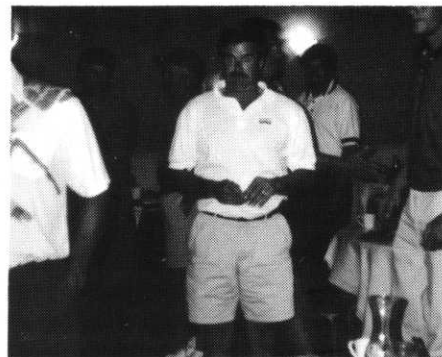
No. 14465-yard, Par 5
Best opportunity for birdie or better on the course. Decent drive puts you within a long iron of very small green that you won't see from the driving area. Small fairway bunker on left of driving area is well placed. Trio of fairway bunkers on slope 60 yards from green and bunkers on both sides of green.

No. 15370-yard, Par 4
Dogleg left, perfect hole for the draw player. Drive it past the corner and you're left with a wedge or nine-iron to green. Another birdie opportunity. One of the largest greens on course with three bunkers surrounding.

No. 16350-yard, Par 4
Good driving hole with a difficult second shot to deep, two-tiered green. Fairway turns left just at the end to green well protected by bunkers. Very demanding hole when pin is in the front.

No. 17330-yard, Par 4
Fairway bunkers on both sides require careful drive. Hit it past them and you have a downhill lie wedge to a small, severely bunkered green. Some very interesting pin locations here may require a second look. OB left side of hole and behind green.

No. 18355-yard, Par 4
Wide fairway makes this another fun hole for ripping one off the tee. Scenic shot to largest green on course with Lake Calhoun in the background. Large bunker 40 yards in front of green and bunkers on both sides also. Over the green is OB.



SPECIAL THANKS to Hillcrest C.C.'s Jeff Whitehurst for helping out with the scoring of the championship.

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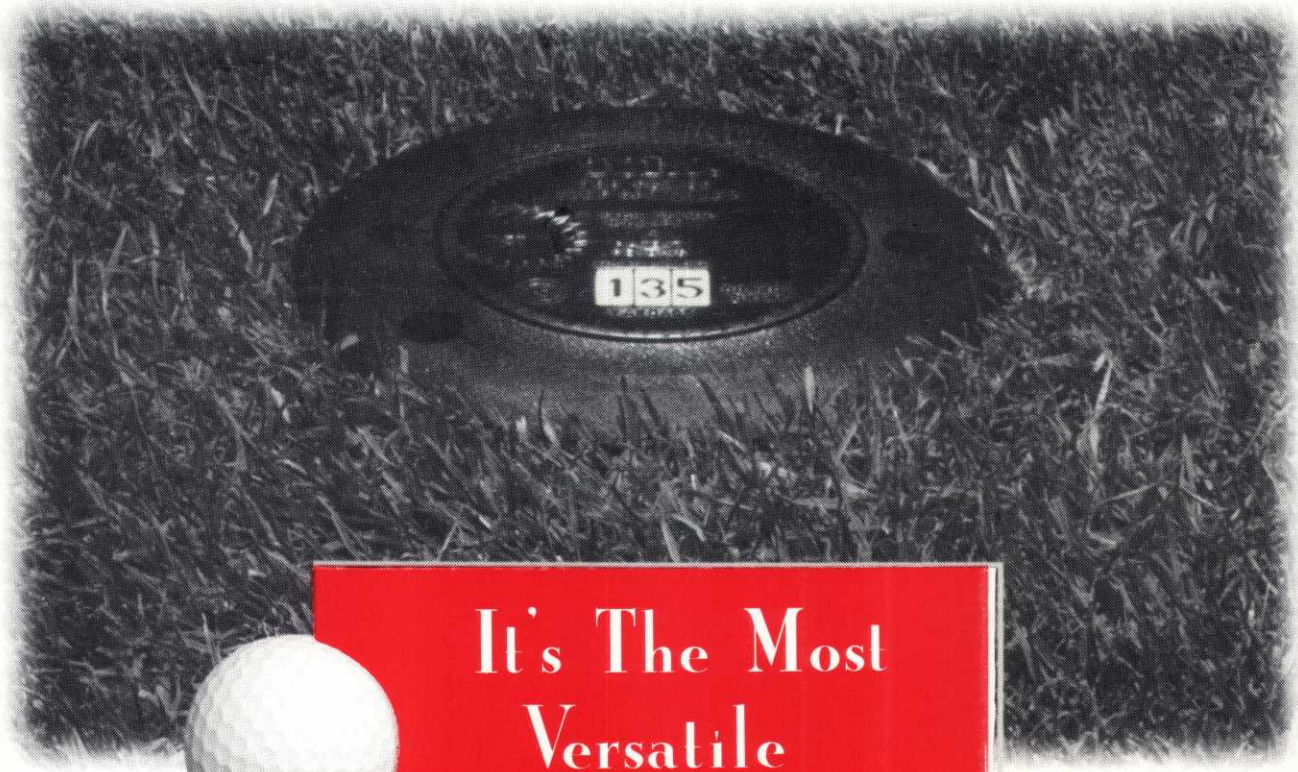
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MTGF EXPO '95 A BIG SUCCESS!

The recent MTGF Expo, held at Resurrection Cemetery in Mendota Heights August 2 and 3, was well attended by several hundred visitors and over 80 exhibitors. Under warm and humid skies, attendees were treated to various displays from mowers and backhoes to nursery and landscape supplies. Special attention was focused on playground equipment and building and facility materials this year.

Unlike years past, this year's expo was divided into

pod-like demonstration areas so interested viewers could operate and compare various types of green industry equipment at their leisure.

Certainly well-liked were the 600-plus lunches devoured by the expo participants over the two days. Special thanks go to the Catholic Cemeteries and David Kemp for again providing the beautifully maintained, centrally located site of this year's Expo. Most importantly however, our sincere appreciation and thanks go to the Minnesota Park Supervisor's Association, led by Expo chair Gary Beckerleg, for their outstanding effort in hosting this premier event. Through their outstanding efforts, donations to the MTGF by the Park Supervisors were \$3250, more than doubling last year's efforts for this event.



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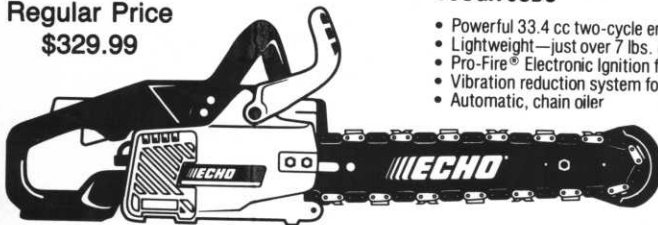
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Walk, Don't Ride!

By David U. Cookson
Maple Bluff C.C.

Both as a physician and a golf traditionalist, I am increasingly disturbed by the seemingly inexorable overwhelming acceptance of the golf cart as standard equipment in any player's preparation for his next golf round — not only at frankly commercial golf resorts but at both public and private courses in every community nationwide. Indeed, golf is one of the fastest growing recreational activities in the nation, particularly among those between ages 25 to 40, and nearly universally these people being introduced to our splendid and fascinating game are starting with the belief that the golf cart is the natural and accepted method of getting the player and his equipment around the course. I submit that these days nearly all those who still disdain the cart are either those over age 50 who grew up with the game before carts were available, or those who learned as junior players because they caddied or were introduced through junior golf programs which did not use carts for junior play. This trend to "cart golf" is changing the nature of the game for the player by adversely affecting his physical and mental capabilities and performance. I would hope that I might encourage many of you reading this essay to consider walking the course more and riding less, in order to achieve some of the positive benefits to your game that I firmly insist will then occur.

I live now in a situation where I play golf mostly with retirement age players. Nearly all of them once had very good golf games, but only a few of them now play to anywhere near their former abilities. Partly this is a result of age itself, but it is otherwise obvious to me that those who stay physically fit and try to maintain flexibility are the ones who maintain their former skills. One can remain fit by exercising away from the course, but most of us won't do that, especially as we age; I long ago learned in my medical practice that exercise programs will be soon discontinued unless they are incorporated into a regular and periodic routine endeavor. A round of golf, if walked, provides four to five miles of good exercise, utilizing all the body's muscles and keeping it in good tone. If the golf bag is carried as well, it is good aerobic exercise and an easy way to keep from getting fat or aids in losing weight. If one has good muscle tone, one can more easily remain flexible, and there is no question that a major problem with older players is restriction of swing motion due to muscle and ligament tightening. Although these problems are more readily noted in the fifties and sixties, they insidiously begin in the thirties and forties, making it obvious that walk-

ing and remaining fit earlier on will enhance one's performance later in life. Similarly, golf performance suffers in the later holes of the round as one's stamina declines, and clearly the physically fit golfer who is used to walking and is in good condition will much less likely give out as the round is completed.

Perhaps the most common annoying and debilitating factor for golfers of all ages is muscle spasms and strains, particularly in the back and neck. It is clear to me incidentally, that in the absence of a muscle or ligament tear, the golf swing done properly will not harm a lower back or neck but will actually help relieve the spasm — if accompanied by a regimen of stretching and walking which helps restore these muscles to function normally. The most exacerbating factor for back spasms, and a common initiating mechanism of its own, is riding in and especially driving a golf cart. On these rare occasions when I'm riding a golf cart and I personally note a back spasm beginning, I will generally overcome it by stopping cart riding immediately and walking instead. Contrariwise, if I don't ride in carts I don't get back spasms on the golf course.

There is a mental plus as well as a physical benefit from walking the golf round. First of all, one is "on the ground" throughout with the adaptive benefits that this entails, such as not having to abruptly switch from riding to standing. Additionally, after a mentally disturbing bad shot, there is more time to regain composure before the next swing, and the physical act of walking helps to dissipate the excess adrenaline induced by the anger and distress of the missed shot. Also, approaching the hole more deliberately allows time to size up the requirements for the next shot and consider the options. I believe any golfer would play a better game walking rather than riding, because of the above considerations.

Course conditioning, too, is enhanced by players who walk. Obviously, the ground is less compacted and worn by golf shoes than by tires. Furthermore, the walking golfer is more likely to rake the bunkers, and sees his ball mark on the green more readily since he approaches from the front of the green and can observe the whole surface, unlike the cart rider who comes on to the green from the rear or the side.

The case for walking the golf course is strong, but often it is the golf club itself which erects barriers to walking since cart revenues are so lucrative and dependable. The player's influence at the club must be continually asserted

(Continued on Page 12)