

Product Evaluation Trials

By Andrew Hollman, Brian Horgan and Eric Watkins
 Department of Horticultural Science, University of Minnesota

For those of you who do not know me, my name is Andrew Hollman and I work with Dr. Horgan and Dr. Watkins as a research associate/scientist. It is my job to implement and manage their research objectives and assist any of their graduate students. Although there is a plethora of research projects and trials that are occurring within the turfgrass research working group, this update will just touch on some of the chemical trials we are managing this year.

Poa Seedhead Suppression

One recurring issue on golf course putting greens is the flush of annual bluegrass seedheads that appear in the spring of the year and continue for many weeks. Although there is disagreement on whether these seedheads are merely a cosmetic nuisance or an inhibition of play, superintendents frequently apply growth regulators to help limit the amount of seedheads that are produced by annual bluegrass in their putting greens. Multiple applications of Primo and Proxy are the standard growth regulators applied to limit the production of seedheads and slow the growth of annual bluegrass. These applications can be effective if they are timed properly. Unfortunately, timing is the main problem in achieving consistent seedhead suppression from one season to the next. Preliminary studies have shown promise in achieving more consistent seedhead suppression by adding a fall Proxy application to the normal spring applications. The aim of this study is to determine if a fall Proxy application gives more consistent seedhead suppression than just a spring application. This study is being conducted at Town and Country Club on a nursery green that is a mix of annual bluegrass and creeping bentgrass. Listed below are the treatments with the

rates and application codes (A = Fall, B = Forsythia full bloom, C = 4 weeks after B).

Pre-emergence Crabgrass Control

Another trial we are conducting is examining whether a new formulation of Dimension EW herbicide is as effective as the present dithiopyr formulations for pre-emergent crabgrass control.

effective control of fairy ring and localized dry spots. Another goal of this trial is to see if early applications of Bayleton can delay the onset of dollar spot or control summer patch. This trial is replicated on our putting green with one of the trials receiving solid tine aeration and a surfactant before treatments were applied while the other trial did not receive aeration or a surfactant.

Preemergence Crabgrass Control				
Trt #	Treatment Name	Rate		Timing
1	Dimension Ultra 2EW	0.5	LB AI / ACRE	Pre-emergent
2	Dimension EC	0.5	LB AI / ACRE	Pre-emergent
3	Dimension Ultra WSP	0.5	LB AI / ACRE	Pre-emergent
4	Untreated Control			Pre-emergent

Postemergence Broadleaf Weed Control

A post emergent trial that we are conducting is comparing fluroxpyr to other competitive post-emergent products.

Annual Bluegrass Removal/ Transition Program

The largest trial we are conducting would not be possible without the cooper-

Postemergence Broadleaf Weed Control				
Trt #	Treatment Name	Rate		Timing
1	Spotlight	1.0	PT PR / ACRE	Spring
	2,4-D Amine	2.0	PT PR / ACRE	
2	Spotlight	2.0	PT PR / ACRE	Spring
	2, 4-D Amine	1.0	PT PR / ACRE	
3	Spotlight	2.0	PT PR / ACRE	Spring
4	Escalade 2	3.0	PT PR / ACRE	Spring
5	Confront	2.0	PT PR / ACRE	Spring
6	Untreated Control			

Fairy Ring and LDS Control

On the USGA putting green at the TROE Center we are conducting a fungicide trial to evaluate whether early preventative applications of Bayleton provide

ation of Jack MacKenzie and the North Oaks Golf Club, Dale Caldwell and the Minneapolis Golf Club and Jeff Ische and Golden Valley Country Club.

Recent winters in Minnesota have led to considerable annual bluegrass death on golf course putting surfaces and fairways. These harsh winters have proven to be a good control method for removal of annual bluegrass on turf surfaces that are predominantly creeping bentgrass. However, a large number of golf clubs in the Twin Cities Metropolitan Area are just the opposite, predominantly annual bluegrass with patches of creeping bentgrass. In

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Poa Seedhead Suppression				
Tt #	Treatment Name	Product Rate		Timing
1	Untreated Control			
2	Proxy	5.0	FL OZ / 1000 FT2	A
3	Proxy	5.0	FL OZ / 1000 FT2	BC
	Primo	0.125	FL OZ / 1000 FT2	
4	Proxy	5.0	FL OZ / 1000 FT2	ABC
5	Proxy	3.0	FL OZ / 1000 FT2	A
6	Proxy	3.0	FL OZ / 1000 TT2	BC
	Primo	0.125	FL OZ / 1000 FT2	
7	Proxy	3.0	FL OZ / 1000 FT2	ABC
	Primo	0.125	FL OZ / 1000 FT2	

Evaluation Trials -

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addition, some of our older clubs are planning considerable renovation projects to restore golf course playing conditions to the original design specifications.

The purpose of this research project is to develop an annual bluegrass removal/transition program that golf course superintendents can use in Minnesota. Previous research has been conducted using Trimmit in North Carolina (Fred Yelverton) and Illinois (Bruce Branham). Unfortunately, our winters in Minnesota are unique and provide an opportunity for research that North Carolina and Illinois cannot duplicate.

Materials and Methods: This research project will evaluate the use of Trimmit 2SC for suppression of annual bluegrass. Timing and rates of application in addition to the number of applications will be evaluated. The following is a list of proposed treatments following discussion with the superintendents and the Trimmit label.

Fairy Ring and LDS Control

Trt #	Treatment Name	Rate	Timing	Interval	
1	Untreated Control				
2	Bayleton SC	1.0	FL OZ / 1000 FT2	Preventative	14-day
3	Bayleton SC	2.0	FL OZ / 1000 FT2	Preventative	21-day
4	Lynx	1.0	FL OZ / 1000 FT2	Preventative	14-day
5	Lynx	2.0	FL OZ / 1000 FT2	Preventative	21-day
6	Prostar	2.2	OZ / 1000 FT2	Preventative	21-day
7	Bayleton SC	1.0	FL / OZ 1000 FT2	Preventative	21-day
	Prostar	2.2	OZ / 1000 FT2		21-day

Treatment initiation is May for spring timing (B), July for summer timing (C), and September for fall timing (A). Treatments 19 and 20 will be applied from April to October at 4-week intervals. Roundup Pro was selected to demonstrate the use of a nonselective herbicide.

For those plots that only receive one application of Trimmit per season or Glyphosate, bentgrass slit seeding will occur at the recommended interval following application (2 to 4 wks).

Prior to treatment initiation, plots will be rated for percent annual bluegrass and percent creeping bentgrass. Following application of treatments, plots will be rated for turfgrass quality, phytotoxicity, percent annual bluegrass and percent

creeping bentgrass. To develop an annual bluegrass removal program, the experiment will continue through 2007.

Some of this research will be on display at Field Day on July 27, 2006. Please join us at the TROE Center for a morning of education.

(See Annual Bluegrass Removal/Transition Program graph on Page 23.)

SUMMER VENDORS' APPRECIATION EVENT

9:30 AM
TUESDAY, JUNE 27
HERITAGE LINKS GOLF CLUB
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Annual Bluegrass Removal / Transition Program

Trt #	Name	lbs a.i. / A / application	product rate / application	Timing	lbs a.i. / yr / A		
1	Trimmit	0.1250 LB A/A	8	FL OZ/A	A	Fall	0.1250
2	Trimmit	0.1250 LB A/A	8	FL OZ/A	B	Spring	0.1250
3	Trimmit	0.1250 LB A/A	8	FL OZ/A	C	Summer	0.1250
4	Trimmit	0.1250 LB A/A	8	FL OZ/A	A,B	Fall, Spring	0.2500
5	Trimmit	0.1250 LB A/A	8	FL OZ/A	A,C	Fall, Summer	0.2500
6	Trimmit	0.1250 LB A/A	8	FL OZ/A	A,B,C	Fall, Spring, Summer	0.3750
7	Trimmit	0.2500 LB A/A	16	FL OZ/A	A	Fall	0.2500
8	Trimmit	0.2500 LB A/A	16	FL OZ/A	B	Spring	0.2500
9	Trimmit	0.2500 LB A/A	16	FL OZ/A	C	Summer	0.2500
10	Trimmit	0.2500 LB A/A	16	FL OZ/A	A,B	Fall, Spring	0.5000
11	Trimmit	0.2500 LB A/A	16	FL OZ/A	A,C	Fall, Summer	0.5000
12	Trimmit	0.2500 LB A/A	16	FL OZ/A	A,B,C	Fall, Spring, Summer	0.7500
13	Trimmit	0.5000 LB A/A	32	FL OZ/A	A	Fall	0.5000
14	Trimmit	0.5000 LB A/A	32	FL OZ/A	B	Spring	0.5000
15	Trimmit	0.5000 LB A/A	32	FL OZ/A	C	Summer	0.5000
16	Trimmit	0.5000 LB A/A	32	FL OZ/A	A,B	Fall, Spring	1.0000
17	Trimmit	0.5000 LB A/A	32	FL OZ/A	A,C	Fall, Summer	1.0000
18	Trimmit	0.5000 LB A/A	32	FL OZ/A	A,B,C	Fall, Spring, Summer	1.5000
19	Trimmit	0.1250 LB A/A	8	FL OZ/A	D	Every 4 wk	0.8750
20	Trimmit	0.0625 LB A/A	4	FL OZ/A	D	Every 4 wk	0.4375
21	Glyphosate		2	QT/A	B	Spring	
22	Untreated						

A=fall B=spring C=summer D=4 wk interval

Guidelines for Safe Handling of Drinking Water at a Golf Course

The following are guidelines if you are providing drinking water dispensers at your golf course. If the following guidelines cannot be implemented, providing bottled water as an alternative to dispensers is strongly recommended.

If you are a licensed food and beverage establishment, you must use NSF approved or equivalent equipment. A trained food service staff member should do the handling of water and the filling and cleaning of dispensers.

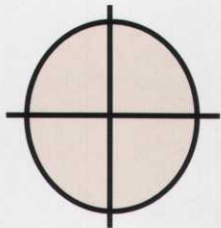
Dispenser filling

- ~ Wash hands with soap and water prior to handling water or ice.
- ~ Water and ice must come from an approved water supply system, either a municipal system or a well that is routinely tested and meets safe drinking water standards.
- ~ The dispenser should be stored away from chemical storage or contaminants.
- ~ The dispenser should be filled in an area free of environmental contaminants, such as dust, chemicals and insects.
- ~ The dispenser should not be placed on the floor while filling but rather on a clean and sanitary surface.
- ~ The hose used to fill the dispenser must be food grade (no garden hoses) and stored in a protected manner.
- ~ Hoses should be used exclusively for drinking water dispenser filling and not to fill other equipment or tanks, such as pesticides, herbicides or used to clean other things.
- ~ Plumbing used to draw water must meet the Minnesota plumbing code and have proper backflow devices.
- ~ Ice must be dispensed with an ice scoop to prevent direct hand contact with the ice.
- ~ Water in the container should be drained and refilled daily to prevent the growth of organisms.
- ~ Dispenser containers must not be stored outside overnight.

Water dispensers

- ~ The water dispenser should be constructed of food grade material and be easily cleanable.
- ~ The spigot should be a gravity flow design to prevent contamination during use.
- ~ Dispensers should be designed and placed in a manner to decrease the risk of tampering.
- ~ The dispenser and nozzle should be washed, rinsed and sanitized daily. Wash with soapy water inside and out, followed by a thorough clean water
- ~ Rinse and sanitize using a bleach solution of one tablespoon per two gallons of water.
- ~ Provide an area for air-drying of the dispenser and nozzle.
- ~ Single use disposable cups should be provided.

For further information, contact: Minnesota Department of Health Environmental Health Services
121 East 7th Place, Suite 220, St. Paul, MN 55101651-215-0870 or www.health.state.mn.us



Environmental Extremism And "The Code" – How Do You Respond?

By PAUL DIEGNAU, CGCS, Keller Golf Course



Allow me to share a story with you. Several weeks ago, I came across a "Letter to the Editor" in one of the local St. Paul community newspapers. The letter was entitled "Toxic Fairways" and from the title I think you can guess which direction this was headed. The letter was an attack on golf courses and their impact on the environment as noted in the sentence "Chemicals like herbicides, pesticides, fungicides, fertilizers and crabgrass inhibitors are all applied in sufficient dosages to give golfers the thickest grass possible." Never mind the fact that herbicides and fungicides ARE pesticides, a fact often misunderstood by chemophobes across this great nation of ours. But I digress. The richness of the letter continues on as the author paints a bleak picture for the children swimming in nearby lakes... "I only ask that they (golfers) think about the witch's brew of chemicals that end up in the body of every kid swimming in a lake anywhere near a golf course." And finally, the attack builds to the ultimate crescendo... "the real birdie died drinking from a golf course pond."

How do you respond? Do you respond? As stewards of the land, backed by years of scientific research that refute this attack, how could you look the other way? I recently came across a similar correlation in the May 22, 2006 issue of *U.S. News and World Report*. The article was on the controversy surrounding the release of the movie "The Da Vinci Code." A Rev. John Skirtich tells of being approached by a woman in his parish, a lifelong Catholic, who inquired if Jesus was actually married to and had a child with Mary Magdalene. He assures her that the book and movie are pure fiction, but later realizes the magnitude of the controversy. "That's when it struck me," Skirtich recalled, "that ordinary believers -- people in my own parish who are not theologically trained -- were being deceived by the pseudo history in that book and I knew I had to do something about it." Left unchallenged, he explained, "the fiction passed off as history in The Da Vinci Code undermines what Christianity is all about."

What a perfect parallel for what we face in our own industry. If we remain silent on these issues, the propaganda being spewed forth by these environmental extremists becomes fact. The general public doesn't know any better. How many casual observers take the time out of their busy lives to research these issues? The mainstream media prefers sensationalism over truth whatever it takes to increase circulation or viewership. We as an industry must make a stand and present the facts. Oftentimes, living in the breadbasket of our country, we feel isolated from special interest activities occurring on the east and west coasts of our country. Please be aware that these special interest groups are alive and active in our own backyard. Case in point: the city of Minneapolis is exploring the idea of total "organic" maintenance for its golf courses and parks. Who's next?

For the record, I did respond. My response was published and I received very positive feedback from people I did and did not know. In my own little way, I educated the general public using facts that most are unaware of. It was a good and positive thing. Please take the lead when the opportunity presents itself. Make it a point to read the many pesticide and nutrient fate studies that exist. Educate yourself on the many benefits of healthy turfgrass

and open green space. The truth can be very powerful!

Below is the letter to the editor exchange that I referenced. The names have been changed to protect the innocent (at least in one case).

Toxic Fairways

To the editor:

Biking by ABC Golf Course recently, I noticed flocks of predominantly white males hitting the links, and I knew it was spring once more.

I don't care what a person does as long as it doesn't affect me. Thus, smokers are free to shorten their lives, but not in any place I frequent. However, things are not that simple with golf. Golf involves toxins that are not as easily noticed as cigarette smoke. Chemicals like herbicides, pesticides, fungicides, fertilizers and crabgrass inhibitors are all applied in sufficient dosages to give golfers the thickest grass possible. Unless the golf course is constructed over a layer of bentonite clay or some other impermeable membrane, the groundwater is the recipient of much of those chemicals. I've read that such an underlayment is

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163 Yard Par 3 eighth hole at the Refuge Golf Club in Oak Grove, Minnesota.



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In the Crosshairs—

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sometimes used around golf course greens, but what happens when we have a monstrous downpour. The technology simply doesn't exist to filter the toxic overflow even if we were to somehow trap it in a catchment pond.

While the golfers relax in their carts between holes, I only ask that they think about the witch's brew of chemicals that ends up in the body of every kid swimming in a lake anywhere near a golf course.

Nah. Too much such thinking could spoil a birdie. (The real birdie died drinking from a golf course pond.)

- Concerned Citizen

"Your neighbor has access to the same pesticides that are used on a golf course! Your neighbor most likely has no training or license, is not regulated by the state and doesn't keep records. Have you ever heard of the "more is better" mentality? That mindset is prevalent in the homeowner landscape maintenance industry as I personally witnessed during my many years as a master gardener."

or license, is not regulated by the state and doesn't keep records. Have you ever heard of the "more is better" mentality? That mindset is prevalent in the homeowner landscape maintenance industry as I personally witnessed during my many years as a master gardener.

I would suggest that Mr. Paulos spend more time keeping an eye on the chemical application activities of his neighbors and possibly re-evaluate his position on golf courses and the environment. The golf courses of today are environmental assets that are maintained as such by trained professionals who consider themselves environmental stewards. How do your neighbors stack up???

- Paul Diegnau
Certified Golf Course
Superintendent
Keller Golf Course
Maplewood

Response to Toxic Fairways

To the Editor:

This letter is in response to the letter titled "Toxic Fairways" that appeared in the *Villager* this past week. Why the *Villager* would choose to print this classic example of fear mongering, full of emotion and lacking in scientific fact, is beyond me. But for the record, Mr. Paulos is correct in stating that pesticides and fertilizers are applied to golf courses. What he fails to mention is that:

+ Turfgrasses have a wonderful component called thatch. This is a layer of organic matter located between the grass plants and the soil and it is rich in carbon and microorganisms. This thatch layer is an effective natural filter that reduces pesticide mobility, and provides the "dinner plate" where microorganisms and bacteria consume and break down most pesticides into harmless by-products.

+ A tremendous amount of university research has been and continues to be conducted on pesticide and fertilizer fate in the golf course ecosystem. The USGA has provided millions of dollars for research on golf's impact on the environment. An overwhelming majority of the current research shows that when applied according to the label by a trained applicator, turfgrass pesticides have a negligible impact on the environment.

+ Anyone making a pesticide application on a golf course in Minnesota is licensed (must pass a test) and certified with the state of Minnesota and must meet continuing education requirements to maintain that certification.

+ Golf courses maintain written records of all pesticide applications and apply product via sophisticated calibrated application equipment. The label is the law! Product labels are strictly adhered to in golf course maintenance.

+ Your neighbor has access to the same pesticides that are used on a golf course! Your neighbor most likely has no training

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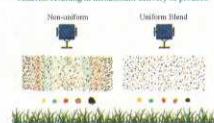
The matrix shown below demonstrates a dramatic increase in particle coverage (PPSI) by using smaller particle products versus increasing the rate (lbs.) of a larger particle product.

POUNDS/ACRE	Particles Per Square Inch Matrix									
	20-20-20 Fertilizer with 5% Nutrients					SGN				
	80	100	125	150	175	215	240	300		
100	15.0	7.7	3.9	2.3	1.4	0.8	0.6	0.3		
125	19.7	9.6	4.9	2.8	1.8	1.0	0.7	0.4		
150	22.5	11.5	5.9	3.4	2.1	1.2	0.8	0.4		
175	26.2	13.4	6.9	4.0	2.5	1.4	1.0	0.5		
200	30.0	15.4	7.9	4.5	2.9	1.5	1.1	0.6		
225	33.7	17.3	8.8	5.1	3.2	1.7	1.2	0.6		
250	37.5	19.2	9.8	5.7	3.6	1.9	1.4	0.7		
300	45.0	23.0	11.8	6.8	4.3	2.3	1.7	0.9		
	Avg. SG (g/ml) = 1.8									

The illustration below shows the effect of using a non-uniform fertilizer product. Note the severe skewing and banding of different nutrients.

Uniform Particle Distribution
Spreadability: Particle Flight

Varying particle sizes and density cause irregular ballistic behavior resulting in inconsistent delivery of product.



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Musing the Minutes

By MATT MCKINNON, MGCSA Secretary

The MGCSA Board of Directors met on April 27 at Midland Hills C.C. The Board met after the MGA had its 2006 Turfgrass forum with Bob Vavrek and Dr. Brian Horgan.

Executive Director Scott Turtinen reported that 85 Regular members and 16 Affiliates did not renew membership for 2006. Last year there were 69 members and 13 Affiliates who failed to renew membership. This year the sponsorship is down with an income of \$9,000 plus the Tiziani donation of \$4,000. Last year we had \$16,400, which makes us \$7,000 down from last year. Tee sponsorship is also down. This year we have only eight sponsors compared to 12 last year. Club and individual donations are down about \$500 this year. The turf tourney has 22 clubs and 56 tee times. Turtinen is going to be

added to the Club Managers Association and the President George Carroll; General Manager of Interlachen Country Club will be added to our Association so we can exchange information.

Tom Proshok reported that Tiziani had donated 40 carts for the Championship scheduled for Windsong Farms this year. Vendor Appreciation day is going to be held at Heritage Links this year.

Paul Diegnau, CGCS reported that the Department of Labor meeting in March went well. During the meeting they generated job descriptions for each age group. By now everyone should have received these documents.

Dan Brown reported that they have been looking for a place to hold our Appreciation night during the Golf Industry Show in Anaheim, Calif. this

year. Most places want around \$6,000 for the room and food. Dan Brown and Jeff Hartman will continue their search

Paul Eckholm, CGCS reported he had met with Joe Spitzmueller from the Department of Agriculture. The two topics of discussion were inspection of golf courses and record keeping for pesticide applications. We are not required to keep records unless it is a restricted use pesticide. As far as inspections there are more inspectors now due to the fact that there are more facilities. Inspectors are looking for big violations and not little ones.

Rick Traver, CGCS reported the MGCSA is giving the U of M \$10,000 for support of the TROE center and \$10,000 for a Trimit/Poa suppression study. Syngenta has already donated \$7,000 for this study. Field days are set for July 27.

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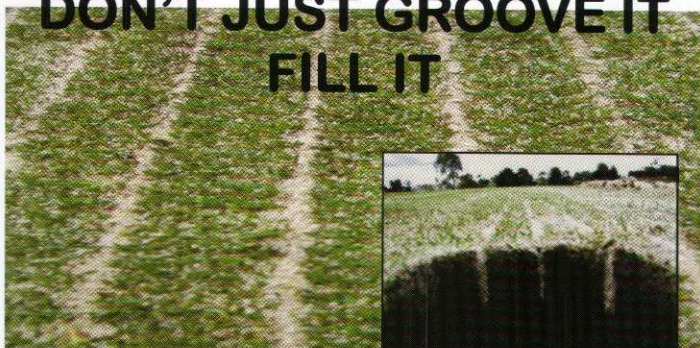
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In Bounds: Complacency

By JOHN "JACK" MACKENZIE, CGCS
North Oaks Golf Club

(Editors note: The following column is an oldie but goodie brought back from the archives. A friend of mine encouraged me to reprint this article on complacency.)

A few years back I was visiting with a fellow tenured superintendent regarding the plight of one of our peers who had been let go. While counting our blessings he mentioned to me that, in our business, most often the demise of a superintendent was self-induced, or as he put it, "complacency equals the front door." Wow, what sobering words of wisdom.

According to the Merriam-Webster dictionary, complacency is the noun of complacent which means to be self-satisfied and smug. In the above-mentioned quote, complacency is interpreted as being self-satisfied to the point of taking a position for granted. In this case,

and in many, the superintendent had assumed that what he was doing was good enough because he was satisfied with his product. Unfortunately for him he failed to regard the demands of his players and thus failed to counter issues that demanded his attention.

Many in our business would consider my daily regime of cutting cups personally a bit retentive. However, how else am I going to really see the course from both an agronomic and player perspective? Of course someone else could be trained in the art of pin locations, but by doing this simple chore I am forced to visit every green, tee, fairway and rough complex on the course every twenty-four hours.

In the afternoon I am again out on the course with pen in hand or hand-held recorder to compile my "list." You know, the ever-changing assortment of big and little projects that need to be prioritized and then implemented. Sure, I could rely upon my capable assistants to do the task; however, it forces me to be in my member's faces as I travel the course with an

open mind. Along the way I ask questions, give answers and monitor the ever-changing conditions of the course. My membership is my greatest ally when it comes to limiting complacency. If I miss a step they let me know and you can be sure that I am quick to get back into line. But there is no contact if I am holed up in my office.

Other complacency busters include having my staff wipe down the benches,

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tee signs and ball washers every day. There is no better way to spot damage or chipped paint. And as crazy as it may seem, we Armor All the plastic wastebaskets monthly and the bunker rake handles mid-summer as well as during the off-season. And every day we paint a beauty ring around our cups. You can imagine the look on the player's faces when they witness these finishing touches. Pampered? You bet. Over the top? Perhaps, but it goes a long way to prevent the perception of "taken for grantedness."

The complacency concept can be applied to all aspects of an individual's life from the job place to the home front and even into personal issues such as health, both mental and physical. At work, rest or play, individuals have to be mindful of their surroundings so as not to become overly satisfied.

Reflecting upon my first marriage I can see that it was very easy to take my home life for granted. My mind set was that if I labored hard and did a good enough job at the club I would be rewarded at home.

And work hard I did, putting in 70 plus hours each week in the quest to create perfect playing conditions for my players. Unfortunately I became complacent in my family relations and suffered the consequences.

When was the last time you brought flowers home for your spouse? How many school-sponsored field trips did you attend during the off season? Have you sat down and visited with your parents recently? Does your dog get enough hugs? And when did you take time out and effectively RELAX, alone? Besides maintaining a close tie with loved ones, an individual must take care of himself or herself.

Out of college I weighed in at 155 pounds. A lean, mean, grass-growing machine! Eight years and 70 pounds later my body threw in the towel and demand-

ed attention. Not just physical either. Besides becoming complacent with my muscles, my mind had deteriorated as well. Thankfully I committed myself to some serious mental consultation and changed my life from disarray and randomness to a focused purpose. Through exercise, sobriety and inner reflection I was able to really "clean up" my act.

Now I'm not attempting to lecture anyone on how to live their lives, but from a professional and personal perspective I have seen many great people slip and slide down the slope toward complacency. Attentiveness takes dedication.

Awareness requires close observation. Responsiveness necessitates the reflection upon the whole picture, not just a second in time. To ride the crest in our profession, especially in this day and age of greater and higher expectations, golf course superintendents cannot afford complacency.

Whether with my wife and children, on the job, meditating or relaxing with a good book or fishing rod, my goal is to maintain awareness and truly be the best that I can be (to coin a phrase from the Army). I let my family know how much I love them every day. My employer gets 100 percent of my vocational attention. And when I take time to enjoy the gifts that life has to offer, I truly take a moment or two or ten or one hundred. My whole life is too short to be complacent. - JM