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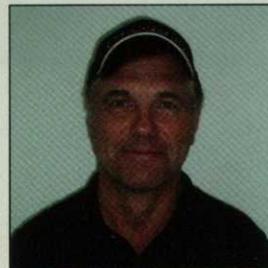
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An Adventure in Life

Food: One Constant Ingredient For Human Survival

By Randy Witt, CGCS
Senior Superintendent, Hong Kong Golf Club



Food. One constant ingredient for human survival worldwide is food. For some people, food is strictly a necessity for survival. For Americans, food is many times a social event and means to relaxation. In some cases food is used as a therapy to release tension or overcome anxiety. Food and its consumption often are used as means for conducting business. Food serves a variety of uses besides being a necessity for human survival.

When I was contemplating the move to a new culture, and the Chinese culture in particular, food never really was a major consideration as an obstacle. As most Americans do, I enjoy food, and wide varieties and tastes of food. I trace my flexibility and acceptance to all foods to my farm community upbringing. During my youth, most all farm families raised tremendous amounts of foods, a large part being fruits and vegetables. Meat consisted of beef, pork, chicken and a turkey for Thanksgiving. In my family, as with most farm families, being choosy about foods was not a real option. What was prepared for a meal was what you were expected to eat. To this day, my mom's words of "this is not a restaurant" still ring in my ears. Being picky or

choosy was not an option. One learned to try and, if necessary, tolerate all foods. For me this laid a foundation of appreciating and enjoying most all foods, especially fruits and vegetables. As a youngster, (a long time ago), I always looked forward going to my grandparent's home on Saturday. Saturday was my grandmother's baking day. What a treat to be greeted at the door with a variety of sweet fragrances of the many breads, cakes, sweet rolls and pies that my grandmother was in the process of baking. Being able to lick the spoon of the last morsels of chocolate frosting was a treat in itself. Freshly baked, warm bread with large amounts of fresh butter spread on top was comparable to any feast of kings. Unfortunately, as the years have gone by, the ability to partake of a lot of sweets and carbohydrates has lessened not totally by choice but by necessity. As a practitioner of the Atkins philosophy, the ability to enjoy sweets and carbohydrates has lessened considerably.

Upon moving to Hong Kong I found that Chinese people readily enjoy foods in much the same manner as Americans. For the younger generation, American fast foods have become very popular. Pizza Hut, Krispy Kreme, McDonalds, Starbucks, Kentucky Fried Chicken and Burger King have become almost a way of life for many young Chinese. As in America, a major concern in Hong Kong is the obesity problem with the young people. 38% of school age Chinese in Hong Kong are now considered obese. The abundance of fast foods along with physical inactivity due to the computer age has created a weight problem within the Chinese childrens population. While this is a problem with school age children, this has not become a problem with adults. Upon arriving in Hong Kong, one major difference compared to the United States I quickly realized, is that the common, working lower and middle income class of the Chinese people have very little variety in their diet. Also, the diet is rather mild, definitely not spicy. A wide variety of vegetables along with a lot different fruits makes up a large part of the daily diet. Meats consumed are mostly chicken, pork, duck and a wide variety of fresh fish. Turkey is seldom eaten along with little in the way of red meats. A major reason for the lack of red meat is that most red meat is imported from New Zealand and Australia, making beef somewhat costly. Of course the major component of the diet is rice, which is very inexpensive and very filling. Rice is served and eaten at every meal, and in large quantities. The normal, daily routine in the Chinese culture is for a family member to stop at the fresh market or local food market to pick up fresh food for the evening meal. This daily shopping is due to a number of factors. The Chinese prefer fresh foods; most families have very small refrigerators, no freezers and little dry foods storage space. Also, buying small quantities on a daily basis seems to help stretch the food budget. Shen Shui, the village close to The Hong Kong Golf Club, has both a fresh meat market and a fresh vegetables and fruits market. I personally shop at a regular food

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Food-

(Continued from Page 12)

market or Western style grocery store. The American concept of going to the grocery store once a week and stocking up is not a reality in the Chinese culture. When I go to the grocery store, being American, I buy enough food for at least a week and sometimes two weeks. As I get in line at the check out counter, it is as if I have the Plague! No one rushes to get in line



behind me when they only have a few items to checkout, and I have a cart full.

A popular breakfast food is congee, a type of thick rice soup or pudding. Another popular breakfast food item is comparable to the American Coney Island hot dog and bun less the onions, etc. Not especially my idea of a good breakfast. The American staple of bacon, eggs, hash browns and toast is not in the Chinese food fare. To partake of this type of meal a person needs to go to a Western eating establishment. The poorer Chinese, due to the cost, seldom consumes alcohol. When alcohol is consumed, wine is usually the alcohol of choice. The most popular beverage is, of course, a wide variety of teas. Here again, tea is served at every meal. I have found that very few people drink coffee. To the Chinese, coffee is much too strong. A couple of my Assistants will occasionally drink coffee, but is usually mixed with a large amount of condensed milk and white sugar. A popular meal for the financially secure Chinese people is called Dim Sum. This meal is served in the morning and into the mid-afternoon. This meal consists of a lot of different prepared foods, but in very small quantities and with lots of tea. Shark's fin soup, wonton soup, congee, egg drop soup, fried rice, lo

mein, different kinds of seafood wrapped in rice noodles, bao (rolls that are stuffed with sweetened pork or veggies and then are baked or steamed), roast pork, roast duck, various deserts, pot stickers, chicken feet, pigs ears, pigs knuckles, marinated squid and a vast assortment of fresh vegetables and fruits. The other very popular meal is called high or afternoon tea. This consists of a meal that is made up of a variety of teas and small portions of a large assortment of sweets and desserts. Both meals are enjoyed at a very slow pace where food and conversation are enjoyed to the fullest. A Chinese meal consists of small portions of a variety of different foods except for large quantities of rice. Unlike in America where each person orders a specific meal when dining out, in the Chinese culture one person orders for everyone. A multitude of different foods is ordered, and everyone shares and samples a variety of foods served. I have attended social dinner functions where at least twelve different courses or dishes have been served for a table of four people. You usually are not always able to identify each dish, but the food is usually very good and can be quite interesting. Sometimes it maybe beneficial to not know what each entrée is.

Personally, this type of dining has proven to be very enjoyable. I have really enjoyed expanding my horizons and tastes for eating different foods. One of my favorite new foods is squid. I now eat squid at least once a week on average. When I'm back in the States, initially it is strange to just order one entrée or meal when dining out.

Shen Shui, where I live is, is located about 15 miles from the Red China border, so the population and culture is Chinese. Traveling into Hong Kong, world variety abounds. Just about every world culture and nationality abounds in Hong Kong the city and Hong Kong the island. For me, it is a lot of fun and very interesting to sample the dining establishments of various countries and cultures. Even though the variety is fun, refreshing and pleasing, good American type food still is a staple of my diet. My thanks go out to the



American entrepreneurs who have come to Hong Kong and opened up American dining establishments. I am able to remain Americanized thanks to Morton's, Ruth Chris's, Dan Ryan's, Starbucks, Tony Romas and Hard Rock Café for a touch of home.



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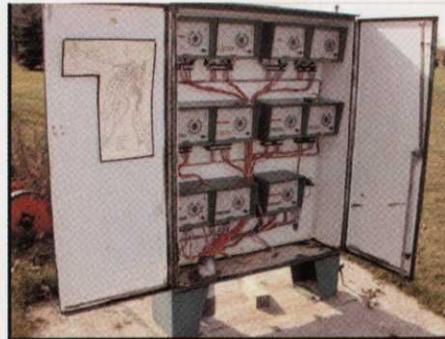


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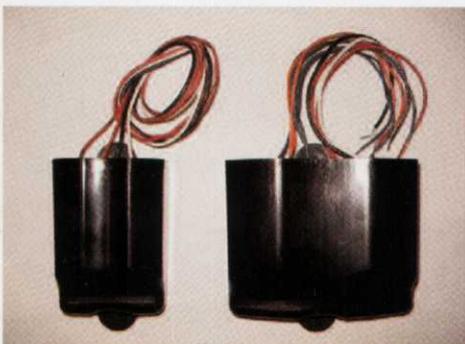


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Introducing the 2007 MGCSA Scholarship Recipient: Tom Steigauf

The MGCSA Scholarship Committee had its hands full this year with four very qualified scholarship candidates. After careful review we have determined the winner, Tom Steigauf.

Tom got his start in the golf industry at Hillcrest Golf Club of St. Paul at the young age of 16. He spent three years there getting his feet wet with course set-up, mowing and pesticide and fertilizer applications. From there he found himself at Hartman Companies learning all he could about golf course renovations, drainage, tee and green construction. Tom then enrolled in the turf program at Anoka Technical College.

As a student, Tom traveled to Colorado for his first internship experience. At the Country Club of the Rockies he put his past experiences to work in a bunker renovation program and further sharpened his skills in daily golf course management. After graduating from Anoka, Tom went to Big Sky Montana to assist in the grow-in of the Tom Weiskopf designed Spanish Peaks Golf Club.

Tom is now enrolled in the University of Minnesota's turf program and doing another internship at Spring Hill Golf Club in Wayzata. He plans on graduating in the spring of 2008 and looks forward to becoming a golf course superintendent in the not so distant future.

His hobbies include hunting, fishing, working on cars, building cabinets, and spending time with family and friends.

"I had the distinct pleasure of playing golf with Tom at the 2007 MGCSA Scholarship Scramble at Greystone Golf Club and I assure you he is a worthy recipient of our scholarship. It is obvious that he takes pride in what he does and will be a great addition to the turf grass profession." said Scottie Hines, CGCS, MGCSA Scholarship Chair.



Tom Steigauf, right, received the 2007 MGCSA Scholarship Award at the MGCSA Scholarship Scramble at Greystone Golf Club in Sauk Centre on June 18 from MGCSA Scholarship Chair Scottie Hines, CGCS on behalf of the MGCSA. Steigauf currently attends the University of Minnesota at Crookston.

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Notice of Cancellation of Chlorpyrifos Uses

This is a notification from Dow AgroSciences as to the cancellation of chlorpyrifos use in turf.

Dow AgroSciences has notified the U.S. Environmental Protection Agency (EPA) of its intention to cancel certain uses and registrations for chlorpyrifos.

Dow AgroSciences will no longer support non-agricultural and public health uses of chlorpyrifos. For the purposes of these use cancellations, non-agricultural use patterns are defined in 40CFR 170.103 and include pest control in such use sites as golf courses, road medians, industrial plant sites as well as indoor and outdoor residential and commercial pest control. The public health pests are discussed in detail in US EPA's PR Notice 2002-1. Cancellation of non-agricultural and public health uses of chlorpyrifos will impact Dow AgroSciences products that you currently recommend

Labels for the following end-use products will be amended to remove non-agricultural and public health uses:

- + Dursban™ 4E-N
- + Dursban™ 50W in WSP

Dow AgroSciences intends to submit amended labels for the end-use products listed above to EPA in March 2007. Once EPA accepts the amended labels, Dow AgroSciences will have twelve months from the date of acceptance to fully implement the amended label on product packaging. According to EPA, there will be no "stop use" date, and existing stocks of the end-use products listed above can be used, consistent with their package labels, until stocks are depleted.

Finally, labels for the following end-use products will be cancelled:

- Dursban™ 1F
- Dursban™ 1G
- Dursban™ 2.5G
- Dursban™ 2E
- Dursban™ 4E
- Dursban™ ME-02
- Dursban™ ME-04
- Dursban™ Pro
- Dursban™ TC (and alternate brand name Tenure™)
- Lentrek™ 6WT
- Dursban™ WT (and alternate brand name Lentrek WT)

Existing stocks of these products in Dow AgroSciences warehouses may be sold by Dow AgroSciences until inventory is depleted or for twelve months, whichever occurs first. Inventory of the products listed above in the hands of distributors, retailers, and end users may be sold and used as labeled until stocks are depleted.

Dow AgroSciences will maintain current state registrations through 2009. After state registrations expire, existing inventory in the channel of trade may not be sold; however, product may continue to be used according to package labels.

This information is provided in good faith based on discussion with the Agency and on similar past experiences. EPA may actually impose timelines that are longer or shorter than what we anticipate. Of course, Dow AgroSciences will work with EPA to attempt to make this transition for our customers as efficient as reasonably possible. - Mike Melichar

(Editor's Note: Please contact Mike Melichar, Product Technology Specialist atmwmelichar@dow.com or 317-337-4982.)

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Question for Superintendents and Assistants:

How Do You Regulate Cart Traffic?

In the past at **North Links** we used 4" diameter round post about a foot tall with a spike in the bottom to push into the ground, and the superintendent rotated them depending on the wear. The rough mowers had to get off their mowers quite often to move them and put them back, so this past spring I rented a hammer drill and put holes in the cart paths every four feet so I can rotate them whenever I want without effecting the rough mowers. We have tee to green cart paths so this works very well. My initial fear was that when a cart hits one it might cause damage to the cart but it has not been a problem. When hit, the post brakes or the spike bends but no damage to the carts so far and we have had many hit. In a construction area out on the course we do use posts with rope strung between them, but I think that it looks kind of tacky. - Eric Peters, North Links GC

At **Northland Country Club** we are using a combination of ropes, stakes and signage. In the past, ropes were the primary way of directing cart traffic but we are working hard to change the culture of carts here at Northland. In my regular e-mails to the membership I usually throw in a reminder about cart traffic: where and where not to drive carts, to please follow the signs and stakes and the damage carts can do to a golf course. So far so good, the members seem to be getting the message and driving in the proper areas and we have nearly eliminated the use of ropes. My hope is to have 90% of the people obey the cart rules. 10% are probably going to drive where they want regardless of what you tell them so I do not worry too much about that group. - Chris Tritabaugh, Northland CC

* * * *

What traffic!!!
I'm very fortunate at **Somerset**.

Actually, our members are not big fans of asphalt and we do get a fair amount of riders. Plus, our equipment can leave paths. We are able to get by with cart signs and "no carts" in certain areas. We use as little rope as possible. On a side note we switched to gray dresser rock for our cart paths and I like it a lot. - James Bade, Somerset CC

* * * *

At **Rutger's** we use a combination of methods to control golfers (sheep) and their carts. On some holes just a cart arrow directing them to the cart path will do. In

other areas where they seem to just run the arrow signs over, we use stakes and ropes. Along a few paths where the signs and rope don't get their attention we use large rocks so they cannot leave the path.

The grounds crew is responsible for moving any signage and/or rope and stakes as needed to prevent excessive wear. Good luck with the sheep, I mean golfers on your course!

- J.W. Wollner, Ruttger's Bay Lake Lodge

* * * *

At **Waseca-Lakeside** we use a combination of several approaches to help ease the impact of carts:

1) Cart paths by all greens and tees, at this time they are crushed limestone but hope to pave someday.

2) On the curves where carts tend to "cut" we are using the short green and white Par Aide recycled stakes with decent success. However we do have to straighten some of them because they do get hit.

3) Rope off areas where the traffic concentrates around greens, usually on the side opposite the path where people can "cut" to the next hole. We use the 12" green Par-Aide recycled rope stakes with yellow rope.

4) White lines painted across the approach to each green at least 30 feet out from the green. We usually pick out a tree on the opposite side of the cart path and paint a gentle arc following the approach.

5) During extremely wet conditions we "try" to restrict carts to paths only; this has limited success. We also will rope off very wet areas such as drainage basins until they are dry enough to mow through.

We use signs and directional arrows as well but question how effective they are. I guess it makes me feel better for at least trying to keep the damage to a minimum. I also have to admit that I have really slacked off my restrictions due to the huge negative impact it has on the revenue side of the ledger. I would like to be able to aerify the compacted areas more than just the fall but we just don't have the labor or equipment to get it done. We also try to use a ranger during busy periods to regulate traffic and speed of play with limited success. - Rob Panuska, Waseca-Lakeside CC

(Continued on Page 21)

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



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