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turn gratefully to those who have made our
progress possible**

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for the Holidays
and a Happy New Year**



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An Adventure in Life A Blog from the East

By RANDY WITT, CGCS
Courses Manager, Hong Kong Golf Club

In an attempt to show my computer proficiency or lack of, this month's format will be an attempt at a blog.

It's a quiet Sunday afternoon on the last day of the Hong Kong Open.

Since returning in mid-October from vacation in Wisconsin, I've been very busy preparing for this year's Hong Kong Open. The tournament preparations are a lot of work, but also fun and rewarding. The weather conditions for the last month have been ideal for producing excellent tournament conditions. This marks the 49th consecutive year for this tournament at the Hong Kong Golf Club. Many American Tour players such as Tom Watson, Greg Norman, Ernie Els, Padraig Harrington, Mike Weir, Retief Goosen, and Nick Faldo have participated and in many cases have won.

During Open week, it has become a tradition for the Equipment Supervisor to have a barbecue brunch for all the staff supervisors mid-morning after the days' tournament preparations have been completed. Squid, ribs, chicken, eel, bacon, eggs, steak for Guilos (Americans), and potatoes are part of the daily fare. The Asians have come to really enjoy this barbecue. It is amazing to see how much they can eat and never seem to put on any excess weight. This has been the only time I've seen a meal eaten without the presence of rice.

February 2008 will mark the start of my third year in Hong Kong and Asia. It only seems like yesterday that I stepped off the airplane into a new life experience. On occasion when I look back over two years, I'm amazed at all the experiences I've had and the places I've been fortunate to travel to. The adage that time seems to pass more quickly as you get older has definitely been the case for me.

I eagerly am looking forward to 2008 with the Olympics and the 50th anniversary of the Hong Kong Open.

It took 8,000 miles for me to be able to experience extended vacations. Prior to coming to Asia, a week to maybe ten days

was the maximum time I was ever away from the golf course. My vacations to the States now usually cover about three weeks -and the three golf courses have



*Hong Kong Open week mid-morning barbecue.
Yellow food is Squid. "It's Great!" - RW*

fare well in my absence. I sure regret not taking more time off earlier in my career. If there is one bit of advice I now give younger superintendents is that the golf course will be there when you return. If you have a good staff and well-developed programs in place, you should be able to take some extended time off.

I have not noticed any living creature to be off limits to the Chinese people when it comes to food. Since coming to Hong Kong, I've had three different instances where a staff member has captured a snake. One incident occurred last year during the Hong Kong Open. While searching for a ball in the rough, a golfer was startled by a snake. Within an hour the snake was captured and skinned out by a couple of my staff members. Two days later I sampled snake stew-a bit salty but good. Snakes fear for their lives on our golf courses, along with other forms of wildlife.

The Chinese have a real love of cell phones and talking, speaking quickly, and a lot. One will observe just about every Chinese person talking on a cell phone no matter the location. If in the future it is found that cell phones cause cancer, the Chinese population will be in for a drastic reduction in numbers.

In regard to speech, I've had a difficult time adjusting to some of the British and Australian people's expressions and use of language. Tidy, Cheers, and being called

Mate are expressions I've just not gotten used to very easily.

Americans in Asia learn to speak very slowly and in short phrases when dealing with the Chinese. Long sentences tend to produce a look of confusion on the faces of the Asians that do speak and understand English. I find myself having to relearn Midwest English when returning to Wisconsin.

The Asian people prefer foods that are very soft and bland. Thus their reliance on rice for every meal. I enjoy rice, but not for breakfast. Beef is not popular because of the course texture compared

to chicken or fish. Recently I was discussing the American tradition of Thanksgiving with a couple of my assistants. I was surprised to learn that Asians find the texture of turkey meat to be too coarse for their enjoyment. That explains the absence of turkey on Asian restaurant menus or in the fresh markets. One has to go to a Western grocery store to find a turkey.

Television stations in Hong Kong and China are government controlled. While this does limit expressions of opinion, it does eliminate the need for advertising revenue for the operation of television stations. When American television programs are telecast, the shows end about ten minutes early due to no commercials, the one positive to government controlled television. Monk, House and David Letterman along with ESPN continue to be my favorites, even in Hong Kong. During lunch break, many of my assistants have been watching American football on ESPN. They are amazed at the size of the American football players. I assure them that the majority of the American population is not that large in physical size. They do enjoy the American cheerleaders.

(Continued on Page 15)



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A Blog from the East –

(Continued from Page 13)

A Hong Kong Open update. Manuel Jimenez defeats Robert Karlsson by one stroke to capture the 2007 Open. Karlsson double bogeys eighteen, Jimenez bogeys to win by one stroke. Can you say choke?

Just as in the United States, Asian stores bring out the Christmas decorations after Halloween. It's amazing to hear Christmas songs being played in the malls in Hong Kong. The Chinese really enjoy Christmas. On Christmas Eve, the entire downtown area of Hong Kong is barricaded off for a large celebration. Music groups are scattered around the downtown playing everything from Christmas songs to heavy rock. At midnight a large fireworks display takes place over the harbor. People party and celebrate into the early morning hours.

With the approach of the Olympics in China next year, air pollution is and has become a very important concern for the International Olympic Committee. Most of the factories in China are coal powered, and traffic in the city of Beijing is ever increasing. Recent newspapers articles detail that some events may be postponed or not held due to potential air pollution problems. Long distance running events are the events that may be in jeopardy. One solution brought forward by the government is to close down all factories three weeks prior to the Olympics and continuing until the Olympics are over. Unfortunately, at times the pollution is so bad that many Olympic and government officials are concerned that that will not be enough for a short-term solution. Another concern for the IOC is the sand storms that can occur over Beijing. It is not unusual to have a sand storm sweep through from the desert and deposit a couple of inches of



"Another snake bites the dust. It'll be stew soon." - RW

fine sand on the entire city. Stay tuned.

Red China has a new Country bird – The Manitowoc Crane. With all the construction going on for the Olympics, Manitowoc Cranes can be seen against the skyline throughout all of Beijing.

I would like to thank the Association for choosing me to receive the Watson Award for 2007. It is deeply appreciated and I say Thank You to all members of the MGCSA.

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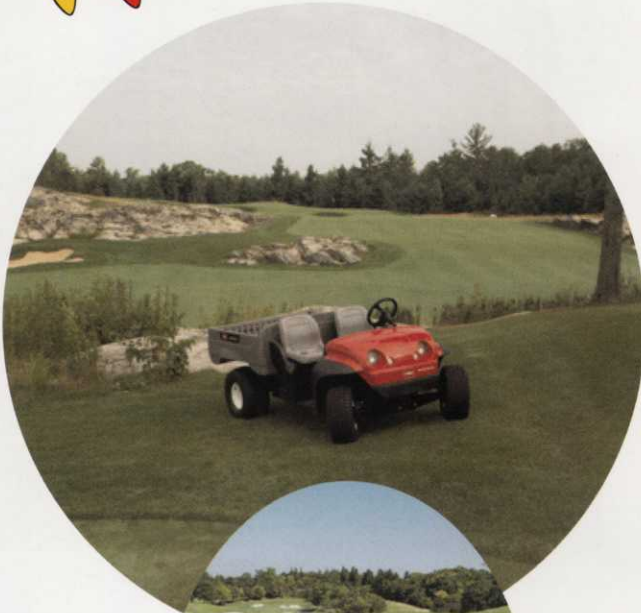
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*...while visions of turf care
danced in their heads...*





Cold Weather is Coming, Are You Ready?

Courtesy of the Department of Health and Human Resources, Center for Disease Control

Cold-Weather Health Emergencies

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite.

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

Recognizing Hypothermia

Warnings signs of hypothermia:

Adults:

- + shivering, exhaustion
- + confusion, fumbling hands
- + memory loss, slurred speech
- + drowsiness

What to Do about Hypothermia

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency; get medical attention immediately.

If medical care is not available, begin warming the person, as follows:

- + Get the victim into a warm room or shelter.
 - + If the victim has on any wet clothing, remove it.
 - + Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels or sheets.
 - + Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
 - + After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
 - + Get medical attention as soon as possible.
- A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin – frostbite may be beginning. Any of the following signs may indicate frostbite:

- + a white or grayish-yellow skin area
- + skin that feels unusually firm or waxy
- + numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

(Continued on Page 19)

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



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Cold Weather-

(Continued from Page 18)

What to Do about Frostbite

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

+ Get into a warm room as soon as possible.

+ Unless absolutely necessary, do not walk on frostbitten feet or toes - this increases the damage.

+ Immerse the affected area in warm-not hot-water (the temperature should be comfortable to the touch for unaffected parts of the body).

+ Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.

+ Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.

+ Don't use a heating pad, heat lamp,

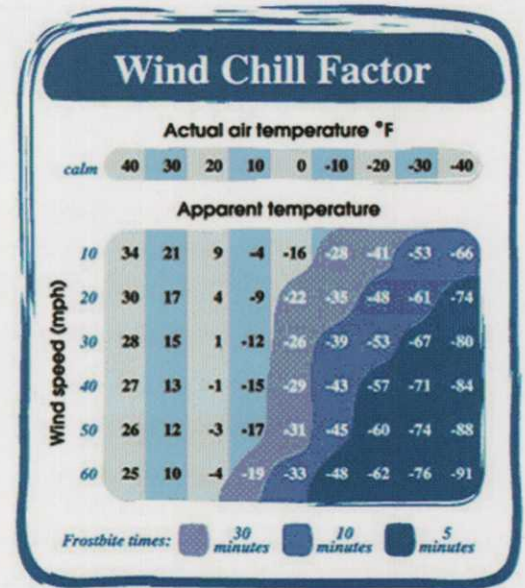
or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider. It is a good idea to take a first aid and emergency resuscitation (CPR) course to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

Understand Wind Chill

The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind



and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool.

The Wind Chill Chart above shows the difference between actual air temperature and perceived temperature, and amount of time until frostbite occurs.



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Do You Know if You Have Bad Breath?

Courtesy of the American Dental Association

Whether you call it bad breath or halitosis, it's an unpleasant condition that's cause for embarrassment. Some people with bad breath aren't even aware there's a problem. If you're concerned about bad breath, see your dentist. He or she can help identify the cause and, if it's due to an oral condition, develop a treatment plan to help eliminate it.

What you eat affects the air you exhale. Certain foods, such as garlic and onions, contribute to objectionable breath odor. Once the food is absorbed into the bloodstream, it is transferred to the lungs, where it is expelled. Brushing, flossing and mouthwash will only mask the odor temporarily. Odors continue until the body eliminates the food. Dieters may develop unpleasant breath from infrequent eating.

If you don't brush and floss daily, particles of food remain in the mouth, collecting bacteria, which can cause bad breath. Food that collects between the teeth, on the tongue and around the gums can rot, leaving an unpleasant odor.

Bad breath can also be caused by dry mouth (xerostomia), which occurs when the flow of saliva decreases. Saliva is necessary to cleanse the mouth and remove particles that may cause odor. Dry mouth may be caused by various medications, salivary gland problems or continuously breathing through the mouth. If

you suffer from dry mouth, your dentist may prescribe anartificial saliva, or suggest using sugarless candy and increasing your fluid intake.

Tobacco products cause bad breath. If you use tobacco, ask your dentist for tips on kicking the habit.

Bad breath may be the sign of a medical disorder, such as a local infection in the respiratory tract, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, liver or kidney ailment. If your dentist determines that your mouth is healthy, you may be referred to your family doctor or a specialist to determine the cause of bad breath.

Maintaining good oral health is essential to reducing bad breath. Schedule regular dental visits for a professional cleaning and checkup. If you think you have constant bad breath, keep a log of the foods you eat and make a list of medications you take. Some medications may play a role in creating mouth odors. Let your dentist know if you've had any surgery or illness since your last appointment.

Brush twice a day with fluoride toothpaste to remove food debris and plaque. Brush your tongue, too. Once a day, use floss or an interdental cleaner to clean between teeth.

Mouthwashes are generally cosmetic and do not have a long-lasting effect on bad breath. If you must constantly use a breath freshener to hide unpleasant mouth odor, see your dentist. If you need extra help in controlling plaque, your dentist may recommend using a special antimicrobial mouth rinse. A fluoride mouth rinse, used along with brushing and flossing, can help prevent tooth decay.

What Causes Bad Breath?

What you eat affects the air you exhale. Certain foods, such as garlic and onions, contribute to objectionable breath odor. Once the food is absorbed into the bloodstream, it is transferred to the lungs, where it is expelled. Brushing, flossing and mouthwash will only mask the odor temporarily. Odors continue until the body eliminates the food. Dieters may develop unpleasant breath from infrequent eating.

If you don't brush and floss daily, particles of food remain in the mouth, collecting bacteria, which can cause bad breath. Food that collects between the teeth, on the tongue and around the gums can rot, leaving an unpleasant odor. Dentures that are not cleaned properly can also harbor odor-causing bacteria and food particles.

One of the warning signs of periodontal (gum) disease is persistent bad breath or a bad taste in the mouth. Periodontal disease is caused by plaque, the sticky, colorless film of bacteria that constantly forms on teeth. The bacteria create toxins that irritate the gums. In the advanced stage of the disease, the gums, bone and other structures that support the teeth become damaged. With regular dental checkups, your dentist can detect and treat periodontal disease early.


Bad breath is also caused by dry mouth (xerostomia), which occurs when the flow of saliva decreases. Saliva is necessary to cleanse the mouth and remove particles that may cause odor. Dry mouth may be caused by various medications, salivary gland problems or continuously breathing through the mouth.

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