

WANTED: Mid-Atlantic Newsletter Editor

As advertised in the July Newsletter, a new newsletter editor will be needed for 1983. To give you a rough idea of what goes into the making of a newsletter, here is a schedule of events used in putting together the July Newsletter.

- May 27 — attend Mid-Atlantic Board meeting, compile information for July Newsletter
- June 1 — mail letter to July meeting host
- June 8 — attend June Mid-Atlantic meeting, take down any information that can be used for July Newsletter
- June 13 — receive Presidents Message
- June 14 — start writing and putting together information for July Newsletter
- June 16 — type all information
- June 17 — take newsletter to printer
- June 22 — proofread newsletter, purchase stamps
- June 25 — pick up Newsletter, fold, stuff, staple, stamp and address, approximately 3-4 hours depending on interruptions
- June 26 — mail

The Newsletter Editors job pays \$80.00 a month. One of the better benefits of being the Newsletter Editor is receiving newsletters from other Associations around the country. If interested please contact the present editor or any board member.

New Fungus Attacks Bentgrass

GAEUMANNOMYCES PATCH DISEASE, a fungus that zeroes in on bentgrass turf, has been documented for the first time in the mid-Atlantic region of the U.S. by researchers for the University of Maryland's Agricultural Experiment Station (MAES) and the U.S. Department of Agriculture (USDA).

The fungus appears as bronze, reddish-brown, or light yellow circular patches on turf. It leaves in its wake dead or thinning turf, say the scientists.

Also known as GGA, the fungus is considered "an extremely damaging disease in Australia, Europe and some parts of the U.S.," says Dr. Peter H. Dernoeden, assistant professor and agronomy researcher for MAES.

Dernoeden and USDA pathologist N.R. O'Neill observed GGA at four locations in Maryland — ranging from the western part of the state to its Eastern Shore region — and studied its ability to cause disease, its growth rate and other factors at three of those locations.

Don't Get Beat By The Heat

As you get older, your body becomes less able to respond to long exposure to heat or cold. During hot and humid weather, a buildup in body heat can cause heat stroke or heat exhaustion, particularly in the elderly. This is especially true of those with heart and circulatory diseases or diabetes.

Heat stroke is a medical emergency requiring immediate attention and treatment by a doctor. Among the signs and symptoms are faintness, dizziness, elevated body temperature (often 104°F (40°C) or higher), rapid pulse and hot, dry skin due to absence of sweating.

Heat exhaustion or heat prostration is the most common of the heat-related disorders. A heat collapse usually occurs suddenly and may be preceded by weakness, heavy sweating, nausea and giddiness. It is usually brief and relieved by placing the victim in a prone position in a cool place.

The National Institute on Aging's *Age Page* offers the following tips to remain cool in hot weather:

- Stay out of direct sunlight and avoid strenuous activity.
- Wear lightweight, lightcolored, loose fitting clothing that permits sweat to evaporate.
- Drink plenty of liquids such as water, fruit and vegetable juices, and iced tea to replace the fluids lost by sweating.
- Take cool baths or showers.
- Cool yourself with icebags or wet towels.
- Try not to drink alcoholic beverages or fluids that have too much salt, since salt can complicate existing medical problems, such as high blood pressure.
- Above all, take the heat seriously, and don't ignore danger signs like nausea, dizziness and fatigue.

Reprint CONN. CLIPPINGS

Aetna

Pointers for Supervisors

Inspiring Leader

- Rewards
- Encourages
- Listens
- Keeps them informed
- Stimulates others to think
- Tells why and how to do it
- Helps others solve problems
- Wants long-run loyalty
- Considerate
- Tries persuasion
- Employee-centered
- Assumes best in others
- Gives a square deal
- High-minded
- Considers before acting
- Appreciative

Coercing Boss

- Threatens
- Finds Fault
- Talks
- Keeps them guessing
- Wants to do all the thinking
- Tells others what to do
- Ignores others' problems
- Wants prompt obedience
- Blunt
- Flaunts authority
- Production-centered
- Assumes worst in people
- Takes advantage of others
- Vulgar-minded
- Impulsive
- Thankless