

PROGRAM FOR THE DAY

Golf: 1:00 Shotgun
 Cocktails: 5:30 - 7:00 p.m.
 Dinner: 7:00 p.m.; \$18.00

Coats and ties are a must. No one will be allowed in the clubhouse without coat and tie. Everyone must make a reservation. Call 252-8484 or 252-6026.

1982 Mid-Atlantic Board of Directors

President — J. Ben Stagg
 Vice President — Ken Braun
 Secretary — Mike Larsen
 Treasurer — Gerald Gerard
 President Emeritus — Michael McKenzie
 Directors —
 Paul Barefoot — Social and Benevolence Chairman
 Lee Dieter — Educational Chairman
 Bob Lambert — Membership Chairman
 Paul O'Leary — Golf Chairman
 Buck Whetsell — Editorial and Publicity Chairman

1982 Meeting Places

MAY

Superintendent/Pro
 Towson Golf and Country Club
 Phoenix, Md.
 Paul O'Leary, C.G.C.S. — Host

JUNE

Fountain Head C.C.
 Hagerstown, Md.
 Ken Keller — Host

JULY

Chestnut Ridge C.C.
 Lutherville, Md.
 George Cleaver, C.G.C.S. — Host

AUGUST — Picnic

Bretton Woods Rec. Center
 Germantown, Md.
 Gerald Gerard, C.G.C.S. — Host

SEPTEMBER

Mid-Atlantic/Philadelphia Joint Meeting
 Great Bay Country Club
 Ed Johnson — Host

OCTOBER

Annual Glover/Hines Memorial Tournament
 Prince Georges Country Club
 Mitchellville, Md.
 Harry Allen — Host

NOVEMBER

Suburban Club
 Pikesville, Md.
 Bob Miller — Host

DECEMBER

* Meeting locations are subject to change *

GOLF

By Paul O'Leary

The first round of the Mid-Atlantic Match play tournament will be one to remember; great matches, a great day, a great golf course and a great meal.

The results of the first round of the match play tournament are as follows:

Bill Neus def. Steve Nash
 Tom List won by default over Lou White
 Gene Dyke def. George Renault
 Al Watson def. Ben Stagg
 Ken Braun won by default over Tom Turner
 Virgil Robinson def. Bill Shirk
 Ron Hall def. Bob Miller
 Box Orazi def. Harold Parr
 Ken Ingram def. Sam Kessel
 Joel Ratcliff def. Ken Keller
 Tom Malehorn def. Grant Pensinger
 Walt Montross def. Bert Yingling
 Mike Larsen def. John Drew
 Mike McKenzie def. Jerry Gerard
 Wayne Evans won by default over Mike Claffey
 David Fairbank def. Lee Dieter
 Tom Regan def. Craig Rhoderick
 Bill Emerson def. Scott Wagner
 Paul O'Leary def. Dave Kroll
 Harry Allen def. Jeff Yingling

Low Net: 71 — Pat O'Brien
 Ken Braun
 Wayne Evans

Low Gross: 80 — Harry Allen
 82 — Paul O'Leary

The second round of the match play will be in June at Fountain Head Country Club. The second round pairings will be as follows:

Neus vs List
 Dyke vs Watson
 Braun vs Robinson
 Hall vs Orazi
 Ingram vs Ratcliff
 Malehorn vs Montross
 Larsen vs McKenzie
 Evans vs Fairbank
 Regan vs Emerson
 O'Leary vs Allen

Starting times will appear in the June Newsletter.

Membership

The following names have been presented to the Board of Directors for approval as members of the Mid-Atlantic:

Donn Dietrich, Leisure World G.C. — Class D
 Joe Yudin, Loft's — Class F

Reclassification

Howard Gaskill — F to A
 Joel Ratcliff — D to B
 Steve Nash — B to F

Newly Certified

The following Mid-Atlantic members have recently reached the highest in Supertendency:

Dick Gieselman
 Ron Hall

Mid-Atlantic Beer Mugs

Wayne Evans has added a new item to his array of products. At the May meeting Wayne will be offering Beer Mugs with the Mid-Atlantic crest.

PUTTING THE BRAKES ON TENSION

Tension is a fact of life for anyone in a position of responsibility. The possibility of failure is one of our best motivations for putting out the extra effort that can make a success of whatever we attempt.

Unfortunately, it can get out of hand. When the obstacles begin to look larger than they really are, and our efforts to deal with them seem ineffectual, tension has taken over. In extreme cases, it can completely paralyze, or even bring on a variety of physical and mental illnesses that keep hospital beds full. Here are some suggestions for coping when things seem to be getting out of hand.

Talk it out. Sharing the burden will help relieve the strain. It may also clarify the problem and let you see a solution.

Get out of town. A change of scenery can often work wonders, even if it's only for a day or a weekend.

Do something for others. It will take your mind off your own problems, or at least let you see them in perspective.

Work it off. Chop some wood. Go for a brisk walk or a run. Hard physical work gives your mind a rest.

Don't try to be a superman. If you set your sights too high, you're bound to be frustrated. Take your goals one at a time.

Give in, occasionally. Even when you know you're right, sometimes it's easier to yield. It's better to bend than to break.

Tackle one task at a time. If you try to do several things at once, you may not do any of them right.

Don't withdraw. That usually just compounds the problem.

Schedule your recreation. Set a routine for relaxation and follow it, especially if you tend to drive yourself.

Credit: FOREFRONT
