

# Turfgrass Matters



May 1994, vol. 46, no. 3

Mid-Atlantic Golf Course Superintendents Newsletter

## Superintendent-Pro Tournament to be Held at Old South Country Club on May 10

The May 10 meeting and annual Superintendent-Pro Tournament will be held at the Old South Country Club in Lothian, Md. Host Keith Hershberger and the pro, Robert Fretwell, are very much looking forward to welcoming you.

Old South is a private, 18-hole course that opened in 1991. The architect was Lindsay Ervin, the builder Chip McDonald. Notes Keith, "The founders of the club had three design requirements for the course: an island green, a deep bunker and a waterfall. They have the first two and have plans for the latter. They also placed great emphasis on making each hole unique and separating them by using existing woods, and by creating mounds between non-wooded holes. This uniqueness and separation provides a challenging and pleasing round of golf.

"Our major ongoing project is installation of drainage in our bentgrass fairways to help dry our heavy clay soils.

"Our biggest obstacle to working on the course is doing so without a maintenance facility. We currently use nine storage trailers to store equipment; equipment maintenance is done in the cart barn. Plans for our facility are drawn up; we hope to start construction in the near future.

Keith worked as a crew member at Cumberland CC under superintendent Phil Mills from

1986 to 1990. He graduated from the two-year turf management program at Penn State in February 1990 and came to work at Old South as the assistant under Craig Reinhardt. In April 1993 he was made superintendent. He says, "I love the challenge the Mid-Atlantic area provides for managing a golf course."

**Lunch:** 11:00 a.m. **Tournament:** Shotgun start at 12 noon. **Dinner:** Immediately following play. **Directions:** from Washington - Take I-95 south to Rt. 4 south toward Upper Marlboro to 408 east toward Waysons Corner. The club entrance, 2.5 miles from Waysons Corner, is on the right with two white brick pillars. From Baltimore: Take 301 south to Rt. 4 south toward Prince Frederick to 408 east. Then follow directions above.

### Inside this Issue

Golf Notes	2
New Members	2
Legislative Update	3
Cphoon's Corner	3
Help on the Way	4
Plain Talk about Stress	6
GCSAA/O.M. Scott Internship Program	8

### PRESIDENT'S MESSAGE

The April meeting at Belle Haven was well attended. Thanks to Jim Meier for hosting an early-season meeting knowing his Bermuda turf would not be at its best.



Education chairman, Sean Remington, was timely in his selection of speaker Allen James, Executive Director of RISE. Mr. James stressed to those in attendance that the time is now to become involved with the future legislative process as it pertains to pesticide use. California has already banned the use of Banner, Image, Triumph, and Dimension. We must unite with all allied trades if we are to ensure fair regulation of pesticides. If you haven't notified your green committee, golf committee, or club president of the legislative proposals we defeated and what the loss of our Preemption bill means, do so ASAP. They are in positions to influence legislators when the time arises. The bottom line is the condition of their courses could be seriously affected in the very near future.

Continued on page 2, column 3

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**GOLF NOTES**

Many thanks to Jim Meier CGCS and his staff at Belle Haven CC for providing us with a wonderful day of golf. The winners from our points tournament were: *1st gross* - Bill Shirk (30); *1st net* - Nick Vance (+4); *2nd gross* - Scott Wagner (30); *2nd net* - John Tutich (+4); *3rd gross* - Tim "Will he ever shut up" Sage (28); and *3rd net* - George Renault (+4). Winners of the Long Drive and Closest-to-the-pin prizes with their corresponding sponsor were: *Longest Drive* (Carroll Tree Service) - Nick Vance; *Closest-to-the-pin #6* (Harford Minerals) - Nick Vance, #9 (LESCO) - Bill Shirk; #10 (Egypt Farms) - Chuck Barber, and #17 (Pro-Lawn, Mark Bujac) - George Renault. Our thanks to the April sponsors.

**WARNING:** Scorecard-eating squirrels have been reported in the Mid-Atlantic area. Protect cards to avoid DQ.

Finally...Next month's tournament is the Gross and Net at Chantilly National Golf & CC. Watch for details in the monthly announcement.

James McHenry  
Golf Chairman

**PRESIDENT'S MESSAGE**

*Continued from page 1*

For those not in attendance, House Bill 948, Uniform Regulation of Pesticides, lost by *one* vote. Perhaps we could have worked a little harder? The "environmental public" is strong and re-election concerns swayed the vote needed to achieve passage.

The May meeting at Old South promises to be a great day. The Superintendent/Pro Tournament is always an event to remember. *Be There!*

Lou Rudinski, CGCS  
President

**NEW MEMBERS**

MAAGCS welcomes the following new members to its ranks. Please make them feel at home!

Jeff Wahl, Falls Road Golf Course  
Class D  
Donald Rossi, Helena Chemical  
Company  
Class F  
Brian Pardoe, Greenspring Valley  
Hunt Club  
Class C  
John Anderes, III, Patuxent  
Greens Country Club  
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## Legislative Update

Most of the pesticide bills have been dealt with by the Senate and the House of Delegates at this writing. Here is a summary of what happened.

**HB 700** (Pitkin) - prohibition of organochlorines and organophosphates in Maryland. *Withdrawn.*

**HB 701** (Pitkin) - pesticide incident reporting system. *Withdrawn.*

**HB 220** (Kelley) - golf course reporting of pesticides and fertilizers. *Unfavorable report in committee.*

**SB 247** (Garrott) - same as HB 220, golf course reporting. *Favorable report in committee with amendments.*

**HB 334** (Pinsky) golf course reporting of pesticides and fertilizers. *Unfavorable report in committee.*

**HB 448** (Frosh) - school use pesticide reduction act. *Unfavorable report in committee.*

**HB 327** (Kelley) - pesticide applicators - certification - notice. *Favorable report in committee with amendments.*

**HB 948** (McHale) - pesticide regulation pre-emption bill. *Defeated on the floor.*

**SB 481** (Blount & Amoss) - same bill as HB 948.

**SB 414** (Winegrad) - agriculture - pest management systems - water quality. *Passed Senate.*

**HB 699** (Pitkin) - pesticides - Organochlorines and organophosphates prohibited. *Withdrawn.*

**HB 1547** (Perry) - toxic use reduction program

**HB 1595** (Hubbard) - pesticides - integrated pest management for schools.

The most important event was that the pre-emption bill (HB 948) was defeated on the floor by one vote after the third and final reading so the Senate version (SB 481) will die with it. This was the third attempt in as many years,

and we can only hope that local agencies do not now attempt to pass a lot of superfluous rules and ordinances to make our jobs more difficult.

With the adjournment of this legislative session, it is important to follow up with your respective legislators. A thank-you note is very much in order to those who voted the way you wished them to, as well as to those who took the time to explain to you why they were voting against you. You also need to follow up on those legislators who did not respond to your letters. Ask them why they did not respond and that you, as one of their constituents, expect an explanation of their voting record on a particular bill or set of bills. These follow-up letters, whether they be positive or negative, will help remind these legislators that you are active and interested in how they vote and you will find

them as responsive, if not more so, next year. And yes, you can bet there will be more next year and every year following for a while. There are activists out there with lots of time on their hands who spend it threatening your legislators with voting records and various propaganda so it is imperative that you respond to your legislators and let them know how you feel about them and issues that are before them. I think that you will find them very responsive to the needs of the business community and I know they would like to hear from that community more often.

You were all sent a package instructing you now to locate your legislators and it offered suggestions on how to talk or write to your legislators. Keep this for reference and contact a BOD member should you need an additional copy.

### COHOON'S CORNER

*Many reroutings and other member information have transpired since I last made mention of it in this column, so let me try to catch up. If you have nay additions to this list, please contact me so that I can publish them soon. In addition, I am looking for articles from members for inclusion in the newsletter. If you have anything to say, now is a good time to speak up!. Send or fax your articles today.*

○ Bill Angerer formerly of Twin Shields Golf Club in Dunkirk, Md., is now at Fairidge Country Club (formerly Cedar Crest CC) in Centerville, Va.

○ Ken Ingram, formerly of Port America Golf & Country Club in Ft. Washington, Md. is now at

Bretton Woods Recreation Center in Germantown, Md.

○ Ed Porterfield CGCS, formerly of Stoneleigh Golf Club in Round Hill, Va. is now at Fort Belvoir Golf Facilities in Alexandria, Va.

○ Harold Wakefield, formerly of Goose Creek Golf Course in Leesburg, Va., is now at Montclair Country Club in Dumphries, Va.

○ Robert Wren, formerly of Robert Trent Jones International in Gainsville, Va. is now at Fawn lake Golf Club in Fredericksburg, Va.

○ A heartfelt prayer goes out to long-time member Ken Lohr who recently lost his wife to a bout with cancer.

## Help on the way

*Reprinted from The Greenside, newsletter of the New Jersey GCSA*

A golf course is a place where people come to enjoy themselves, get a little exercise, and socialize with friends. Most don't think of it as a place of potential danger. The superintendent can do much to enhance the safety of those on the course, both employees and players.

Eighty percent of all heart attacks give the recipient an identifiable warning. Heavy sweating, chest pain or pressure, numbness or tingling in the left arm, jaw pain or a feeling of indigestion; any combination of these symptoms can spell heart attack. These symptoms alone do not mean a person is having a heart attack at that moment, just that one may be on the way soon.

Always alert the Emergency Medical Services nearest your course. Have their phone number available at several locations, and, if you have a mobile phone, keep this and other key numbers handy.

In the event of an emergency, call the EMS; they are the patient's best hope. You now have three to five minutes to make a difference between life and death. Encourage the person to sit down right where he is. Do not try to move him unless it is essential. Make the patient comfortable and give him oxygen if available. Loosen his collar and belt and encourage him to relax. Anything you can do to keep the patient calm will help.

Finally, if the person loses consciousness or passes out, you

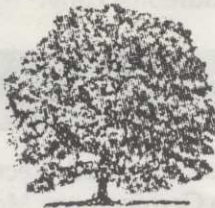
should start CPR immediately. The victim has only two to six minutes once the heart stops beating to avoid a life threatening injury. You will make a difference if you start CPR right away. As part of your spring safety training, get several employees certified in CPR.

*For a real-life example, read of one New Jersey superintendent's experience.*

Envision this scenario: It is a hot summer afternoon, and you, the course superintendent, are making the rounds. Suddenly in the distance you hear a panicky scream, "Help me, help, please help me!" You turn to see an elderly gent lying on his back in the middle of the fairway with his son kneeling beside him.

*Continued on page 5*

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*Continued from page 4*

You arrive almost instantaneously—only to realize the man has had a heart attack and died on the spot. Suddenly you realize you don't know CPR, and the only thing you can do to help is make a phone call. You don't even know if you have any employees who know CPR, so all you can do is wait and feel helpless and what's worse, useless! It feels pretty bad. Trust me, it happened. The point here is, with an increased number of golfers in the country, you must also account for a rising number of golf course fatalities. Whether this be from heart attack, lightning strike, or a blow from a ball doesn't matter. The fact is, these lives can be saved if a properly trained person arrives on the scene soon enough.

Many factors must be included in this medical equation,

but all add up to one solution, *education!* After this mid-summer fiasco at our course, I suggested to our Board of Directors that we try annually to train *all* golf course employees in CPR and First Aid; they agreed. A simple call to our local hospital made it possible for all 25 employees to learn both, free of charge and on site. Now rangers, pro shoppers and grounds employees know what to do when an emergency occurs. But this is not where it ends. This education must be integrated into a response sequence in order to have success.

Our plan goes as follows: The employee closest to the emergency goes to the victim, determines the situation and proceeds with CPR if necessary. A good first aid kit, including oxygen and a blanket, are rushed to the scene by a second employee, while a third calls 911 with all the proper info.

After the call, the third employee rushes to the scene to divert play and away from the emergency. We do not need any golf fanatic hitting into this situation.

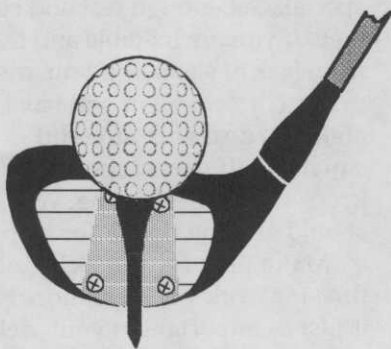
Now, after all this, the final cost is equal to the price of a couple of sets of walkie-talkies. A small cost to consider because you probably need them anyway.

Now, envision this scenario: It is March, and you are checking the course when once again you hear that awful screech, "Help!" You immediately arrive to the same lifeless golfer, but this time you can do something. You immediately start CPR and fifteen minutes later, the ambulance squad takes away a living breathing golfer who will someday hole-out the chip shot he so ably hit prior to his trauma. Now that feels good!

Trust me, it happened! All because there was *Help on the way.*

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# Plain Talk about Handling Stress

*From the Plain Talk Series published by the National Institute of Mental Health Office of Scientific Information*

You *need* stress in your life! Does that surprise you? Perhaps so, but it is quite true. Without stress, life would be dull and unexciting. Stress adds flavor, challenge, and opportunity to life. Too much stress, however, can seriously affect your physical and mental well-being. Today's challenge: make the stress in your life work for you instead of against you.

Stress is with us all the time. It comes from mental, emotional, and physical activity. It is unique to each of us. What may be relaxing to one may be stressful to another. For example, if you are an executive who likes to keep busy all the time, "taking it easy" at the beach on a beautiful day may feel extremely frustrating, nonproductive, and upsetting. You may be distressed from "doing nothing." Too much emotional stress can cause physical illness such as high blood pressure, ulcers, or even heart disease; physical stress from work or exercise is not likely to cause such ailments. The truth is that physical exercise can help you to relax and to handle your mental or emotional stress.

Hans Selye, M.D., a recognized expert in the field, has defined stress as a "non-specific response of the body to a demand." It is important to learning how our bodies respond to these demands. When stress becomes prolonged or particularly frustrating, it can become harmful—causing *distress* or "bad stress." Recognizing the early signs of distress and then doing something about them can make an important difference in the quality of your life and may actually influence your survival.

**Reacting to Stress.** To use stress in a positive way, you should become aware of your own reactions to stressful events. The body responds to stress by going through three stages: (1) alarm, (2) resistance, and (3) exhaustion.

Let's take the example of a typical commuter in rush-hour traffic. If a car suddenly pulls out in front of him, his initial alarm reaction may include fear of an accident, anger at the driver who committed the action, and general frustration. His body may respond in the alarm stage by releasing hormones into the bloodstream which cause his stomach to have a sinking feeling, and his arms and legs to tighten. The next stage is resistance, in which the body repairs damage caused by the stress. If the stress of driving continues with repeated close calls of traffic jams, however, his body will not have time to make repairs. He may become so conditioned to expect potential problems when he drives that he tightens up at the beginning of each commuting day. Eventually, he may even develop a physical problem that is related to stress, such as migraine headaches, high blood pressure, backaches, or insomnia. While it is impossible to live completely free of stress and distress, it is possible to prevent some distress as well as to minimize its impact when it can't be avoided.

**Helping Yourself** When stress does occur, it is important to recognize and deal with it. Here are some suggestions for ways to handle stress. As you begin to understand more about how stress affects you as an individual, you will come up with your own ideas of helping to ease the tensions.

- ✓ **Try physical activity.** When you are nervous, angry, or upset, release the pressure through exercise or physical activity. Running, walking, playing tennis, or working in your garden are some activities you might try. Physical exercise will relieve that "up tight" feeling, relax you. Remember, your body and your mind work together.
- ✓ **Share your stress.** Talk to someone about your concerns and worries. Perhaps a friend, family member, teacher, or counselor can help you see your problem in a different light. If you feel your problem is serious, you might seek professional help from a psychologist, psychiatrist, social worker, or mental health counselor. Knowing when to ask for help may avoid more serious problems later.
- ✓ **Know your limits.** If a problem is beyond your control and cannot be changed at the moment, don't fight the situation. Learn to accept what is—for now—until such time when you can change it.
- ✓ **Take care of yourself.** You are special. Get enough rest and eat well. If you are irritable and tense from lack of sleep or if you are not eating correctly, you will have less ability to deal with stressful situations. If stress repeatedly keeps you from sleeping, you should ask your doctor for help.
- ✓ **Make time for fun.** Schedule time for work *and* recreation. Play is just as important to your well-being as work; you need a break from your daily routine to just relax and have fun.
- ✓ **Be a participant.** One way to keep from getting bored, sad, and lonely is to go where it's all happening. Sitting alone can make you feel frustrated. Instead of

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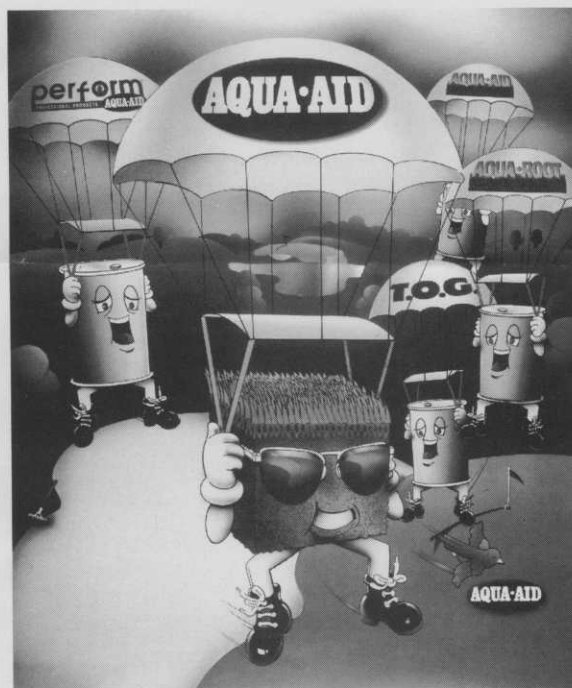
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feeling sorry for yourself, get involved and become a participant. Offer your services in neighborhood or volunteer organizations. Help yourself by helping others. Get involved in the world and the people around you, and you'll find they will be attracted to you. You will be on your way to making new friends and enjoying new activities.

✓ **Check off your tasks.** Trying to take care of everything at once can seem overwhelming, and, as a result, you may not accomplish anything. Instead, make a list of which tasks you have to do, then do one at a time, checking them off as they're completed. Give priority to the most important ones and do those first.

✓ **Must you always be right?** Do other people upset you—particularly when they don't do things your way? Try cooperation instead of confrontation; it's better than fighting and always being "right."

A little give-and-take will reduce strain and make you feel more comfortable.

✓ **It's OK to cry.** A good cry can be a healthy way to bring relief to your anxiety, and it might even prevent a headache or other physical consequence. Take some deep breaths; they also release tension.

✓ **Create a quiet scene.** You can't always run away, but you can "dream the impossible dream." A quiet country scene painted mentally, or on canvas, can take you out of the turmoil of a stressful situation. Change the scene by reading a good book or playing beautiful music to create a sense of peace and tranquility.

✓ **Avoid self-medication.** Although you can use prescription or over-the-counter medications to relieve stress temporarily, they do not remove the conditions that caused the stress. Medications, in

fact, may be habit-forming and may reduce your efficiency, thus creating more stress than they take away. They should be taken only on the advice of your doctor.

**The Art of Relaxation.** The best strategy for avoiding stress is to learn how to relax. Unfortunately, many people try to relax at the same pace that they lead the rest of their lives. For a while, tune out your worries about time, productivity, and "doing right." You will find satisfaction in *just being*, without striving. Find activities that give you pleasure and that are good for your mental and physical well-being. Forget about always winning. Focus on relaxation, enjoyment, and health. If the stress in your life seems insurmountable, you may find it beneficial to see a mental health counselor. *Be good to yourself.*

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## GCSAAS&R and O.M. Scott Announce New Internship/Scholarship Program

GCSAA Scholarship & Research, Inc. and O.M. Scott announce a new internship/scholarship program.

The goal is to offer real-world experience and collegiate financial aid to students interested in careers in golf course management or other facets of the green industry. A primary objective is to help the industry become more culturally diverse, therefore students from non-traditional backgrounds—minorities, females, and the disabled—may receive preferential consideration.

This program, developed by the O.M. Scott & Sons Co. and the GCSAAS&R Foundation, to offer education and employment

opportunities to students interested in careers such as: Golf Course Superintendent, Grounds/Athletic Field Manager, Research or Product Development, Tech Rep/Marketing, Sales Rep.

The program offers paid internships within the Scott Company, GCSAA's headquarters and at golf courses around the country. The number of internships and the rate of pay varies with the positions available.

Internships will be served during the summer months at the discretion of the program sponsors and under the supervision of a program mentor. Internships will be structured to offer the candidate a broad exposure to the

Scotts Company, the golf course management industry and the green industry at large.

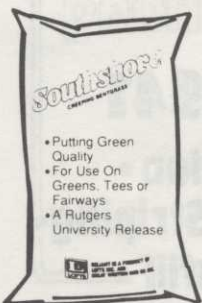
Students who complete internships will be eligible to compete for college scholarships of no less than \$2500 annually. Bases for awards include the student's academic capabilities, admission to a recognized institution of higher education and the mentor's evaluation.

**Deadline** for applications **May 15**. This means all application materials must be post-marked on or before May 15.

For more information and application forms call: GCSAA Development Department at 913-841-2240.

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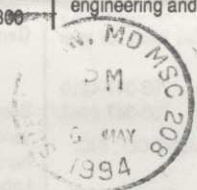
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