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President's Message by Brian F. Skinner



Greetings fellow GCSANE members,

Our Industry Promotional Initiative is in full swing. Pun intended!

We are on the verge of launching our Facebook/Instagram campaign. Included in this initial phase will be our video offered to those with golf related interests. This will include a 30 day advertisement to those in New England and also a 5 day advertisement to those within a five mile radius of Brookline during the US Open, specifically those in attendance at the

Tournament. Remember, our target audience is the golfing public and the influencers of the game. It's amazing what social media can do!

Folks that engage will then be directed to our website and encouraged to join our Facebook page. A very effective way to collect subscribers, convey our message and to utilize the power of social media! We are very excited about the sustained possibilities that this will have for promoting our profession and increasing the advertising potential for our Friends and Affiliates.

We are also busy collecting and analyzing the compensation data from our recent survey and thanks to Eric Richardson, we have formally adopted a policy that requires our job postings to include salary ranges.

It is our hope that these efforts will contribute to maintaining and improving the continued success of our members.

Please remember to take advantage of your opportunities! Don't forget to attend the US Open with your child under 12 upon presentation of your Gold Card for free.

Hope to see you at our next event,

Brian



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Rory Lennox, Assistant Superintendent, The Country Club

Elliot Leonard, Affiliate, MTE Equipment Solutions

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Past issues of the NEWSLETTER are available using this link: http://bit.ly/GCSANEnewsletters.

As in the past, *The Newsletter* continues to invite Affiliate members to submit a press release about new personnel, new products or a company bio. We will print each and every release **free of charge**. This is a great way to advertise for free. Who said nothing in this world is free? Free advertising to better your company, wow what an offer.



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For more information, please contact Don Hearn at 774-430-9040 or donhearn@gcsane.org



Thoughts From Your Executive Director by Don Hearn

If you think your day is going poorly, if you had a lousy day not too long ago, or if you were taken to task because of an extremely rare or a once-in-a-lifetime fumble, or you feel like you're good work is not appreciated, keep it in perspective. Read on to realize how some people can carry "by the rule" procedures to an absurd level. The following is based on a viewer's judgement of this based on the movie "Sully."

Yesterday, I watched Sully. It is based on the real-life story of Captain Chesley "Sully" Sullenberger who lands the damaged plane on the Hudson River, miraculously saving all the 155 lives on board. He is charged for not landing on LaGuardia or Teterboro and for 'risking' the lives of the passengers and damaging the airplane.

He says, "42 years of successful landings, and they would still judge me for those 208 seconds."

Did you catch it, yet?

Imagine he worked 5 days a week, 1 flight every day, and exclude the Christmas holidays too.

Number of successful landings = (5/7)*42*365*(11/12) = 10,037 flights

Number of passengers landed = 150*10,037 = 15,05,625

Before he was acquitted, they blamed him for those 208 stressful seconds where his reaction time was 35 seconds, and nobody gave a damn about his past record of landing more than 1.5 million people safely. Even though, after landing, all he cared for was the count of "155".

And here you have a very, very harsh lesson to learn.

You can do 99 things for someone and all they'll remember is the one thing you didn't do.

Most people forget all the good that you did, and in the end only judge you for the bad, or rather what they perceive to be bad. Nobody cares about the good intent behind your actions. All they see is the final output. Simply because it's easy to overlook the good, and remember the bad.

After a while, most people don't give a damn about how much you have helped them. They take you for granted, because hey, you were just performing your duty or friendship. Just one bad thing, and they are all against you.

In personal life, be helpful without expecting too much from anyone. It'll hurt you less. And if you are compromising on your comfort for helping anyone who isn't worth it, then it's time to think through and make a wise choice before it's too late.

We received a generous donation and letter from FMC Corporation, and it is included here. Thanks to Mike Marino, CGCS, FMC's representative in our area and the FMC corporation.



"Congratulations to these members who recently renewed their certification."

Ed Gianni, CGCS, Country Club of Halifax Ryan Green, CGCS, Crystal Lake Golf Club Steve Tibbels, CGCS, Acushnet River Valley Golf Course

Make a Donation to The Wee One Foundation. This foundation continues assisting people in our industry and contributed a substantial amount to help a member of the GCSA of New England. The following article explains more about the fund and its mission. Your donation might come back many times over if you or someone you know requires some help in the future.

History of the Wee One Foundation

The Wee One Foundation was founded in 2004 when friends of Wayne Otto, CGCS banned together to financially assist him in his battle with cancer. Wayne was a pioneer in the turf industry always searching for new and better ways to produce a finer playing surface. As Wayne learned more about his disease, he applied those



Thoughts (continued)

same pioneering principles to overcome his illness.

Those that knew Wayne, knew a man small in stature and a man that placed more effort and enthusiasm into his friendships and care for his fellow man. As passionate as Wayne was about turf, his love for life could not measure. Wayne died in the fall of 2004 but his passion for life and his willingness to help still live on because of the work of the Wee One Foundation.

Through the perseverance and hard work of several friends of Wayne, the group developed its mission of helping those in need. Founded on the principle of assisting golf course management professionals (or their dependents) who incur overwhelming expenses due to medical hardship without comprehensive insurance or adequate financial resources, the Foundation has evolved into a cause that goes way beyond its initial reason for existence.

The Wee One Foundation was aptly named to honor Wayne. Nicknames are rarely chosen by their owner as in this case. On a golfing trip to Scotland with some friends, one of the group's caddies decided to place his wager on the "wee one". A small action (as legend has it) that turned out to be a sound decision by the caddie that day and a small gesture that has helped many other individuals through economic hardships due to overwhelming medical expenses. Simply, that is what the Wee One Foundation accomplishes today.

Since its inception in 2004 the Wee One Foundation has gifted over \$1,800,000 to those in need. The Foundation raises money through its membership, golf outings and sponsorships.

To read more about Wayne, click here.

This year, as in past years, the New England Golf Course Owners Association (NEGCOA) donated a Golden Passport booklet to help with our fundraising efforts. This year's booklet sold for 375.00 and was sold out within hours. The booklet contains coupons to play 47 courses in New England. The copy donated to the GCSA of New England was auctioned for a winning bid of 861.00! The proceeds from the bid will be added to this year's donations to the Association's S&B Fund. A "thank you" to our friends at the NEGCOA for their support.

This year's recipient of the Rhode Island Golf Course Superintendents Association Distinguished Service Award is Pat Hogan. In addition to his support of the Rhode Island Association he has been an active member and supporter of the GCSA of New England. He has been employed by SODCO for more than 40 years.

Pat has always been a pleasure to be with. He has a nice way of being a leader without being pushy. What he's accomplished has been for the betterment of golf, our industry and profession. He's been a respected representative of the green industry and has worked hard on behalf of all in our industry to help make our world a better place.

It has been an honor for me to be associated with Pat during his many years of membership. It's unusual for Pat to be absent from a New England meeting. He will be retiring from SODCO this year and will be heading north for some time away from what has been his life for many years. Please read more about Pat in the article by Michelle Maltais excerpted from the Rhode Island GCSA's newsletter Surf and Turf.

2022 RIGCSA DSA Recipient Pat Hogan

By: Michelle Maltais



The RIGCSA proudly presented the 2022 Distinguished Service Award to Pat Hogan on March 24th, at Wannamoisett CC. Candidates for this award should epitomize the RIGCSA's highest standards and contribute in a meaningful and impactful way to both our organization and the game of golf. While there are many deserving candidates on the list each year, this year Pat's name stood above the others as an individual that embodies the spirit of the DSA. Pat has been advocating on the front

lines for superintendents and the turf industry for many years. He joined the RIGCSA in 1997 and became a board member in 2012. During the last decade, he has tirelessly dedicated his energy and time in representing the RIGCSA in public and government relations, working both with the office of the governor and legislators to promote the green industry and turf professionals. He was instrumental in strengthening our alliances with several local professional organizations as well as the GCSAA. He has kept the RIGCSA aware of upcoming bills in the legislature and has been a supporter of the Green Certification Program. Through his work with the RIGA he helped establish and promote Golf Day in RI and worked with The BMP Committee to have Green Certification align with the GCSAA BMP guide.

Pat is a true steward of the environment, and we are forever grateful for his devotion and expertise into ensuring that the RIGCSA remains a successful organization.

Congratulations Pat, well deserved!



Thoughts (continued)

Something to remember:

"Treat people the way you want your mother to be treated. Having a bad day doesn't mean it has to be a bad day for somebody else."



left, Kurt Calderwood from the Cape Cod GCSA and last year's winner, presents the Bear Cup trophy to Nick Burchard representing the Rhode Island GCSA.

Photo by Michelle Maltais



Holding the Bear Cup is Kathy Luccini flanked by her sons, Brian, left and Mike on the right.

The Bear Cup

This year's competition included the Rhode Island GCSA. It was a first time for Rhode Island to compete for the Bear Cup and they didn't waste any time wrestling it away from Cape Cod. For most, it was a day of fun, while playing with others from the area and for all, a pleasure to play Franklin Country Club. Mike Luccini and his team of turf experts had the course in wonderful condition.

Franklin Country Club was home turf to "The Bear", Gary Luccini, superintendent at Franklin for many years. His sons, Mike and Brian are in still in the business. Mike is following in the

footsteps of his father as the superintendent at Franklin. Brian is a client representative for the Tom Irwin company and provides services to the sports turf industry. When Gary passed away it was decided to honor his memory with the establishment of the Bear Cup. It began as a competition among members of the New England and Cape Associations. This year was the first year for Rhode Island to be included and we hope they will continue participating. The winning score was determined by the lowest net score of 10 players from each Association. The winner of the Bear Cup was the Rhode Island GCSA with a score of 719. New England was second at 733. The Cape was third at 744.



from left: Jim Paresi, Tim Berge, Ed Gianni, Kurt Calderwood



from left: Jim Santoro, Brian Skinner, Dave Wallace, Andrew Ingham



from left: Michelle Maltais, Jim Fitzroy, Nick Burchard, Dan McDermott Photo by Michelle Maltais

25 Years of Turf Show & Conference Bliss by Gary Sykes, Executive Director



Q was the 1st hosting of the New England Regional 778 Turfgrass Conference and Show and as you remember it was in Providence, RI. That year, we came up with a theme of Building Together for a Greener Tomorrow. The symbolism of being greener is hard to measure, but the effort that has gone into the idea of "Building Together" has without a doubt reaped benefits for the New England Turfgrass Industry. For 25 years, the conference and show has grown its presence as a premier event in the Turfgrass Industry. The show has a strong reputation not only as an across-the-board turfgrass trade show, but also for a high-quality multi-tract education program. Since the beginning, the board has insisted that education must be the number 1 focus each year to attract attendees and secure our success. This has without a doubt been a formula for success.

Our show has been rolling forward for 25 years now and has been the main generator of our turfgrass research funding program. We have plowed through snowstorms, walked a tight rope through economic setbacks, bobbed and weaved with the GIS, and more recently dealt with covid the best we could. It hasn't always been easy, but always worth it! In the end, in our 25 years the conference and show has been the vehicle to generate \$2.5Million of research funding in New England since 1998. This is an amazing number considering our beginning



from left, Rachelle Sylvia, Brittany Rosenberg, Matt Light, Nancy Rosenberg, David Rosenberg

was funded by 8-\$500 loans from each founding association. It was a Hail Mary start, but there are a couple of reasons why it has been a successful one.

As I said our education has always topped the chart. Great



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speakers and topics each year and always great comments from attendees. These speakers and their topics just don't magically appear in our programs. Sometimes, it would take all summer and more than half the fall to complete the full program, but it always comes together! So how does it happen? We have been indescribably fortunate to have working with our board these last 25 years, Mary Owen of UMass Extension, who has been with our show since day one. Ever since our beginning, Mary has chaired our education committee and guided our ship through the challenges of good speakers and topics. Mary in 2020, announced her retirement from UMass along with reducing her responsibilities with the show. The foundation would have a hard time explaining Mary's importance because she has done so much for our show's success for the last 25 years, but it is very real that we owe Mary so much of our gratitude and appreciation for her efforts, interest, and leadership skills that she shared with us. Education has been the number one reason that so many look forward to the conference and show.



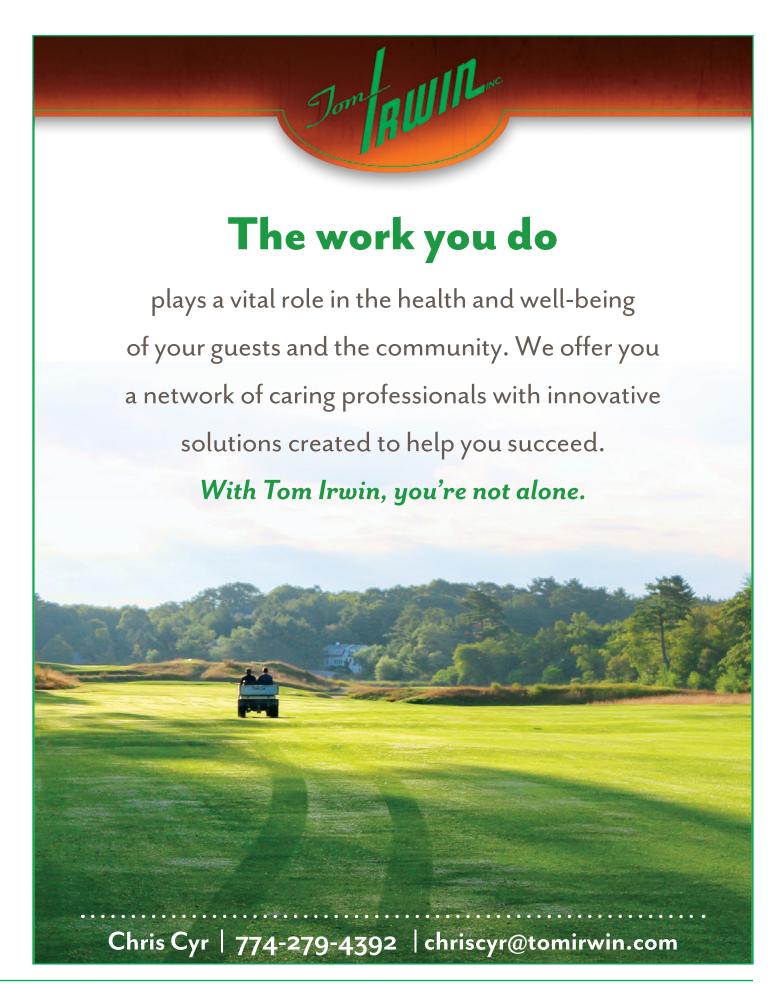
from left. John Eidson, Mary Owen, Pat Hogan, Jason Lanier

Another reason why we have reaped success, is to recognize the 25 years of working as our show manager, David Rosenberg, has kept our trade show on track. When we started, the idea was to consolidate several shows into one and giving each company a greater presence, in front of a larger audience for lower costs. The location along with David's guidance has kept the mission intact. David has been with us all these years and treats our trade show and our exhibitors like family. We have been in the best hands over these years and David has set a high bar for show managers to equal. He has taught all of us that by treating exhibitors fair and equally will pay the show dividends. His eye for detail continues to produce the high quality of an event that we are all so proud of. Each exhibitor, each reception and each attendee will receive his full attention during planning, setup and until he packs up and goes home after our show. As an event manager, David brings his team and family of Nancy and Brittany to our show along with many others over the years, making sure they all have their "showtime" smiles on representing the foundation, and keeping everyone feeling welcomed and appreciated. He

has done all that and more and I can't imagine it would be possible to get more out of a show manager and his team during a show week.....And then just when I think I can catch a breather driving home from many shows, David will call me from his car wanting to chat about how things went and some ideas we might want to try next year! Thank you to Marketing and Events.....we look forward to 2023!

Lastly, I want to thank everyone who has ever served the foundation, who has attended over the last 25 years, who has supported the show by exhibiting, those that have pitched in, helpers, sponsors, speakers, guests and even anyone who might have said to someone simply, "you should come to the New England Regional Turfgrass Conference and Show. It is too good to miss." We, thank you for making our Conference and Show, not just so successful but also 25 years full of bliss for the turf Industry! See you in 2023, March 7-9!





GCSAA Update by Kevin Doyle



A lot has happened in the golf industry during and since the beginning of the pandemic. While it would be easy to go off on a diatribe about the many altered aspects, one difference stands out among the rest: Increased rounds have pumped life into many facilities.

With full memberships — and even waiting lists — at some private clubs, to full tee-sheets, reduced outings, and increased

revenue at daily fee facilities, golf is revitalized. Conversations with many GCSAA members have proven to me that this much needed increased engagement has come with a notably increased lack of etiquette. It doesn't matter what type of facility, there are more balls in the air. There are more swings being taken. More carts are finding their way on the property. Not all of these are beneficial. What can be done?

Increased rounds don't necessarily equate to more stories of staff under siege by flying golf balls. Simple math would prove that having more golfers and tighter tee-times does increase the number of opportunities for issues. Do the new and returning golfers deserve the blame for seeming additional instances of staff being hit or nearly hit by golf balls? There is no way to know, after all, it's a problem that existed when the game was struggling for players too.

Again, increased rounds mean more swings, more divots, and more ball marks. Some repaired by respectful golfers, many not. Tee markers, divot boxes, golf carts seem to have fallen target to more than their fair share of wayward golf club attacks. Unfortunately, the proper turf isn't always the target of these swings these days. Add to that list, the occurrence of divots taken out of greens and collars seem to be on the rise too. Learning of this unnecessary and unwanted damage through conversations has increased, and the prevalence of such despair on social media mirrors that up-tick too. None of this is new to our industry professionals, but the seeming growth of these occurrences have become alarming.

Golf cart traffic created an agronomic situation in recent years that has been difficult to address, most notably when they all were driven where they belonged. Wayward carts aren't anything new, yet more vehicles making their way on to the course seems to have increased the number of carts in undesirable situations. Harming turf, ropes, and carts does more than add work to superintendents, it damages the bottom line of the facility.

Is the lack of etiquette part of the new golf culture? I sure hope not. It seemed to me that during the lean golf years, facilities were so thrilled to have players that many overlooked indiscretions in favor of revenue. I have heard about facilities now getting more aggressive in tracking down perpetrators of damage and holding

them accountable. One facility has begun communications at every interaction point of the golf course. All staff are given scripts to tell every member/customer the expectations and etiquette required during their round, no matter how many times they may have heard them.

Is a full-blown communication program going to fill every divot, fix every ball mark and keep every cart where it belongs? I highly doubt it, yet if it keeps your staff safer, it's a positive result. If the message delivered enlightens even just a few unaware golfers to embrace the etiquette that makes our game special, then it will have made a difference for the better.

GCSAA Resources and Deadlines you Get Cool Stuff from your Association Already

Get started on Facility BMP Manuals

Once your state BMP manual is available through GCSAA's BMP Planning Guide and Template you can easily create a facility BMP manual for your facility. Access is easy with your GCSAA website member log-in using the link immediately below, then select the facility BMP icon and go. Webinars are available to assist you with this easy to use tool.

Access the Facility BMP tool»

EXCEL LEADERSHIP PROGRAM!



The EXCEL Leadership Program offers leadership training for personal, career, and community/ industry stewardship

for assistant superintendents; the future leaders in the golf course management industry. Applications for the 2022 class are open through June 16.

The program

The EXCEL Leadership Program features two, two-day education and training sessions and a trip to the annual GCSAA Conference and Trade Show for assistant golf course superintendents. The education and travel for 2022-2023 includes:

- · Fall Meeting,TBD
- · GCSAA Conference and Trade Show, Feb. 6-9, 2023, Orlando
- · Spring Meeting, TBD

Applicants must be:

- Currently employed as an assistant golf course superintendent within the United States (including Alaska and Hawaii) or Canada
- · A Class C member of GCSAA
- · Able to participate for three full years

For more information and to apply, visit the link: EXCEL Leadership Program | GCSAA



GCSAA Update by Kevin Doyle

Upcoming Education:

Best Management Practices for Turfgrass Soil Testing and Application

Travis Shaddox, Ph.D. June 16@ noon

Irrigation Water Quality and Soil Problems Glen Obear, Ph.D. June 28 @ noon

<u>Factors that Affect Pesticide Fate & Behavior on the Golf</u>
Course

Travis Gannon, Ph.D. July 13@ noon

Course Marking - Local Rules & Best MARKING Practices for Your Golf Course
Todd Stice Aug. 23 @ 2 p.m.

Again, if I can be of any assistance, please feel free to contact me.

Kevin Doyle

GCSAA Field Staff

kdoyle@gcsaa.org

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Getting to Know Tim O'Brien, Superintendent, Green Hill Golf Course

Interview by Timothy Johnston, Superintendent, Wedgewood Pines Country Club



In July 2013, Tim's career started at Green Hill Golf Course as a general laborer. His passion and dedication for the job was rewarded quickly with his appointment as Assistant Superintendent, which he held until December of 2016. At that point, Tim transitioned to the same position at Charter Oak Country Club under the leadership of Scott Reynolds. At Charter Oak, Tim enhanced his crew leadership skills and gained experience of greens grow-ins and tee box expansion projects. In August of 2020, Tim's hard work paid off and he was made Superintendent back at Green Hill.

Tim took a different path prior to the golf course industry. He served in the Marine Corps from 2001 to 2008 and the Army from 2008 to 2013. While serving, he obtained the ranks of Infantry Platoon Sergeant, Assistant Operations Sergeant, and Personal Security Manager. Following his military career, he then pursued his career in turf by completing a BS in Turfgrass Management from Penn State and a BS in Business-Project Management from University of Phoenix.

Although Tim stated work is his life, he does enjoy spending the winter months ice fishing in his home state of New Hampshire. In-season he can be found enjoying any New England sporting event, whether it be golf, football, baseball or hockey. Visiting family, geocaching, and hiking also were high on his free time list.

Joining the association was very important to Tim. He hopes that the association will be an avenue to meet a multitude of new industry partners, assistants, and superintendents. Even with his combat and education experience, Tim states that some of the greatest lessons he has learned have been from fellow superintendents! The 2022 season at Green Hill is off to a great start, which Tim credits to his team.

Welcome Tim O'Brien!!



10 Warning Signs that Your Body is Lacking Water By SLS Fitness

Water makes up about two-thirds of your body weight, and a person cannot live without water for more than a few days. Each cell, organ and tissue in the body depends on water. It plays very key roles, for instance:

- * It helps maintain the balance of body fluids.
- * It regulates and maintains body temperature.
- * It lubricates your joints and eyes.
- * It protects your tissues, spinal cord and joints.
- * It helps your body remove waste products and toxins.
- * It aids digestion.
- * It helps control calorie intake.
- * It helps keep your skin looking good and youthful.

Your body would stop working properly without water. Hence, it is crucial to keep your body hydrated. In order to stay hydrated you should drink fluids and eat foods rich in water content.

At times, more than usual your body may lose water. This can occur because of vigorous physical activity, excessive sweating, diarrhea, vomiting, diabetes and frequent urination.

This is the reason for an electrolyte imbalance in your body,

leading to dehydration and making it difficult for your body to function at its best.

Many people are not aware when their body lacks adequate water. If you understand the signs of dehydration, it will help you know when you need to boost your water intake.

Here are the top 10 warning signs that indicate your body lacks water.

Headaches and lightheadedness

Some of the possible signs that your body lacks water are headaches and lightheadedness. A drop in your body's hydration level might lead to a reduced amount of fluid surrounding your brain, which protects it from mild bumps and movement.

Furthermore, dehydration decreases the flow of oxygen and blood to the brain.

One recent report published in the Handbook of Clinical Neurology highlights the possible triggers of migraines and tension-type headaches, and dehydration is one of them.

Instead of reaching for a pill when suffering from a headache, drink a glass of water. If the headache is because of dehydration,





Water (continued)

it will go away soon.

Brain Fog, or poor concentration.

The human brain definitely shows signs when dehydrated because it is made up of approximately 90 percent water. Lack of water in the brain can influence your decision making, memory and mood.

Dehydration can be the reason for symptoms of brain fog, such as forgetfulness and difficulty focusing, thinking and communicating.

According to a 2013 study published in Clinical Autonomic Research dehydration is one of the most frequently reported brain-fog triggers, along with fatigue, lack of sleep, prolonged standing and feeling faint.

In a 2011 study published in the British Journal of Nutrition it was found that mildly dehydrated people performed worse on cognitive tasks and also reported difficulty making decisions. There were also adverse changes in mood states of fatigue and anxiety.

There is another 2011 study that was published in the Journal of Nutrition. According to this study, it is concluded that degraded mood, increased perception of task difficulty, lower concentration and headache symptoms resulted from a 1.36 percent dehydration in females.

Bad Breath and dry mouth.

Another sign that your body lacks water is bad breath. Your body produces less saliva because of lack of water. This leads to an excess growth of bacteria in the mouth, causing bad or stinky breath.

You can have a dry mouth along with bad breath. Water works like a lubricant, which keeps the mucus membranes moist in the throat, thus preventing dry mouth.

Constipation and other digestive issues.

Water aids in lubricating the digestive system and keeps the digestive tract flexible and clean. This helps keep your bowel movements regular and prevent constipation.

The stools can harden because of excessive fluid loss due to diarrhea or vomiting. Lack of water in the body can even cause heartburn and indigestion.

As per a 2003 study published in the European Journal of Clinical Nutrition, fluid loss and fluid restriction increase constipation. It is thus essential to maintain hydration to prevent constipation.

Sudden food cravings.

You should drink a glass of water before grabbing a snack the next time you have sudden hunger pangs or food cravings. When dehydrated, your body sends false signals to your brain that you are hungry, when actually you are thirsty.

Because of loss of water and electrolytes in the body, craving a salty treat can be caused. Simply drink a sports drink that consists of sodium, or you can make your own lemon water by mixing the juice of 1 lemon in a glass of water along with 1 teaspoon of salt.

When your body experiences difficulty with glycogen production, you can experience cravings for something sweet. You can choose fruits like watermelon, papaya or berries that are sweet as well as high in water content.

Reduced urination and change in color.

Believe it or not, but your body is probably lacking water if you are not using the restroom every few hours. A healthy amount of water intake results in regular urination, about four to seven times a day. Not urinating at regular intervals can be problematic because your body releases toxins through urination.

Also, you should keep an eye on the color of your urine. It is an essential symptom of your hydration level. Clear or light-colored urine means a well-hydrated body, while dark yellow or amber-colored urine indicates concentrated urine and is usually a symptom that your body lacks water.

Fatigue and lethargy.

If you are feeling, fatigued and lethargic, it might be because of your dehydrated body. Lack of water can be the reason for low blood pressure and inadequate oxygen supply throughout the body, including the brain. Lack of oxygen causes sleepiness, fatigue and a lethargic feeling.

Additionally, when you are dehydrated, your body has to work much too hard to ensure proper blood circulation, transporting nutrients and even breathing. Expending extra energy makes you tired faster than usual.



Water (continued)

One of the easiest ways to stay alert and energized is staying hydrated, so keep your water bottle handy.

Joint and Muscle Pain

A vital component of healthy joints and cartilage is water. In fact, they consist of about 80 percent water. If your body lacks water, then your bones start grinding against each other, and causing pain in the joints.

If your body is well hydrated, then your joints can handle sudden movements, such as running, jumping or falling awkwardly, without any pain.

Depletion of fluids through perspiration can bring about muscles to contract, leading to cramps. A 2008 study published in the Journal of Applied Physiology shows that body water status is an essential consideration in modulating the hormonal and metabolic responses to resistance exercise.

Scaly, dry skin and lips

Another indication that your body lacks water is dry skin that lacks elasticity. The skin requires a good amount of water to remain in good condition because it is the body's largest organ.

A low water level is the reason for less sweating, which means the body is not able to wash away excess dirt and oil accumulated on the skin throughout the day. Furthermore, because water aids in flushing toxins from the body, dehydration increases the risk of acne, eczema and psoriasis.

Another indication of dehydration is dry and chapped lips.

Hence, along with moisturizing your skin with a good moisturizer, by drinking an adequate amount of water you have to make sure you are hydrating your skin from the inside out.

Accelerated heartbeat.

Dehydration has a direct influence on heart rate and performance. Making the blood more viscous dehydration causes a decrease in plasma volume.

According to a 2014 study published in the Journal of Strength & Conditioning Research dehydration negatively impacts performance.

It was found that the heart rate changes in an average of three beats per minute for every 1 percent change in body weight resulting from dehydration.

Furthermore, dehydration causes modifications in electrolytes present in your body, leading to low blood pressure. Heart palpitations become faster because of extra stress on your body. This can be frightening and cause anxiety and panic. Try sipping water slowly if you feel your heart beating faster. Consult your doctor immediately if the problem persists.

Tips to prevent dehydration:

You should drink plenty of water and other fluids every day. The amount of water you need to drink usually depends on a number of factors, such as the climate in which you live, how physically active you are, and your overall health.

Start your day with a large glass of water (room temperature) and drink one full glass of water before every meal.

When you are busy and often forget to drink water, you can set a reminder to drink a glass of water a few times a day.

Carry your own water bottle, no matter where you are going.

Along with water, start including water-rich fruits and vegetables in your diet.

Try not to drink beverages that can cause dehydration, such as alcohol, energy drinks and others that contain caffeine.

If you are suffering from a fever, vomiting or diarrhea, increase your fluid intake to prevent severe dehydration.

You should consult your doctor immediately if you are having symptoms such as extreme thirst, dizziness, not passing urine for more than eight hours, and a rapid or weak pulse.





10 Years of Tee-Up New England!

At this time, I am just about wrapping up the end of our 10th annual Tee-Up New England and without a doubt it has been our best one since we started in 2013! We have had more courses before, but we have never had so much active bidding (210 individuals) and so high \$ value of bids. This year 101 courses generated total revenue of \$39,742 for turfgrass research. A few of the private courses went for some extremely high prices. I think it shows that it is hard to put a price on accessibility and they may be trying to check off some of the items on their bucket list. So, some individuals put it all out on the line to get those cherished courses.

We must thank all clubs who donated. There are 99 of them, plus the NEGCOA for donating a Passport to N.E. Golf and a Day of Tennis at Longwood. It is great when having a conversation with some of the superintendents and they remind me, that they are planning to donate our next event. I have some that are on automatic re-entry for this year! We had added some new great courses in Maine and New Hampshire this year due to the help I received from Robert Searle (ME) and Randy Weeks (NH). Their help added some new facilities to the list for 2022 and expanded our presence up north. I hope they will return in 2023!

With the obstruction of Covid-19, the Foundation was left with no choice but to not award any new funding until the trade show and conference could be reinitiated. As the dates of the 2022 show approached, the foundation announced new funding of to \$81,169.00 on three projects that have begun this Spring. Another sign we are getting back to a more normal routine. We appreciate all researchers for their patience as we work to expand funding to average levels soon. Tee-Up New England 2023, April 10-17!

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The date of the Field Day has been selected in order to provide the best opportunity

to view the research plots when they are under the greatest summer stress. Cutting edge research in the areas of lawn care, sports and golf turf management will be presented. Attendees will have an opportunity to discuss ongoing research and management concerns with the UConn turf team. In addition to seeing the



latest research results, turfgrass professionals have the opportunity to interact with exhibitors and discuss the latest

developments and challenges in the industry.

7:30 – 9:15 Registration opens with continental breakfast, Visit with Exhibitors

9:15 – 9:30 Welcoming remarks

9:30 – 12:00 Guided tour of research plots including:

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- Turfgrass variety trials for lawn, sports, and golf
- Fungicide efficacy for summer diseases

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