



THE NEWSLETTER

January - February 2023

of the **Golf Course Superintendents Association of New England, Inc.**

Sponsors and administrators of the Troll-Dickinson Scholarship Fund – Awarded yearly to deserving Turf Management Students.

GCSANE BOARD OF DIRECTORS

PRESIDENT

Brian Skinner, CGCS, CPO
Bellevue Golf Club
PO Box 760661, Melrose, MA 02176
781-248-0216
Email: brianskinner@bellevuegolfclub.com

VICE PRESIDENT

Eric Richardson
Essex County Club
153 School Street, Manchester, MA 01944
978-500-2094
Email: erichardson@essexcc.org

SECRETARY/TREASURER

Bob Dembek
Lexington Golf Club
55 Hill Street, Lexington, MA 02420
978-870-8669
Email: lexgc@rcn.com

DIRECTORS

Greg Cormier, CGCS
Tom Irwin, Inc.
11A Street, Burlington, MA 01803
978-846-1133
Email: gregcormier@tomirwin.com

Ryan Emerich

Vesper Country Club
185 Pawtucket Boulevard, Tyngsboro, MA 01879
717-575-1332
Email: remerich@vespercc.com

Michael Murphy

Robert T. Lynch Municipal Golf Course
1281 West Roxbury Parkway, Brookline MA 02467
617-879-5664
Email: mimurphy@brooklinema.gov

Colin Smethurst, CGCS

Hillview Golf Course
149 North Street, North Reading, MA 01864
781-779-5705
Email: smethurst.colin@gmail.com

David Stowe, CGCS

Newton Commonwealth Golf Club
212 Kenrick Street, Newton, MA 02458
617-789-4631
Email: Newtonmaint@aol.com

PAST PRESIDENT

Peter J. Rappocci, CGCS
Concord Country Club
246 ORNAC, Concord, MA 01742
978-371-1089 Fax: 978-369-7231
Email: gcs@concordcc.org

EXECUTIVE DIRECTOR

Donald E. Hearn, CGCS
300 Arnold Palmer Blvd., Norton, MA 02766
774-430-9040
Email: donhearn@gcsane.org

NEWSLETTER EDITOR

Colin Smethurst, CGCS
Hillview Golf Course
149 North Street
North Reading, MA 01864
781-779-5705
Email: smethurst.colin@gmail.com

GCSANE Headquarters

300 Arnold Palmer Blvd., Norton, MA 02766
Tel: (774) 430-9040
Web Site: www.gcsane.org

Any opinions expressed in this publication are those of the author and/or person quoted, and June not represent the position of GCSANE. Information contained in this publication June be used freely, in whole or in part, without special permission as long as the true context is maintained. We would appreciate a credit line.

President's Message *by Brian F. Skinner*



I hope this letter finds you all well and in good spirits. I'm sure everyone is anxiously awaiting the start of the season and is just about fully charged and ready to grind it out. This off-season has been very beneficial for GCSANE and the board has made progress in many areas including some great ideas for our 100th Anniversary as an Association. We are looking forward to providing a lasting impression as we celebrate those that have come before us in this wonderful industry.

Incidentally, it has come to my attention that several of our key University leaders and Educators have retired leaving a potential void in a critical component to our success as turfgrass managers. As many of you know, these individuals have devoted their entire careers helping us. Despite having some new talent at the University and Research levels, there is still some concern for filling positions that may soon become vacant and potentially non-existent. Because of this, we as a board will be drafting a letter to our regional Universities and Institutions as a show of support for these positions. We would like as many of our members as possible to support this effort as well. So, please stop by the GCSANE booth in Providence at the NERTF show and sign along with us to ensure our Universities maintain the necessary staffing and programs from the scientific community that are essential to our continued success.

I would also like to thank all of our Friends and Affiliates that contribute to our success. It feels really good to be partners with

so many fine individuals and companies within our business. I'm sure those in attendance at this years National Conference in Orlando can agree how fortunate we are to have the support of our Industry partners locally and throughout the country. Hopefully next year is an option for those that couldn't make it this year. However, we are still highly anticipating the regional show in Providence as it promises to be best in class as always and we encourage your attendance. Thank you in advance to all of the organizers and hard work that goes into putting together the trade show that catapult's us into the upcoming golf season. We realize and appreciate the efforts and resources it takes for a trade show presence. Again, thank you to all of our Friends and Affiliates for all that you do for the Association.

Finally, I have had the good fortune to work along side some fine individuals on the Board and would like to thank them as well. As volunteers, it is often difficult to commit the time and effort needed to successfully operate an Association that is dedicated to the advancement of its members. I believe our work is a continuation of that effort. Our board members have been diligent and precise, effectively working in specific areas while at the same time coming together as one. Along the way our Executive Director seamlessly directs, keeps the peace and puts things all together like a functioning household. Although the work is never done, it's been a great experience so far and I encourage folks to volunteer when the time is right.

I wish you all the most success this upcoming season and as always, please reach out with any questions or concerns.

Best Regards,
Brian Skinner, GCSANE President

CONGRATULATIONS TO

Jim Conant, CGCS
on his recertification

Steve Curry, CGCS
on becoming a Certified Superintendent

Ryan Emerich on his new position as Superintendent at Cape Arundel Golf Club, Kennebunkport, ME

Andy Gay on his recent retirement as Superintendent at Veterans Memorial Golf Course, Springfield, MA

Jeff James on his new position as Superintendent at New England CC

Klark Johnson on his new position as Assistant Superintendent at Wayland Country Club

Greg Maak now a Sales Representative for Turf Products Corp in western Mass

Hunter Mott on his new position as Superintendent at Wahconah Country Club

WELCOME TO

Elliott Dowling, Honorary Member, Northeast Regional Agronomist, United States Golf Association

Andrew Feder,
Assistant Superintendent, Nashawtuc Country Club

Jason Gerich,
Assistant Superintendent, Nashawtuc Country Club

Glenn Pergamo,
Equip. Mgr., Bellevue Golf Club

Daniel Peterson,
Assistant Superintendent, Pocasset Golf Club

Connor Ryan,
Assistant Superintendent, Winchester Country Club

Phillip R. Schultz,
Assistant Superintendent, Oak Hill Country Club

Zachary Sullivan,
Student Member, UMass Stockbridge

Andrew Travers,
Assistant Superintendent, Essex County Club
as a returning member

Back Issues!



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!

GCSANE Offers Website Banner advertising at
www.gcsane.org



The price is \$500 for one year which will be re-occurring annually from your first billing unless otherwise specified.

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

New GCSANE Initiative

By Eric Richardson, Vice President GCSANE

The GCSANE Board continues to work on initiatives/policy changes that elevate Golf Course Superintendent's status to the golfing public, golf associations, and within the Superintendent's current club's governing body and patrons. I am excited to announce our next initiative, which the Board formally adopted at the annual meeting in January - the creation of the Superintendent of the Year Award(s).

Highlighting the diverse set of obstacles, circumstances, and stories from a cross-section of our members is important to the GCSANE Board. So, GCSANE will award three worthy individuals each year. There will be one recipient from each of the following golf course classifications – Municipal/Public Golf Course, Nine-hole/Practice Facility, and Private/Semi-Private. The selection process will be simple, the Membership Chair and their subcommittee will nominate two to three candidates for each category, and the GCSANE Board will vote anonymously for the winners. Announcement of winners will occur before or during the New England Regional Turfgrass Conference. Winners will be highlighted at the GCSANE booth at NERTC, in the newsletter, and by our golf industry partners, who will assist us by highlighting these individuals in their publications/email blasts to ensure the golfing public is notified.

Qualifications for nominees are as follows: 1) A member of GCSANE in good standing that is not a current or outgoing GCSANE Board member. 2) Employed as a Superintendent for the prior year. 3) Minimum of three seasons of experience as a Golf Course Superintendent. 4) A worthwhile career achievement that does not necessarily have to of occurred during the previous twelve months.

Finally, we want your input! If you know of any deserving candidates, contact GCSANE's Executive Director, Don Hearn, at donhearn@gcsane.org. Please include the candidate's name and briefly explain why they should be considered.

If you have any questions or comments, please don't hesitate to contact me directly at erichardson@essexcc.org.



CUSHMAN UTILITY VEHICLES A LINEUP YOU CAN COUNT ON

Hauler 800(X)

13.5 hp gas, or 56V AC Lithium
800lb Payload – 600lb Tow Capacity
Consistent Power & Efficiency

Hauler 1200(X)

900 – 1200lb Total Load Capacity 12 cu-ft Cargo Bed
Optional Lifted Suspension

Hauler Pro(X)

3 AC Lithium Options 50 Mile Range
1,200 – 1,500lb Tow Capacity Climb Hills with Ease

Andrew Ingham - 617-780-5482

Andrew@fivestargolfcars.com

Sharon Brownell 2023 Distinguished Service Award



The 2023 recipient of the Association's Distinguished Service Award was interviewed by Mike Murphy, Chair of the DSA Committee. The text of the interview is included below.

On behalf of the GCSANE I am honored to announce that Sharon Brownell is this year's recipient of the Distinguished Service award.

Sharon grew up on Nantucket with her parents, a brother, and several sisters. She and her family loved spending their time

in and around the water, which is something that she still does and enjoys. Her grandfather, who was a USCG lighthouse keeper at many places along the eastern seaboard would build little 2 or 3-hole golf courses for his kids and others to play on and enjoy.

As I was interviewing her, it was 26 degrees and she was describing St John in the US Virgin Islands where she was looking over the bay and it was already close to 80 degrees!

Sharon married young, started a family and moved to Cape Cod where she worked for a publishing company that published books for people with visual impairment. The company closed in 1979, during the recession and she had to look for another job.

She was out of work for about a year and a half when Dick Haskell, Executive Director at the time for the Massachusetts Golf Association (MGA and predecessor to Mass Golf) which was located at the Leo J Martin Golf Course in Weston, MA advertised a secretarial position. This was the job that started her career path in golf.

Along with her responsibilities for The MGA, Sharon also started working with Janice Vance who ran the Women's Golf Association of Massachusetts (WGAM). The MGA grew as an organization and soon they realized that they were going to have to move because the space they were occupying at the Leo J Martin Golf

Course wasn't sufficient. The MGA moved to an office building in Needham and that is where she was approached about assisting the GCSANE with some accounting and other office duties by several of our former board of directors. Sharon accepted and started in 1999, assisting the board in the day to day operations of the Association. This was the start of the Executive Director's position that we know today.

The technology of today was in its' infancy and as the Association was growing the responsibilities of the Executive Secretary did as well. She asked the board for permission to buy a computer program for accounting purposes and other managerial tasks to help with the daily operations. As the technology improved, Sharon would incorporate it into the association's ability to communicate and operate. With her help the association stepped into the digital age where it has been ever since. Along with the GCSANE, Sharon was involved with the Massachusetts Golf Association and the Alumni Turf Group. All of whom she enjoyed working with.

Our association soon needed its own space and moved to the Golf House in Norton where it still is today. Sharon continued to work for GCSANE until 2011 when she decided to retire and enjoy life with her husband Tom. They love to travel, by sailboat preferably. They have been to about every island in the Bahamas and Caribbean where they winter and then come back to Mattapoisett where they reside.

She mentioned that her time working for the GCSANE was her favorite because of all the people she was surrounded by and worked with. Sharon had a few words of advice for all of us. She mentioned that we are all so busy but that the most important things in life are that we need to take the time to take care of ourselves, our families and our friends.

This association owes a debt of gratitude to Sharon for her never ending commitment and volunteerism in making our organization the professional association it has become.

*By Mike Murphy, Chair
Distinguished Service Award Committee*

LARCHMONT
SINCE 1949
**IRRIGATION • DRAINAGE
PUMPS • LANDSCAPE LIGHTING**

**We have a new USGA Agronomist in our region.
Please read more about him and help welcome him to the area.**

A Heartfelt Farewell and a Fond Hello

November 04, 2022 Elliott L. Dowling, senior consulting agronomist, Northeast Region



The USGA Course Consulting Service supports individual facilities through on-site visits by highly skilled agronomists.

Anyone faced with writing this sort of note to friends and colleagues likely has similar feelings. Saying goodbye and hello fills me with both sorrow and excitement. I recently accepted an opportunity to transfer into the upper portion of the Northeast Region to support golf courses in New England. The exact timeline will be ironed out soon, but I will begin covering the area next spring.

I cannot give enough thanks to the countless superintendents, assistant superintendents and golfers I have met and worked alongside for nearly 10 years. I can't imagine a more dedicated, intelligent and hardworking group than those I've had the pleasure of working with. It's no wonder the mid-Atlantic states are so highly regarded in the golf community. Going forward, a USGA agronomist will always be available to meet the needs of golf courses in the mid-Atlantic so feel free to reach out.

With that, I cannot tell you how excited I am to get into a new territory and get to work. It's not often that one gets to move from one highly regarded area to another, equally regarded area. The reputation of golf in New England precedes itself – a diverse, golf-centric region with courses suited to all tastes.

I will be reaching out to as many superintendents as possible this winter and hopefully get the opportunity to meet many of you at one of the several conferences I'll be attending. If you have any questions beforehand, please do not hesitate to reach out.

Northeast Region Agronomists:

Adam Moeller, director, Green Section Education

amoeller@usga.org

Darin Bevard, senior director, Championship Agronomy

dbevard@usga.org

Elliott L. Dowling, senior consulting agronomist

edowling@usga.org

[Information on the USGA's Course Consulting Service](#)

[Contact the Green Section Staff](#)

**THERE'S MORE THAN ONE WAY
TO BOOST YOUR TURF'S DEFENSE.**

For more information, contact:
Melissa Gugliotti
860-221-5712
melissa.gugliotti@syngenta.com

John Bresnahan
413-333-9914
john.bresnahan@syngenta.com
Visit GreenCastOnline.com

Daconil Action
Fungicide
Drought Stress Tolerance



Untreated Control Daconil Action™

Heritage Action
Fungicide
Drought Stress Tolerance
Greens Height Cut Turf
14-day spray interval, July 2015



Insignia® Intrinsic®
0.7 fl oz / 1,000 ft² Heritage Action™
0.4 oz / 1,000 ft²

syngenta.

©2020 Syngenta. Always read and follow label instructions. Some products may not be registered for sale or use in all states or counties. Please check with your state or local extension service to ensure registration status. Syngenta supports a FIFRA Section 2(e) recommendation for use of Daconil Action for suppression of Pythium Blight and Bacterial Wilt on both Group A and Group B Turf as listed on the federal label. Please see the Section 2(e) Recommendation to confirm that the recommendation is applicable in your state. The trademarks displayed or otherwise used herein are the property of a Syngenta Group Company. All other trademarks are the property of their respective owners.

New Member Spotlight - Glenn Pergamo, Equipment Manager, Bellevue Golf Club



*By Tim Johnston, Superintendent,
Wedgewood Pines Country Club*

When a superintendent evaluates their team, many would probably say that their equipment manager fulfills the next most important role in their operation. They are responsible for the repairs and upkeep of millions of dollars worth of equipment making their role crucial. Bellevue Golf Club equipment manager Glenn Pergamo is no exception to this role and has proven himself to be one of the best in our New England chapter. With over 33 years in the

turf industry, Glenn has been part of many operations. His career has brought him to many facilities including Green Meadow Country Club, The Overlook Golf Club, Essex Club, Moffett, Myopia Hunt Club, The Meadows and now Bellevue.

Glenn's career path started with a technical school where he learned the ins and outs of diesel mechanics. He then started working at Green Meadow on the grounds staff. Glenn was fortunate to be held going into winter where he helped work inside the shop to help service equipment and this peaked his interest. Devoted to the industry and interested in the golf course upkeep side, Glenn completed his winter certificate of Turfgrass Management at UMass-Amherst. He was and still is a team player, both working out on the course and inside the shop. Glenn attributes his successes to this exact mentality of never saying never, and if you can do something, do it. Talking with Glenn I was amazed to hear about how many hats he wears. He holds a pesticide license, operates mowing equipment as needed, and works in the pump-house making repairs making him a true valuable team player. Working as a diesel mechanic earlier in his career was great, but working with a variety of equipment and lighter equipment on the golf course was more appealing to him.

Joining the GCSANE chapter was important to Glenn, as he feels networking was his biggest asset in the industry. Communicating with people and attending seminars and shows opened up many avenues for him to continue his career path. To help the association, Glenn has already invested time and plans to attend local tech schools with others in the field to promote the industry. We look forward to hearing from him again to discuss how this promotion went.

Glenn is an avid golfer, learning to play from his Dad at the age of 15. He is very much looking forward to the networking opportunities the association can provide.

Welcome Glenn Pergamo!



Northeast Golf & Turf Supply

a division of Northeast Nursery, Inc. - Est. 1982

Exclusive Distributor for Rain Bird Golf

MA, NH, VT, ME and RI

RAIN BIRD



PRODUCT CATEGORIES

- | | | |
|------------------------|---------------------|---------------------------|
| • Granular Fertilizers | • Control Products | • Turfgrass Seed |
| • Specialty Nutrients | • Soil Conditioners | • Golf Course Accessories |



NORTHEAST
TURF & IRRIGATION SUPPLY
Dennis Port, MA

NORTHEAST
CONTRACTOR CENTER
Peabody, MA

NORTHEAST
TURF & IRRIGATION SUPPLY
Londonderry, NH

Learn more about our products and services at: www.northeastnursery.com



POLYON®
Controlled-Release Fertilizer

**CONTROL AND DISTANCE
IS THE KEY TO EVERY
GREAT SHOT**

Durable coating protects the nutrients and ensures the proper release rate providing consistent greening all season long.

For more information about POLYON® Fertilizer and the POLYON® Guarantee, visit www.polyon.com or contact your sales representative today!

JIM FAVREAU
(978) 227-2785
jfavreau@Harrells.com

JIM COHEN
(978) 337-0222
jcohen@Harrells.com

MIKE KROIAN
(401) 265-5353
mkroian@Harrells.com

CHARLES BRAMHALL
(508) 400-0600
cbramhall@Harrells.com

KENT LEMME
(413) 281-8087
klemme@Harrells.com

TOM HOFFER
(401) 871-2916
thoffer@Harrells.com



www.harrells.com | 800.282.8007
Employee-Owned

January - February 2023



Since 1970, Turf Products has been providing our valued customers with the knowledge, tools and equipment to protect and preserve the Northeast's most beautiful outdoor environments. We are your single source supplier for turf mowing and maintenance equipment and golf irrigation systems, as well as drainage, pond aeration, lightning detection and much more.



TPC has been selling Toro equipment continuously for over half a century. Together we deliver the most innovative products in the golf industry. Toro products are developed by golf experts for individuals like you who work hard to maintain flawless turf conditions.



*With over 30 commercial-grade attachments,
Ventrac is America's most versatile tractor . . .
built to get work done!*

*Call: (800) 243-4355 or visit us
at: www.turfproductscorp.com*



turf products
SINCE 1970



Thoughts From Your Executive Director *by Don Hearn*

The winner of this year's Super Senior division of the GCSAA Golf Championship held in Orlando, Florida prior to the Conference and Trade Show was Ron Kirkman, retired life member, long time superintendent at Needham Golf Club and past president of the GCSA of New England. While I don't have a photo to share at this time, I'll do so in a future issue if I receive one.



Kristen LaCount, General Manager of The Country Club with Anthony

Assistant Superintendent to Golf Course Superintendent. He had a monumental year with the outstanding success that was 2022 U.S. Open, and his leadership among the Grounds Team played an integral role.



Jeremy Reiner, left and Lou Bettencourt

the Boston Television Market. Currently he produces and presents weather forecasts in a concise and entertaining fashion through several media platforms such as traditional television broadcasts, twitter, instagram, facebook, periscope as well as online blogs/video forecasts. Not only is he a meteorologist for the station but also reports on any science related news events such as earthquakes, tsunamis and even dealing with the Ideal Gas Law and how it relates to deflated footballs. When he's not tracking nor'easters or tornadoes, he is heavily involved in community functions such as an emcee for fundraisers or visiting area schools to chat with



Congratulations to Golf Course Superintendent Anthony Howard for receiving the prestigious Wilmot T. Pope Award. This is an award given annually to a member of The Country Club's Squirrel Squad who has excelled in service and dedication to the Club at the highest level.

Anthony first joined the Squirrel Squad as an intern in 2011 and has since taken on roles from Spray Technician to

The December meeting was a hit with those in attendance. Jeremy Reiner, WHDH, Channel 7, Chief Meteorologist was an energetic presenter full of information he shared with the audience. He also loves golf!

Jeremy grew up in the Berkshires, and it's been his lifelong dream to work in

students about the water cycle. His knowledge of weather trends over time was impressive.

Many superintendents begin and end their day with an eager eye on the weather and for many their trusted source is Jeremy.

In addition to the information presented by Jeremy, area superintendents discussed the labor situation. Not a new topic, but one that's not going away soon. Ben Bouchard, Troy Noble and Mike Murphy spoke about their situations and how they addressed them.

As you may know, Dave Rice, Superintendent at Hopedale Country Club has been dealing with a grade 2 Glioma that set him back initially, but he's doing better now. He's back on the course ably assisted by former Superintendent Brian Joyce, and John McShane. Others who have pitched in to help Dave are Tom Albert from Turf Products for mechanical issues; Tom Brodeur, now retired from TPC

Boston who helps with cup setting, tee marker placement and other specialties; Mike Poch, Superintendent at Foxborough Country Club has offered to be of help in any way; and Andrew Ingham, Sales Representative for Five Star Golf Cars and Utility Vehicles has been a tremendous supporter and friend to Dave. Andrew, through his contacts with the Boston Bruins, was able to present a hockey stick personally inscribed to Dave and signed by the team. A wonderful gesture by a great group of people.

It's good to know there are people out there who are willing and able to lend a hand when someone in our profession needs it. Sometimes something that seems so insignificant as a phone call can change an attitude and make someone feel better about their situation or status in life. It's nice to know people care about you. It can leave a never to be forgotten memory.



Thoughts (continued)

Recently I read an article in GOLF magazine by Josh Sens. As the title implies, superintendents were given the opportunity to let people know what ticks them off. Josh has been featuring superintendents in his columns to help golfers understand what we do and to feature course maintenance practices as expertly explained by those who know the art and science of turfgrass management — golf course superintendents.

Maybe you have some things that golfers do that tick you off. If so, send them along to me and I'll include them in an upcoming issue of The Newsletter.

What REALLY irritates golf-course superintendents? They told us in this 2022 poll

By: [GOLF Editors](#) December 30, 2022



(Getty Images) Earlier this year, we granted our panel of superintendent contributors anonymity in return for their candid takes. Our weekly [Super Secrets](#) column covered a lot of turf in 2022, from [leaf-removal tactics](#) to [seeding vs. sodding](#) to [golf-course mowing patterns](#). Every installment engaged our readers — credit the sharp insights of our fleet of superintendent contributors expertly woven together by GOLF Senior Writer Josh Sens — but none drew a larger audience than our superintendents' pet peeves survey. As Sens noted in [the introduction to the piece](#), “as a group, superintendents are easygoing. But they're not immune to irritation. Leave a minefield of divots and ball marks in your wake without making the slightest effort to repair them, and you're bound to irk your super.”

For this column, which became our most-read Super Secrets story of the year, we granted our panel of superintendent contributors anonymity in return for their candid takes on what gets their goats. Here are a dozen of their responses, [as we first reported in March 2022](#):

1. Tee-box temper tantrums

They said it: Golfer misses a tee shot and then winds up and blasts the nearest tee marker in frustration, shattering it into a million pieces. Congratulations. At least you can hit something. Too bad those markers cost me \$27 each.

2. Early-bird practice sessions

They said it: A golfer in an early group drops 17 balls in the middle of the fairway and whacks them all with an 8-iron, not bothering to fix his divots or ball marks. Hey, Bub, you want to practice? Buy a bucket at the range.

3. Off-season trespassers

They said it: The course is closed, but that doesn't stop some guy — and it's pretty much always a guy — from walking his dog on the

back nine, with three clubs in one hand and his pocket filled with balls. “Oh, I'm just hitting a few shots in the rough.” Um, no you're not. You're getting in your car and leaving.

4. Litter bugs

They said it: Five empty beer cans on the tee box when the trash bin is literally five paces away.

5. Lip disservice

They said it: The same golfer who can't be bothered to bend over and repair a divot spends four minutes digging his ball out of the cup with the head of his putter, wrecking a freshly cut hole.

6. Reckless driving

They said it: Ropes and directional signs weren't put there to be props in a demolition derby. But golfers still run over them. “Oh, sorry. I didn't see the sign!” — as I pry the shrapnel out from under your cart.

7. Ash holes

They said it: Guy smoking a fat cigar digs his heels into the bunker, swings and blades one over the green, and then promptly drops his stogie in the sand and stamps it out. Last I checked, our bunkers are not your personal ashtray.

8. Taking excess relief

They said it: There are bathrooms in the clubhouse. There are bathrooms on the course. But for some reason, in your mind, the entire property is one giant outdoor WC.

9. Stage whispers

They said it: Golfer complains about conditions loudly enough for me to hear but without saying it to my face. Newsflash: You did not miss that putt because the greens are slow; you missed it because you are not very good.

10. Wannabe bosses of the moss

They said it: Golfers who insist on asking, “What are the greens rolling at today?” when they wouldn't know a Stimp meter from a parking meter.

11. Icy treatment

They said it: Golfer complains to me about the frost delay, as if it were my doing. “There wasn't any frost at my house!” That's because you have desert landscaping!

12. Putting the aggro in agronomy

They said it: Golfers mistreating maintenance crews by either hitting into them or making no effort to get out of their way. You want to play that way? Remember, I can control every sprinkler on the course from my radio or phone from anywhere in the world.

Thoughts *(continued)*



From left John Eggleston, Tom Colombo, Marc Mimmo, John Bresnahan, Melissa Gugliotti



From left, Rich Caughey, Ryan Caughey, Jeff Kinney



From left, Greg Bennett, Erick Koskinen, Tamari Williams



From left, Jim Fitzroy, Mike Hermanson

The GCSAA Conference and Trade Show (no longer the Golf Industry Show (GIS)) seemed a hit in Orlando. To me it was a great educational opportunity and a way to meet others in our industry and profession. I was able to take some photos of those I came across while on the trade show floor and share them here.

A highlight of the Conference was the annual meeting and the election of the officers and directors of GCSAA.

Kevin Breen, CGCS at La Rinconada Country Club in Los Gatos, CA was re-elected to a one-year term as president.

Other elected officers include Jeff L. White, CGCS the superintendent at Indian Hills

Country Club in Mission Hills, Kan., as vice president, and T.A. Barker, CGCS superintendent at Fore Lakes Golf Course in Taylorsville, Utah, as secretary/treasurer.

Board members Paul L. Carter, CGCS, superintendent at Bear Trace at Harrison Bay in Harrison, Tenn., and Steven J. Hammon, superintendent at Traverse City (Mich.) Country Club, were re-elected to serve on the board, while H. Scott Griffith, CGCS, director of agronomy at the University of Georgia Golf Course, in Athens, Ga., was newly elected to join the board as a director.

Douglas D. Dykstra, CGCS, golf course superintendent at White Mountain Country Club in Pinetop, Ariz., and Marc E. Weston, CGCS and superintendent at Indian Hill Country Club in Newington, Conn., continue their service on the board. After a member vote to amend the bylaws, Mark F. Jordan, CGCS, natural resources leader at Westfield Country Club in Westfield Center, Ohio, will serve a second year as immediate past president.

The Old Tom Morris award was presented to Johnny Morris, founder of Bass Pro Shops and Big Cedar Lodge, a golf resort considered one of the greatest golf resorts

in the country. Although a person who walks in the rarified air of billionaires, his story is one of humility, caring for nature and unpretentious drive to be generous and do what is right. While being interviewed during the presentation, his character came across as a genuinely nice guy who does things without needed fanfare.



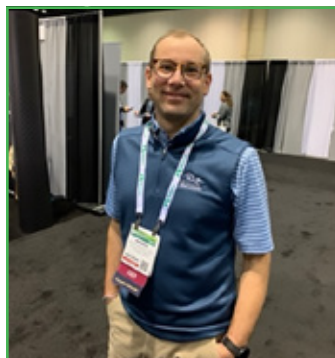
Left, Paul Blanus, Sean Parsons



Brian Giblin, Robin Hayes



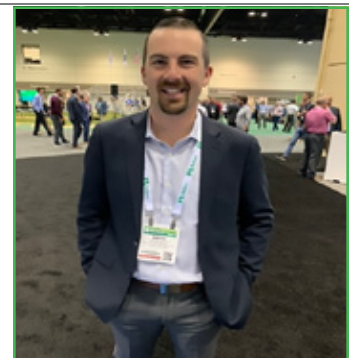
Ron Kirby



Patrick Van Vleck



Patrick Gleason



Justin Gagne

Thoughts (continued)

The Annual Meeting was held at the Renaissance Boston Hotel at Patriot Place, January 12, 2023. There was a good turn out and the hospitality was great.



from left: Jim Fitzroy, Pat Hogan, Mike Murphy, Bob Dembek to the right of each

The board of directors held their Annual Board Meeting. The Past Presidents had their Annual Meeting and were informed of the Association's plans to celebrate the 100th year of the GCSA of New England with the publication of a book and a celebration. The election of Officers and Directors was held. 25-year pins were presented to Pat Hogan and Mike Murphy and a 50-year pin was presented to Jim Fitzroy. All current board members were elected to another one-year term. Bylaw changes were approved and Allied association representatives in attendance were recognized. After lunch we were entertained by keynote speaker and former professional linebacker for the Arizona Cardinals, David Holloway. David gave a motivational presentation stressing the need to never give up and how to make happen what looked impossible.

**WINFIELD
UNITED**
Professional



HELPING YOU WIN.

SERVICE. SOLUTIONS. INSIGHTS.

When it comes to your course, you need a partner that's consistent. Count on us for the right products and technical insights you need to help your business thrive.

**CONTACT YOUR WINFIELD UNITED REPRESENTATIVE TODAY
TO LEARN HOW WE CAN HELP YOU WIN.**

TIM HANRAHAN THanrahan@landolakes.com 978-815-9810	JAY POPKO JPopko@landolakes.com 413-454-3847	TOM LLOYD TLloyd@landolakes.com 603-496-9515	CHRIS LEONARD CLeonard1@landolakes.com 339-793-0727
---	--	--	--

**Andersons • Aquatrols • Bayer • BASF • Civitas • Corteva • FMC
Griggs • Nufarm • PBI Gordon • Quali Pro • Syngenta**

winfieldunitedpro.com |  @winfieldpro

REEL SHARP

TURF EQUIPMENT

Over twenty years specializing in golf course equipment.

**Do you have equipment you
are looking to sell?**

**Call/Text/Email Nick
(617) 631-8873
nick@rsturf.com**

www.rsturf.com

100 Clarkson Ave Pittsfield MA

Your New England Connection for
Used Turf Equipment



January - February 2023



If you were fortunate to attend Conference and Show in Orlando, I really hope you enjoyed it! From a sold-out golf tournament to the engaging education, and the tremendous support of our industry partners delivering a fantastic trade show, this year's event was highly energetic and interactive. If you were busy making the most of Show, or not able to attend, not to worry. This wrap-up

takes pieces from GCSAA media outlets to give you a small snippet of the many impacts our members from the Northeast region made in Orlando. Be sure to add Phoenix Jan. 29-Feb. 1, 2024 to your calendar now!

Excellence in Government Affairs Award Winner

Kenneth Benoit Jr., CGCS, 28-year GCSAA member and past president of the Metropolitan GCSA, has earned the 2023 Excellence in Government Affairs Award from the Golf Course Superintendents Association of America (GCSAA). Benoit was honored for his efforts in establishing the Best Management Practices (BMPs) for New York state golf courses, educating those outside the industry on BMPs and developing a strong working relationship with the New York State Department of Environmental Conservation.

This award honors the cumulative efforts of Benoit's proactive approach in establishing BMPs at New York state golf courses, as well as his dedication to developing a positive and productive working relationship with the New York State Department of Environmental Conservation, the New York state Agency tasked with regulating pesticide registrations, commercial applicators and other relevant issues.

Environmental Leaders in Golf Awards

Four golf course superintendents were named winners of the 2022 Environmental Leaders in Golf Awards (ELGA). The annual awards are presented by the Golf Course Superintendents Association of America and Golf Digest in partnership with Syngenta. Eight runners-up also received recognition for their environmental efforts.

The Innovative Conservation Award recognizes unique and innovative strategies for conservation. The 2022 Northeast region was represented by first runner-up in the Innovative Conservation category:

- **Jim Pavonetti**, CGCS, Fairview Country Club, Greenwich, Conn.

Melrose Leadership Academy

Thanks to funding from the Kendrick B. Melrose Family Foundation, 12 members of the Golf Course Superintendents

Association of America (GCSAA) had the opportunity to attend the 2023 GCSAA Conference and Trade Show.

Participants in both Melrose programs are chosen through an application process based on financial need, involvement in communities through volunteer efforts and a drive to progress in their careers. Four superintendents from the Northeast region were chosen for the 2023 Melrose Leadership Academy:

- **David Golembeski** of Newtown Country Club in Newtown, Conn.
- **Duncan McGowan** of Sharon Country Club in Sharon, Conn.
- **Colin Smethurst**, CGCS, of Hillview Golf Course in North Reading, Mass.
- **Reese Wasson** of Spook Rock Golf Course in Suffern, N.Y.

The Melrose Leadership Academy supports the professional development of GCSAA superintendent members while the Melrose Equipment Management Experience provides professional development for GCSAA equipment managers. Both programs are administered through the GCSAA Foundation, the philanthropic organization of GCSAA.

Envu Grant Program Winners

Envu partnered with the Golf Course Superintendents Association of America (GCSAA) to send up to 10 members to the annual GCSAA Conference and Trade Show. As part of the selection process, an emphasis was placed on leadership and inclusion – motivating their teams and embracing and encouraging individual differences, life experiences, knowledge, innovation, self-expression, unique capabilities and talent.

The 2023 Envu Superintendent Grant Program winners from the Northeast region were:

- **Patrick McIntyre** of Buffalo Olmstead Golf Courses in Buffalo, N.Y.
- **Michael Sharpe** of Montclair Golf Club in West Orange, N.J.
- **Jesse Sutton** of Fox Run Golf Club in Ludlow, Vt.

The Inaugural Larry Powell Scholarship

Travis Campbell, GCSAA member and student at Rutgers Center for Turfgrass Science in New Brunswick, N.J., was named the winner of the inaugural Larry Powell Scholarship from the Golf Course Superintendents Association of America (GCSAA).

The Larry Powell Scholarship was established in 2022 by GCSAA Past President Mark F. Jordan, CGCS, and the GCSAA Foundation to honor Larry Powell, a 48-year GCSAA member and golf course superintendent at Clearview Golf Course in Canton, Ohio. The scholarship focuses on individuals from underserved populations who are GCSAA members or interested in becoming a member. Scholarship preference is given to needs-based applicants with consideration for leadership skills and community engagement.

GCSAA Resources and Deadlines

you Get Cool Stuff from your Association Already

VALIDITY SCREENING SERVICES

GCSAA has partnered with Validity Screening Solutions, a third-party background check, drug testing and compliance services company, to offer discounted services to members. Since 1992, Validity has offered a streamlined and cost-effective approach to employment screening services by using the latest technology and compliance standards. GCSAA has used Validity for its employment screening needs since 2006

For more information on this member benefit and more, visit:

<https://www.gcsaa.org/about-gcsaa/membership/membership-benefits>

PAR AIDE GARSKE GRANT

The goal of this program is to assist GCSAA members' children in funding their education at either an accredited college or trade school. It is available to the children of GCSAA members who have been an active member for five or more consecutive years. Applicant must be a graduating high school senior and be accepted at an institution of higher learning for the upcoming year.

The GCSAA Par Aide Garske Grant is open January 1-March 15.

Deadline is approaching!

[Application form](#)

GCSAA LEGACY AWARDS

Applicants must be enrolled full time at an accredited institution of higher learning, or for high school seniors, they must have been accepted at such an institution for the next academic year.

In addition, award winners are ineligible to apply the year following their award, but can reapply after a one-year hiatus.

The GCSAA Legacy Awards competition offers education aid to the children and grandchildren of GCSAA members. Awards of \$1,500 each are funded by Syngenta and the GCSAA Foundation.

The GCSAA Legacy Awards are open January 1-April 15.

[Application form](#)

Upcoming Education:

[Virtual Conference and Show coming March 14 & 16](#)

Keep your eyes on [GCSAA Conference and Trade Show | Homepage](#) for all the details soon!!

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

SOIL SOLUTIONS *for* ALL YOUR COURSE NEEDS



USGA TOPDRESSING SAND • LINKS GRADE BUNKER SAND • ROOTZONE BLENDS
CUSTOM DIVOT MIX • CART PATH AND TRAIL SOLUTIONS • DRIED TOPDRESSING SAND



Experience. Quality. Consistency.



Why Read Custom Soils?
Experienced SALES AND PRODUCTION TEAM
SUPERIOR Quality PRODUCTS
UNMATCHED RELIABILITY AND Consistency

Contact Us Today!
SALES@READCUSTOMSOILS.COM
800.924.5335

READCUSTOMSOILS.COM

January - February 2023



Tanto ***IRRIGATION***

Your Golf Irrigation Specialist

***Tanto Irrigation has proudly provided
the Golf Course Superintendents of
New England with Irrigation Services
for over 50 years.***

**Let us know how we can serve
Please Contact:**

**Chase Cameron
(203) 233-1482
or
Tim Clarke
(845) 325-3868**

tantoirrigation.com



The work you do

plays a vital role in the health and well-being of your guests and the community. We offer you a network of caring professionals with innovative solutions created to help you succeed.

With Tom Irwin, you're not alone.



.....
Chris Cyr | 774-279-4392 | chriscyr@tomirwin.com

January - February 2023





We Need **You** to Donate a Round of Golf for Turfgrass Research

*We Need all
Golf Courses in
New England to
Join This
Initiative!*

Help to Insure the Future of Golf
through Research by Donating a
Foursome to Tee-Up New England

Every donation will help Research!

2023 Online Auction

April 10-17th, 2023

Go to: www.tee-upnewengland.com

An application will be there for you!



26th Annual

New England Regional Turfgrass Conference & Show

March 7-9, 2023 ■ R.I. Convention Center



Show & Conference Pass Includes

- Admission to Trade Show • Educational Sessions
- Show Reception • Informative Presentations
- Lunch on Thursday



Over 275 Turf Related Booths Await You...

For the 26th Year come and meet professionals on the cutting edge of turf management. See the latest in equipment, products and supplies. Join fellow lawn, golf, sports, landscape, municipal and other turf industry professionals!



Trade Show Hours

Wed., March 8 • 9am-5pm with *Live Auction & Reception*
Thurs., March 9 • 9am-1pm



Educational Session Hours

Tues. March 7 • 8am-5pm *Pre-Conference Seminars*

Wed., March 8 • 8am-11am & 1pm-4pm
Golf, Sports Turf & Grounds, Equipment Techs.

Thurs., March 9 • 8-10:45am & 1pm-3:30pm
Golf, Sports/Grounds, Equipment Techs and Lawn Care/Landscapes



Pre-Conference Seminars

Tues., March 7 • 8am-5pm

Call (401) 841-5490 *Visit website for details*

Sports Turf Seminar

Thurs., March 9 • 8:00am-10:30am *Synthetic Turf Management*



Certification Credits

Pesticide Applicators Recertification
Credits offered

NEW ENGLAND
REGIONAL
TURFGRASS
FOUNDATION
ESTABLISHED 1996



Watch your mail for your registration form
or visit us online at www.NERTF.org
Or call (401)841-5490



Assistant Superintendent Spotlight Colby Major, The Kittansett Club

By Ryan Boudreau, Framingham Country Club



We head to The Kittansett Club for this edition of Assistant Spotlight where Colby Major is the Assistant Superintendent. He is a graduate of Penn State University and started his career at his local 9-hole club in his home town of Montrose, PA and then interned at Lancaster Country Club in Lancaster, PA for the 2015 Women's U.S. Open. From there, Colby got his first job at Wade Hampton Golf Club in Cashiers, NC before landing his current role at The Kittansett Club in 2022.

During his career Colby has also volunteered for the 2017 Wells Fargo Championship at Eagle Point and the 2019 U.S. Open at Pebble Beach.

When he is not on the course Colby enjoys spending time with his family, taking his dog (Cash) on hikes with his fiancé, mountain biking, fly fishing, playing basketball and golf.

Q: Colby thank you for participating in this edition of Assistant Spotlight, what sparked your interest to pursue a career in turf management?

A: I was always outdoors as a kid and played golf with my dad on the course I started my career at. My first superintendent told me I could make a career out of turfgrass and that was right around the time I was applying to go to college so I looked into the turf program at Penn State and the rest is history.

Q: Prior to coming up to the Northeast you spent part of your career in the Carolinas, what are some of the biggest differences in managing turf between the two regions?

A: I went down to Wade Hampton after graduating to do a complete course renovation in 2017 and gained a lot of construction experience along with managing new USGA bentgrass greens. Wade Hampton Golf Club is located the Mountains of Western N.C. where rainfall was well over the 100 inches per year mark while I was there. The biggest difference for me was going from managing brand new bent greens to managing 100-year-old bent/ Poa native push up greens at Kittansett.

Q: This past year you played a major role in hosting a Senior US Amateur, what were some highlights for you during that week and what were some key factors that allowed you and your team to be successful?

The biggest highlight would be meeting Bill Murray. He was attending the event to watch his caddie compete and ran into us on a couple different occasions and was as nice and funny as you would expect. Also being able to meet and work alongside our volunteers was a great experience. The volunteers and our staff's attention to detail and tremendous work ethic along with a little help from mother nature is what made that event be such a great success.

Q: You recently got back from this year's GCSAA Conference in Orlando, what are some of the coolest products or pieces of equipment that you think would be a game changer to your operation at Kittansett or in the industry in general?

It was great and had plenty of new and intriguing products. I am personally interested in the autonomous products. It seems that the industry is headed in that direction and our generation will be the ones implementing it into our management programs.

Q: Do you have a favorite job/task that you like to perform while on the golf course?

A: My favorite job is doing course set up in the mornings. It allows me to see the golf course and prepare it for golfers each day.

Q: Are there any exciting projects or renovations you and your club have in the works in the near future?

A: Our club has recently just finished a complete bunker renovation right before I started at Kittansett. We are always striving to improve the golf course each year with in house projects that include tee installation and renovations, green expansions, drainage and tree management. Given that Kittansett is right along Buzzards Bay, we are cognizant of sea level rise and plan to implement a long term strategy to raise certain areas of the golf course that are directly affected by high tides and storm waters that breach the banks.



Q: What is your favorite golf course you have played and what is on the bucket list of places you hope to play someday?

A: Its hard to just pick one. Besides the courses that I have worked on, it would have to be either Peach Tree or Vineyard Golf

Assistant Superintendent Spotlight *(continued)*



Club. The bucket list is large but if I had to pick one course it would have to be Cypress Point.

Q: What would you like to see change within our industry to help promote Assistant Superintendents and the value they bring to golf course operations?

A: I think the industry as a whole is moving in the right direction with promoting the importance of assistants. I would like to see more events primarily focused around assistants which I feel that our committee is making great strides in doing so.

VENTRAC
GIANT
MTE
EQUIPMENT SOLUTIONS, INC.
Smithco
JACOBSEN

Sales - Service - Financing - Support
1-888-708-5296
www.mteequipsolutions.com
sales@mte.us.com

Can you stand on one leg for 10 seconds?

Why balance could be a matter of life and death – and how to improve yours

Best foot forward ... Joel Snape. The guardian

Studies have shown poor balance can be associated with serious health problems – as well as increased risks of falls as we get older. But there are ways to make yours better

Until we start to lose our balance, we barely notice that it's there at all. "It starts for a lot of people with simple stuff," says Dr Anna Lowe, an expert on healthy aging and physical activity. "Maybe you used to be able to quickly stand on one leg to put a shoe on, and you've stopped doing that at some point. Maybe you used to get out of the bath on to a slippery floor without thinking, and now you have to hold on to something. It's easy to either miss the signs or just put it down to aging – but it really is something you can affect."

The key, it is increasingly becoming clear, is to address the decline before it gets serious: and that can happen earlier than you might think.

What is balance? Perhaps surprisingly, those who deal with it have struggled to settle on a single definition. Technically, it's the complex interaction of several different systems in your body – from muscles, nerves, eyesight and the inner ear to the sensory system that lets you recognize where your body is touching the ground, along with movement receptors within your joints that tell you where your body is in space. It's not something we're born with, but also it's not something we learn in the same way as speech – not quite a sense or a skill, but an ability that we gain early and lose over time.

Most simply, balance is often defined as the ability to distribute your bodyweight over your base of support – a definition that muddles up movement and physical ability with what other people think of as innate. George Locker, a long-term practitioner of tai chi and the author of *Falling Is Not An Option*, suggests that we think of balance as the thing that lets you learn how to ride a bike after your first few hours of falling off. He describes it as "the rapid and automatic response by your postural muscles to the sensation of imbalance". Or thinking of balance as something you build, and then something you have – not something you do.

Whatever your definition, a lack of balance is, globally, associated with serious health problems. Earlier this year, the British Journal of Sports Medicine published the results of a decade-long study involving more than 1,700 middle-aged participants, which concluded that an inability to balance was associated with an almost two-fold increase in risk of death. Among other health tests, volunteers were asked to stand on one leg with their other leg pressed against it, arms by their sides, eyes fixed straight ahead. After accounting for age, sex and underlying conditions, an inability to hold the position for 10 seconds – given three attempts – was associated with an 84% heightened risk of death from any cause.

Roughly one in five participants failed to pass the test, a percentage that rose in tandem with age – more than one in three (37%) failed between ages 66 and 70. Other studies have made similar connections, with the ability to rise from the floor to a standing position, balance with one eye closed or simply walk at a brisk pace all tied to longevity.

Obviously, this relationship is complex – in some cases, poor balance is a byproduct of more serious conditions, or related to the same lack of physical activity that causes them – but the amount of bodily systems involved in balance suggests that actively maintaining it is likely to keep other problems at bay.

And sometimes, the relationship is causal – the World Health Organization estimates that 684,000 fatal falls occur each year, making falling the second leading cause of unintentional injury death, with a further 37m falls severe enough to require medical attention, leaving many more people dealing with disability or a shortened lifespan.

Again, some of these falls are caused by more serious conditions – but many aren't. Meanwhile, a loss of balance, as Locker notes, is a medical problem without a medical solution: something that can't be treated with drugs or surgery, despite its life-altering consequences.

As to what causes a lack of balance in the first place, there's no single easy answer. Lack of activity has traditionally been blamed, with a globally aging population – by 2030, it's estimated that 12.3% of people on the planet will be 60 and over – proving increasingly sedentary. But health professionals point out that balance problems can be caused by a variety of other factors, many of them age-related – impaired vision or slowing nerve signals can be contributing factors, as can declines in the other systems. Blood pressure can dip, leading to lightheadedness, while reflexes and coordination slow with age.

If you experience a sudden, noticeable change in your ability to balance, Lowe says, you should consult a professional – whether it's caused by a relatively benign inner-ear problem or something more serious, it's better to be informed. But a slow, barely noticeable decline will be the thing most people should worry about.

Increasingly, efforts are being made to remedy a lack of balance among the groups already most affected by it. A first-of-its-kind fall prevention research centre in Australia has its own team of neuroscientists dedicated to monitoring fall injury patterns, identifying risk factors and developing preventive strategies – using everything from at-home video games to an obstacle course to help older adults mitigate their risk. The Netherlands, meanwhile, has its own physiotherapist-run programs, rated by the government and partly covered by health insurance, that teach older citizens the kind of fall-breaking skills more commonly associated with judo.

Atlantic

golf & turf

But part of the problem is that once balance begins to fail, the process becomes a downward spiral. Older people who can't – or are afraid to – walk around outside their homes, let alone tackle anything more strenuous, develop further imbalances as their muscles and sense of balance atrophy, making falls more likely. This means that prevention is better than cure, and with many people's balance appearing to diminish from midlife onwards, it's probably better to start sooner rather than later. "The loss of balance starts at 45, and it's very clear," says Locker. "You look at 45-year-old men walking down the street, and they're starting to lose their glutes, the muscles around the buttocks, which are among the biggest, strongest muscle groups in the body. Many guys get big up top with spindly legs from a combination of diet and the kind of activity they do, and that's difficult to reverse later. So you have to start prevention in midlife

"Upstream interventions are key," agrees Lowe, who is a physiotherapist alongside her role as an associate professor researching strength and balance in midlife. "You've got to stay active: older women are far less active than older men, and general activity, just moving around and doing stuff, affects balance a lot. For some people, just try to build in an element of balance and muscle strengthening. Can you walk your dog off-road? Could you do yoga or gym work where you feel a little unsteady? Singlelegged movements, such as walking lunges, are a great test of dynamic balance, but if you're new to exercise, even bilateral movements like squats can provide a challenge."

Locker also says there's a crucial distinction to be made between

balance as many studies define it – standing upright on one leg – and the kind of weight-bearing, one-legged balance that's important in real-life situations. "Walking on a level surface doesn't typically include a very challenging element of balance, as your legs are typically locked when your foot contacts the ground," he says. "Neither does running, unless you're doing it off-road, as your feet aren't in sustained contact with the ground. Midlife is the time to choose what I call the bent knee and ankle sports – skiing, ice skating, inline skating, surfing, and standup paddleboard. They all include the kind of sustained knee and ankle bending that builds capacity. Unfortunately, taking up one of these sports isn't an option for more senior citizens – so they'll need to find other ways to build the same capacity."

Tai chi, practiced by an estimated 50 million people in China and more than three times that worldwide, is one option. As an aerobic workout, it's not particularly taxing, but studies have shown that as little as eight weeks of practice can improve older adults' scores on the Tinetti test – a commonly used measure of competence in basic tasks such as rising from a chair and walking – as well as reducing fear of falling. Longer periods of study show further benefits, with the Yang style proving slightly more effective than the faster-paced Sun style. Again, the former typically uses a lower, more bentlegged stance than the latter – suggesting that this style of balance is something to consider.

"Standing on one straight leg isn't the same as standing on one bent leg," says Locker, who began practicing tai chi with a master who "could throw guys half his age and twice his size around the room".

“When the leg is straight, the skeleton supports the body, not the postural muscles. Older people are commonly advised to practice brushing their teeth standing on one leg to build their balance, but in order to train the postural muscles to support the lower body, you should use one bent leg.” This way, over time, you’ll build not just balance but work capacity.

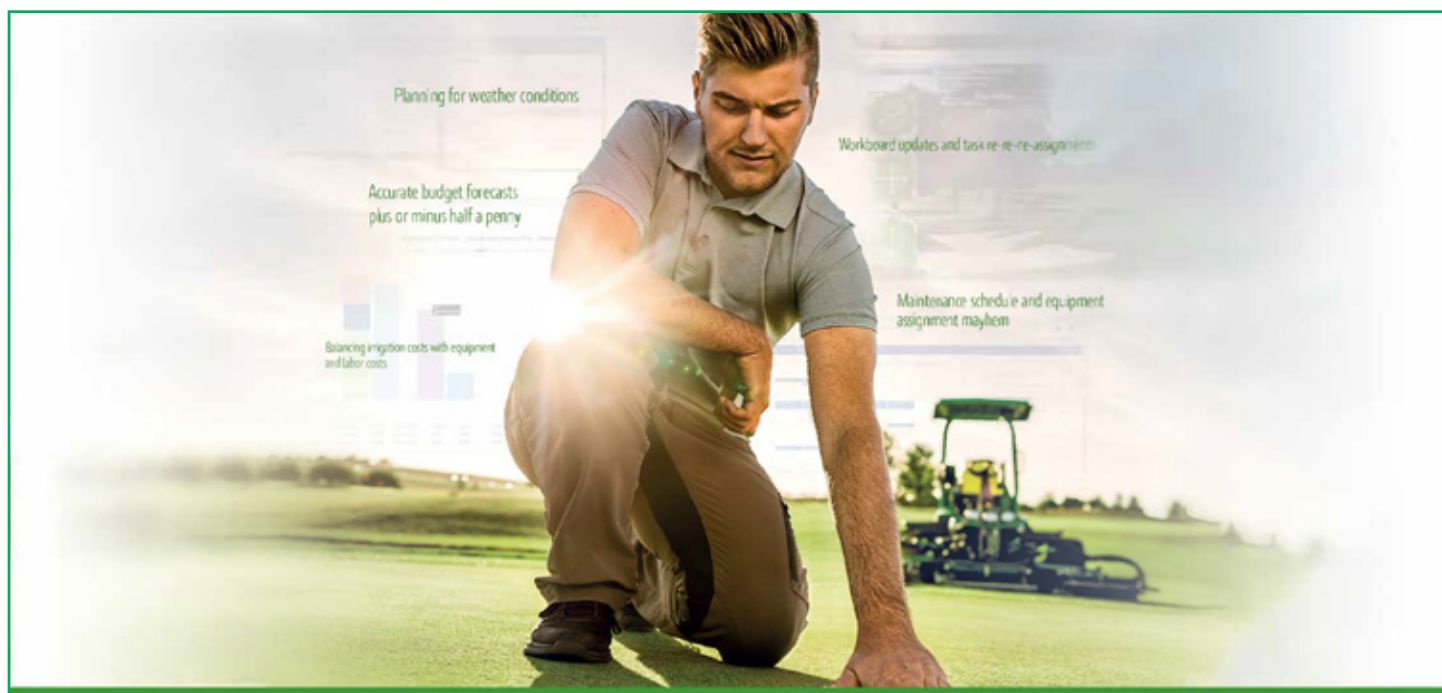
Whatever activity you choose – and whatever stage of life you’re at – the take-home lesson is to work on your balance before you need to, not after it becomes an issue. Resistance exercise, whether that means lifting weights or hiking with a backpack, comes with a host of other proven health benefits, from improved bone density to a reduced risk of Alzheimer’s and other forms of dementia. As Locker puts it: everyone’s told to save money for their retirement, and nobody’s taught to save their balance. But both are difficult to get back once they’re gone.

Just 15 minutes a day of balance practice can be beneficial, but if you have more time, use it. Starting earlier helps: use the exercises below and practice on a hard, level surface.

Standing on one leg – with your hands resting on a work surface if you’re feeling unsteady – see how long you can maintain your balance. Make it harder by going up on to your tiptoes or doing 10 small knee bends. Do this one while you’re brushing your teeth.

For this movement, start from standing and take a big step forwards, bending your front leg until your trailing knee just brushes the floor. Then push off your front leg and return to a standing position. Progress to walking lunges, where you move across the ground by lunging on alternate sides, and add hand weights in to build muscular strength.

Try step ups on to a step or box: put one foot on to a box and push through on that heel to step up so both feet end up together. To ensure you aren’t using your trailing leg to help, keep your toes off the ground on that foot. Progress by using a higher step or by taking your trailing leg up towards your chest. Try 10 with your right leg and then 10 with your left, and add hand weights to build strength.





If it's on your mind, it's OnLink.

The John Deere OnLink Golf Course Management Solution can help you see your course more clearly than ever before. Maintenance schedules. Team assignments. Workboard updates. Cost projections. These all can now be viewed and managed in one place. What's on your mind? Link it with John Deere OnLink Golf Course Management Solutions today at JohnDeere.com/Golf.

John Deere, the leaping deer symbol and John Deere's green and yellow trade dress are the trademarks of Deere & Company.

Trusted by the best.

Finch Turf
www.finchturf.com
1-800-78-DEERE



Press Release

January 16, 2023

For more information contact: Dave Pease, Executive Secretary, Alumni Turf Group alumniturfgroup@gmail.com

More information about the Alumni Turf Group available at www.alumniturfgroup.com

University of Massachusetts Alumni Honors Jeff Wentworth, CGCS at 16th Annual Joseph Troll Turf Classic

Pelham Country Club in Pelham, New York played host to a full field of University of Massachusetts Turf Program Alumni and turf industry professionals at the 16th annual Joseph Troll Turf Classic where Golf Course Superintendent and University of Massachusetts alum, Jeff Wentworth, CGCS was honored. The sold-out field raised over \$50,000 to support the turf program at UMass/Stockbridge School of Agriculture.

At the University of Massachusetts, Wentworth earned an Associate's Degree in Turfgrass Management from the Stockbridge School of Agriculture and a Bachelor of Science in Urban Forestry. His early career saw him at notable courses like Hickory Ridge, Myopia Hunt Club, Ridgewood Country Club, Columbia Country Club and eventually as an Assistant Superintendent at Westchester Country Club in Rye, New York where he helped prepare for 4 PGA tour events.

Wentworth has been the Golf Course Superintendent at Pelham Country Club for the past 28 years. Since starting at Pelham, he has improved almost all the course's infrastructure constructing a state-of-the-art maintenance facility; complete irrigation system, massive drainage projects and most recently a 20-acre course improvement project, including 5 new holes, and an extensive stormwater management system.

The Metropolitan Golf Association recognized Jeff in 2021 awarding him and Pelham Country Club the Arthur P. Weber award for environmental stewardship. He is a founding member of the Alumni Turf Group.

Bob Ruszala, President of ATG, stated, "We are thankful to the many Friends, Alumni, and UMass turf family for our success. The Pelham Country Club was gracious to support our success on this day. We truly appreciate everything they did for us and the staff was fantastic. The golf course was in great shape and we are thankful to Honoree Jeff Wentworth CGCS and his grounds crew for the awesome playing conditions."

"I was fortunate to have many turf students work for me at Hickory Ridge Country Club. Most went on to Golf Course Superintendent positions. Jeff Wentworth CGCS is one who I am very proud to have had worked with me."

Dave Pease, ATG Executive secretary speaking at the event said "The event was a fundraising success thanks to industry support. Premier Sponsor, Tom Irwin has been involved with this event since its inception. We appreciate Tanto Irrigation joining us as at the Platinum level as well. In addition, crucial support came from Turf Products Corporation, Finch Services, and Harrell's at the Gold Level."

"Every dollar raised today goes directly to the Turfgrass Research Program at the University of Massachusetts. This brings the total raised in the past 17 years to well over \$1.5 million in matching funds to the turfgrass research program which has included the construction of the Dr. Joseph Troll Research Center, underwriting major research studies, contributing to an endowment, and providing a base for educational opportunities. "

Ruszala points out that "This effort by alumni is more important now than ever as the Turf Program has lost three professors to retirement: Dr. Scott Ebdon, Dr. Prasanta Bhowmik, and Dr. Rob Wick. ATG will be meeting with UMass officials to discuss plans to replace these losses. We need everyone's help and voice to be heard so these positions won't be eliminated".

The Alumni Turf Group (ATG), formed in 2005, is a 501c3 organization made up of turf professionals who are graduates of the Stockbridge School of Agriculture and the University of Massachusetts. Through fundraising, ATG hopes to further research and education, promote UMass alumni in the turf management profession, and instill pride and commitment in the turf programs at the University of Massachusetts.

Additional information for this event, membership applications, and ATG information are available online at www.alumniturfgroup.com.

Please patronize these Friends of the Association

Arborjet / Ecologel, Inc.

Working with Distributors in Plant Health Care by providing turf and tree management solutions to protect the entire golf course. Offering proprietary water technology converting soil moisture vapor into plant usable water droplets. Thus, reducing watering frequency. Offering our line of BioStimulants. Seaweed Supplements and Liquid Fertilizers to help Turf Managers during the stresses of the season.

Thank you!

Sean Belanger – New England Regional Sales Manager
Main: 781.935.970
Fax: 781.935.9080
Cell: 508.523.2499
E-mail: Sbelanger@arborjet.com
99 Blueberry Hill Road • Woburn, MA 01801

www.arborjet.com
www.ecologel.com

Atlantic Golf & Turf

27 Industrial Boulevard
Turners Falls, MA 01376

Specializing in agronomy through the distribution of fertilizer, seed & chemicals throughout New England.

Chris Cowan (413) 530-5040
Paul Jamrog (401) 524-3322
Scott Mackintosh CPAg (774) 551-6083
www.atlanticgolfandturf.com

A-OK Turf Equipment Inc.

1357 Main St.
Coventry, RI 02816-8435

Lastec, Tycrop, Blec, Wiedenmann, Therrien, Graden, Sweep & Fill, Baroness, & used equipment.

Mike Cornicelli (401) 826-2584

www.pavewithbasi.com

BASF Turf & Ornamental

169 Kings Hwy
Hancock, NH 03449

"We don't make the turf. We make it better."

Pete Jacobson (919) 530-9062
peter.jacobson@basf.com

BACKED by BAYER

Building on an already solid foundation of proven products to help you succeed.

Brian Giblin (508) 439-9809
brian.giblin@bayer.com

www.backedbybayer.com

Beals & Thomas, Inc.

144 Turnpike Road
Southborough, MA 01772

32 Court Street
Plymouth, MA 02360

Civil Engineers–Landscape Architects–Land Surveyors–Planners–Environmental Specialists

Sarah Stearns 508-366-0560
sstearns@bealsandthomas.com

Beals & Thomas specializes in golf course site design services including irrigation pond analysis & design, drainage & utility improvements, permitting, hydrogeologic evaluations, construction administration, boundary & topographic surveys, master planning & project design.

The Cardinals, Inc.

166 River Rd., PO Box 520
Unionville, CT 06085

Golf course & landscape supplies.

John Callahan (860) 916-3947
Scott Gabrielson (401) 258-5830

Charles C. Hart Seed Co., Inc.

304 Main St.
Wethersfield, CT 06109

Authorized distributor for Bayer, Syngenta, Grigg Brothers foliar fertilizers, & Aquatrols. Specializing in custom seed blends.

Robin Hayes (508) 237-2642

Corbett Irrigation

Concord, MA

Golf Course GIS as-built and mapping services Integrate into your existing control system map Or Google Earth.

Kyle McNerney (978) 897-9004

[Visit Corbett GIS Mapping](#)

Country Club Enterprises

PO Box 670, 29 Tobey Rd.

W. Wareham, MA 02676

Club Car golf cars, Carryall utility vehicles.

Keith Tortorella (508) 982-4820

Mike Giles (978) 454-5472

DAF Services, Inc.

20 Lawnacre Rd.
Windsor Locks, CT 06096

Custom pumping solutions. Custom pump controls. Complete pump service. Serving all of New England.

Tim Berge, Sales Manager
c (860) 690-1192
o (860) 623-5207 x227
tberge@dafsvecs.com

Finch Turf

Finch Turf is your premier John Deere Golf Distributor in the Northeast.

Bill Rockwell (508) 789-5293
Mark Casey (617) 447-4076
Ryan Lane (978) 758-8671

[Call or visit our website at www.finchturf.com](http://www.finchturf.com)

Five Star Golf Cars & Utility Vehicles

174 Main Street
Buzzards Bay, MA 02532

E-Z GO Golf Cars, Cushman Utility Vehicles

Andrew Ingham (617) 780-5482
Andrew@fivestargolfcars.com
MA Territory

FMC Corporation

Mike Marino, CGCS

Market Specialist – New England and New York Region

2929 Walnut Street
Philadelphia, PA 19104

860-287-3334

mike.marino@fmc.com

Fore The Turf

Proudly representing Floratine Products Group, JRM Inc., and Greenleaf Technologies.

Brian Juneau 781-738-3201
brianjuneau21@yahoo.com

Harrell's LLC

19 Technology Drive
Auburn, MA 01501

Turf & Ornamental supplies.

Chuck Bramhall (508) 400-0600
Jim Cohen (978) 337-0222
Jim Favreau (978) 227-2785
Mike Kroian (401) 265-5353
Kent Lemme (413) 281-8087

Helena Agri-Enterprises

101 Elm Street
Hatfield, MA 01038

National distributors of all your turf chemicals & fertilizers. Extensive line of Helena Branded wetting agents, foliars, micro nutrients & adjuvants.

Jeff Urquhart (781) 571-1164

www.helenaagr.com

Please patronize these Friends of the Association

Hunter Industries

Hunter manufactures comprehensive golf irrigation solutions designed to simplify irrigation. From our Pilot Command Center irrigation management software to the most reliable total top serviceable rotors in the industry to rotary nozzles for bunkers or landscape lighting for the clubhouse, Hunter has a solution for every golf course.

Dave Antunes 401.644.2777

david.antunes@hunterindustries.com

hunterindustries.com/golf

Larchmont Engineering & Irrigation

11 Larchmont Lane
Lexington, MA 02420

Offering a full range of inventory for irrigation drainage, pumps, fountains & landscape lighting products & services for all of your residential & commercial needs.

(781) 862-2550 Susan Tropeano

Lazaro's Golf Course Supplies & Accessories

dba Hammond Paint & Chemical Co., Inc.

738 Main St., Suite 223
Waltham, MA 02154

Complete line for all your of golf course supplies. Par Aide, Standard, Eagle One, turf & ornamentals, aquatics, turf marking paint, safety items, adjuvants.

Joe Lazaro-cell: (617) 285-8670

Fax: (781) 647-0787

Email: jlazaro698@aol.com

www.lazarogolfcoursesusplies.com

Maher Services

71 Concord Street
N. Reading, MA 01864

Well drilling, pump service & well maintenance

Peter Maher cell: (781) 953-8167

or (978) 664-WELL (9355)

Fax (978) 664-9356

www.maherserv.com

Mayer Tree Service

Providing a wide range of tree care from Plant Health Care to tree removal. Mobile wood waste grinding services. Stump grinding. Land clearing. Loam and mulch delivery. Tree pruning to enhance shot value and playability.

Richard Grant (978) 500-8849

rich@mayerertree.com

McNulty Construction Corp.

P. O. Box 3218
Framingham, MA 01705

Asphalt paving of cart paths, walkways, parking areas; imprinted asphalt.

John McNulty (508) 879-8875

MTE, Inc. Equipment Solutions

115 Franklin Street Extension
Derry, NH 03038

New England's source for equipment: New & pre-owned mowers, tractors, & maintenance items from: Jacobsen, Turfco, Smithco, Ventrac, Redexim, Neary Grinders, Ryan, Buffalo Turbine, Mahindra, Gravely, Standard, Par-Aide & others. Sales, Parts, & Service all brands.

Derry Shop: (603) 404-2286

Sean Smith NE Sales Mgr., (603) 303-4237

Lucas Doucette North Eastern MA/Boston
Cell 617-990-2427 ldoucette@mte.us.com

Aaron Bunn Western MA
Cell 508-825-6639 abunn@mte.us.com

Dana Northrop South Shore/Cape Cod
Cell 978-857-3726 Dnorthrop@mte.us.com

Elliot Leonard Norfolk/Bristol MA
Cell 508-272-0699 eleonard@mte.us.com

Eric Burke NH
Cell 603-212-6395 eburke@mte.us.com

Matt Hunter ME
Cell 207-385-6684 mhunter@mte.us.com

Mungeam Golf Design, Inc.

195 SW Main Street Douglas, MA 01516

Golf course architect

Office: (508) 476-5630

Cell: (508) 873-0103

Email: markamungeam@gmail.com

Contact: Mark A. Mungeam, ASGCA

www.golfdesignconsultant.com

New England Turf Farm, Inc.

P.O. Box 777
West Kingston, RI 02892

Many types of tallgrasses and bentgrass available for golf courses, sports turf and landscapers. Expert installation available.

Office: (800) 451-2900
Ernie Ketchum (508) 364-4428

erniesod@comcast.net
Mike Brown (508) 272-1827

www.newenglandturf.com

NMP Golf Construction Corp.

25 Bishop Ave. Ste. A-2, Williston, VT 05495

Golf course construction

Mario Poirier (888) 707-0787

Northeast Golf & Turf Supply

6 Dearborn Road Peabody, MA 01960

Complete line of Golf Course, Landscape & Lawn Care Construction & Maintenance Supplies

Tom Rowell (978) 317-0673

Jeff Brown (508) 868-8495

Dan Fuller (508) 789-2323

North Shore Hydroseeding

49 North Putnam St.
Danvers, MA 01923

Hydroseeding & erosion control services.

Brian King (978) 762-8737

www.nshydro.com

Nutrien Solutions

Suppliers of Chemicals, Fertilizer, & Grass Seed

(978) 685-3300

Nick Burchard (401) 601-7213

Drew Cummins (401) 952-4219

www.nutrien.com

On-Course Golf Inc., Design/Build

16 Maple Street
Acton, MA 01720

Golf Course Craftsmen. We serve all your remodeling and renovation needs. You can trust your project with us! We make you look good!

Sean Hanley (978) 337-6661

www.on-coursegolf.com

Precision Laboratories

1428 S. Shields Drive
Waukegan, IL 60083

Specialized chemistries that enhance plants, seeds, soil and water.

Greg Bennett 978-877-3772

www.precisionlab.com

Prime Source

3208 Peach Street
Erie, PA 16508

National, full line distributor of turf, ornamental & specialty products. Exclusive distributor of Prime Source branded pesticides & specialty products.

Mike Blatt, Northeast Territory Manager
(814) 440-7658

Putnam Pipe Corp.

Hopkinton & Taunton, MA
Providence, RI

Distributor of water, sewer, drain and stormwater pipe & fittings. Erosion & sediment control products. Free delivery & 24-hour service.

David Purnam 508-435-3090

Please patronize these Friends of the Association

Read Custom Soils

5 Pond Park Road, Suite 1
Hingham, MA 02043

Consistent sand for the next twenty years.
Top dressing sands, root zone blends,
high density bunker sand, "early green"
black sand, divot & cart path mixes.

Mark Pendergrast (617) 686-5590
Garrett Whitney (617) 697-4247
Ed Downing (508) 440-1833

www.readcustomsoils.com

Reel Sharp LLC

100 Clarkson Ave
Pittsfield, MA, 01201

Over twenty years in the used turf equipment
business specializing in golf course equipment.

Nick Merrill (617) 631-8873
nick@rsturf.com

www.rsturf.com

SiteOne Golf

7 Lincoln Road
Foxboro, MA 02035

Offering our customers the most complete line
of products, service & expertise in the industry.

Ron Tumiski (508) 697-2757

Sodco Inc.

PO Box 2
Slocum, RI 02877

1-800-341-6900

Black Beauty, Tall Fescue, Green & Fairway
Height Bent, Short Cut Black Beauty,
Short Cut Blue, 90-10 Fine Fescue

Installation options available
Contact: Pat Hogan, Alicia Pearson

Sustainable Turf Science, Inc.

STS Turf
68 Winchendon Rd.
Baldwinville, MA 01436

Advanced technology fertilizers and
complete soil and water testing.

Jim Paresi, CGCS
(831) 524-8850

Brad Snively, Technical Director
(831) 224-3179

www.ststurf.com

Syngenta Professional Products

P.O. Box 1775
Wells, ME 04090

John Bresnahan (413) 333-9914
Melissa Hyner Gugliotti (860) 221-5712

Target Specialty Products

165 Grove Street, Suite 70
Franklin, MA 02038

Supplier of fertilizer, chemicals & grass seed.

Jim Pritchard, Territory Manager 401-862-1098
Glenn Larrabee 774-670-8880

Tartan Farms, LLC

P.O. Box 983
West Kingston, RI 02892

Dave Wallace (401) 641-0306

Tanto Irrigation

5 N. Payne Street
Elmsford, NY 10532

Golf Irrigation specialists. Proudly
providing the Golf Industry with
irrigation services for over 50 Years.

Bill Bartels (914) 347-5151

Chase Cameron (203) 233-1482

Tim Clark (845) 325-3868

tantoirrigation.com

Tom Irwin, Inc.

13 A Street
Burlington, MA 01803
(800) 582-5959

www.tomirwin.com

We bring you a network of professionals and
innovative solutions dedicated to your success.
With Tom Irwin, you're not alone.

Chris Cyr,
Client Relations Manager: 774-279-4392

Tuckahoe Turf Farms, Inc.

PO Box 167
Wood River Junction, RI 02894

Tuckahoe Turf grows some of the finest sod in
the Northeast. We grow Kentucky Bluegrass,
Fine Fescue, Tall Fescue, and Blue/Fescue blends.
We also have several bentgrass varieties at both
tee and green height. Please call for details.

Scott McLeod (401) 230-2631
Peter DeBrusk (603) 819-9700
800-556-6985

Turf & Golf Services

13 Bachelor St.

West Newbury, MA 01985

Turf & Golf Services provides golf course
superintendents with resources to maximize
used equipment resale value and a resource for
reasonably priced, quality turf equipment.

Contact Ryan Green (603) 512-2898
ryan@golfandturfservice.com

Turf Products

157 Moody Rd. Enfield, CT 06082

Toro Equipment & Irrigation—
Serving the industry since 1970

800-243-4355

Bill Conley
Nat Binns (332) 351-5189

www.turfproductscorp.com

Valley Green

14 Copper Beech Drive
Kingston, MA 02364

Phone: (413) 533-0726
Fax: (413) 533-0792

"Wholesale distributor of turf products"

Doug Dondero (508) 944-3262
Jon Targett (978) 855-0932
Joe Trosky (860) 508-9875

Welch Mechanical

Welch Mechanical is a mobile repair company
specializing in golf course equipment. We provide
a variety of services including but not limited to
hydraulic and electrical systems repairs, engine
repair, Sprayer calibration and repair, welding/
fabrication, and rebuilding mower reels.

Please check out our website
www.welchmechanical.com

Winding Brook Turf Farm

Wethersfield, CT and Lyman, ME

240 Griswold Road
Wethersfield, CT 06109
Kathy Arcari (401) 639-5462
karcari@windingbrookturf.net

www.windingbrookturf.com

WinField United

2 Commerce Boulevard
Plainville, MA 02762

Using industry-leading insights to provide
you with the products that help you win.

Tim Hanrahan (978) 815-9810
thanrahan@landolakes.com

Chris Leonard (339) 793-0727
cleonard@landolakes.com

Jay Popko (413) 454-3847
jpopko@landolakes.com

Winterberry Irrigation

Pump installation and sales.
Irrigation installation, service and repairs.
Wire tracking, GPS mapping, grounding
testing, start-up, and winterization.

Matt Faherty 860-681-8982
mfaherty@winterberrylandscape.com
Visit www.winterberryirrigation.com

Golf Course Superintendents Association of New England

The Newsletter—Rate Schedule

THE NEWSLETTER DISPLAY ADVERTISING ORDER FORM

Company Name: _____ Phone: _____

Address: _____

Contact Name: _____ Email: _____

Issues (List month or months of publications where we will publish your ad): _____

Amount of payment: _____

Payment can be made by check payable to GCSANE or by credit card using the Pay Pal link on the home page of the Association's website at gcsane.org. You do not need a Pay Pal account to use your credit card.

<u>Member Rates:</u>	Monthly Rate	3 Times Per Yr. (Save 5%)	6 Times Per Yr. (Save 10%)
<input type="checkbox"/> 1/4 page (vertical; 3.75" wide x 5" deep)	<input type="checkbox"/> \$ 100.00	<input type="checkbox"/> \$ 285.00	<input type="checkbox"/> \$ 540.00
<input type="checkbox"/> 1/2 page (horizontal; 7.5" wide x 5" deep)	<input type="checkbox"/> \$ 165.00	<input type="checkbox"/> \$ 470.00	<input type="checkbox"/> \$ 890.00
<input type="checkbox"/> Full Page (vertical; 7.5" wide x 10" deep)	<input type="checkbox"/> \$ 220.00	<input type="checkbox"/> \$ 630.00	<input type="checkbox"/> \$ 1190.00
<u>Non-Member Rates:</u> *All payments must be received in full before the ad appears in The Newsletter.			
<input type="checkbox"/> 1/4 page (vertical; 3.75" wide x 5" deep)	<input type="checkbox"/> \$ 130.00	<input type="checkbox"/> \$ 370.00	<input type="checkbox"/> \$ 700.00
<input type="checkbox"/> 1/2 page (horizontal; 7.5" wide x 5" deep)	<input type="checkbox"/> \$ 200.00	<input type="checkbox"/> \$ 570.00	<input type="checkbox"/> \$ 1080.00
<input type="checkbox"/> Full Page (vertical; 7.5" wide x 10" deep)	<input type="checkbox"/> \$ 265.00	<input type="checkbox"/> \$ 755.00	<input type="checkbox"/> \$ 1430.00

*** Deadline for ads:** *The first of the month for that month's issue.*

Ad Preparation Specifications:

File Specifications for Ads Supplied in Digital Format: Files should be created at 300dpi at the correct size for that ad. Formats preferred are JPG and PDF. Full color is available with all ads. Please send ads to Don Hearn at the email address below. The newsletter is published in February, April, June, August, October, and December.

Send all Newsletter ads to:
Don Hearn, Executive Director
300 Arnold Palmer Blvd., Norton, MA 02766
Email: donhearn@gcsane.org O. 774-430-9040

