

MWVPR

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Tee To Green

Published by the Metropolitan Golf Course Superintendents Association

In This Issue:

*Tips on Taking Time Out . . .
Without the Guilt!*



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President's Message

Timing Is Everything



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JUL 30 2003

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“Timing

is everything”—an old adage that still holds true, particularly in the golf course business. Whether it’s how you time fungicide applications, irrigation cycles, or new job applications, it is the timing—and planning—that can make or break your success.

A recent example of superb timing is the *Tee to Green’s* winter damage article. It couldn’t have come at a better time for the many members struggling with winter kill. It was so well timed—and executed—in fact, that I can honestly say I’ve never received more positive comments and phone calls about any other subject or issue covered in our newsletter.

I want to publicly acknowledge the Communication Committee’s efforts and thank them for a job well done.

Weird Weather Continues

With the unusual weather patterns we’re experiencing this year, we’re all sitting on the edge of our seats—or Cushman’s—bracing ourselves for the next turf disaster.

Our odd spring hasn’t helped our courses’ recovery from winter damage. It’s been slow at best, and everyone’s concerned about the lack of normal deep root development.

So much for the drought. Record and persistent rainfalls have been wreaking havoc on courses with drainage problems. The rains coupled with the unusually cool temps have also confused everyone’s timing for insecticide applications. (I’m sure the insects, themselves, are a little confused as well.)

Now, we’re all bracing ourselves for what might become of the turf when we finally get a span of hot weather.

Needless to say, with all the weather-related concerns and problems we’re experiencing this year, everyone’s a little on edge. With this in mind—again, timing is everything—the *Tee to Green* staff has devoted this issue to recognizing, and alleviating, the silent killer in all of us: *STRESS*. Be sure to take the time to read—and heed—this important advice.

Periodical Reading Room
DO NOT CIRCULATE



Tim Moore
MetGCSA President

Weather-Related Washout

No thanks to the rain, the Met’s Annual Invitational Tournament, scheduled for June 18 at The Canyon Club, had to be canceled.

Our thanks goes out to host Paul Gonzalez and, in particular, his staff for all of their hard work in preparing for this event. We can all appreciate how frustrating it must be to go the extra mile for an event that never happens.

We’re hoping Paul might consider rescheduling for a later date; needless to say, everyone was looking forward to going back to The Canyon Club for a great time.

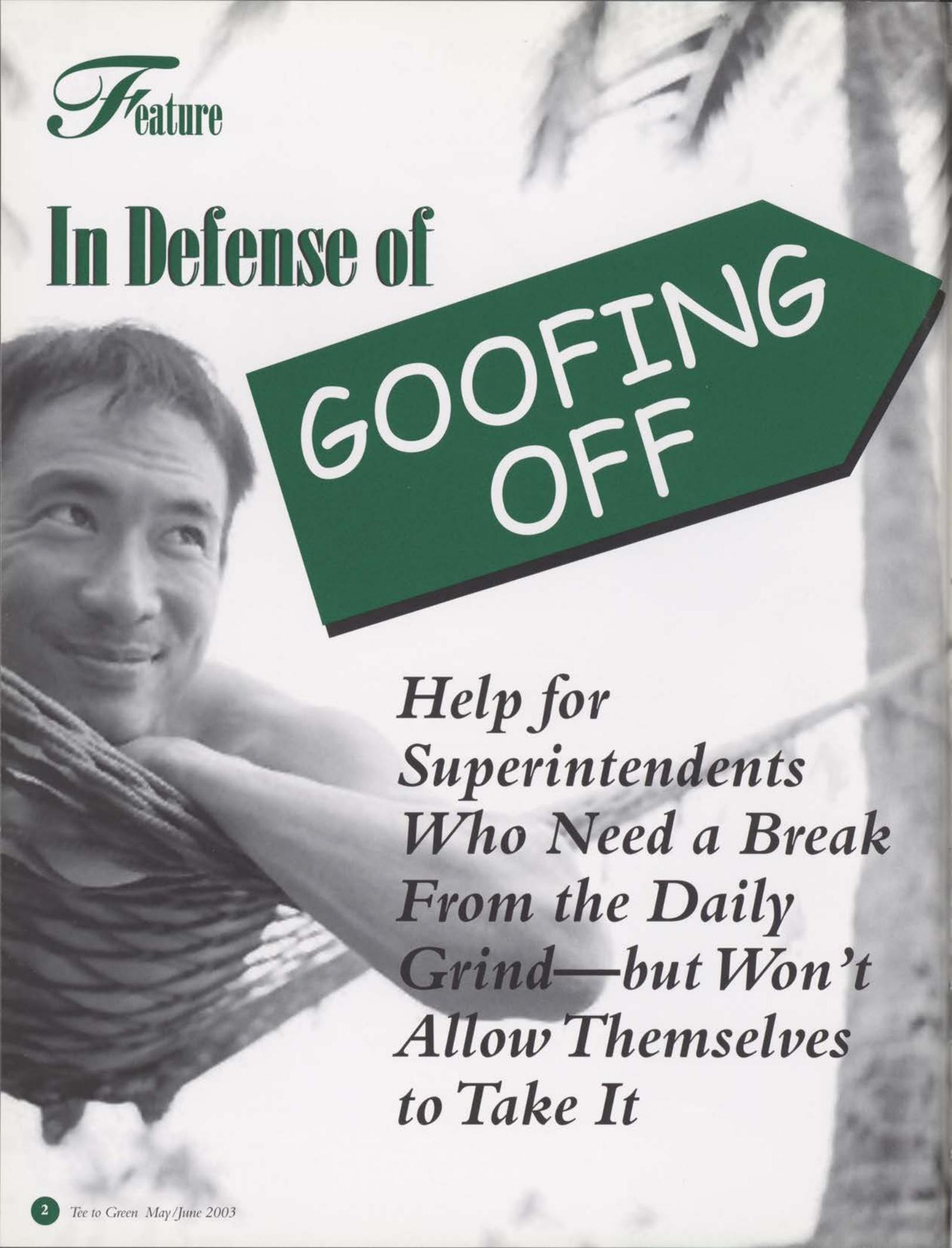
Better Days Ahead

Coming July 24 is a MetGCSA event that can’t be affected by the weather: the return of the summer Educational Seminar. This year’s event will be held at Sunningdale Country Club in Scarsdale, NY, and promises to be another exceptional evening. (See page 9 for details.)

For the uninitiated, this event was the brainchild of last year’s Educational Committee, which conjured up this meeting format as a way to enhance our educational programs and encourage greater meeting participation.

It worked. The meeting format received rave reviews and, this year, promises the same. So mark your calendars, and join your friends and colleagues for informative talks, good eats, and, for sure, some fun. That’s something we could all use more of during the season.

Tim Moore
MetGCSA President



Feature

In Defense of

GOOFING
OFF

*Help for
Superintendents
Who Need a Break
From the Daily
Grind—but Won't
Allow Themselves
to Take It*

“Men are disturbed not by things, but by the view they take of them.”

Epictetus, Greek Philosopher



There probably isn't a superintendent around who hasn't read at least one article or book advocating relaxation as an antidote to stress on the job.

The problem is for most superintendents, R & R is tough—if not guilt-producing—work.

According to Michele Lucas, LCSW, who practices in Norwalk and Ridgefield, CT, guilt *does*, in large part, account for many golf course superintendents' inability to relax. While a number of individuals drive themselves full throttle because they get a sense of satisfaction and accomplishment from what they're doing, just as many work nonstop, says Michele, to avoid an uncomfortable feeling—an almost punishing sense of guilt—because they're not doing *something*.

Guilty as Charged

Why the guilt? Social psychologists believe many managers—superintendents included—internalize a culturally transmitted work ethic that associates relaxation with laziness and self-indulgence. When superintendents aren't engaged in a work-related task, says Michele, they get hit with a nagging feeling they ought to be doing something more productive and purposeful.

“Escalating member demands and standards have taught superintendents to believe that they need to be near-perfect in every way, shape, and form,” says Michele. “They're performing the functions of high-level corporate executives, without nearly the respect—and frequently the compensation.”

Superintendents in these types of club environments—and there are many—frequently slip into a state of inner disharmony and begin to experience subtle signs of stress, such as irritability, negativity, arrhythmia, and gastrointestinal problems (see the Self-Test on page 4 for other telltale signs), without recognizing the toll it's taking on their health, their home life, and ultimately, their job performance.

According to the American Institute of Stress, stress now accounts for between 75

to 90 percent of all visits to medical doctors.

Some manage to navigate stress as they would a mild inconvenience. Other's get a strong sense that something's up, but they're just too busy to take it seriously. “This is why stress is frequently called ‘the silent killer,’” says Michele. “No one recognizes that stress can be as damaging as any disease that attacks the body—until it's too late. You have a heart attack, your marriage fails, or you lose your position, perhaps, because you lost your cool—one too many times.”

What to Do When You're Feeling Done-In

Recognizing stress is the first step; learning how to channel it the next.

Michele suggests one no-nonsense approach: *compassionate* self-talk. Program yourself to take an occasional timeout. You might say to yourself: “Hey, I've worked a month without a day off and I'm feeling burned out; I'm going to take the next rainy day off.” Or “Heck with it, I'm going to take lunch today—off-property.”

A Rochester, NY-based clinical psychiatrist, Dr. Jeffrey Levenkron, also suggests you concentrate on determining when it's useful to put out 110 percent and when it's not. For instance, shifting into high gear to prep the course for your member-guest is a productive strategy. But you really don't have to be on your toes to tour the golf course.

“If you can learn to temper this drive and keep your self-generated pressure in

check, you could use a potentially stressful occurrence—driving to work in traffic or waiting for your green chairman to show up for a meeting—as a time to refresh yourself,” says Dr. Levenkron. (See sidebar, “It'll Only Take a Minute!” for quick-and-easy stress relievers.)

When Relaxation Isn't Relaxing

Because work and goal-oriented behavior go hand in glove, it's not surprising that superintendents have difficulty toning down. After getting accustomed to logging in 10 to 14 working hours a day, some even forget how to relax.

Interestingly, a lot of superintendents go from stressful work situations to equally “stressful” recreational activities. “If you're trying to win a golf tournament or trying to outperform your best lap time at the pool or track, you're probably not truly relaxing,” cautions Levenkron. “What's more, if you lose or don't measure up, you'll only add to your stress, not relieve it.”

Though Michele Lucas and Dr. Jeffrey Levenkron both agree there's no one way to relax—one person's recreation, after all, may be another's torment—both recommend that superintendents under stress avoid participating in activities that involve close competition with themselves or with another person. “I don't think people need to abandon their interest in sports,” says Dr. Levenkron, “but whenever possible, they

“Without stress, there would be no life.”

Dr. Hans Selye, pioneer in stress research

should try to cultivate other interests that do not involve competition.”

Some activities you might consider: painting (not golf course scenes), woodworking, building a model car or boat with a son or daughter—any activity that encourages a focus on tangible objects as opposed to ideas. If you're reading a magazine—particularly one that's golf-related—a word or phrase can trigger worry about work. Even watching your son's or daughter's soccer or baseball game can bring to mind work woes. One superintendent said he'd find himself evaluating the quality of the turf on the various playing fields during his kids' games.

Let's face it, it's far less tempting to slip back into turf when you're trying to add the proper colors to a painting or perfect the finish on a piece of wood.

This is, no doubt, the reason why so many superintendents in the Met area own boats. They get tremendous pleasure—and tranquility—by spending their limited time off the job on the water—as far away from turf as possible. “Out of sight, out of mind” can be a good strategy for getting some much-needed stress relief.

The Family Component

Equally critical to your mental and physical well-being is setting aside time for family.



When family gets the short shrift, your stress will shift from work to home. “Your wife and kids will begin to act out,” says Michele, “and you'll begin to feel the lack of nurturing contact—emotional and physical—as increased stress.”

We've all seen marriages fall victim to job anxiety. A few superintendents who preferred to remain anonymous admitted that job-related stress has had a negative impact on their home lives, and at least one reported that his marriage ended because he had failed to halt the daily grind long enough to find time for his family.

Tip: Negotiate a time for complaining about work with your spouse. Never grouse at dinner; that's valuable time with your family that should be devoted to destressing. Save any negativity for after dinner, but don't unload at bedtime; you won't sleep—nor will your spouse.

Another cardinal rule: Don't battle out issues in the morning. It's no way to embark on what's likely to be a stressful workday.

In the End...

Even though you may think that making time for yourself and your family takes time away from important work, remember... by reducing stress, we all work more efficiently, productively—and happily. And that, after all, is what we're after, isn't it?

“Stress is an avoidable consequence of life.”

The American Institute of Stress

Talking About Stress

Here are several resources you can turn to for further information and inspiration on stress management.

Books

• *Golf and the Spirit* by Dr. M. Scott Peck, author of *The Road Less Traveled*

Peck reveals how the game of golf has taught him—and can teach you—some of life's important lessons, not the least of which are how to change deep-seated behaviors, benefit from teachers, manage anger, and develop humility.

• *The HeartMath Solution* by Doc Childre and Howard Martin (HarperSan-Francisco)

This is a great background resource, providing insight into HeartMath tools and techniques designed to help you quickly adjust to any circumstance with more balance and ease.

• *From Chaos to Coherence: The Power to Change Performance* by Doc Childre and Bruce Cryer

This also offers insight into HeartMath tools and techniques, but it goes beyond personal applications, demonstrating how HeartMath principles have been used with great success in corporate environments, as well.

On the Web

You'll find myriad resources online by simply plugging the word “stress” into a search engine. Other worthwhile sites:

- www.heartmath.com to learn more about HeartMath tools and techniques
- www.psychwww.com for helpful hints on stress relief

It'll Only Take a Minute!

Quick-and-Easy Ways to Cool Down When the Heat's On

When you've got only a moment—or two—to spare, Michele Lucas, LCSW, points to numerous one-minute techniques that are useful in relieving the physical and emotional effects of stress.

Even if you don't think you're too taxed on the job, you can't go wrong in giving these destressors a shot. After all, when it comes to stress relievers, you can never get too much of a good thing.

Progressive Muscle Relaxation

Tighten one muscle group or body part (hand, arm, leg, foot) as you inhale. Hold your breath and the tension for as long as you can; then, release the tension as you breathe out. Interestingly, the calming effect you feel by tightening and releasing one muscle group will spread to other muscle groups spontaneously. What's more, you will be retraining your physiology to be more relaxed spontaneously.

Imagery

Find a quiet place, sit back, close your eyes, and take yourself on a short trip. Visualize a pleasing landscape, especially one with a river, lake, stream, or ocean as the centerpiece. Explore this world fully. You might see ripples on the surface of the water, hear the sounds of birds and summer insects. You might even smell the pine trees that grow on a surrounding mountainside. You might feel the mist from the ocean, a cool breeze in your hair, and the warm sand between your toes. Water—and all that goes with it—can soothe your soul and carry you away, even if just for a minute or two, from the day's stresses.

Another tack is to visualize the stress-producing situation or person. As hard as it may be at first, send positive energy there, wishing the person or situation well. "I wish you well. I wish you success. I wish you good health." Put your heart into it to get the maximum benefit.

Controlled Breathing

Advocated by the Anxiety Disorders Association of America, this is something

you can do whenever you have a moment alone—sitting at your desk, on the Cushman out on the course, even in the bathroom. Close your eyes; take a deep breath, drawing the air in through your nose; and hold your breath to the count of three. Then slowly, but deliberately, exhale through pursed lips. Be sure you're breathing into your belly, as well as your chest. Do 10 repetitions several times a day.

This technique is especially useful to practice in the middle of a stressful situation—like a bumpy plane ride—or just before an anticipated stressful situation, such as a confrontation with an employee or green committee.

Positive Thinking

Consciously cultivate positive attitudes, such as sincerity, appreciation, acceptance, forgiveness, flexibility, willingness, and the list goes on. These are considered heart-centered feelings, and they're proven to positively affect your heart rate, keeping it within a healthy range. Positive attitudes have also been known to boost your brain's release of endorphins, which enhance your sense of well-being, and even your self-esteem.

By contrast, when you experience nega-

tive thoughts and emotions, your heart rate tends to be erratic, which, in turn, negatively affects all the other organs in your body, including your brain. This is one reason why, when we're under stress, we can experience mental confusion and loss of clarity in thinking and decision making.

Staying in the Here and Now

When we feel stressed by the fact that there just aren't enough hours in the day to get it all done, we tend to get caught up in time travel. We look back, fretting about what we didn't do, or project ahead, wracking our brains for a way to do it all—and more.

These are usually negative trips that won't help with the problem at hand. Stay in the here and now; meet the problem head-on. When you're focused solely on what needs to be done—rather than on where you'll find the time to do it—you'll be more apt to access your intellect and creativity, and do whatever has to be done more efficiently, effectively . . . and calmly.

Heading Off Stress

Here's a stress management technique that is especially useful in heading off stress before



it starts. It comes from the Institute of HeartMath, an organization focused on unlocking the power of your heart. HeartMath's techniques are based on more than a decade of published research on the role of the heart and emotions as they relate to our health and our ability to perform. Interestingly, HeartMath techniques have been employed by the military and even golfers to enhance their performance on the links.

This particular HeartMath technique—and there are many—is called Attitude Breathing. When well executed, it can help you fend off anxiety and other negative emotions and, ultimately, set the kind of positive attitude you'd like to carry with you throughout the day.

Attitude Breathing involves three basic steps:

1. Shift your attention to your heart and solar plexus/stomach area.
2. Ask yourself, "What would be a better attitude for me to maintain in this situation?" Then, go ahead and set up an inner attitude that is, in fact, appropriate for your circumstances, like, "stay calm," "stay neutral in this situation," "don't judge before you know the facts," or "make peace with this."
3. Next, gently and sincerely pretend to breathe the new attitude you want in through the heart. Then breathe it out through the solar plexus and stomach to anchor it. Do this for a while until you feel the new attitude has set in.

When well executed, Attitude Breathing can also spare you from overreacting to a situation or, more important, another person, whether it's an employee or your green chairman.

We all know that during stressful times, we're more likely to experience negative emotions—anxiety, fear, uncertainty, grief, and anger. This can make us feel edgy and irritable and sometimes cause us to react strongly to others before we've thought twice about it.

Attitude Breathing can help you take the excess negative emotion out of your reaction. Anchoring your energy in your heart and solar plexus will help you stay centered and see calmly and clearly how best to respond.

Michele Lucas, along with husband and MetGCSA member Pat Lucas, are licensed HeartMath practitioners. When Pat left Innis Arden Golf Club last October, the couple decided to join forces in pursuing this cutting edge approach to discovering and utilizing the power of heart intelligence. If you'd like more information on how to use HeartMath to enhance your personal and professional life, call Michele or Pat at 203-852-9874.

Self-Test

Are You at the Boiling Point?



Stress causes emotional, behavioral, and physical symptoms. Note the following list, and check those items that apply to how you typically feel or behave on the job or at home.

If you have any one of these symptoms for a period of two weeks to a month, it's important that you take action to reduce your daily stress level. It might also be a good idea to talk with someone about what you're experiencing to get some objective feedback.

Physical Signs of Stress

- Heart palpitations
- Shallow, rapid breathing
- Sweaty palms
- Dry mouth
- Trembling
- Excessive perspiration
- Stomach distress, indigestion
- Muscle twitches
- Diarrhea or constipation
- Chronic fatigue
- Over or under eating
- Weight gain or loss
- Hair loss
- Skin irritation
- Flare up of allergies or asthma
- Frequent colds or flu
- Arthritis pain
- Problem in sexual functioning
- Headaches
- Vague aches and pains
- Sudden need to urinate
- Frequent urination
- Stooped posture
- Lower back pain
- High blood pressure
- Heart attack
- Ulcers
- Stroke

Emotional Signs of Stress

- Sadness
- Difficulty concentrating
- Forgetfulness
- Anxiety, panic
- Feeling life is out of control
- Racing thoughts
- Obsessive worrying
- Obsessive thinking
- Suspiciousness

- Loss of interest in life
- Irritability
- Restlessness
- Lowered self-esteem
- Resentment of supervision
- Job dissatisfaction
- Frequent mood swings
- Loss of interest in sex
- Loss of interest in food
- Distractible
- Apathy
- Cynicism
- Pessimism

Behavioral Signs of Stress

- Teeth grinding
- Nail biting
- Interrupted sleep
- Increased cravings
- Increased use of alcohol
- Use of mood-altering drugs
- Excessive caffeine use
- Heavy smoking
- Overeating
- Difficulty communicating
- Difficulty making decisions
- Trouble focusing
- Increased tardiness
- Decreased job performance
- Absences from work
- More accidents/injuries
- Impulsive actions
- Negative self-talk
- Overly focused on the past
- Temper outbursts
- Lack of attention to detail
- Erratic work habits
- Foot tapping
- Finger tapping
- Negative remarks
- Critical of others
- Withdrawing, isolating
- Nightmares
- Crying
- Complaining

Admitting to yourself that stress is a problem is the first step in trying to combat it. Stress is something that is with all of us—to some degree or another. The key is to have the mindset to deal with the daily irritations and head off a stressful situation before it escalates.

Superintendent Sanity Savers

What Some Supers Do to Restore Peace of Mind

John Carlone, CGCS
Meadow Brook Club
Jericho, NY

Here are my Top Five stress relievers:

1. Play golf at a golf course other than my own
2. Get together with fellow superintendents to talk about similar problems
3. Go to a movie with my family
4. Go for a ride—a long one—on my motorcycle
5. Go to the beach, on vacation—*anywhere* that I can do something that's completely unrelated to golf

Bill Perlee
The Apawamis Club
Rye, NY

Taking a weekend afternoon off and hiking with my family is a surefire way to leave the summer stress behind. We usually pick a shady trail near a river and make sure the cell phone is nowhere within earshot.

Mike Mongon
Fairview Country Club
Greenwich, CT

For me, keeping my stress level down means meeting it head-on right at work. I communicate more with the membership; with my chairman, Jeff Taufield; and my general manager, Drew Campbell; and golf pro, Walter Campbell. I commit myself to making the job fun—for myself and the people who work for me. And basically, I try to keep things in perspective by not "sweating the small stuff" and always looking for a "silver lining" in whatever happens.

Two principles I like to abide by: "Don't lose sight of the most important things in life: your family, your friends, your spirituality. Also, 'Be fun to be around.'"

Tony Girardi, CGCS
Rockrimmon Country Club
Stamford, CT

I abide by the book *Don't Sweat the Small Stuff... and It's All Small Stuff*. Read it once, then again, and you'll find you don't have to live life like it's an emergency!



The other thing that's helped me reduce my stress—and I recommend this mindset to everyone: *Never* let club officials or the like tell you that your club is the only one that experienced a particular turf problem—like this year's ice damage, for instance. Most of the time, it's just not true.

Earl Millett
Ridgeway Country Club
White Plains, NY

I do two things to relieve stress. I play ice hockey twice a week with a men's league. I go home, take out the stang (mustang, that is), and go through all the gears four or five times. Both are the greatest stress relievers going.

Glenn Perry, CGCS
Rolling Hills Golf Club
Wilton, CT

One of the best stress relievers I have is spending time with my kids. Watching them explore and learn and enjoy the simple pleasures in life, I can almost escape into their stress-free world for a while. It gives me the right perspective on life, which in our jobs, we can lose quickly.

I also find stress relief in getting away to a place without golf or grass. I have a vacation home without a lawn. It's actually ground cover and crushed stone. Woodworking and going for long walks are the other activities that give me relief from the daily grind.

And when all that doesn't work, I know it's time to get together with the boys and blow off a little steam.

Larry Pakkala, CGCS
Woodway Country Club
Darien, CT

What do I do to relieve stress? Drink a handle of Johnnie Walker per week!

Did I give you a laugh? Good, because one of the best stress relievers I've found is keeping a sense of humor.

But seriously, we all have a variety of methods to help us relieve stress. For me, having a strong family life is probably the best help I have for stress. My wife, Carole, keeps me on an even keel. If it weren't for her and my girls, I'd probably be on the "funny farm."

Other activities I find helpful in relieving stress are reading, having some quiet time on weekends, and, of course, maintaining a good diet and exercise, which is something I'd like to find more time for.

You would think that a job like ours, which allows us to get outdoors, would offer a good outlet for stress. But unfortunately, our job involves much more than "communing with nature." There's politics and personalities—sometimes unreasonable personalities—who, sadly, have a hand in making our work lives stressful.

Greg Wojick, CGCS
Greenwich Country Club
Greenwich, CT

I combat stress by keeping a regular schedule that includes the right amount of sleep, exercise, and time for fun with family and friends. To give myself a mental and visual break from work, I sometimes paint—canvases, not walls—and I enjoy being by or on the ocean.

Glen Dube, CGCS
Oak Hills Park Golf Course
Norwalk, CT

When things get crazy, the one thing I do to relieve stress is get away from my golf course. Whether it's going somewhere with my family or playing golf somewhere else, I just get away. Out of sight, out of mind works well for me.

Upcoming Events

2003 Dates to Remember

Believe it or not, we're gearing up for 2004. Anyone interested in hosting a meeting, please call either of our Tournament Committee co-chairs: Tom Leahy, 914-941-8281, or Bob Nielsen, 914-234-3779. To host a social event, contact Social & Welfare Committee Chairman Jeff Wentworth at 914-738-2752.

Educational Dinner

Thursday, July 24
Sunningdale CC, Scarsdale, NY
Host: Sean Cain
See page 9 for details!

MetGCSA Summer Social Events

TBA

Poa Annual Tournament

Monday, August 11
The Powelton Club, Newburgh, NY
Host: Bob DeMarco

Met Team Championship – Second Round Team Championship

Monday, September 15
Hampshire CC, Mamaroneck NY
Host: Tony Campanella

Superintendent/ Green Chairman Tournament

Monday, October 20
Greenwich CC, Greenwich, CT
Host: Greg Wojick, CGCS

Met Area Team Championship

Date TBA
Rolling Green GC, West Chester, PA
Host: Warren Savini Jr.

Annual Assistants Championship

Date & Site TBA

Annual Business Meeting

Thursday, November 13
Westchester Hills GC, White Plains, NY
Host: Peter Waterous

MetGCSA Christmas Party

Saturday, December 6
Woodway CC, Darien, CT
Host: Larry Pakkala, CGCS

Educational Events

The 2003 Rutgers Turfgrass Research Field Day

Golf & Fine Turf Research Section

Thursday, July 31

Horticultural Farm II, Ryders Lane, North Brunswick, NJ

Registration is at 8:30 a.m.; field tours will run from 9:30 a.m. to 3:30 p.m. The cost is \$35 and includes a full lunch.

For further information, call Marlene Karasik at 732-932-9400, ext. 339.

NYSTA Turf and Grounds Exposition

Tuesday – Thursday, November 4 – 6

Convention Center at Oncenter, Syracuse, NY

Cosponsored by Cornell University, the Expo is in its 28th year, featuring more than 60 business and technical sessions and an expansive trade show with 350 exhibitor booths.

For further information, call 800-873-8873 or 518-783-1229.

New Jersey Turfgrass Expo 2003

Tuesday – Thursday, December 9 – 11

Trump Taj Mahal Resort and Casino, Atlantic City, NJ

This three-day conference will feature more than 50 educational presentations and one of the top trade shows in the country.

For further information or directions, call Bea Devine at 732-821-7134 or Dick Caton at 856-853-5973.

University of Massachusetts Winter School for Turf Managers 2004

January 5 – February 20, 2004

Deadline for applications: September 15, 2003

A leading educational program in turfgrass management, the Winter School offers golf course superintendents and others in the turfgrass industry, the technical, management, and communications skills required of all turfgrass professionals. Classes are taught by UMass faculty and staff, as well as renowned turf industry professionals.

To receive an application or a brochure describing the UMass Winter School for Turf Managers, contact Winter School for Turf Managers, Division of Continuing Education, University of Massachusetts, Box 31650, Amherst, MA 01003-1650, 413-545-2484, goodchild@contined.umass.edu.



For updates to our
upcoming events, visit
the MetGCSA website at

www.Metgcsa.org.

Sumptuous Dinner Seminar at Sunningdale

by Greg Wojick, CGCS

Sunningdale Superintendent Sean Cain is a tease. His course is one of the finest in Westchester County, yet he volunteers for meetings that don't involve golf. Okay, in 1998, he *did* host the Invitational, but after that it's been a business meeting and now this: the Met's second annual Education Dinner—a *NO GOLF* event.

Golf or not, last year's premier education dinner was a great success. It was held at Pelham Country Club and hosted by Jeff Wentworth, who along with the Education Committee conjured up this new format.

Sunningdale Country Club in Scarsdale, NY, will make for an equally great event. Scheduled for July 24, it will kick off in the late afternoon with an interesting lineup of speakers (see box below, right) and conclude with the grand finale dinner and Scotch tasting led by kilt-wearing Scotch master Roger Parsons.

Given that meeting attendees won't set foot on the course, we won't go in to lavish detail about all Sean's done in his seven years at the club. But we can't help but mention that the golf course's third hole, a 212-yard par 3, has been recognized by the *Journal News* as among the 18 best in Westchester County.

Time Flies When You're Having Fun

Time passes so quickly that it seems like yesterday that Sean was working as an intern/second assistant at The Stanwich Club with Superintendent Scott Niven. After two years there, Sean moved to Apawamis, where Jeff Scott was superintendent at the time. All these experiences combined, Sean agrees, have offered him "the training, experience, and also the confidence" needed to succeed in the profession.

Sean began his career in turfgrass management on the grounds crew of Mohawk Country Club near his home turf in Schenectady, NY. He earned a B.S. in Turfgrass Management at URI, and right now, he's pursuing the lofty title of

Certified Golf Course Superintendent (CGCS). Here's where Sean's longtime friend, college mate, and colleague Glenn Perry of Rolling Hills Country Club piped up: "I'm waiting for Sean to get certified so I can get credit for attesting his course," chides Glenn, who went on to tell a few tales out of school—or from his school days with good buddy Sean.

"Those were the days when Sean's fraternity was thrown off campus, and he'd use plant pathology class to catch a few Zs," says Glenn, who remembers suggesting that Sean volunteer to run the slide projector in class to help him stay awake. Unfortunately, Sean was still sleeping—quite literally—at the switch, and the professor would shock him into action with a loud-and-clear . . . *NEXT!*

Board Duty

Obviously, Sean's not asleep at the switch now. In addition to heading up a highly regarded golf course, he's an active member on the MetGCSA board of directors—and has been for nearly the past three years. He spent most of those years serving on the Tournament Committee but, this year, has decided to jump from the frying pan into the fire and join the Communications Committee—not just as a contributor, but as a full-fledged co-editor. He's, once again, working alongside good buddy Glenn Perry. As you might have guessed, Glenn's responsible for the *Tee to Green's* new recruit. (Sean, by now, you ought to know better than to trust anything Glenn recommends!)

Fun and Games

Sean's good nature does not overshadow his competitive side. He's not only an accomplished low handicap golfer, but also a force on the baseball field and basketball court. For Sean, there's no life without sports. In the off-season, he kicks back in Vermont, where he skis every chance he gets—whether the snow flies naturally or not.



Sean Cain

Be sure to come kick back with fellow Met members on the 24th for another fine evening of business and pleasure.

Greg Wojick, a member of the Tee to Green Editorial Committee, is superintendent at Greenwich Country Club in Greenwich, CT.

July Meeting Schedule of Events

4:30	Arrival
5:00	<i>Construction and Wetland Permits: What You Need to Know</i> Speaker: Bill Beckman of Leggette, Brashears & Graham, Inc.
5:30	<i>Nematode Life Cycles, Testing, and Treatment: Up-to-Date Research Results</i> Speaker: Dr. Robert Wick of the University of Massachusetts
6:00	<i>Up-Close-and-Personal View of the IPM Work Being Conducted on Bethpage Green Course</i> Speaker: Dr. Frank Rossi of Cornell University
6:30	Cocktail Hour
7:30	Dinner and Scotch Tasting
9:00	Adjourn

Historic Powelton Club Holds Poa Annual Tourney

by Greg Wójcik, CGCS

Bob DeMarco is The Powelton Club's veteran super—and the MetGCSA's veteran meeting host, holding three MetGCSA meetings over the past 12 years. Now, Bob's adding to his repertoire, extending his hospitality on August 11 to the Poa Annual Golf Tournament, NYSTA's annual turfgrass research fundraiser.

What a treat for contestants. At 111 years old, Powelton holds the distinction of being one of the oldest clubs in the country. In fact, three years ago, The Powelton Club had the good fortune of being added to the National Register of Historic Places.

And none too soon, according to Bob. "Just before that, there was talk of a Route 9W expansion," he says. "If they moved 50 feet onto our property, it would have affected four holes and our maintenance facility. Now, they'll have a tough time coming near our property."

Powelton is no stranger to encroachment. In 1985, Geoffrey Cornish was called in to help guide course renovations required to make way for the expansion of I-84's Newburgh-Beacon Bridge, which meant relocating the 17th hole and four tees. While he was at it, Cornish established a long-range plan for course enhancements, which included bunker and tee renovations, mounding, and tree planting.

The course was originally designed by Golf Course Architect Devereaux Emmet. Then in the late 1950s, Robert Trent Jones took a crack at it, partially rebuilding holes #6 and #7.

Built to Last

In his 22 years at Powelton, Bob's been picking away at Geoffrey Cornish's renovation plan to enhance the course. In addition, Bob's installed an all-new irrigation system, conquered challenging drainage problems, converted a stream to a pond on the 16th hole, and hydraulically dredged the irrigation pond on the 18th hole.

"We had the project on the 16th and 18th holes going on at the same time," says Bob. "We restored the irrigation pond to its original depth to increase the holding capacity. In the process, we removed 6,000 cubic yards of silt. The only problem," adds Bob, "is that the silt had to dry out—and needed to sit there, in plain view, for at least a year."

By the time eight months had passed, the members grew impatient with the silty mess and began to make some noise. "Against our better judgment," says Bob, "we set out to clean it up. We got some bulldozers in to move the silt and shape the area, but with the silt still extremely wet, it literally swallowed the bulldozers, two separate times," says Bob, who noted they had to

*Anyone who's ever
made the trip to
Powelton knows that
Bob always ensures a
great golf course with
all the trimmings.*

bring in tow trucks to get the dozers out.

Eventually, the mission was accomplished, leaving the area shaped and naturalized.

Building Up to a New Building

In addition to his many career-long projects, Bob's been actively lobbying to upgrade the maintenance facility and reconstruct a number of the tees. "I've been trying to dovetail a proposed clubhouse renovation with the maintenance building and tee improvements," says Bob. "But the clubhouse project approval is slow going.

"Hopefully, when it does go through, my



Bob DeMarco

requests will slide in right along with it."

Deja Vu

Early in his career, Bob worked for four years as the assistant at Powelton. But he actually broke into the business by working on the grounds crew at Southern Dutchess Country Club, a nine-hole course in his Beacon, NY, hometown. He enjoyed this experience so much that he enrolled in UMass's Winter Turf School. He received his certificate in 1976, and after his term as Powelton's assistant, he became the superintendent at Kutchers Country Club in Monticello, NY, in 1980. Bob then circled back to Powelton in December of 1981, beginning his long reign as superintendent.

Even when the going gets tough on the job, Bob thanks his lucky stars for his assistant Roy Watters. "Roy was with me for seven years when I came on the job at Powelton," says Bob. "He left to run Southern Dutchess, the course where I'd gotten my feet wet in the business. After 10 or 12 years there, I found out Roy was thinking of leaving his job—and the industry—so I insisted he come back and work for me. He's the most loyal, trustworthy, and hardest-working individual I've met in my life. Hiring him was probably the best decision I ever made."

Member News

Giving Back

Bob's commitment to the profession has always involved doing more than just his job. A member of the Hudson Valley GCSA since 1977, he joined the association's board of directors in 1982, serving as the group's president in '86 and '87.

A glutton for punishment, Bob also served three years on the MetGCSA board. Though still an active member, Bob ended his board service in 1998. "If nothing else," says Bob, "I have a clear understanding of what it takes to make professional organizations work." A skill that will, no doubt, serve Bob well in any endeavor—professional or personal.

Downtime

After golf course work ends and downtime begins, Bob enjoys spending time with his wife, Elayne, and 15-year-old son Geoffrey. "He's quite a competitive and good hockey player," says proud parent Bob. "He's also begun playing quite a bit of golf."

In addition to stealing time for some much-needed R & R, Bob spends the off-season on the slopes—as much as possible. "Skiing is my wintertime passion," says Bob.

Anyone who's ever made the trip to Powelton knows that Bob always ensures a great golf course with all the trimmings. Don't miss this trip. After all, it's in the name of research—and that's something the turfgrass profession can never get enough of.

Greg Wojcik, a member of the Tee to Green Editorial Committee, is superintendent at Greenwich Country Club in Greenwich, CT.

New Members

Please join us in welcoming the following new members:

- **Andy Drohen**, Class AF, Pursell Technologies, Sylacauga, Alabama
- **David Fleury**, Class AF, The Roger Rulewich Group, Bernardston, MA
- **Edward Olsen**, Class C, Dellwood Country Club, New City, NY
- **Kevin Seibel**, Class A, Century Country Club, Purchase, NY
- **Stephen Smith**, Class AF, Hunter Golf/BISCO, Milford, CT



Members on the Move

John Majchrzak is a new assistant superintendent at Country Club of Darien in Darien, CT. Former position: Assistant superintendent at Pine Hollow Country Club in East Norwich, NY.

Updated Reference Tool: Come and Get It!

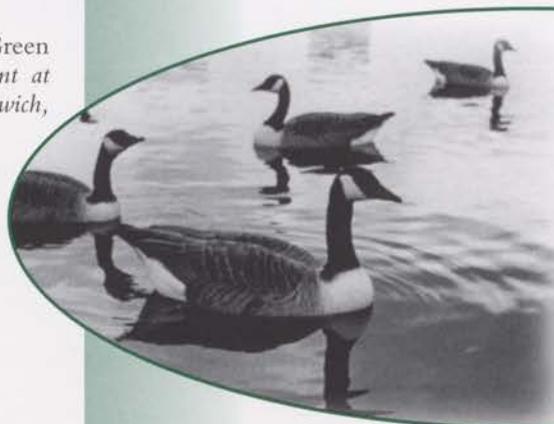
The 2003-2004 Professional Management Guide for Insects, Diseases, and Weeds of Trees and Shrubs in New England is now available. This 130-page guide is revised every two years by the University of Massachusetts Extension's Landscape, Nursery, and Urban Forestry Program to provide green industry professionals with current information on the materials and products available to manage pests of woody plants in New England.

In it, you'll find sections that provide comprehensive information on insect and mite pests; diseases; and weeds. Each section offers helpful tips on how to identify,

track, and treat the various turf problems.

To order, send \$26 (plus \$5 shipping) payable to UMass. Mail your check to Extension Bookstore, Draper Hall, 40 Campus Center Way, UMass, Amherst, MA 01003. You can also order with a credit card by calling the Extension Bookstore at 413-545-2717.

For \$40 (plus \$5 shipping), you can receive the entire *UMass Extension Management Guide for Woody Ornamentals*, which includes the guide just described, *Strategies for Plant Health Management of Woody Ornamentals*, and an inscribed three-ring binder to hold them.



Fun Facts About a 'Fowl' Bird

- Normally, a Canadian goose will eat three pounds of grass a day—and leave behind two pounds of droppings.
- Geese live 7 to 25 years.
- The average weight is of a Canadian goose is 15 to 17 pounds.
- Geese mate for life.

On a Clear Day . . . You Can Golf Forever

The MetGCSA kicked off the golf season at Rockland Country Club on April 28—fortunate, since this was one of the few opportunities we've had this spring to golf under sunny skies. Superintendent Matt Ceplo and his staff had the golf course in great shape—despite the harsh winter.

Special thanks to Matt and his crew—and to the entire Rockland staff for their gracious hospitality.

It was an event tourney contestants couldn't help but enjoy—especially those who qualified for the Two-Ball Tourney and shot winning scores in the first round of the MetGCSA Championship.

Two-Ball Qualifier Results

Here's the lineup of Two-Ball Qualifiers, along with their first-round match assignments:

Class A/B

1) Bob DeMarco/Gary Arlio Defending Champs <i>Powelson Club/North Jersey CC</i>	vs.	2) Larry Pakkala/Scott Niven <i>Woodway CC/Stanwich Club</i>	66
16) Jeff Wentworth/Ken Benoit <i>Pelham CC/Glen Arbor GC</i>	71	15) Bob Alonzi/Joe Alonzi <i>Fenway GC/Westchester CC</i>	71
8) Tony Girardi/Jim Calladio <i>Rockrimmon CC/Milbrook Club</i>	69	7) Earl Millett/Tony Grasso <i>Ridgeway CC/Metropolis CC</i>	68
19) John Carlone/John Streeter <i>The Meadow Brook Club/North Shore CC</i>	69	vs.	
4) Tim Garceau/Rich Browne <i>The Tuxedo Club CC/Garrison GC</i>	67	14) Blake Halderman/Glen Dube <i>Trump National/Oak Hills Park</i>	69
13) Paul Gonzalez/Lou Quick <i>The Canyon Club/Anglebrook GC</i>	71	3) Wayne Remo/Jim McNally <i>Apple Ridge CC/Rock Spring Club</i>	66
5) Sean Cain/Chuck Denny <i>Sunningdale CC/Salem GC</i>	67	vs.	
12) Rick Schock/Gregg Stanley <i>Wee Burn CC/Hudson National CC</i>	70	14) Dennis Flynn/Peter Rappoccio <i>Brae Burn CC/Silver Spring CC</i>	71
		6) Tim Moore/Todd Polidor <i>Knollwood CC/Heritage Hills GC</i>	68
		vs.	
		11) Bob Nielsen/Bill Perlee <i>Bedford Golf & Tennis/Apawamis Club</i>	69

Class A/B matches should be completed by the following dates:
Match 1 ~ June 15
Match 2 ~ July 13
Match 3 ~ September 14
Final ~ October 12

MetGCSA Championship Results

First Low Gross

Earl Millett/Tony Grasso
Ridgeway CC/Metropolis CC 75

Second Low Gross

John Carlone/John Streeter
The Meadow Brook Club/North Shore 76

First Low Net

Joe Kennedy/David Griffin
Irra-Tech, Inc./Down to Earth 62

Second Low Net

Ken Clear/Mike Cook
The Care of Trees 64

Closest to the Pin

Bob Nielsen, *Bedford Golf* #8/9'9"
Charlie Siemers, *Lesco, Inc.* #15/5'7"

Longest Drive

Earl Millett, *Ridgeway CC* #12

Sun Shines Down on Superintendent/Manager Tourney

Silver Spring Country Club hosted the MetGCSA Superintendent/Manager meeting on May 15—another day of good weather in this bleak start to the season. Superintendent Peter Rappoccio and his manager, Bob Sommer, sure pulled out all the stops to make this event a true pleasure for all who attended.

Peter had the course in fine shape despite the winter damage he suffered on a few of his greens. He and his staff had clearly put their all into the greens' recovery. In addition to a great day on the course, members enjoyed a top-notch lunch and reception, thanks to the clubhouse staff.

The event culminated in an informative talk by Tom DeChillo of the NYSDEC on the state's 2003 applicator and pesticide laws. If you have any further questions on pesticide rules and regulations, feel free to contact Tom at 845-256-3097.

Now, here's a look at the top plays of the day.

Superintendent/Manager Division

First Low Net

Rich Browne/Pat Calhren
Garrison Golf Club 59

Second Low Net

Bob Alonzi/Steve Arias
Fenway Golf Club 62

Third Low Net

Bert Dickinson/Mike Loper
Willow Ridge Country Club 62

Superintendent/AF/Guest Division

Superintendents unable to attend with their manager were paired with another member or guest to compete in a Two-Ball Tourney.

Congratulations to the following low net winners:

First Low Net

Blake Halderman/Jason Ziesmer
Trump National GC/Minisceongo GC (match of cards) 62

Second Low Net

Fred Scheyhing/Chuck Martineau
Mount Kisco CC/Whippoorwill Club 62

Writer's Challenge Contest Deadline Extended!

*T*ime's running out for your chance to take our Writer's Challenge and win a round of golf for yourself (complete with caddies) and three of your favorite golfing buddies at one of the premier golf clubs in the New York Metropolitan area. Included with your prize is a fabulous dinner, with all the trimmings. You'll never have to reach into your pocket. . . . That's right! It's all on us!

Of course there's a catch. But it's a simple assignment. For those of you who missed our first announcement of the particulars, all we ask is that you write and submit an article to us, here, at *Tee to Green*. If your submission is deemed the year's "best" by our panel of judges, the dream golfing day and dinner are yours. But there's more.

You will also be acknowledged at the MetGCSA's Annual Meeting in November. And your award-winning entry will be published in an upcoming *Tee to Green* issue—along with a formal announcement of your special achievement.

You will receive national recognition! Last year's winners—there was a tie—

were Paul Boyd of Greenwich Country Club for his article "Climbing the Ladder: What It Takes to Make It to That Super Slot," and Eric O'Neill of Scarsdale Golf Club for his article "How a Headhunter Can Lend a Hand in Finding the Perfect Fit for That 'Super' Job."

Interestingly, both approached the topic job hunting from a different perspective. Their entries were published in the July/August 2002 issue of *Tee to Green*.

The good news this year is that *we've* extended the deadline to August 29. But don't delay. The deadline will be here before you know it!

Submit your entries to *Tee to Green* Co-Editor Glenn Perry at 333 Hurlbutt Street, Wilton, CT 06897. Remember, your article can be about almost anything relating to our profession. You might write about a great golf experience or work experience or about a technical aspect of the profession or a human interest story. Whatever topic you choose, however, it must be one that will interest our members.



*We look forward to receiving your entries.
Good luck!*

Patron Directory

Patrons listed on this page are supporting our association. You are encouraged to support them.

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