



New York Chapter

**GCSAA**

Golf Course Superintendents Association of America

VOLUME 5, ISSUE 1

# READING THE GREEN

SUMMER 2022 EDITION

**THIS ISSUE INCLUDES:**

**MESSAGE FROM THE BOARD**

**CONTACT INFORMATION**

**STOP AERIFYING!  
FRANK ROSSI, PH.D.**

**NYGCF UPDATE BY KEN BENOIT**

**MESSAGE FROM CHAPTER  
ADMINISTRATOR**

## Feature Article

**The reason  
for using GPS  
in agronomy  
in 2022**





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# ***MESSAGE FROM THE BOARD***

**President- Steve Kurta,  
Tuscarora Golf Club**



**Message from the Board by Steve Kurta**

The summer issue of our quarterly newsletter marks another step towards the end of the season. And while not all members may feel the same way about the coming cooler temperatures, I can say with confidence that the vast majority are going to enjoy some wetter and cooler nights for a change and possibly some better sleep because of it.

Speaking of marking steps it's been a pleasure to watch the board of directors coalesce into a better functioning decision making body and getting to witness their direct benefit to the association. Keying off our spring strategic planning session, we're utilizing our newly chaired committees to get action plans together for member education, membership promotion, scholarship and tuition aid for the Great Lakes School of Turfgrass Science, our upcoming association fundraiser at Turning Stone and more great stuff to come that's still in the pipe. Not only does this activate and include our board members in the process of running this association, but it makes administering all the behind the scenes action easier to deal with and better for our Chapter Administrator. Small steps that we take together get us to our goals and enable us to make bigger strides further on up the road.

Thanks as always for the continued support of your association as we continue to make improvements for you. It's truly a pleasure to see it come together more every month.





## **Exciting opportunity for the GCSANY membership**

The board of directors is offering current members the opportunity to send any member of their facility to the Great Lakes School of Turfgrass Science. This a great chance to build upon your, or your staffs current knowledge as a golfcourse manager.

The Great Lakes School of Turfgrass Science  
<https://www.mgcsa.org/resources/Documents/web%20insertGLTS%20Flyer%202021%20Cool-Season%20Golf.pdf>

is a 12 week online program that will make any turf manager better at their job. Use this offer to improve your skillset and add value to your professional credentials as well as become a greater asset to your employer.

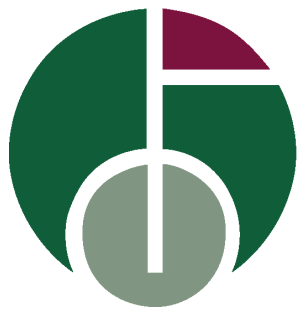
With the current labor market it's getting harder to find qualified individuals to fill the rolls available on our crews. Giving that dedicated employee a shot at an education in turfgrass science while being able to promote from within is good for everyone in your organization. Empowering our members and affiliates to be the best they can be is part of our mission at the GCSANY and we feel this opportunity is consistent with that goal.

The GCSANY has committed the monetary resources to send up to 10 individuals, current members, or a sponsored member to attend the program. First come will be first served with this offer. You'll receive a fantastic education from some of the brightest minds in the business and all from the comfort of your own home.

If you have any questions about this program please contact Suzanne Mis or any other board member with the GCSANY.

Board of Directors  
GCSANY





**New York Chapter**

**GCSAA**

Golf Course Superintendents Association of America

## **Tuition Reimbursement Program**

### **I. Purpose:**

To provide tuition reimbursement to a current or future student at the Great Lakes Turf School who is a current member of GCSA of NY or sponsored by a current GCSA of NY member.

### **II. Tuition Reimbursement Awards:**

1. The scholarship committee will choose the recipients of the tuition reimbursement program based upon the information provided.
2. An applicant can only receive one scholarship.

### **III. Eligibility:**

1. Applicant must be a current GCSA of NY member or sponsored by a current GCSA of NY member
2. Must provide a Certificate of Completion from the Great Lakes Turf School.
3. Must provide proof of payment with the amount and date of tuition paid.
4. A typed letter of recommendation from an employer or sponsor.
5. A one-page statement describing why you wanted to take this course and how taking this course has or will benefit you in your future endeavors.

### **IV. Basis for Selection:**

1. Applications and supporting documentation must be sent to the Chapter Administrator who will then forward to the Scholarship Committee without name and address of applicant. Only applications that include all the supporting information will be forwarded to the reviewing committee. The committee will then review the information and select the winner/winners based upon the information submitted.





**New York Chapter**

**GCSAA**

Golf Course Superintendents Association of America

**Contact Information:**

**Name** \_\_\_\_\_

**Permanent Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_

**Zip** \_\_\_\_\_

**Organization** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Applications and supporting documentation must be mailed to:**

**GCSA of NY**

**P.O. Box 295**

**North Tonawanda, NY 14120**

**Or email to [gcsaofny@gmail.com](mailto:gcsaofny@gmail.com)**



# THANK YOU

Ash Gough from Beaver  
Meadows for a great Member-  
Guest event.

Congratulations  
to John Hoyle  
and Brad  
Tanneberger for  
winning the 2022  
GCSA of NY  
Member-Guest  
tournament





# From the GCSA of NY Board



Chris Richter  
Wild Wood Country Club

## What is the Board Doing?

It's a worn out excuse, but the pandemic made for an extremely difficult transition in the first years of this new organization. Luckily before the pandemic hit, the Board was able to achieve its number one goal of hiring a Chapter Administrator. After that I have to admit we kind of stalled.

Under our new President, Steve Kurta, we revisited our strategic planning notes from before the chapter formation and determined we need another strategic planning session with Steve Randel from the national GCSAA. During that meeting we shared a lot of ideas and came up with several goals to move forward with. It was determined that in order for the organization to run smoothly by giving the Chapter Administrator clear direction, we must have a formal and active committee structure.

Our bylaws outline six standing committees and the Board has added two additional committees. However, we have been trying to staff these committees solely with members of the Board. This is stretching each individual much too thin and as a consequence, we are not effective as a governing body. We have decided that each Board member should chair only one committee and the members of the committee should be from the general membership. If everyone only serves on one committee the time commitment should be very manageable.

Each committee will consist of at least two additional members from the general membership, two of which shall be class A or B. The committee chair shall be responsible to select/recruit committee members from a volunteer list and/or the membership at large. The design and scope of responsibilities for the committees is such that a committee should only need to meet 2 to 3 times per year. It will be the chairman's responsibility to schedule these meetings via Zoom or in person.

Committees are tasked with making decisions and providing guidance pertinent to their mission as described in Article V, Section 3 and will allow the Board of Directors and the Chapter Administrator to review and carry out their recommendations. Committee reports will be made available by the committee chair at board meetings when there's anything to report.

The current committees are as follows. If anyone is interested in serving please email us at [gcsaofny@gmail.com](mailto:gcsaofny@gmail.com)

- Membership - Chaired by Matt Simon
  - o Responsible for maintaining and interpreting bylaws.
  - o Deals with conflict between members.
  - o Is responsible for reporting serious sickness or death of a member or his or her immediate family, and shall render appropriate aid within the guidelines approved by the Board of Directors
- Education - Chaired by Andy Eick

- o Primary responsibility is to provide 1 major education day in conjunction with the annual meeting
  - o Provides additional education opportunities such as “walk and talks” and adding appropriate education to other meeting when applicable
  - Meetings and Annual Calendar - Chaired by Adam Mis and Co-Chaired by Affiliate Special director currently Greg Gagen
    - o This committee works a year in advance to make necessary accommodations to hold meetings. This committee shall work closely with the Education and Tournament Committee to assure adequate locations for events.
  - Tournament - Chaired by Chris Richter
    - o Responsible to set parameters and help secure locations for regular events.
  - Scholarship and Research - Chaired by Scott Dodson and Co-Chaired by Class C Special Director currently Nick Perrucci
    - o Within the guidelines established by the Board of Directors, this Committee shall be responsible for the solicitation and distribution of funds to be used to support both local and national scholarship and research programs.
  - Government Relations / Environmental - Mike Tollner
    - o This committee shall monitor and evaluate state and federal governmental activities and shall be responsible for monitoring environmentally related news/issues within the Golf Industry. The Committee shall interact with government agencies and serve as a liaison with the GCSAA Government Relations Committee and local organizations such as NY Golf Course Foundation.
- We appreciate that everyone’s time is extremely valuable. It is our hope that if we get 15 to 20 volunteers we will be able to be an effective and efficient Board of Directors. Please contact us with any questions
- [gcsaofny@gmail.com](mailto:gcsaofny@gmail.com)

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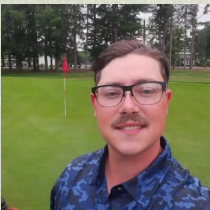
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# Thank You



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## BEST MANAGEMENT PRACTICES

A guide for environmental sustainability

GCSAA's BMP Planning Guide and Template is an online resource that provides for the development of golf course best management practices (BMP) programs at the state level.

[Click here](#) for NYS Golf Courses BMP

[Click here](#) for Second Edition BMP

Club Car

## CARRYALL 502

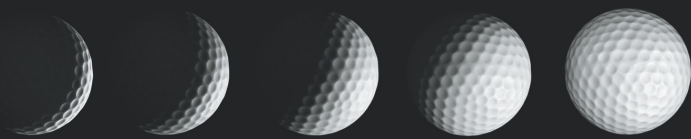
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# *news*

## *FROM YOUR CHAPTER ADMINISTRATOR*

Suzanne Mis

---

I am so excited that we are finally experiencing the beautiful New York State summer that I love. The golf season is in full swing, and I can't believe the 4th of July has already passed. I am seeing back to school sales advertised and sooner than we want, fall will be upon us.

As an association, we have already been providing experiences for our members, we have had three walk and talk events, our member-guest tournament, a social golf event and later this month our POA tournament and fundraiser.

The Board is determined to have something for everyone and committed to scheduling an event almost every month. If you have not already been at a meeting, try to make one of the upcoming events. We still have our final walk with Dr. Frank Rossi in October, our annual education day and annual meeting, a social golf event and shooting get together. If you haven't found an event that interests you, please feel free to contact me with suggestions. We are also starting to schedule meetings for 2023. If you are interested in hosting a walk with Frank and corresponding shop tour, please let me know and we can schedule a date. We have had a great turnout for these events.

Our education day and annual meeting will take place in December in the Buffalo area at River Works on December 6th. It is a unique venue in the heart of downtown Buffalo with plenty of things to do nearby. Consider making it a long weekend event. Our speakers are lined up and we are excited to host Dr. John Kaminski and Ben McGraw. The Board is committed to making this affordable for all and the association will be covering the cost for the speakers. Your cost will only be for the food that is provided.

I am looking forward to the rest of the years events and I hope to see you at least one of them. Please feel free to contact me anytime to answer questions, post job openings or help hosting an event.

Enjoy the rest of the summer!



# Thank you to Dr. Frank Rossi and Tim Hahn and staff for an informative Walk and Talk at Links at Greystone



*People...Products...Knowledge...*



# *Final Walk and Talk in 2022*



With Dr. Frank Rossi, from Cornell CALS

October 4th at Transit Valley Country Club

Cost is free to GCSA of NY members and \$25 for guests  
You must register to attend

If you are interested having a Walk and Talk with shop  
tour in 2023- Please contact Suzanne



# WALK & TALK

## Bellevue Country Club

Thank you to Frank Rossi. Superintendent Mike Tollner and the staff  
at Bellevue Country Club







**Gary Hughes** - Western NY  
716-570-2267  
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**Brent Lewis** - Rochester NY  
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## **NYSTA Attends Annual NYS FFA Convention**

**Dominic Morales, NYSTA Board Member**

In early May NYSTA Board Members Chris Pogge and Dominic Morales set up a display and informational booth at the annual New York State FFA Convention in Syracuse's On-Center. Over 2,000 students and over 250 Ag. Educators attended the Convention

Tyler Bloom (TB Consulting), Larry Cosh (Finch Golf/Turf Equipment) were also on hand to support our efforts. The focus for attending the two-day event was career awareness, introducing the new NYSTA Apprenticeship program, and begin interacting with students and Ag. Educator as possibilities to start a pre-Apprenticeship program at the high school level.

Industry support enhanced our efforts that highlighted career opportunities in the Turfgrass industry. Also, NYSTA's effort to secure New York State TEF annual grant funding made this all possible.

Finch Turf displayed their new GPS technology sprayer, Grassland Equipment displayed Toro's new all electric walk behind greens mower, and Toro's new Outcross 9060 versatile utility vehicle. In addition, Finch and Grassland sponsored the purchase of Tee shirts as prizes and give aways for students and faculty.

SUNY-Delhi set-up a display booth adjacent to the NYSTA booth which highlights the educational opportunities and their partnership with NYSTA's Apprenticeship program's Related Instruction requirements. They also setup a mini turf bowl type contest for student participation. SUNY-Delhi will provide on-line courses that will eventually lead to obtaining an AAS degree.

Our efforts were well received by students and teachers. There was plenty of interaction between us and the effort increased our objective to highlight the tremendous career opportunities within our industry.

For more information, please visit our web page [www.nysta.org](http://www.nysta.org)



## **NYSTA booth at FFA Convention**



## **Students learn about John Deere new GPS Sprayer Technology**





## **Toro's new Outcross 9060 Tractor**



**Ag. educators enjoy learning about career opportunities**





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GCSA of NY wants to feature your dog in our newsletter

## DOGS OF GCSA OF NY



Send in a picture of your dog on the golf course and submit to Suzanne at [gcsaofny@gmail.com](mailto:gcsaofny@gmail.com)

Picture must be in a jpeg or png format. Please include the dogs name and the name of the golf course.

DO YOU HAVE ANY

## Life Events

THAT YOU WOULD LIKE TO ANNOUNCE IN THE GCSA  
OF NY NEWSLETTER

CONTACT OUR CHAPTER ADMINISTRATOR AT  
[GCSAOFNY@GMAIL.COM](mailto:GCSAOFNY@GMAIL.COM)

## **New York Golf Course Foundation Update We have been busy!**

**by Ken Benoit, CGCS  
Executive Director, New York Golf Course  
Foundation**



Given the above normal average temperatures and generally dry weather conditions experienced this season, now is a good time to remind you that the New York Golf Course Foundation (NYGCF) website and YouTube channel are great sources of information related to managing turfgrass under stressful conditions. Information from videos, blogs, and the BMP document, which covers topics ranging from irrigation and water supply, nutrient management, cultural practices, IPM and pesticide management, to name a few, our website and YouTube channel can help you battle mother nature's most destructive weather cycles. If you experienced loss of turfgrass, there is even detailed information geared toward helping you recover from turf damage, such as seed selection and establishment, or, if you are ready to take your commitment to improved turfgrass conditions to the next level and embark on a more effective long-term program, we have detailed information, provided by fellow superintendents and Cornell scientists, on how to convert your fairways to bentgrass. Seriously, there is too much information on our website and YouTube channel to fully detail in this update. Visit our website at [nysgolfbmp.cals.cornell.edu](http://nysgolfbmp.cals.cornell.edu) or YouTube channel at New York Golf Course Foundation for more information.

### **What We Are Up To**

As for our current projects, encouraging BMP adoption at every golf facility in the state continues to be our main focus. Prioritizing, documenting, and implementing BMPs at the facility level remains an important step to demonstrate our commitment to natural resource protection at golf facilities. Although the facility BMP template is available via the GCSAA's on-line tool, the foundation understands the need for additional efforts to be undertaken to encourage and assist superintendents to utilize this resource. With that in mind, we are currently creating a workshop, through the TESF grant awarded to NYSTA, which will focus on helping superintendents through the BMP adoption process. This standardized workshop will be conducted throughout the state in all 5 GCSAA chapter regions. Attendees will have the opportunity to complete their BMP document during the single day workshop. They will also leave the workshop with an understanding of how to add content and edit their document as needed. In addition to this workshop, the foundation will also select 1 golf facility in each of the 5 regions to help construct a completed BMP document with no cost to the facility. The selection will be determined by your regions NYGCF board representative. Reach out to your board representative if you are interested in being considered. But remember, there is only 1 slot available for each region so if you don't get selected you can always attend the workshop in your region..



## **A Parting Thought**

**As the only statewide superintendent run organization, the NYGCF hopes to continue providing valuable information to superintendents around New York while promoting golf's commitment to protecting the state's natural resources. By formally adopting the BMP document, you can have a substantial impact on the quality of turfgrass on your course and, at the same time, positively impact how we are viewed by industry outsiders.**

**Here's to a great fall season of rest and recovery and remember, do what you can do to protect our water resources.**



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Improved Agronomics    **Y**    **Y**

One Pass    **Y**    **X**

Instant Playability    **Y**    **X**

Revenue Gained    **Y**    **X**

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[gcsaofny@gmail.com](mailto:gcsaofny@gmail.com) or  
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**Stop Aerifying!**  
**Frank S. Rossi, Ph.D.**  
**August 1, 2022**



I hope that got your attention. It usually does because if had to say one thing consistent across most golf course superintendents I meet around the world it would be “they all love to drive a piece of metal in the ground.”

The question remains, “do my playing surfaces need to be aerified?” I say the answer is No\*

Aerifying was introduced into the turfgrass industry in the 1940’s and 50’s. The technology was refined with better materials and increased productivity in 1980’s and 90’s. By the 2000’s productivity improved further allowing for more rapid aerifying and now there are new tools introduced with various objectives.

Ironically, aerifying was likely needed more in the 1940-1990 period where there were much fewer sand-based systems. We started building our playing surfaces more routinely out of sand after the USGA revised specs and the golf boom of the mid-1990’s.

Sand-based systems, when engineered properly, are inherently aerated with larger pore spaces and sized to resist compaction, and at least initially drain well, and have generally low CEC when compared to loamy soils.

The research over the years on aerification has focused on solid and hollow tine units at various spacings, depths and frequency. More recent research investigated what became defined as “less invasive cultivation”, i.e., water injection, needle tine, knives, and now air injection and sand injection.

Over the years a few things have been found consistently. 1) most of the benefits of aerification are short-lived, 2) effectiveness depends on tool depth and soil type, 3) more shattering is better for finer textured soils, 4) layered profiles might need long tines, 5) aerification can increase

annual bluegrass invasion and reduce firmness 6) without topdressing aerification often leads to increased OM.

That last point is worth expounding upon. Topdressing amounts, as we have learned, must be increased if we grow more biomass. More N = More sand if there is less than ideal traffic levels that allow OM to accumulate at the surface that needs to be diluted.

Again, the solution to pollution is dilution, but that is only needed if the pollutant is allowed to become toxic! So, the key is to get your growth rate right and then less aerifying and less topdressing will be required in sand-based systems. Simple as that.

\*Let me be clear. If you have a properly constructed sand-based playing surface (tee, green or fairway), that has not been allowed to establish layers of organic matter from inconsistent OM management in the past, you might not ever need to aerify, especially if you have good water. For sure you might never need to hollow tine.

I am not one that believes aerification of any form is needed routinely on sand-based surfaces unless signs of poor infiltration and thinning turf are obvious.

Every year I suggest not doing it to many superintendents to minimize disturbance, maintain firmness, reduce labor needs, etc. And the common response is, "if I don't do it then things will get bad." And my question is how do we know? since most never even try.

One last thing since I've got you. Not aerifying and telling your golfers you are not aerifying, makes them angry. NOT. So, consider holding onto that firm and true surface you spend so much time preparing for high performance next summer and stop aerifying.

Comments?





Thank you to everyone who donated and participated in the auction for Rounds 4 Research. Our association raised \$5,836.80. We appreciate your support. We look forward to continuing our support of the Cornell Turfgrass Program

If you are interested in donating for 2023 please click the link below or contact Suzanne at [gcsaofny@gmail.com](mailto:gcsaofny@gmail.com)

<https://www.eifg.org/research/rounds-4-research/donate-a-round/online-form>

# The reasons for using GPS in agronomy in 2022

**You will save money on nutrients and labor, you will be environmentally friendly, and you will have the best turf that your course has ever experienced**

There is no one soil type fertilizer element, grass type, water quality, equipment type or brand that creates the perfect turf. It is the matrix of all the different elements and GPS technology coming together to make perfection. GPS technology is what makes this matrix work.

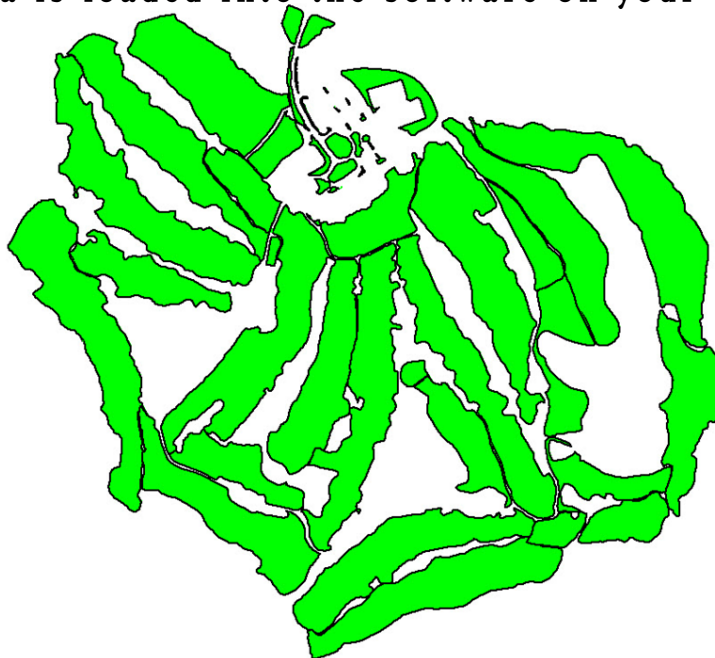
We can now use technology to grow and maintain plant life in the healthiest, most efficient, and sustainable way. Golf courses depend on turf grass that thrives and can survive in all environmental conditions. Data management, soil sampling, prescription applications of nutrients, and the right equipment with controlled tip sprayers and spreaders, along with using GPS for retrieving data is the key to success.

This process has been in the making for 25 years, and over that time, many golf courses and superintendents have been amazed at the long-term results and savings that they have had and continue to experience.

## What is the Process?

GPS Management of all Areas is the key to success:

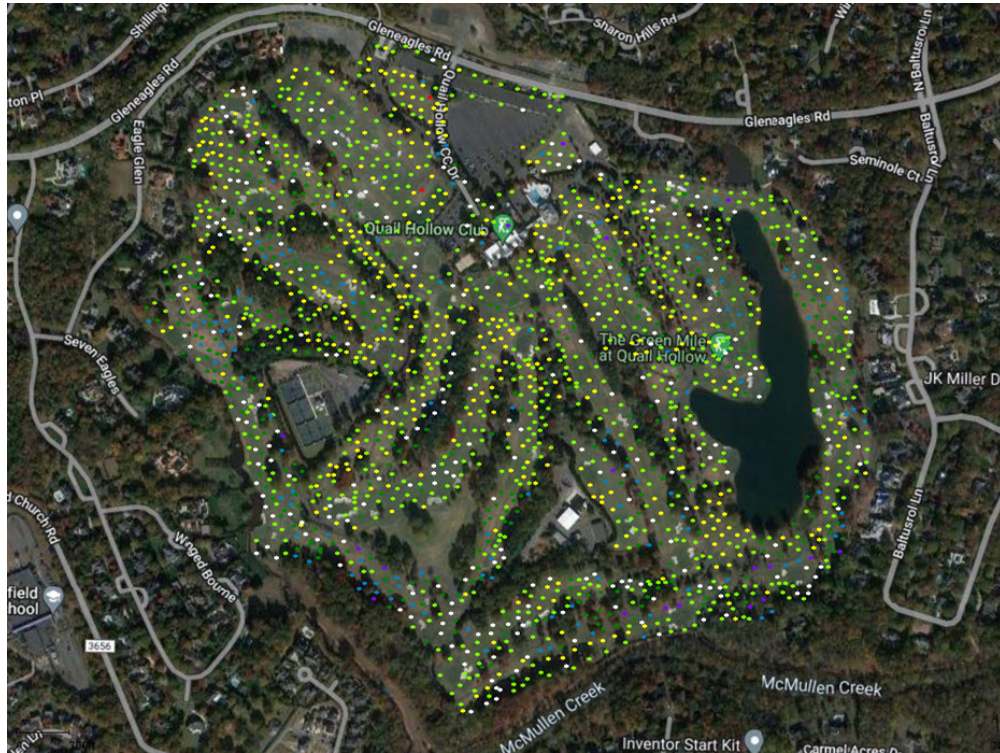
1. Set your boundaries for your course with a GPS devise that could be on your sprayer, spreader, or hand held. That data is loaded into the software on your computer.



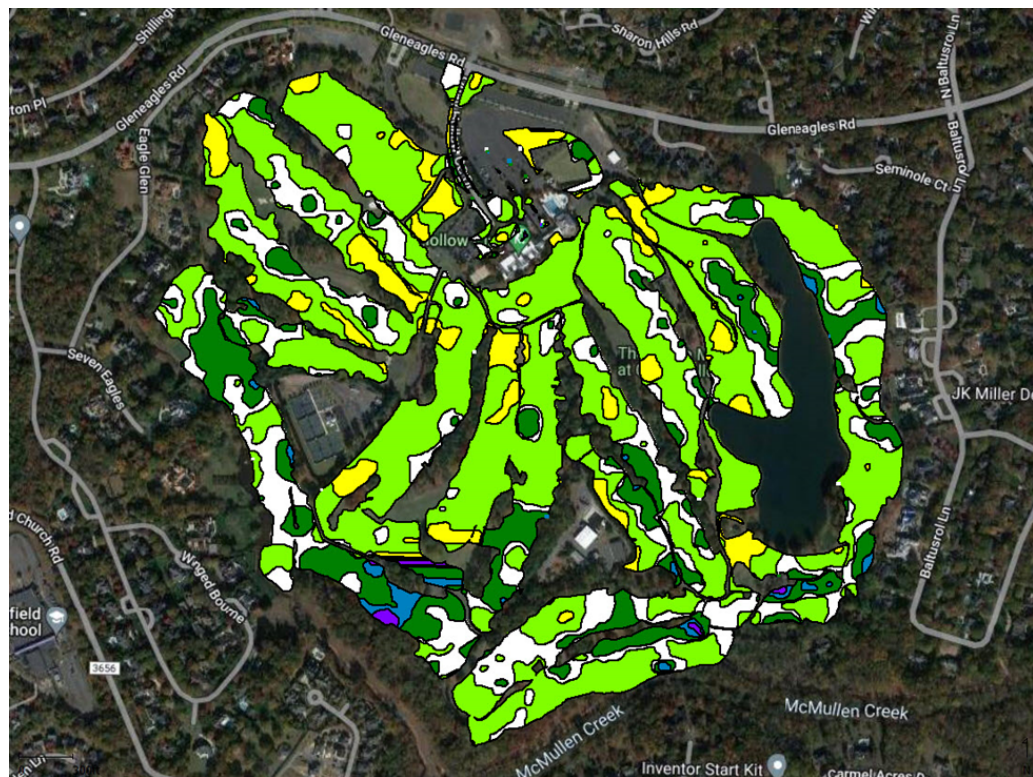
300ft



2. Next you can make the decision on how accurate you want to be by pulling soil samples on your course.

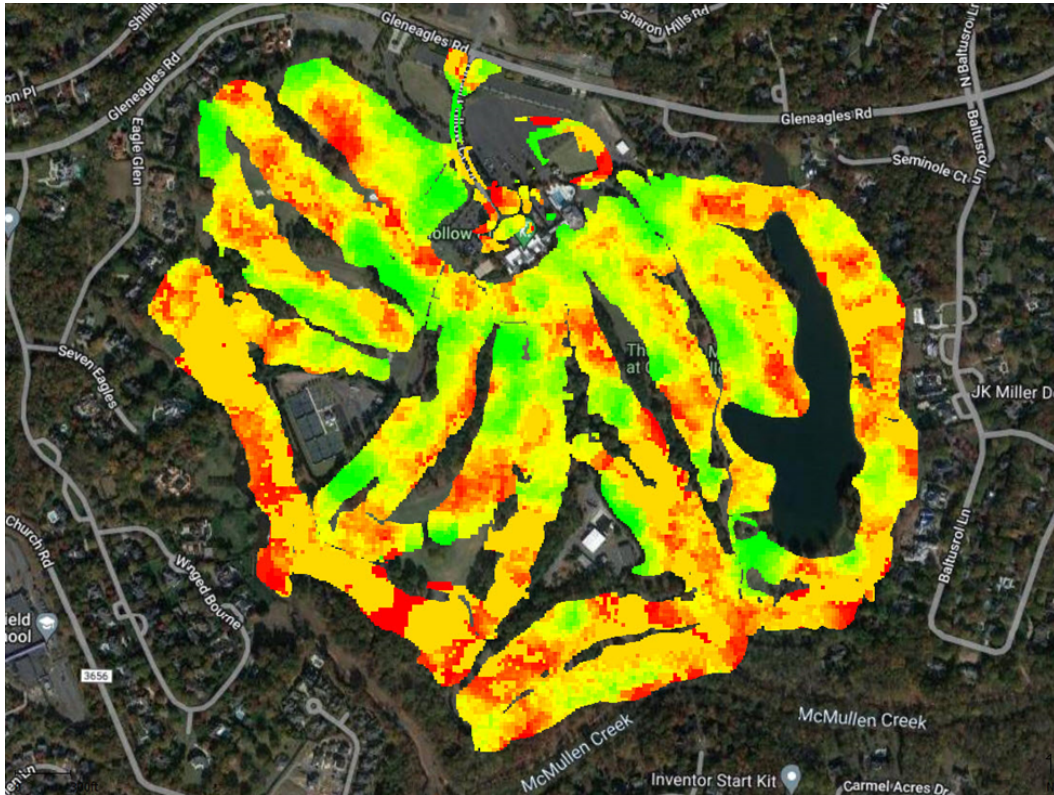


3. Your samples will be sent to the lab for data processing. The results will be added to the software in the exact location of the sampling area and shown any deficiencies in that zone.





**4. The software will collect all data and give you a prescription and quantities of nutrients to address any deficiencies. You will be able to determine the rate of nutrient inputs for correction.**



**5. All this data will be inputted into your GPS console and you will be able to apply any of the necessary nutrients while using a variable rate fertilizer spreader that will apply the exact rate in the location of the nutrient deficient area.**

**6. The use of GPS Individual controlled sprayer tips and spreaders will increase your accuracy, efficiency, and productivity. This will also help reduce any operator error. The products will not be able to be applied outside of your GPS boundaries.**





**“Old school” soil sampling consisted of going out and taking a few samples from a couple of fairways and taking the average of the results and then “guesstimate” on what blend to apply and at what rate. Experience and history have shown that this method is not optimal for the best turf quality. This is also a waste of nutrients in areas that the nutrients aren't needed. Applying nutrients to site specific areas will not only improve turf health, but will also be less wasteful, more cost efficient, and better for the environment. The results you will see is that over a period of a few years, depending on how fast you want to correct the deficiencies, you will start needing less nutrients to provide optimal turf health. Healthy turf can handle all environmental conditions better than unhealthy turf.**

**For more information, contact  
Marcus Thigpen  
910-358-3581  
TurfMatrix.com  
Marcus @TurfMatrix.com**



## **Keith Wood, Quail Hollow - 2022 Presidents Cup**

**"GPS soil sampling and prescription spreading of key nutrients have enabled us to provide our members with better turf quality in every situation. With numerous constructions projects, we are able to amend the soil and give our turf what it needs to mature faster and blend in with other areas of the course that were not touched. Additionally blanket spreading of lime and phosphorus are a thing of the past as we give the soil what it needs where it is needed to support the healthy growth."**



## **Ken Mangum, CGSC**

**Simply stated, the Turf Matrix program allows you to put the exact nutrient in the exact location in the exact amount needed! No waste, no excess and great turf quality.**

## **Basil Lowell Director of Agronomy and Grounds, Gator Creek Golf Club**

**"With my experience using this technology for the better half of my turf management career, I can say it has helped correct soil deficiencies at three different properties I have worked with. Quail Hollow, Bear Lakes, Gator Hole, Not only using this program year in and out, but the benefits of overcoming growing pains during golf course renovations are invaluable to membership satisfaction anywhere. I look forward to many years of continued success."**



## **Adam Mis, Golf Course Superintendent, Transit Valley Country Club**

**"It's the perfect Matrix. Grass can't do it alone, water can't do it alone, fertilizer nor GPS can do it alone. It takes Turf Matrix to make it all come together and be a success."**





Save the date!

# **GCSA of NY Annual Education Day & Annual meeting**

Tuesday December 6th at Riverworks in Buffalo, NY  
starting at 7am-4pm

## **Speakers**

**BEN MCGRAW & DR. JOHN  
KAMINSKI**



# *Website*

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***KEEP YOUR MEMBERSHIP CONTACT INFORMATION UPDATED AND VISIT US TODAY!!***





# SOCIAL GOLF

## Corning Country Club

Thank you to John Hoyle and all the staff at Corning Country Club for a great day of food, golf and fun!







Irondequoit Country Club  
Tuesday, October 18th







With Kevin Doyle  
GCSAA Field Staff  
KDOYLE@GCSAA.ORG

follow me on Twitter @ GCSAA\_NE

It seems like every year I am asked by a member to consider writing about a health-related item specific to our outdoor profession. Recently one member addressed an issue he had at his facility and inquired if I would help spread the word about proper hydration. Keeping hydrated is an extremely important health concern, and despite my personal efforts to encourage my athlete/golf course employee daughter to drink plenty of fluids, I am no expert. So here are some tips for you and the staff from those in the know. Some tips to stay hydrated, and equally important (as the above member pointed out) concerns to look for regarding dehydration.

Nebraska Medicine: University Health Center provide some excellent advice to remain in top form when it comes to remaining hydrated.

How much water should a person drink in a day? About 20% of our daily fluid intake comes from the food we eat and the rest from the liquids we drink. The amount of water intake you need depends on the sex you were assigned at birth. According to the U.S. National Academies of Science, Engineering and Medicine, men should drink 3.7 liters (about 16 cups) and women 2.7 liters (about 11 cups) of fluid per day. You need to drink even more water if you exercise, sweat or have an illness.

Their ten tips look like this:

1. Drink a glass of water first thing in the morning. This gets your metabolism running and gives you an energy boost. Avoid drinking water right before bed if you struggle with nocturnal urination or heartburn.
2. Invest in a fun or fancy water bottle. A good water bottle can serve as a visual reminder to drink more water throughout the day. Certain bottles have marked measurements for tracking intake or have words of encouragement printed on the side as water levels go down.
3. Use alarms or notifications to your advantage. Set alarms or notifications on your smart devices as reminders throughout the day. For a mental boost, set your Alexa or Google device to remind you along with verbal, positive encouragements.
4. Focus on your body's signals. Be mindful of whether your body is thirsty or hungry. Sometimes we overeat because we mistake thirst for hunger.
5. Drink a glass of water before each meal. It will help you stay hydrated, help your body digest food better and help you feel full faster.
6. Add calorie-free flavoring. Try fruit or vegetable infusions in your water to make it more appealing. Prepare a jug in the refrigerator to infuse overnight to make filling your water bottle in the morning easier. Pick up a water bottle that has a built-in infusion basket for flavor on the go.
7. Check the color of your urine. Some people check the color of their urine throughout the day to ensure it is clear or light-colored. Dark yellow urine may be a sign of dehydration for some.



8. Swap high sugar drinks for sparkling water or seltzer. Not only will you cut back on unnecessary sugar, but you'll be adding to your water intake.
9. Set a daily goal. A simple daily goal can help you stay motivated and work towards maintaining a healthy habit.
10. Make it a challenge. Ask your friends to join you in a healthy competition to see who meets their daily goals regularly.

Many of these tips set up well for success if the team will buy in. While the steps seem simple enough, overlooking adequate hydration during the typical Northeast summer wouldn't take long to lead to serious issues. What might they look like?

Folks at the Mayo Clinic remind us when it's hot and humid, your risk of dehydration and heat illness increases. That's because when the air is humid, sweat can't evaporate and cool you as quickly as it normally does, and this can lead to an increased body temperature and the need for more fluids.

Thirst isn't always a reliable early indicator of the body's need for water. Many people, particularly older adults, don't feel thirsty until they're already dehydrated. That's why it's important to increase water intake during hot weather or when you're ill. Working outside as we in the golf industry do, it is important to understand the heightened risk.

The signs and symptoms of dehydration also may differ by age, for adults:

- Extreme thirst
- Less frequent urination
- Dark-colored urine
- Fatigue
- Dizziness
- Confusion

Dehydration can lead to serious complications, including:

- Heat injury. If you don't drink enough fluids when you're exercising vigorously and perspiring heavily, you may end up with a heat injury, ranging in severity from mild heat cramps to heat exhaustion or potentially life-threatening heatstroke.
- Urinary and kidney problems. Prolonged or repeated bouts of dehydration can cause urinary tract infections, kidney stones and even kidney failure.
- Seizures. Electrolytes — such as potassium and sodium — help carry electrical signals from cell to cell. If your electrolytes are out of balance, the normal electrical messages can become mixed up, which can lead to involuntary muscle contractions and sometimes to a loss of consciousness.
- Low blood volume shock (hypovolemic shock). This is one of the most serious, and sometimes life-threatening, complications of dehydration. It occurs when low blood volume causes a drop in blood pressure and a drop in the amount of oxygen in your body.





Remaining safe during the stressful summer months is extremely important to our entire industry. While our grounds team is typically of first and foremost concern, those playing our sport can easily fall victim to the same issues as our golf maintenance staff can. Please consider communicating the symptoms to your staff as their vigilance can easily pay dividends for others. Understanding how to save turf from heat stress is important, knowing how to save a person from heat stress can be life changing

To read the full articles, please see the links below:

<https://health.unl.edu/10-tips-staying-hydrated-summer%C2%A0>

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

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

**Upcoming Education:**

**Planning for the Inevitable: Drought and Water Management Planning**

**Becky Grubbs-Bowling, Ph.D.**

**Aug. 3 @ 2 p.m.**

**Course Marking - Local Rules & Best MARKING Practices for Your Golf Course**

**Todd Stice**

**Aug. 23 @ 2 p.m.**

**I Recommend This Product and Here's Why**

**Paul Koch, Ph.D.**

**Sept. 13 @ 10 a.m.**

**Poa Annua Deep Dive**

**Jim Brosnan, Ph.D.**

**Sept. 21 @ noon**



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