The TIDBIT OF THE MONTH

Golf Blooming in Washington State

Washington is one of the few true epicenters for golf development in America. Among the more intriguing projects in the nation's upper-left-hand corner is Cascadia in Bonney Lake, where work is continuing on a John Harbottle-designed 18, the first of perhaps three regulation courses planned for the 5,000-acre project near Tacoma. Spanish Castle Resort in East Wenatchee will feature a layout co-designed by Fred Couples and Gene Bates, with work slated for this summer. Construction is finishing up on the Harbottle-designed Palouse Ridge Golf Club on the campus of Washington State University in Pullman. In Walla Walla, site prep has commenced on Vineyard Golf Club, a Dan Hixson design, while in Westport along the Pacific Coast is the Rick Robbins-crafted Links at Half Moon, now under construction. Two courses near Zillah in eastern Washington are either in progress or nearing groundbreaking: the Bobby Cupp-designed Zillah Lakes, to open next spring, and a 7,561-yard Michael Hurdzan layout at the new $70 million Vineyards Resort.

For details on these and other golf projects around the United States, visit www.golfconstructionnews.com.

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Woodward Worthy

The Golf Course Superintendents Association of America picked a company man, certified superintendent Mark Woodward, as its new CEO. Woodward, who starts his new gig on July 1, has been a superintendent for more than 30 years, most recently at Torrey Pines, site of this month’s U.S. Open. Golfdom recently asked readers: What do you think of the GCSAA’s selection of Woodward to CEO of the association? Here’s how 160 readers responded:

49% Woodward is a fine choice
13% Woodward is an OK choice
19% Woodward is not the best choice
18% I’m not sure

Energy Kick

It's June and golf play is in full swing around the country. Needless to say, golf course superintendents and their crews are working some long days and long hours. Hence, they need their energy. According to Health magazine, here are some things you can do to boost your energy.

- Get the right light, and you'll have lots more energy. Sunlight is best because it contains brain-activating short-wavelength blue light. This bodes for superintendents and their crews, who are outside often.

- Eat meat — Eat protein products, plant- and animal-based, throughout the day. Protein increases mental alertness and energy. Too many carbohydrates, such as breads and sweets, can make you sleepy.

- Meditate — Take a few minutes to meditate throughout the day. It can boost your alertness.

- Clean up your sleep — To help get a good night's sleep, fully darken your bedroom, regulate room temperature and use white noise such as a fan to help you sleep.