

February 2021

Issue 01

# THE BAY CREEK INSIDER

*Monthly Member Newsletter*

*Inside the Issue*



## TRX TRAINING

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## GOLF ETIQUETTE

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## NATURALIST CORNER

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## MEET THE CHEF

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## MEMBER EVENT CALENDAR



See what this month has in store. pg. 06



## WE HOPE YOU ENJOY!

*Welcome to the first edition of the relaunched Bay Creek Member Newsletter.*

We hope that this will be a great way of telling you about all of the Club happenings and events that will enhance your enjoyment of Bay Creek. This past year has been fraught with challenges and hardships that has affected all of our lives. As we move into 2021 and, hopefully, a path back to something resembling a normal lifestyle, we are looking forward to providing you with many opportunities to enjoy your membership here at Bay Creek. COVID-19 permitting, we look forward to having many more member events in 2021, including enhanced fitness training, nature programs, nutritional seminars and just plain old good crab crackings and oyster roasts.

Rest assured that all of us are dedicated and committed to the goal of making your membership experience the best it can be. With your help and support, we can make it happen.

 **BAY  
CREEK**  
*Cape Charles, Virginia*



## HEALTHY DINNER FOR TWO!

### *Stuffed Florentine Chicken Breast*



Servings: 4 / Serving Size: 5oz / 192 Cal  
Prep time: 15 min./ Cook time: 25 min.

Valentine's Day may look very different for couples this year. But COVID-19 shouldn't stop you from having a great dinner planned for you and that special someone, while also remaining healthy.

“

*It's time to stop eating the  
same boring chicken recipes!*

Searing the chicken breasts in this dish helps seal in the juices, and the spinach, sun-dried tomatoes, and gooey mozzarella all burst with flavor. At less than 200 calories per serving, this recipe is a muscle-making winner!

#### Ingredients:

3 boneless, skinless chicken breast, or approximately 1lb (450g)  
1/2 tsp salt  
1/2 tsp ground black pepper  
1/2 cup garlic powder  
1/2 cup chopped sun-dried tomatoes  
1/2 cup chopped fresh baby spinach  
1/2 cup light shredded mozzarella cheese

1 Preheat oven to 350° F (177°C). Lightly spray a medium cast iron skillet with non-stick cooking spray and place over medium-high heat.

2 Add the chicken breasts to the skillet and season with the salt, pepper, and garlic powder. Cook for 1 to 2 minutes per side, or until lightly browned.

3 Remove the skillet from the heat and allow the breasts to rest in the skillet for 5 minutes. Once the breasts are cool enough to handle, transfer to a cutting board and create pockets for the fillings by slicing halfway through each breast lengthwise, being careful not to slice completely through the breasts.

4 Stuff each breast with equal amounts of the spinach, tomatoes, and cheese, and secure by inserting a toothpick through each breast. Transfer the breasts back to the skillet and bake for 20 minutes. The chicken is done when the juices run clear and the internal temperature reaches 165° F (74° C). Serve hot.



# ARE YOU READY FOR TRX TRAINING?

## *Bay Creek Life Center*

Whether you are just starting out on your fitness journey or looking for a new challenge, TRX Suspension Training helps you move better, feel better and live better. ALL LEVELS, ALL GOALS means it's literally for ALL OF YOU: beginners, pro athletes, runners, yogis, cyclists, cross-trainers, and more!

Group TRX classes are currently underway! Stop by and talk with one of our certified trainers to learn about the benefits of incorporating suspension training into your fitness routine.



## SPIN CLASSES ARE HERE!

See schedule on calendar on page 6 .  
Contact the Life Center for more  
information.







## GOLF ETIQUETTE FOR FEBRUARY 2021

*from the Pro Shop Team*

We all would like to have a perfect golf course, and the agronomic team is working toward that with all kinds of new equipment and resources that have not been made available in the past. To that end, we would ask that all members and their guests please fill in their divots in the fairways with sand, and **FIX YOUR BALL MARK ON THE GREEN AND ONE OTHER**. Ball marks on the greens are unsightly and affect putting. If fixed properly right after you hit the green, they will heal quickly. Many times if players hit the ball in low, the mark may be at the front of the green and never get repaired, because the ball rolls out so far.

Please [CLICK HERE](#) to see the video (also below) on the proper repair of ball marks. Finally – if you live on the course, please **DO NOT HIT PRACTICE SHOTS INTO GREENS** in the evenings. Please come to the practice facility to work on your game!



Thank you all so much for your attention to the care of the course, and have a great 2021!

## GREENS INFO

All three nines are open for play each day in February. The crew will be starting some drainage projects soon, so that may impact play. New items from Peter Millar, FootJoy, Turtleson, G/Fore & Titleist will be arriving soon so be on the lookout next time you visit The Golf Shop.

February 2021



## 2021 NICKLAUS CUP MATCH PLAY CHAMPIONSHIP

Registration for the 2021 Nicklaus Cup Match Play Championship will begin February 1st. We will send out a notice to sign up online – all events this year will feature online sign up through Golf Genius.

“

*The Defending  
Champion of this event is  
Claude Reid!*

The event is limited to the first 32 Golf Members to sign up, so register early. If you are a bit late, you can sign up for the wait list in case someone has to drop.

## BOOK A GOLF LESSON WITH OUR PRO

Zach Pfingst, PGA is the Head Professional at Bay Creek Resort and Club. He has been employed at Bay Creek since 2001. Since joining the Bay Creek staff, Zach earned his PGA membership in 2006 and is certified in all six competencies through the PGA of America: Golf Operations, General Management, Executive Management, Retail, Ownership and Leasing, and Instruction. Zach is one of only 43 people out of the 28,000 PGA members in the world to have completed all six certifications. He has since begun working toward becoming a PGA Master Professional. Zach currently holds both course records at Bay Creek Resort and Club: Palmer course – 64, 9Nicklaus course – 67.

Individual Private Lessons.....	\$60
5 Lessons Series Package.....	\$250
Playing Lessons - 9 Holes.....	\$200
Playing Lessons - 18 Holes.....	\$300
Group Lessons (2-5 students).....	\$100

Contact the Pro Shop if you are interested in more information regarding booking lessons.

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Allaboutbirds.com | © Ryan Schain | Macaulay Library

# RUDDY DUCK

by Joe Fehr

Winter on the Eastern Shore is synonymous with waterfowl and we're fortunate to have an abundance of species using the area. If you've been in the Preserve lately and gazed out across the ponds you may have seen aggregations [or "rafts"] of very small ducks, generally wearing a rather drab or dark brown plumage. Now, if you look a little closer though [binoculars are a great help] you'll notice some of these diminutive ducks have a long upright or "stiff" tail.

These are Ruddy ducks (*Oxyura jamaicensis*) The male, or drake, has white cheek patches capped with a dark brown crown and carries its tail erect. The female, or hen, lacks the prominent cheek patches and "stiff tail." Both have the same unmistakable chunky build and body size with a large head and bill.

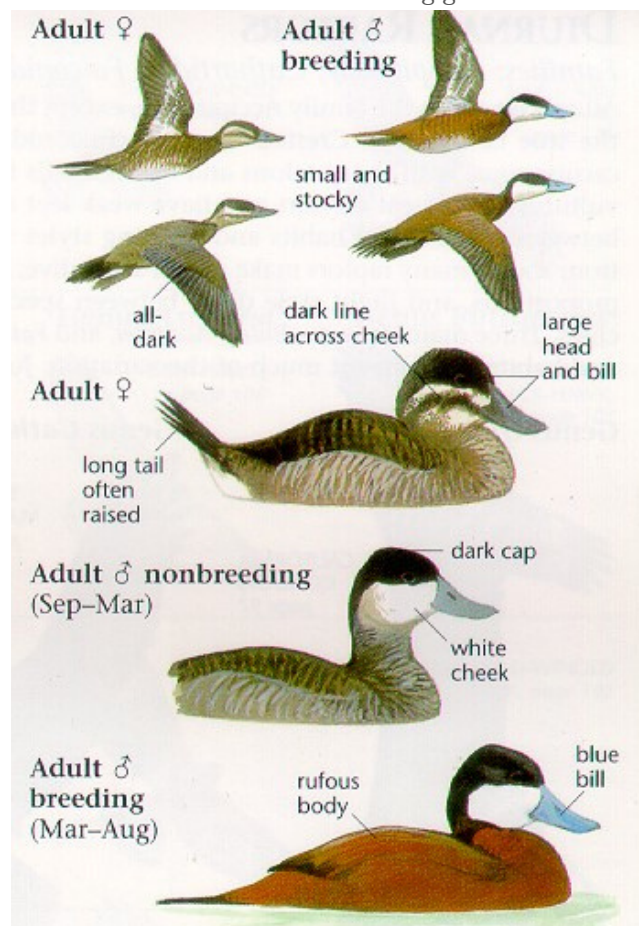
Known locally as "ruddys" or "stiff tails" these ducks arrive in our area after a long journey from the American Midwest [the prairie pothole region] and the Canadian Provinces of Manitoba, Saskatchewan, Alberta and Northwest Territories.

Like most of the diving ducks, Ruddy ducks are very awkward on land; with their legs set far to the rear of the body they tend to fall forward if walking, in water they excel though, using their powerful legs to dive to great depths to feed. Their small rounded wings making it hard for them to gain flight, they have to run along the water surface for several yards before getting airborne. They generally fly close to the surface, never gaining any great altitude. Their wingbeats are rapid and jerky and make considerable noise.

Exclusively a North American species and widely scattered from the Atlantic to Pacific coasts, their winter diet consists mainly of plant matter: pondweeds, seeds [grasses and sedges] with a smaller percentage of aquatic insects and small mollusks. A few interesting facts about Ruddy ducks: the drake is the only duck species that carries its tail upright, they have one of the most spectacular courtship displays among waterfowl, the drake is the only duck that assists in raising its young, they're the only duck species that consistently raises two broods in one season and the hen lays the largest of duck eggs.

A common mistake in identifying Ruddy ducks is to confuse them with Buffleheads. While both species are small, drake Buffleheads are more easily distinguished by the large white area on the back of the head and bright white body; the hen has a distinctive white cheek patch and a slate grey body. Both the hen and drake have a relatively large round head, unlike the Ruddy duck.

Enjoy these little ducks while you can, by early to mid-March they'll be leaving our area bound for northern climes and their breeding grounds.







## AROUND THE WORLD AND BACK TO THE BAY

### INTRODUCING EXECUTIVE CHEF: JASON VAN MARTER, BAY CREEK'S NEWEST TEAM MEMBER

Bay Creek is pleased to welcome a new addition to our Club team: Jason Van Marter, who will be bringing incredible flavor and style to the Bay Creek experience as Executive Chef.

Jason comes to Bay Creek after an impressive journey through the culinary world that has taken him from places like the Hawaiian Islands to Florida and has seen him work in prestigious kitchens such as Saltine of Hilton Norfolk The Main.

Jason Van Marter honed his craft in many exceptional establishments after graduating with a culinary degree from Johnson and Wales University. From his early years at Blue Hippo and Sterling's in downtown Norfolk, to an impressive corporate career learning the business aspects of food service with industry giant, Aramark, Jason has seen— and tasted—a wide spectrum of the world.

Perhaps that's what has fueled Jason's culinary creativity. With roles as executive chef for Philip Morris and then Kona Brewing Company on Hawaii's Big Island, Jason has had the opportunity to experiment and grow. And not just as a chef! Over the years, he has spent time in Florida working as a regional sales manager for Fat Point Brewing, along with being a sushi chef and a kayak tour guide.

These are the experiences that define Jason as a professional and as an all-around good guy. He is both a creative and innovative chef and an individual who enjoys bringing delight to the people he serves.

When he moved to the Eastern Shore to be closer to where his wife grew up, Jason set about finding a place that allowed him to be creative and make people happy, working and developing dining at The Local in Cheriton. For three years, he served up unique dishes that utilized local produce and goods, and pleased locals and visitors alike. It helped Jason get to know the community in a meaningful way—working with many of the same local farmers we work with at Coach House Tavern here in Bay Creek.

Jason's interest in local food has built great relationships with farmers here on the Shore who appreciate his respect for what they do. That will be a part of his work at Bay Creek, too. "The team at Bay Creek and I really came together around a desire to have more of a farm-to-table concept and utilize products available through the local community," Jason explains.

"Being here at Bay Creek and using my experience is exciting," he adds. "I really want to listen to the members and understand what they're looking for. They're from diverse areas. There are full time and part time residents, but at the end of the day, everyone appreciates something that adds to the value of their membership, and I want to provide that in any way I can," Jason says.

As for what Jason sees coming next in his role as Executive Chef, "I'd like to give members and guests some fun dishes, good food, and events that can take the Coach House and its food service even farther."

Jason's resume is extensive but his passion to be innovative and his creative energy are even more impressive. If you haven't yet had the chance to try Jason's incredible culinary creations, we can't wait for you to come in and enjoy a delicious experience.

Jason resides in Cheriton with his wife, Tyler, and two children Lucy, 5, and Jacob, 2.

On behalf of Bay Creek, please welcome Chef Jason to the team as we look forward to the fun and flavor he brings to our Eastern Shore haven.



**Bay Creek and Gull Hummock are  
partnering for a Virtual Wine  
Tasting on March 4th at 6pm!**

The wines are selected- all we need is you!  
Additional information will be coming soon  
about how to sign up for this fun and  
educational event for members over 21.

# February 2021

*Happy Black History Month*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Nicklaus Cup Match Play Registration, Online on Golf Genius, see email for more information.	2	3	4	5 Spin with Ashley @ Life Center, 5pm	6
7	8	9	10	11	12 Spin with Ashley @ Life Center, 5pm	13 Valentine's Day Dinner @ Coach House Tavern, 4p-8p  Spin with Ashley @ Life Center, 9am
14 <b>Valentine's Day</b> Valentine's Day Dinner @ Coach House Tavern, 4p-8p	15	16	17	18	19 Spin with Ashley @ Life Center, 8am	20 Music Trivia @ Coach House Tavern, 6p-8p
21	22	23	24	25 Spin with Ashley @ Life Center, 7am	26	27
28						

## Life Center Weekly Schedule

<b>9am</b> Full Body Stretch with Austin  <b>10am</b> General TRX Class with Austin  <b>5pm</b> General TRX Class with Austin	<b>10am</b> Weighted Kettle Core & Upper Body with Jill	<b>10am</b> Full Body Stretch with Austin  <b>11am</b> Total Body Workout with Jill  <b>5pm</b> Spin Class with Ashley	<b>10am</b> General TRX Class with Austin  <b>5pm</b> Body Weight Tabata with Austin	<b>9am</b> Full Body Stretch with Austin  <b>10am</b> Mat Pilates with Jill  <b>5pm</b> General TRX Class with Austin	<b>10am</b> Body Weight Tabata with Austin  <b>1pm</b> General TRX Class with Austin
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## Hours of Operation

**Life Center**  
757-331-8730

Mon- Fri 7am-7pm  
Sat - Sun 8am-4pm

**Coach House Tavern**  
757-331-8630

Mon- Thurs 11am-5pm  
Fri - Sat 8am-8pm  
Sat - Sun, Brunch 9am-2pm

**Pro Shop**  
757-331-8620

Mon - Sun 7am-5pm

 **BAY  
CREEK**  
*Cape Charles, Virginia*