

THE BAY CREEK INSIDER

Monthly Member Newsletter

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THE BAY CREEK MOBILE APP KEEPS YOUR INFORMATION SAFE!

At Bay Creek, protecting member data is very important to us.

Our trusted partner, Pacesetter, has taken many proactive steps to secure your information. Pacesetter's platform is entirely cloud-based and born from the highly secure financial services industry. Rest assured that there is no financial information or sensitive personal data stored within the Bay Creek app, and we will never share our database with a third party. Every interaction within the app is fully encrypted so that the individual's identity is kept private.

Additionally, communications are opt-in only and can be unsubscribed from at any time. You can feel secure while using the Bay Creek mobile app –and if you have any questions, contact club@baycreeklife.com.



NOW AVAILABLE FOR DOWNLOAD ON





NEW AND IMPROVED

Come check out the Bay Creek Life Center

We don't know if you have heard, but the old Bay Creek Beach Club has taken on a new look. Come down and let us introduce you to the reinvented Bay Creek Life Center.

We offer many more classes to choose from, so please come take advantage of some of these useful ways to socialize and improve your well-being in the process. Below is the list of classes:

FULL BODY STRETCH
TRX SUSPENSION TRAINING
WEIGHTED KETTLE-CORE UPPER BODY
STRETCH PILATES
TOTAL BODY WORKOUT
SPIN CLASS
TABATA
WATER AEROBICS
BASIC MAT PILATES

How about our elegant Fitness Area? Do you know what to do in there? Are you overwhelmed by the machines and the weights? Do you come in and do the same exercises day in and day out?

To the first question, ask one of our highly certified Trainers/Coaches for help. One thing you will find about us is that we do not look like the average trainers at a gym. We don't walk around in a uniform and try to sell you a package. We are not robots; we are humans and want to make new friends every day.

If you are intimidated or overwhelmed by all the equipment in the Fitness area, ask us and we will take the anxiety out of the experience. Showing you what exercises and equipment are necessary for your goals.

Now onto the final question, this is truly the real question for those that come in and do the same exercises constantly. The problem with this is that the body adapts to training.


This is called Specific Adaptation to Imposed Demands. If you keep training the same with the same weights or distances, not changing the intensity or volume of the training program, then the body will adapt, and you will not reap any benefits from the training. It is imperative for you to confuse the body to always keep it guessing.


If you want to train cardio, you need to increase or lower intensities off and on so the body doesn't have a chance to adapt. Talk to our Trainers/Coaches about a program that allows you to train for pure health or even up to a marathon.


If you are into resistance training/anaerobic training, which type of program is best for you? Euro Blast Training, Traditional Pyramid, German Volume Training, maybe some Eccentric Training? The answer is most people do not know where to begin and they do what they find on the internet. The internet is full of ideas, but it does not factor in how your body works, your age, or any injuries you might have sustained over the years. This is why it is so important to allow our Trainers/Coaches to assist you in finding the right type of program that will work for your body.


Please feel free to come and have a meeting with one of our Trainers/Coaches and we will be happy to assist you!

All class reservations and personal training request can be made by using your Bay Creek App. You can also call the Life Center at (757) 331-8730











GREENS INFO

All the nines will be open daily for the month of July. As COVID19 restrictions have been lifted we are asking everyone to pair together in carts. When the weather heats up additional cart traffic causes unneeded wear and tear on the course. If you still feel you need an individual cart, you may, but you must pay for both riders (\$30 for 18holes). The golf staff thanks you in advance for your cooperation.

The first tee time in July is 7:30 am.

GOLF NEWS!



LEGENDS MEMBER-GUEST

Coming...September 23, 24 & 25

Please join us for this year's premier event - The Legends Member-Guest. This is a perfect opportunity to show off your club, say thank you to a special client, or spend a fun weekend with a cherished friend. The format is a two-person team Round Robin. You will play five 9-hole matches against each team in your flight (match play). If you win your flight, you will go into a shootout with the other flight winners to determine the overall champion. This is a great format and lots of fun. We will have a reception Saturday evening on the patios with food drinks.

Schedule

Thursday, September 23 - Practice Rounds - Par 3 Tournament at 3pm (shotgun start) – Calcutta Auction after scoring the par 3 event. The Calcutta auction is new this year. 70% of the total flight money goes to the winner of the flight. The other 30% gets forwarded to the overall champion / shootout winner.

Friday, September 24 - Three 9 Hole Matches with a putting contest on the clubhouse putting green following the completion of the last match on Friday.

Saturday, September 25 - Two 9 Hole Matches, followed by The Shootout, followed by a reception/dinner at the Coach House Tavern/Patios. Spouses/Significant Others invited.

Entry: \$700.00 per team. Includes just about everything, except for alcoholic beverages. The event is a Net event with handicaps so both players MUST have a verified USGA handicap.

Please register through the app. I hope you can join us for this very special event!



ONE DAY MEMBER-GUEST 2021

The Results Are In!

The 2021 One Day Member Guest event was played on June 19th. The event's format was a 2 person scramble conducted on the Palmer Front and Nicklaus Front nines. The weather was absolutely stunning with a high temperature around 86 degrees and very light wind making it a perfect day for golf. We had 56 participants and for scoring we had a gross and net division. The net division worked by using 35% of the A player's handicap plus 15% of the B player's to get the total team handicap. The total team handicap was deducted off the gross score to give the team their net score. Ties were broken using the USGA method (Last 9, Last 6, Last 3, Last 1). A team was only eligible to win in either the Gross Division or the Net Division. You cannot win in both divisions.

Gross Division

1. Terry White & Billy Sterling (pic above) 63 (-9)
2. Bob Kraly & Robert Wright 65 (-7)
3. Claude Reid & Bruce Garrsion 67 (-5)

Net Division

1. Nick Lotuaco & Palmer Rutherford 62 (-10)
2. Jon Thornbrugh & Chip Weisenfels 62 (-10)
3. Rob Harris & Lou Sally 62 (-10)

Closest to the Pin Contest

- | | |
|-------------|-------------|
| Palmer #4 | Pete Hodgen |
| Palmer #7 | Jim Farris |
| Nicklaus #4 | Claude Reid |
| Nicklaus #6 | Todd Lewers |

[CLICK HERE](#) to view the results in the event portal.

Congratulations to the winners!



All new bird banders have to apprentice under a licensed bander and then be certified by the USGS Bird Banding Center in Patuxent MD. The process is rigorous and multi-tiered and can take several years to complete. Given the relatively new condition of the bands we found, I'm assuming this was done recently. The report (from the bander) hasn't been received by the Patuxent Lab yet, but once received we will be notified and the information will be included in their database, adding to the scientific record.

The information gathered from leg or neckbands is used to monitor long-term trends of resident and migratory bird populations and their migratory patterns. Most bands are placed on the bird's leg(s) but the large color and numbered bands are also used and placed on their necks. This is the case with waterfowl and other long-necked birds with the color and numbers being easily read with binoculars or spotting scopes to aid in field identification.



Leg bands found on the Preserve Beach.

Photo Credit: Joe Fehrer

LOST ANIMALS, INFORMATION GAINED

by Joe Fehrer

"Each species is a masterpiece, a creation assembled with extreme care and genius." E.O. Wilson

June is a busy month with the transition from spring to summer; migratory species have moved into our area with many others passing through, the ground has warmed sufficiently for unbridled germination, and the life and death drama that plays out in the natural world continues.

Early in the month while working on a beach cleanup project, Stan Osmolenski (Preserve Ranger) and I were alerted to a bird carcass with leg bands on the Preserve beach. A Bay Creek resident was beachcombing when she came across the bird's remains and took a few pictures. She mentioned this to us and shared the pictures, with curiosity aroused we went to investigate and locate the remains.

Judging by the talons we could tell the bird was a raptor (a hawk, owl, eagle, osprey) the few feathers we found pointed to a young(ish) bird, and the larger color band [with letters and number] had us thinking it was perhaps an owl; purely speculation on our part. I collected the carcass and reported the band numbers, color, and letter information to the USGS Bird Banding Lab. As of this date, we haven't received confirmation as to the age, sex or species.

Birds are good indicators of overall environmental health, and understanding a species status and population trends is critical in developing the science used to aid in conservation and habitat management practices. Reporting this information is very important and contributes greatly to the data and knowledge of the particular species banded.

If you're at the Preserve, on the beach or in your neighborhood and find a banded bird, please contact <https://www.pwrc.usgs.gov/BBL/bblretrv/> to report the band. If you would rather not handle a dead or injured bird, please contact me, your Preserve Naturalist or Stan, the Preserve Ranger.



Atlantic loggerhead with Ranger Stan for size comparison.
Photo Credit: Joe Fehrer

Near mid-month, we responded to two sea turtles stranded on the bay fronting beach; regrettably, both were dead. The turtles, Atlantic loggerheads (*Caretta c. caretta*) had washed ashore on the rising tide and we were alerted by a summer resident who also contacted the Marine Mammal Standing Center. Atlantic loggerheads are the most common, but not the only marine turtles in our area. They and their kin are federally protected species.

The loggerhead is the largest of the hard-shelled sea turtles and can weigh up to 1,000 lbs, and like most turtles (terrestrial and freshwater aquatic and marine) can live upwards of 80 years. They become sexually mature between 17 and 30 years old. Nesting occurs on sand beaches generally south of the Chesapeake Bay, although they have been known to nest on the barrier islands of Virginia (all-be-it a rare occurrence).

Like most turtles, their sex is determined by the temperature of the underground nest, the warmer the sand the more females, the cooler, more males; 30 degrees C (86 degrees F) results in a near equal distribution of males to females. After an incubation period of about 80 days, the turtles emerge from the nest and head for the ocean, using the reflection of the moon and starlight off the water's surface as a guide.

Interestingly after years of research, it's been determined that sea turtles have an iron compound [magnetite] in their brains which allows them to use the Earth's magnetic field for navigation. These turtles move across the Atlantic and Caribbean basins in years-long and basinwide migrations. They only come ashore to nest.

When the Stranding Team responds to an incident like this, they first measure the animal's carapace in length and width and look for any signs of apparent injury. They [generally] will collect the animal and perform a necropsy in an attempt to ascertain the cause of death, however, this can be difficult with marine species. These large turtles are pelagic, spending most of their life at sea and only entering the bay in the late spring and summer to feed. They leave our area as the water temperature cools in the fall.

To report a stranded marine mammal or sea turtle, call the 24-hour Stranding Hotline at (757) 385-7575. Also, please let me and or Stan know if you encounter a stranded turtle or marine mammal on the Bay Creek beach. I want to document these events as we build out a species list and knowledge base of the wildlife that uses this area.

The loss of an iconic animal such as the loggerhead [and yet to be determined raptor species] is disappointing and sometimes difficult to see, but in their death and recovery comes knowledge and information, which is added to the scientific record. As mentioned above, this information aids conservation efforts and provides wildlife managers with tangible facts, which allows them to better do their job.

Important Contact Information:

Marine Stranding Hotline : (757) 385-7575
Joe Fehrer, Preserve Naturalist: (410) 430-1743
Stan Osmolenski, Preserve Ranger: (717) 503-7824

To report banded birds:
<https://www.pwrc.usgs.gov/BBL/bblretrv/>



VIRGINIA
AQUARIUM
& MARINE SCIENCE CENTER



**BAY
CREEK**
Cape Charles, Virginia



4TH OF JULY WEEKEND

BEACH BBQ

Saturday, July 3rd
10am - 5pm

Sunday, July 4th
11am - 7pm

Find us grillin' classic hamburgers and hot dogs with a few surprise features from our Chefs.

Located under the tent at the beach

Summer Crushes... Having a blast!

The Coach House Tavern will be featuring refreshing and delicious Crushes throughout the month. Join us and try one or more of these refreshing libations.

\$13 each

CLASSIC CRUSH

Featured flavors:

Orange • Pineapple • Strawberry • Mango

Wine of the Month

The Coach House Tavern will be featuring two delicious wines for the month of July

La Fiera 2020 Pinot Grigio—\$6 per glass or \$20 per bottle

100% Pinot Grigio wine from Venice Italy, where the hilly soil, the exposition to sun, the frequent rains and the constantly mild temperature between April and October combine to provide the best conditions. It has straw color with a fruity bouquet filled with apples and pears. The palate is dry, soft and well balanced with a lingering acidity.

Excellent with all types of grilled fish and mushroom based dishes.

Cotes du Rhone—\$7 per glass or \$24 per bottle

Classic Côtes du Rhône. Fruity and fleshy with beautiful tannins, it's a great everyday wine made almost exclusively from our Grand Prébois vineyards (for the Grenache) and our Vinsobres vineyards (for the Syrah). A beautiful wine you should always have around!

Perfectly matched grilled meats, chicken and veggies on the backyard barbecue.

Both wines will also be available for take out (off premise) for 30% off the bottle price. Wine information sheets are attached.





Want to be part of the Town of Cape Charles' July 4th fun?

GOLF CART DECORATING

for the Independence Day Parade

The Town of Cape Charles will be hosting their annual Independence Day Parade on Sunday, July 4th at 10AM.

Parade line-up 9:00am - 9:30am on Washington Ave.

Saturday July 3rd at 5:00pm

Stop by the Community Pool Parking Lot to decorate your golf carts for Sunday's parade. Let's show some Bay Creek Pride!

All carts must be street legal.

Bring your own supplies.

[Click Here](#) to see some of the other festivities happening in town.



SUNDAY
JULY 4TH

CORNHOLE TOURNAMENT

HOSTED BY THE BAY CREEK LIFE CENTER

Located near the tent on the Great Lawn by the beach.

Tournament Information:

27 Team Limit (Each team MUST consist of 2 people)

Tournament will be single elimination.

Team Check-in at 7:00AM

(Team Names and all members names must be preregistered)

First game will begin at 8:00AM

Tournament Intermission at 9:30am - 11am

Perfect time for team members to attend the 4th of July Parade in downtown Cape Charles.

Sign up for the Tournament on the Bay Creek App

BBQ and Drinks will be available.

If you are interested in volunteering for this tournament, contact Richard "Sarge" Gonzales at the Life Center via email rgonzales@baycreeklife.com

Trivia Night

at the Life Center

WEDNESDAY JULY 7TH

5:30PM - 8:00PM

HOSTED BY

Austin Brady

CATERED BY

Robyn Stringfellow

\$30 PER PERSON, INCLUDES FOOD

TRX SWEAT SYSTEM RAFFLE | CASH BAR
RSVP ON THE BAY CREEK APP



**BAY
CREEK**
Cape Charles, Virginia

INTERESTED IN DONATING BLOOD TO THE RED CROSS?

[Click Here](#) to complete our Bay Creek
Blood Drive Questionnaire.

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood.



FEATURING
Sangria

TUESDAY, JULY 13TH
5:30PM - 7:30PM

COST: \$20 PER PERSON

RSVP IN THE BAY CREEK APP FOR
THIS POPULAR AND FUN CLUB.

BAY CREEK LIFE CENTER LOUNGE



**BAY
CREEK**
Cape Charles, Virginia

FRIDAY LIVE AT THE TREE OF LIFE

FRIDAYS 5:30P - 7:30P
FREE EVENT! NO RSVP REQUIRED

LIVE MUSIC

JOIN US AT THE BAY CREEK TREE OF LIFE
JUST PASS THE NICKLAUS BACK NINE BRIDGE

RECOMMENDED TO BRING YOUR OWN CHAIR
BAY CREEK | 1 CLUBHOUSE WAY CAPE CHARLES, VA 23310 | BAYCREEKLIFE.COM



JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Ladies League Play Day Sunset Jam on the Beach- 7pm	2 Beach Walk, meet at the beach entrance 8:30am - 10:30am Friday Live at the Tree of Life 5:30pm - 7:30pm	3 2nd Annual Glow Putt Movie Night at the Life Center - 8:30pm
4 Independence Day Sunday Member Mixer Cornhole Tournney - 8 am 	5 The Beach at Dawn Walk, meet at the beach entrance 7:30am - 9:30am	6	7 Trivia Night at the Life Center - 5:30pm	8 Ladies League Play Day Sunset Jam on the Beach- 7pm	9 Beach Walk, meet under the tent at the beach entrance 7:00pm - 9:00pm	10 Club Championship Movie Night at the Life Center - 8:30pm
11 Club Championship Sunday Member Mixer	12 Preserve Walk, meet at Basecamp 7:30am - 9:30am	13	14	15 Ladies League Play Day: Clinic Sunset Jam on the Beach- 7pm	16 Beach Walk, meet at beach entrance 8:30am - 10:30am	17 Movie Night at the Life Center - 8:30pm
18 Sunday Member Mixer	19 The Beach at Dawn Walk, meet at the beach entrance 7:30am - 9:30am	20	21	22 Ladies League Play Day Sunset Jam on the Beach- 7pm	23 Driving Member Clinic Full Moon Walk, beach @ 7:45pm	24 Full Swing Adult/Youth Clinic Movie Night at the Life Center - 8:30pm Cheeseburger in Paradise Nine & Dine
25 Sunday Member Mixer	26 Preserve Walk, meet at Basecamp 7:30am - 9:30am	27	28	29 Ladies League Play Day Sunset Jam on the Beach- 7pm	30 Beach Walk, meet at the beach entrance 8:30am - 10:30am	31 Movie Night at the Life Center - 8:30pm

Life Center Weekly Schedule

Sign up is required for all Water Aerobics, Spin and TRX classes due to equipment availability and COVID-19 spacing precautions.

9am Full Body Stretch with Austin 10am General TRX Class with Austin/Sarge 5pm General TRX Class with Austin/Sarge	10am Weighted Kettle Core & Upper Body with Jill 5pm PN General TRX Class with Austin/Sarge 6pm Water Aerobics with Jill	10am Full Body Stretch with Austin 11am Total Body Workout with Jill 5pm Beginner Spin Class with Ashley	7am Spin Class with Ashley 10am General TRX Class with Austin/Sarge 5pm Body Weight Tabata with Austin 5pm PN General TRX Class with Sarge	6am Spin with Ashley 9am Full Body Stretch with Austin 10am Mat Pilates with Jill 11am Water Aerobics with Jill	10am Body Weight Tabata with Austin 11am General TRX Class with Austin 12pm PN General TRX Class with Sarge
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Hours of Operation

Life Center
757-331-8730

Mon- Fri 6:30am-8pm
Sat - Sun 7am-8pm

Pools
Mon- Fri 6:30am-8pm
Sat - Sun 7am-8pm

Coach House Tavern
757-331-8630

Mon- Wed 8am-5pm
Thru 8am-8pm
Fri - Sat 8am-9pm
Sun - 8am-5pm

Pro Shop
757-331-8620

Mon - Sun 6:30 am-6pm

 **BAY CREEK**
Cape Charles, Virginia