

# THE BAY CREEK INSIDER

Monthly Member Newsletter

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## DID YOU KNOW?

### Historic Bay Creek Fun Fact

The American Indians that inhabited the lower part of the Eastern Shore at the time of English exploration of the New World were the Accawmacks. The village of Accawmack was located somewhere between Cape Charles and the south side of Old Plantation Creek. Archaeologists' excavations around the Arlington site on the south side of Plantation indicate that it is likely the site of the Accawmack village. We live in a place steeped in history!

(Archeology at Arlington, Lucchetti) For more information visit: [https://historicjamestowne.org/wp-content/uploads/arlington\\_1999.pdf](https://historicjamestowne.org/wp-content/uploads/arlington_1999.pdf)







# RECOVERY PROGRAMS

## 3 Programs, 1 Price

The Life Center is excited to announce that we are offering recovery programs for our members! For \$45 a month you can use any of our recovery resources as much as you want during that month.

Please, come in and ask about our Manual Stretching, TENS/STIM therapy, Percussive Therapy, and Sports Taping Programs! These are all great ways to help prevent injuries, recover from any previous injuries, or increase flexibility.

\*Appointment times are based on trainers availability.

## HEALTHY CHOICE FOR ST. PATRICKS DAY

### *Keto Shephard's Pie*



Prep time: 10 min./ Cook time: 30 min.

A traditional savory classic from the English countryside, without the unnecessary carbs.

#### Ingredients:

##### Cauliflower Mash

- 1 1/2 lbs cauliflower
- 1/2 cup creme fraiche or sour cream
- 1 egg
- 3oz. butter, melted
- 1/2 leek, finely chopped
- 5 oz. cheddar cheese, shredded
- salt and ground black pepper

##### Minced Lamb

- 1 3/4 lbs ground lamb (you can use chicken turkey or pork)
- 2 tbsp. Worcestershire sauce
- 2 tbsp. Tamari soy sauce
- 1/2 tbsp. Tabasco
- 1 tsp. onion powder
- 1/2 tsp. dried oregano
- salt and pepper to taste
- 1 tbsp. butter or 2 tbsp. of olive oil, for frying

#### Instructions:

1. Preheat the oven to 400°F (200°C).
2. Clean and cut the cauliflower into smaller florets. You can also use frozen cauliflower. Cook in lightly salted water until soft. Drain thoroughly. Mash the cauliflower with a hand blender or food processor.
3. Mix in crème fraîche or sour cream, egg, butter, leek and half of the cheese. Season with salt and pepper.
4. Fry the ground meat in butter. Add the sauces and the spices.
5. Spread the meat out in an oven-proof dish and cover with the cauliflower mash. Top with the rest of the cheese and maybe some extra butter.
6. Bake in the oven for 20 minutes or until it gets a nice golden color.
7. Serve with leafy greens or as is.



## SPIN CLASSES ARE HERE!

See calendar schedule on page 6 . Contact the Life Center for more information. Sign-ups required.





# GOLF ETIQUETTE FOR MARCH 2021

*from the Pro Shop Team*

We all would like to have a perfect golf course, and the agronomic team is working toward that end 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.** Unfilled divots in the fairways look bad and penalize players for hitting a good shot into the fairway. We have Bermuda fairways, and the grass grows sideways, so **DO NOT REPLACE** your divots, **FILL THEM IN WITH SAND**, and smooth them.

Please see [THIS VIDEO](#) on the proper repair of ball marks. Finally – if you live on the course, please **DO NOT HIT PRACTICE SHOTS FROM THE FAIRWAYS** in the evenings. Please come to the practice facility to work on your game!

Thank you to everyone for your attention to the care of the courses.

## GREENS INFO

All three nines are open for play each day in March, with the exception of closings for greens aeration on the following dates:

- March 15-19 – Palmer front and Palmer back (may potentially open by mid-day Friday)
- March 22-26 – Nicklaus front, Putting Green, Academy green (may potentially open earlier, if possible)

The first starting time in March will be 8:00am



New items from Peter Millar, FootJoy, Turtleston, G/Fore, Smathers & Branson, Red Line Markers & Titleist will be arriving soon so be on the lookout next time you visit The Golf Shop.

## EXCITING NEW PRACTICE FACILITY ENHANCEMENTS

We have already placed new bag stands, alignment rods and club cleaners on the range, but we have all new range balls coming in April as well. We also have new digital yardage indicators coming to provide exact yardage to eight new targets in the range from the main tee by the clubhouse. These will be placed as soon as they are received, and there will be three of them. If your range station is not close to one, we would suggest taking a picture of the yardages with your phone and placing it on your bag stand while you hit balls. Some new furniture for relaxing will also be placed on the range sometime in the Spring. We hope you enjoy these new enhancements!

## 2021 NICKLAUS CUP MATCH PLAY CHAMPIONSHIP



Registration for the 2021 Nicklaus Cup Match Play Championship is still underway. All events this year will feature online registration through Golf Genius, email notices will be sent out with instructions on how to sign-up online.

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





# ACORNS, OAKS AND INSECTS

by Joe Fehrer

*"The oak sleeps in the acorn, the bird waits in the eggs."*  
- James Allen

If you've been on the Preserve this fall and winter you've no doubt seen acorns scattered about. We have several varieties of oaks, mostly in the red oak family, adjacent to the trails, but more on tree identification in a future column.

The next time you're out pick up a handful of acorns, what you're looking for are acorns with tiny holes in them. These little holes tell quite a story... As acorns are developing in the spring some of them are visited by Acorn Weevils (*Curculio* Sp.) This small insect, in the beetle family [taxonomic order coleoptera] is 3/8 inch-long, the females have long slender snots called "rostrums". They use the chewing mouthparts [in the rostrums] to bore tiny, almost imperceptible holes into acorns while still on the tree. They then deposit one or more eggs in the kernel of the acorn. From the eggs hatch small pale legless grubs that are cylindrical with brown heads, and ridges that helps them move about. The grubs feed inside the acorn growing to about 3/8 inches long and until the acorn drops to the ground in late fall. They bore a circular hole [1/8 inch in diameter and easily visible] through which they escape and tunnel into the ground. They remain underground for a year or two, depending on the specie, where they pupate and emerge as an adult, to begin anew their circle of life.

It's well known that acorns themselves provide food for many bird and mammal species; from turkeys to wood ducks and from mice to bears. For some animal species their very life cycle and abundance is directly impacted by the mast crop, and can be just as cyclical. But I digress...

As cold and breezy as it is now, spring is little more than a month away and the migration of species it propels northward is already beginning, all-be-it slowly and far to our south. For many of us spring migration means songbirds and bird watching, which is why the example of the acorn and the grub is so important.

Our native songbirds and neo-tropical migrants are dependent on the availability of protein when they reach their breeding grounds, some having flown nearly non-stop from their winter range. Studies have shown, and quantified, the great importance of grubs and caterpillars as a food source for songbirds. For an example, the one-half once Carolina chickadee, our most common specie and a year round resident, feeds its young as many as 9,000 caterpillars over the course of the 16 days [on average] it takes them to fledge. After they leave the nest the parent bird continues to feed them for three or more weeks.



So where am I going with this; in a nut-shell, pun intended, birds need grubs and caterpillars, and grubs and caterpillars need trees and plants, but not just any trees and plants. Our native coleoptera [beetles] and lepidoptera [moths and butterflies] have evolved to feed on native plants and trees, and only by doing so can they provide the high quality protein source songbirds need. Non-native plants and trees while appealing to our eye and garden decor are rather unappealing for native coleoptera and lepidoptera. Which brings me back to the oaks; the *Quercus* [oak] family supports the greatest abundance of native lepidoptera in north America, with about 534 species thus far recorded. (Of our native wildflowers, the lowly goldenrod [*Solidago* Sp.] has the highest lepidoptera count at 115 species)

I was inspired to write this while recently looking up at a nice red oak on the Preserve and holding an acorn in my hand, one with a tiny hole in it... As you're thinking of spring and your garden, plant smart and plant native; you'll be doing right by the moths and butterflies and doing our songbirds a favor.







5. The picture must be taken as shown above and taken with a mobile phone with camera or a digital camera or video camera capable of producing still photos with memory card and/or download cable to submit digital photographs.

a. Pictures are to be submitted to zach@baycreeklife.com for judging and tournament acceptance. Pictures must include the below information:

- i. Member's Name
- ii. Date
- iii. Division (May be Multiple)
- iv. Picture of valid Fishing license if you are 16 or older

b. The picture must be an original. No filters or photoshopped images, as this will result in disqualification.

c. The fish must be left facing and showing the full length on the measuring board.

d. Fish must be released back into the pond after picture and measuring.

## DIVISIONS

1. Overall – the person with longest Bass Caught using any type of Hook and line.

2. Fly – the person catching longest bass using a fly rod and fly.

3. Junior – the person under the age of 16 catching the longest bass on hook and line.

\*In the event of a tie – The winner will be the fist fish submitted and approved.

# SEASON-LONG BASS FISHING TOURNAMENT

**Longest Bass Tournament: March 1st to October 31st**

**Eligibility: Open to all Bay Creek Members**

**This is a catch, measure, picture and release tournament.**

## ENTRY REQUIREMENTS

1. Must have a valid Virginia State Fresh Water Fishing License. (Children under 16 do not need a license)

2. Must have caught the bass in an “approved” Bay Creek Fishing pond. Approved ponds are designated on the Bay Creek Fishing Map (above).

3. The fish must be caught on hook and line and snagging the fish is not permitted. For a fish to be admissible, all bass must be hooked inside the mouth. All fish must be hooked and reeled in by the same person. You cannot hook and hand off a rod to someone else.

4. Must take a picture of the fish using an acceptable measuring device.

a. Acceptable measuring boards include the Hawg Trough manufactured by Hagen's (pictured below) or any similar board made by a reputable manufacturer. Measuring boards may be shortened by removing inches from the upper end (opposite the fence) However, it may not be broken, snapped, or cut apart and then reassembled at any point between the two ends. A crack that does not separate the measuring board into pieces and does not affect the measuring board's accuracy may be repaired and reinforced for use. Violation will result in denial of photo. The measuring board must have a fence to the left.

b. Measuring - Fish length is determined by its caudal fin (tail fin) touching or crossing the factory marked quarter-inch increment (e.g., ridges, grooves) on the measuring board. If it falls short of a 1/4-inch factory mark, the length is rounded down to the next lower 1/4-inch mark that the bass' caudal fin actually touches or crosses. In reviewing photographs, judges will visualize as accurately as possible where a 1/4-inch factory mark would be if it extended the full width of a board and use that imaginary line to determine a fish's length. The mouth of the fish must be closed during measuring and touching the start fence.



Got questions? Please contact Zach Pfingst at zach@baycreeklife.com



# WHAT'S COOKING AT THE COACH HOUSE TAVERN?

“

*The changes are definitely something to get your taste buds buzzing.”*

Coach House Tavern is excited to announce updated menu items! While some favorites have remained on the menu, some local farm-fresh additions are sure to get your taste buds excited.

Here is a small sampling of some of the newest items.



## BOURSIN BBQ BURGER

special blend beef patty, Boursin Cheese, house made bbq sauce, fried onions, lettuce, tomato



## MEATLOAF

house recipe meatloaf, tomato ginger chutney, 3 cheese queso, fingerling potatoes, sauteed spinach, demi

The Coach House Tavern has introduced separate menus for Breakfast/Brunch, Lunch and Dinner, including a specialty cocktail section for those who enjoy a nice libation while they dine.

See you there!

March 2021

Beginning February 18

**NEW** Prime Rib Night  
at The Coach House Tavern

Dinner to Go Available

Every Thursday  
5pm - 8pm

**BAY CREEK**  
Cape Charles, Virginia

The Coach House Tavern | 757.331.8630  
Call today to make a reservation!

## No Thursday Plans?

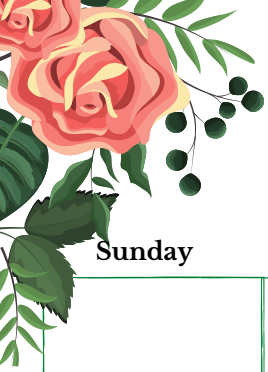
Don't worry, we got you covered. Stop by the Coach House Tavern for our Prime Rib Night, 5pm - 8pm every Thursday

VIRTUAL  
Wine Tasting

MARCH 4, 2021

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# March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Spin with Ashley @ Life Center, 8am	5	6
7	8	9	10	11 Spin with Ashley @ Life Center, 8am	12 Spin with Ashley @ Life Center, 8am	13 Spin with Ashley @ Life Center, 8am
14	15 Spin with Ashley @ Life Center, 7am	16 Spin with Ashley @ Life Center, 8am	17 <b>St. Patrick's Day</b> 	18 Spin with Ashley @ Life Center, 8am	19	20
21	22	23	24	25 Spin with Ashley @ Life Center, 8am	26 Spin with Ashley @ Life Center, 8am	27 Spin with Ashley @ Life Center, 8am  <b>Big Hole Golf Tournament</b> (Members and Guest only)
28	29 Spin with Ashley @ Life Center, 7am	30 Spin with Ashley @ Life Center, 5pm	31			

## Life Center Weekly Schedule

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

<b>9am</b> Full Body Stretch with Austin  <b>10am</b> General TRX Class with Austin/Sarge  <b>5pm</b> General TRX Class with Austin/Sarge	<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> Beginner Spin Class with Ashley	<b>10am</b> General TRX Class with Austin/Sarge  <b>5pm</b> Body Weight Tabata with Austin	<b>9am</b> Full Body Stretch with Austin  <b>10am</b> Mat Pilates with Jill	<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

