

THE BAY CREEK INSIDER

Monthly Member Newsletter

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HOURS OF OPERATION UPDATED ON BAY CREEK APP

Under the Communicate tab of the Bay Creek App, you'll be able to access the hours of operation for the Coach House Tavern, Golf Pro Shop, Life Center, and Discovery Center.



NOW AVAILABLE FOR DOWNLOAD ON





KEEP A TIME DIARY

3

Your schedule reflects how you're prioritizing the activities in your life. Track your time for a couple weeks to find out if it's consistent with your goals and values.

Track Your Day In 15 Minute Increments.

- 7:00 - 7:15am Woke up; brushed teeth; wash face.
- 7:15 - 7:30am Checked Instagram
- 7:30-7:45am Still on Instagram
- 7:45-8:00am made coffee

Then, Analyze it.

Without judgement, ask yourself if your schedule reflects your true priorities.

INCREASE HEALTH AND FITNESS ACTIVITIES IN 15-MINUTE INCREMENTS.

4

To start to align your schedule with what you want to accomplish, replace low-value activities with high-value ones, little by little.

Increase +15 minutes for Healthy Meal Prep

Decrease -15 minutes of watching TV

CREATE SYSTEMS THAT MAKE HEALTH AND FITNESS FASTER AND EASIER

5

With a little extra time and effort up front, you can create an environment that significantly reduces the time needed to eat well and move more.

PUT MEAL PREP AND MOVEMENT IN YOUR CALENDAR

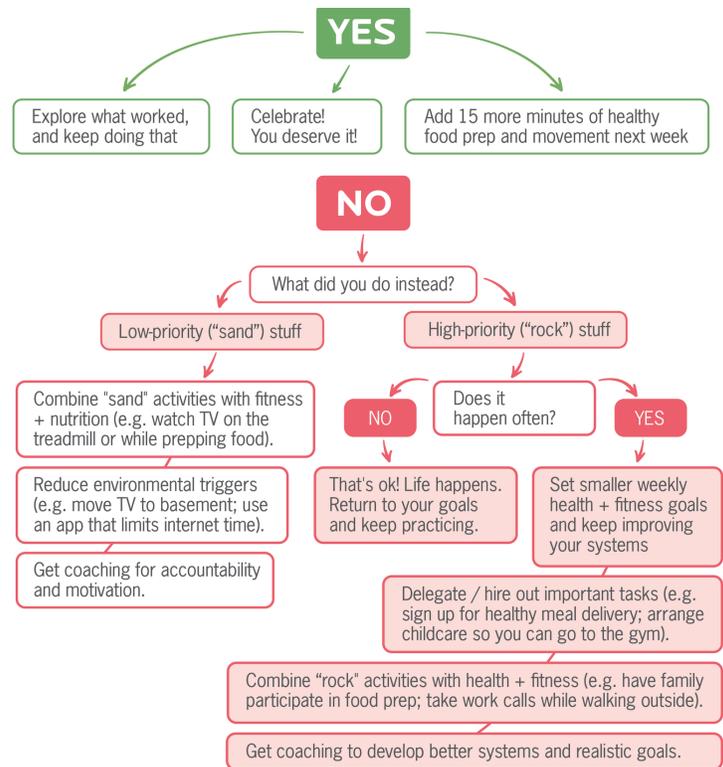
6

If we waited until we 'felt like it,' a lot of important things would get neglected. Schedule it in, and stick to it.

REVIEW AT THE END OF EACH WEEK

7

Did you use your time to support your health & fitness?



7 EFFECTIVE WAYS

TO MAKE TIME FOR EXERCISE AND NUTRITION

When life's already busy, here's how you can make time to eat better and move more often.

For more information visit: precisionnutrition.com/make-time-for-exercise-and-nutrition-infographic/

1 ASK YOURSELF 'WHY'

Understanding exactly why you want to eat better and exercise more gives you the motivation to prioritize it over other things.

Why do I want to eat healthier and exercise more?

Because I want to feel better and have more energy.

But why do I want to have more energy?

Because when I have more energy I can do more of the things I enjoy.

But why do I want to do more things I enjoy?

Because the best way to live life is to enjoy it, that's obvious!

2 IDENTIFY YOUR TOP PRIORITIES

Think of your time as a jar, which you can fill with a finite number of rocks, pebbles, and sand.

YOUR BIG ROCKS represent the stuff that's most necessary to feel fulfilled in life. They often relate to family, health and livelihood.

- Time with friends and family*
- Health*
- Earning a living*
- Getting enough sleep*

YOUR PEBBLES add extra fun and satisfaction to life, but aren't totally necessary.

- Hobbies*
- Excelling at work*
- Being a competitive athlete*
- Working on a passion project*

YOUR SAND is purely "bonus" activity. It can be enjoyable, but it's not crucial to your survival or fulfillment.

- Watching TV*
- Social Media*
- Playing video games*
- Going out drinking*

Everyone's rocks, pebbles, and sand will look different. But regardless, if you fill your jar with too much sand first, the rocks and pebbles won't fit.



GREENS INFO

All the nines will be open daily for the month of September except for the days in which aeration is occurring. Palmer Front & Palmer Back will be getting aerated August 30th to September 3rd, leaving the Nicklaus Front nine to be the only open course during that time. Palmer Front and Palmer Back Nine reopen on September 4th.

The Nicklaus Front nine will be getting aerated September 7th to September 10th, leaving the Palmer Front and Palmer Back nines to be the only open courses during that time. Nicklaus Front Nine reopen on September 11th.

As COVID-19 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 18 holes). The golf staff thanks you in advance for your cooperation.

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



LEGENDS MEMBER-GUEST

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. We hope you can join us for this very special event!

September 2021



Pictured is the winning team of Brenden Blachura, Tyler Gibson, Kenny O'Connor, Kyle Gibson

2021 PINK BALL TOURNAMENT

The Results Are In!

The 2021 Pink Ball event was played August 19, 2021. The event's format was a 4 person scramble conducted on the Palmer Front and Palmer Back 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 28 participants competing in a team net format. For scoring we used the USGA scramble handicap recommendation of 25% of the A player, 20% of the B Player, 15% of the C player and 10% of the D player to create a team handicap. The team handicap was subtracted from the gross score at the end of play to get the net score.

TEAM 1

NET SCORE

53 (-19) Brenden Blachura, Tyler Gibson, Kenny O'Connor, Kyle Gibson

TEAM 2 - TIED

NET SCORE

56 (-16) Mike Holvick / Stephanie Holvick / Kelly Parks / Spencer Parks

TEAM 2 - TIED

NET SCORE

56 (-16) Jim Liepman / Norman Mitchell / Jim Turner

TEAM 4

NET SCORE

57 (-15) Williams Hitchings / Dave Yount / Ian McDonald / Gary Williams

TEAM 5

NET SCORE

58 (-14) Avis Gates/ Rusty Gates / Bill Stramm / Brad Whitfield

TEAM 6 - TIED

NET SCORE

59 (-13) Rudy Martin / Cathy McCloy / Tim McLatchy / Jo McLatchy

TEAM 6 - TIED

NET SCORE

59 (-13) Dave Baudoin / Richard Clepper / Steve Grimes / Harold Rasmussen

TEAM 6 - TIED

NET SCORE

59 (-13) Steve Edwards / Gail Edwards / Ellen Holt / Tata Kellam

CLOSET TO THE PIN CONTEST

Palmer #4 William Hitchings

Palmer #7 Ernest Gates

The real reason for the tournament was to come together and raise money for local cancer patients in need. As a group, we raised a little over \$2000. Cancer has probably touched you or your family in one way or another so thank you to everyone who played and/or donated.

Congratulations to the winners!



Eelgrass on the Bay Creek Beach

Photo Credit: Joe Fehrer

EELGRASS & WIDGEON GRASS

THE IMPORTANCE OF LIFE IN THE SHALLOWS

by Joe Fehrer

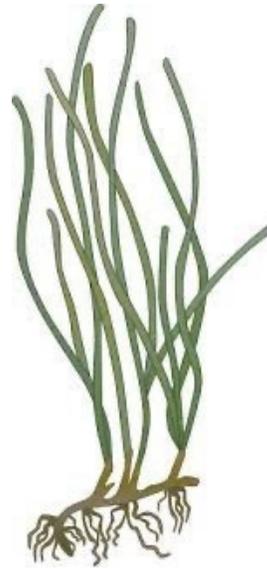
"I began to reflect on Nature's eagerness to sow life everywhere, to fill the planet with it, to crowd with it the earth, the air, and the seas. Into every corner, into all forgotten things and nooks...all this is its great marvel and has an ethic of its own, its unexpected and unappreciated mercies." Henry Beston [Writer & Naturalist]

If you've been using the beach this season you no doubt have seen the Eelgrass left on the foreshore by the ebb tide. The mostly brown to black long sinuous and coarse blades of the grass are often in mats, cast up by the waves. Less obvious is the Widgeon grass found scattered about, this grass is multi-leaved, usually light green in color and much "finer" in appearance than eelgrass. Underwater grasses, or SAV (submerged aquatic vegetation) in the bay and on our seaside are a keystone species that support a great multitude of species.

Both SAV species can form large expanses of lush green seagrass meadows during the spring and summer growing season and are often found in close association with each other. As spring yields to summer and water temperature increases, the grasses take on a fuzzy or hairy look, due to algae and other life that attaches itself to the grass blades. I find it interesting to examine the fresh grass that comes ashore; there can be a whole ecosystem literally supported on the individual blades.

I suppose I should take a moment to describe the two grasses:

- Eelgrass (*Zostera marina*) is the only true sea-grass in the Chesapeake Bay and typically dominates the higher salinity regions of the bay. It has thick, underground rhizomes with many roots and nodes, the ribbon-like leaves arise from the nodes and can grow up to 1.5 meters in length with a width of 2 - 12 mm. In our area, eelgrass is generally found on shallow sandy sediments which can limit its overall size (eelgrass growing in deeper water on muddy sediments with less wave action often have longer leaves).



- Widgeon grass (*Ruppia maritima*) can tolerate a wide range of salinity and can be found from the Susquehanna Flats to the mouth of the bay--it's very much the generalist. Widgeon grass is much less robust than eelgrass and is characterized by straight, threadlike leaves 3 - 10 cm long and 0.5 mm in width. It has an extensive system of branched, creeping rhizomes that produce vertical shoots with leaves.



Interesting to note is the means of reproduction, which like (most) all flowering plants is through pollination. Eelgrass flowers in May and June, Widgeon grass in late summer; the pollen released by the male plant drifts on the water surface until coming in contact with the female plant and pollination occurs. Seed formation then takes place with the plants releasing their seeds which drift in the current before settling on the bottom.

Both species can also reproduce asexually through spreading rhizomes which send up new shoots, entire SAV beds can consist of clones from one original plant.

Underwater grasses are descendants of terrestrial plants that re-entered the water in the past 100 million years, a product of evolution much like the whales, terrestrial mammals that left the land for the safety of the sea.

Historically eelgrass covered up to 500,000 plus acres in the lower, high salinity portion of the bay, taking advantage of the cool clear water.

From the logs of Capt. John Smith's exploration of the bay, we know that the water clarity in the bay ranged from 10 - 20 feet in depth which allowed sunlight to penetrate deeply into the bay, thus the SAV responded and grew profusely. Unfortunately, eelgrass has been in a precipitant decline in the bay for at least the past 40 years, and while some years see better recruitment than others, the trend has been downward. In the early 1980s, the combined population of eelgrass and Widgeon grass [baywide] had fallen to slightly more than 38,000 acres. Widgeon grass has fared a little better overall but it's much more cyclic and unreliable from one year and location to the next.

There are a host of reasons for the loss of SAV in the bay; sedimentation leading to poor water clarity, pollution from the Ag sector and increasing urban runoff, and the gorilla in the room, a changing climate driving up water temperature. Eelgrass especially is nearing its southern range limits in the lower bay, and as a cool-water plant is very susceptible to high summertime temperature spikes in the bay.

Some of the commercially important species that use and depend on the grass beds are blue crabs, speckled trout, rockfish, croaker, black sea bass, menhaden, and summer flounder. In fact, between 50 and 70 percent of all economically important fish species in the mid-Atlantic spend some phase of their life in grass beds. Waterfowl and our local shorebirds are also very dependent on the bay grasses; waterfowl eat the seeds and tender leaves (primarily of Widgeon grass) while still rooted offshore and shorebirds feed on the small invertebrates that live on the grasses when it washes ashore. To list all the vertebrate and invertebrate species that utilize these grasses would take several pages!

Eelgrass especially has been utilized by humans for thousands of years; Native Americans used the leaf bases and rhizomes as a food source and the "wrack" was used to smoke meat and fish. In more modern times, eelgrass was harvested, dried, and used to stuff mattresses (the salt content discouraged insects) and due to its low flammability, it was used as insulation in early American homes. In addition, watermen up and down the bay use eelgrass as packing material when they ship live soft crabs. Many locals still use eelgrass as mulch for their vegetable gardens. Beyond all of that, SAV meadows are very important in slowing and dispersing wave action during storm events, hence protecting our shorelines.



The bay grasses are also a great barometer of water quality and indicative of the sheer abundance of life that resides in the shallows. If we didn't have the SAV present, our little corner of the world and the other life that depends on it would be greatly diminished. Finally, I know the beach can look "unkempt" when the grasses wash ashore but its a natural occurrence, one where the benefits far outweigh the inconvenience.



Northeastern Beach Tiger Beetle (*Cincindela dorsalis dorsalis*)

WHAT'S LIVING ON THE BEACH?

INFORMATION ABOUT THE NORTHEASTERN TIGER BEETLE!

by Joe Fehrer

Cream colored with gray-green lines on their forewings and a bright green to bronze head, the NE Beach Tiger Beetles can be quite striking. Ranging in size from 1/2 to 3/4 inches in length, they're typically found on the long wide beaches bounding the lower Chesapeake Bay. These predatory beetles have strong pinching jaws, long antennae, and legs that allow them to move quickly across the beach. You're most likely to notice the smallish beetles as you walk the beach south of the main beach entrance; look for the little light-colored "bugs" that fly out ahead of you, usually only going a short distance. Tiger beetles roam across the sand foraging for other insects and small crustaceans which they grab with their powerful jaws. They also scavenge the beach feeding on dead fish, crabs, and the occasional bird that washes ashore.

Fine-grained sand beaches with a gentle slope from the water's edge to the base of the dunes are their preferred habitat. Adult Tiger Beetles live in the zone extending from the high tide line to the toe of the dunes, and the larvae inhabit burrows in the upper intertidal zone but do require an area of dry sand. Adults are seen on the beach from June through September and tend to congregate along the water's edge on warm days. After mating in early summer, the females lay eggs at night in shallow burrows (4 to 14 inches deep) in the mid-to-high tide zone. The larvae hatch in late July and August and spend the next 1 to 2 years in their vertical burrows, completing three different larval changes before developing into adults. The larvae are sedentary ambush predators, feeding on prey that happens by their burrows, and since the burrows are sometimes inundated at high tide, the larvae plug the openings with sand until the tide recedes.

Mature adults emerge from their burrows in June and July, these are the beetles you see on the beach. These little beetles were once common from coastal Massachusetts to New Jersey to beaches on the Chesapeake Bay. The northernmost populations have been extirpated and they're now only found in the lower Chesapeake Bay and one remaining population in Massachusetts.

FRIDAY LIVE AT THE TREE OF LIFE

LIVE MUSIC • CASH BAR
SUSHI AND HORS D'OEUVRES
prepared by Chef Jason and team

Credit Card and Member Charge Payment Options Available.

NO RSVP NEEDED

FRIDAY, SEPTEMBER 3RD

5:30 PM - 7:30 PM

LOCATED JUST ACROSS THE WOODEN BRIDGE ACCESSIBLE FROM THE BACK OF THE COACH HOUSE PARKING LOT.
RECOMMENDED TO BRING YOUR OWN CHAIR!



SUNDAY
SEPTEMBER 5
11AM - 6PM

LABOR DAY WEEKEND
SUNDAY FUNDAY

END OF SUMMER BBQ

Bring your family down to the Life Center Pool for an End of Summer BBQ prepared by Chef Jason and his incredible team.

CASH BAR • LIFE CENTER LAWN GAMES • SPLASH POOL



TAKEOUT ORDERING IS AVAILABLE ON THE BAY CREEK APP

Need to grab a quick bite on the go? Use the Bay Creek app to place your order from the Coach House Tavern!

You'll be able to easily order from each Coach House menu.

Log into the app, look under the Dining category, select Menus, and there you'll see the list of all Coach House menus. The Early Risers menu is available 9am - 11am Monday through Thursday, and 8am - 11am on Friday. The Lunch Menu is available 11am to 5pm Monday through Friday. The Dinner Menu is available 5pm - 9pm on Friday and Saturday with special dinner menus on Monday (Pasta Night) and Thursday (Prime Rib Night) available from 5pm - 8pm. The Brunch Menu will be available from 8am - 5pm On Saturdays & Sundays.

A NIGHT OF POUR DECISIONS

WINE & DINNER

PAIRINGS WITH
WINES OF EUROPE

\$100 PER PERSON

INCLUDES: 7 FOOD COURSES THAT WILL ENHANCE THE TASTE AND EXPERIENCE OF EACH WINE CHOICE

September 2021

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Preserve Owl Prowl - 7pm - 8:30pm	2 Beach Walk, meet at the beach entrance 6:00pm -8:00pm Ladies' League Play Day Clinic	3 Netting on the Beach 10am - 12pm Friday Live at the Tree of Life 5:30pm - 7:30pm	4
5 Sunday Member Mixer End of Summer BBQ on Life Center Lawn 11am - 6pm	6 Preserve Walk, meet at Base Camp 7:30am - 9:30am	7	8 Preserve Owl Prowl - 7pm - 8:30pm	9 Ladies' League Play Day	10 Beach Walk, meet at the beach entrance 8:30am - 10:30am	11 Pirate Treasure Hunt 10am -12pm
12 Sunday Member Mixer	13 Beach Walk, meet at the beach entrance 7:30am - 9:30am	14	15 Preserve Owl Prowl - 7pm - 8:30pm	16 Ladies' League Play Day Beach Walk, meet at the beach entrance 6:00pm - 8:00pm	17 Member Clinic: Short Game	18 Pirate Treasure Hunt 10am -12pm
19 Sunday Member Mixer	20 Preserve Walk, meet at Base Camp 7:30am - 9:30am Full Moon Walk, meet at the beach entrance @ 7:00pm	21	22 Preserve Owl Prowl - 7pm - 8:30pm	23 Legends Member/Guest Tournament Day 1 Ladies' League Play Day Beach Walk, meet at the beach entrance 8:30am - 10:30am	24 Legends Member/Guest Tournament Day 2	25 Legends Member/Guest Tournament Day 3
26 Sunday Member Mixer	27 Beach Walk, meet at the beach entrance 7:30am - 9:30am	28	29 Preserve Owl Prowl - 7pm - 8:30pm	30 Ladies' League Play Day Beach Walk, meet at the beach entrance 6:00pm - 8:00pm		

All events, classes and hours are subject to change due to weather and other unforeseen circumstances. Updates for any changes will be in the Bay Creek app as well as sent out via email.

Hours of Operation

Life Center
757-331-8730

Mon - Sun 7am-7pm

Pools
Mon- Sun 7am-7pm

Coach House Tavern
757-331-8630

Mon - 9am-8pm
Tues - Wed 9am-5pm
Thurs 9am-8pm
Fri - Sat 8am-9pm
Sun - 8am-5pm

Pro Shop
757-331-8620

Mon - Sun 6:30 am-6pm



September 2021

Life Center Monthly Schedule

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	2 Spin w/Ashley - 7am PN TRX - 9am General TRX - 10am Water Aerobic w/jill - 11am PN TRX - 5pm Tabata w/Austin - 5pm	3 PN TRX - 9am Full Body Stretch w/Austin - 9am Basic Mat Pilates w/Jill - 10am Water Aerobic w/jill - 11am	4 Tabata w/Austin - 10am General TRX - 11am
5	6 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	7 PN TRX - 9am Weighted Kettle Core w/ Jill - 10am PN TRX - 5pm	8 General TRX - 10am Total Body Workout w/Jill - 11am	9 Spin w/Ashley - 7am PN TRX - 9am General TRX - 10am PN TRX - 5pm Tabata w/Austin - 5pm	10 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am PN TRX - 9am Basic Mat Pilates w/Jill - 10am	11 Tabata w/Austin - 10am General TRX - 11am
12	13 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	14 PN TRX - 9am Weighted Kettle Core w/Jill - 10am PN TRX - 5pm	15 General TRX - 10am Spin w/Ashley - 5pm	16 Spin w/Ashley - 7am PN TRX - 9am General TRX - 10am PN TRX - 5pm Tabata w/Austin - 5pm	17 Spin w/Ashley - 8am Full Body Stretch w/Austin - 9am PN TRX - 9am	18 Tabata w/Austin - 10am General TRX - 11am
19	20 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	21 PN TRX - 9am Weighted Kettle Core w/ Jill - 10am PN TRX - 5pm	22 General TRX - 10am Spin w/Ashley - 5pm Total Body Workout w/Jill - 11am	23 Spin w/Ashley - 7am PN TRX - 9am General TRX - 10am PN TRX - 5pm Tabata w/Austin - 5pm	24 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am PN TRX - 9am Basic Mat Pilates w/Jill - 10am	25 Tabata w/Austin - 10am General TRX - 11am
26	27 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	28 PN TRX - 9am Weighted Kettle Core w/Jill - 10am PN TRX - 5pm	29 General TRX - 10am Spin w/Ashley - 5pm Total Body Workout w/jill - 11am	30 PN TRX - 9am General TRX - 10am PN TRX - 5pm Tabata w/Austin - 5pm		

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Sun - 8am-5pm

Pro Shop
757-331-8620

Mon - Sun 6:30 am-6pm

