

THE BAY CREEK INSIDER

Monthly Member Newsletter

Inside the Issue



HEALTH & FITNESS

Discover the importance of regular physical activity. p. 03

FORE! GOLF TALK

Golf updates and news. p. 04

NATURALISTS' CORNER

Of Wildness on the Wing - Interesting information about Black Ducks. p. 06

WHAT'S COOKING

Discover the great features the Coach House has in store for us this month. p. 08

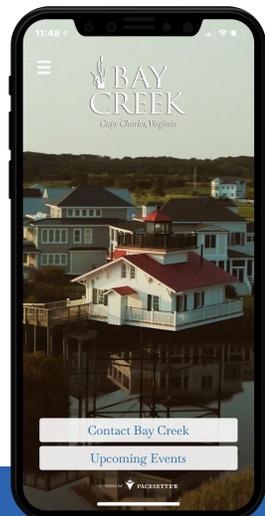
MEMBER EVENT CALENDAR



See what's happening this month. pg. 11

UPDATES ON THE BAY CREEK APP

OpenTable is now available! To make reservations at the Coach House Tavern, navigate to the Dining section, and then select Reservations. You'll have the option of either calling or making a reservation online.



STAY UP TO DATE WITH EVERYTHING HAPPENING AT BAY CREEK. GET THE BAY CREEK APP TODAY. NOW AVAILABLE FOR DOWNLOAD ON





Dear Members,

Thank you for the warm welcome that I have received since starting the interim General Manager assignment for Troon Golf here at Bay Creek. I had been told before arriving that the strengths of the Club were the friendliness of the Members and the beauty of the area – and that is spot on from what I have experienced my first week on property.

My name is Rich Hohman, and I have worked on helping Troon Privé Club transitions for the last two and half years after serving as the Executive Director at La Quinta Resort and PGA West. I have worked in the golf industry for over 30 years and enjoy helping people and properties operate successfully. I am based out of St. Petersburg, FL and will be working at this beautiful property for the next few months as we conduct a national search for the new General Manager.

It was nice to have such a great turnout for the Member Town Hall Meeting. I look forward to seeing you at the Club!

Rich Hohman, Troon Interim GM - Bay Creek

1 Clubhouse Way
Cape Charles, VA 23310
757-331-8620
Email: rich.hohman@troon.com



REGULAR PHYSICAL ACTIVITY

Credited Source: Physical Activity Guidelines for Americans 2nd Edition

MESSAGE FROM THE SECRETARY

Regular physical activity is one of the most important things people can do to improve their health. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sex, race, ethnicity, or current fitness level. Individuals with a chronic disease or a disability benefit from regular physical activity, as do women who are pregnant. The scientific evidence continues to build—physical activity is linked with even more positive health outcomes than we previously thought. And, even better, benefits can start accumulating with small amounts of, and immediately after doing, physical activity.

Today, about half of all American adults—117 million people—have one or more preventable chronic diseases. Seven of the ten most common chronic diseases are favorably influenced by regular physical activity. Yet nearly 80 percent of adults are not meeting the key guidelines for both aerobic and muscle-strengthening activity, while only about half meet the key guidelines for aerobic physical activity. This lack of physical activity is linked to approximately \$117 billion in annual health care costs and about 10 percent of premature mortality.

This new edition of the Physical Activity Guidelines for Americans has the potential to change that situation. It is grounded in the most current scientific evidence and informed by the recommendations of the 2018 Physical Activity Guidelines Advisory Committee. This Federal advisory committee, which was composed of prestigious researchers in the fields of physical activity, health, and medicine, conducted a multifaceted, robust analysis of the available scientific literature. Their work culminated in the 2018 Physical Activity Guidelines Advisory Committee Scientific Report, which provided recommendations to the Federal Government on physical activity, sedentary behavior, and health.

Informed by this Scientific Report and by public and Federal agency comments, the new edition provides guidance on the amounts and types of physical activity necessary to maintain or improve overall health and reduce the risk of, or even prevent, chronic disease.

The Physical Activity Guidelines for Americans is an essential resource for health professionals and policymakers as they design and implement physical activity programs, policies, and promotion initiatives. It provides information that helps Americans make healthy choices for themselves and their families, and discusses evidence-based, community-level interventions that can make being physically active the easy choice in all the places where people live, learn, work, and play.

Progress to reverse the high rates of inactivity-related chronic diseases and low rates of physical activity will require comprehensive and coordinated strategies. The Physical Activity Guidelines is an important part of a complex and integrated solution to promote health and to reduce the burden of chronic disease in our country. We all have a role to play in this critical effort. I invite you to join me in helping our country be more physically active. If we all move more and sit less today and work toward meeting the Physical Activity Guidelines ourselves, we will be well on our way to creating a healthier Nation and ensuring everyone can live healthier and more active lives.

Alex M. Azar II

Secretary

U.S. Department of Health and Human Services

[Click here](#) to view the full version of the Physical Activity Guidelines for Americans.



DECEMBER GROUP PACKAGE DEALS

Sometimes working out with friends can motivate you to accomplish your goals. The Life Center will be offering some group fitness and health options throughout the month of December.

12 Session Personal Training Package: \$480 per person.

Group Personal Training Packages Deals:

- 2 Person Package - Get 15% off the individual package price!
- 3 Person Package - Get 20% off the individual package price!
- 4 Person Package - Get 25% off the individual package price!

All discounts are good for 12 session packages only.

Precision Nutrition Program: \$75 per person, per month.

Includes 4-30 minute one-on-one sessions per month with a Trainer/Coach, measurements and troubleshooting of nutrition issues, and supporting nutrition coaching (daily habits, lessons, and assignments). You also receive access to our very popular Nutrition App.

Precision Nutrition Packages Deals:

- Bring in 2 people and receive 15% off the cost of the monthly PN program per person.
- Bring in 3 or more people and receive 20% off the cost of the monthly PN program.



GREENS INFO

All the nines will be open daily for the month of December excluding Christmas Eve and Christmas Day when the courses will be closed. This month you may see some bunker work being done by the maintenance crew as they start to do winter projects. Please play those bunkers as ground under repair. The maintenance crew is trying to free up and fix some drainage within those bunkers.

The first tee time in November is 8:00 am

Pro Shop Off-Season Hours:

Monday - Sunday: 7:00 am to 5:00 pm

With COVID-19 restrictions lifted, we are asking everyone to pair in carts. If you still feel you need an individual cart, you may, but you must pay for both riders. (\$31 for 18 holes) The golf staff thanks you in advance for your cooperation.



ANNUAL SNOWBALL TOURNAMENT & BALLOON SALE!

Happy Holidays! Please join us for our Annual Snowball Tournament & Balloon Sale on Saturday, December 4, 2021.

The Snowball Tournament will be a Shotgun start at 10:00am on the Palmer Course. Entry: \$20.00 per player for prizes. Carts & lunch not included. Format: Captain's Choice with USGA Handicap Formula applied (A Player 20%, B Player 15%, C Player 10%, D Player 5%). It is always a fun time, and hopefully not TOO cold! Members may go to the event on the app to sign up or call The Pro Shop at 757.331.8620.

The 17th Annual Balloon sale will take place that same day from 3:00 to 7:00pm. This is an "can't-miss" event whether you are in the market for Christmas gifts or just something special for yourself. The way the sale works is for each item you pick out for purchase you will also select a balloon for that item. The balloons will contain a ticket with a surprise discount (no peeking). Discounts will range from 35% off all the way to free. Once you are at the counter, the staff will ring in your item/s. Then you will proceed to pop your balloons. The balloon discounting will go in the order the items were rung in. Please RSVP through the app or call The Pro Shop to sign up.

We hope to you see there!



Brad Whitfield, 2021 Nicklaus Cup Winner

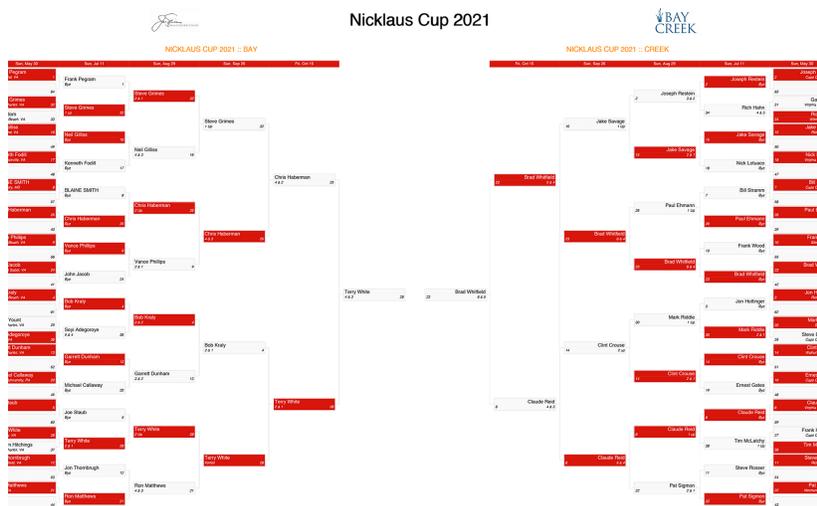
Photo Credit: Zach Pfingst

2021 NICKLAUS CUP

The Results Are In!

Thank you to everyone who participated in this year's Nicklaus Cup. The event has gotten better and better every year. This year we had 37 players participate. The format for the event was a single-elimination match play event that uses each player's full handicap. Players were seeded in the bracket according to handicap. Each bracket round had to be played by a specific date. Please join us in congratulating Brad Whitfield our 2021 Nicklaus Cup Champion who outlasted Terry White in the final match 4 & 3.

[Click Here](#) to see the tournament bracket below.





Joe Restein & Jere Lynch, 2021 King & Bear Winners Photo Credit: Zach Pffingst

KING & BEAR 2021

FALL TOURNAMENT

Saturday, November 13 & Sunday, November 12, 2021

The Results Are In!

The results are in for the King & Bear Fall Tournament 2021. The weather was absolutely perfect for a November tournament. We had 160 Players compete in this unique two-person event.

Format

The Saturday format was a two-person scramble. A Scramble format involves 2-person teams where each player on the team hits a tee shot, and then the players decide which shot they like better. The two players then play from that spot. The person whose shot was not taken picks up their ball and moves it to within one scorecard length of the selected spot. Players repeat this process until the ball is holed out. The Sunday format was a Chapman. In a Chapman, both players tee off, hit EACH OTHER'S second shot, then pick best shot and ALTERNATE from there until the ball is holed out. The tournament played all three nines over the course of the event. 1/3 of the field will play each course each day, with three rotations possible - Palmer Front to Palmer Back, Palmer Back to Nicklaus & Nicklaus to Palmer Front).

Flighting

Teams were flighted into one of six flights by total team index. Once your team is in a flight, all players will play scratch within the flight.

Results

*All ties were broken using the USGA Method (Last 9, 6, 3, 1 holes). (Gross Score)

Flight 1

GROSS	ROUND ONE	ROUND TWO	TOTAL
1. Joe Restein & Jere Lynch	65	73	138
2. Samuel Banks & Ryan Peffer	66	73	139
3. Robert Powell & Clay Strong	69	70	139
4. Justin Roberto & Chris Pace	68	73	141
5. Job Staub & Chris Valianos	70	73	141
6. Claude Reid & Bruce Garrison	71	75	146
7. Bob Kraly & Robert Wright	69	79	148
8. John Holle & Speer Burdette	71	80	151
9. Blaine Smith & Cameron Smith	73	84	157
10. Johnathan Sharpley & John Good	74	86	160
11. Leo Ring & Mike Plant	73	91	164

Flight 2

GROSS	ROUND ONE	ROUND TWO	TOTAL
1. Joseph Young & Matthew Young	68	75	143
2. Michael Young & Jeff Fisher	71	78	149
3. Chris Haberman & Benjie Boscolo	72	78	150
4. Brad Whitfield & Floyd Robbins	71	79	150
5. Jeff Forman & Doug Lancaster	75	78	153
6. Ernest Gates & Bill Stramm	72	81	153
7. Kenneth Pedraz & Bill Bobbing	74	80	154
8. Kenneth Fodill & Gary Hill	73	81	154
9. Richard Runyon & Chris Hesley	72	83	155
10. John Bjorn & Ed Sarecky	73	82	155
11. Andrew Crowder & Jon Kopf	80	81	161
12. Nick Lotuaco & Palmer Rutherford	78	83	161
13. Steve Callaghan & Danny Harlan	75	86	161
14. Frank Wood & Bill Miller	79	84	163
15. Mark Garrett & Pat Sigmon	77	90	167

Flight 3

GROSS	ROUND ONE	ROUND TWO	TOTAL
1. Greg Butler & Jon Sharpley	73	75	148
2. Michael Husa & William Husa	69	80	149
3. Keith Cash & Bruce Touchstone	73	77	150
4. Jason Ellis & Jason Remillard	70	82	152
5. Adam Carroll & Garrett Dunham	74	78	152
6. Joe Moyer & Dan Smith	69	83	152
7. Todd Hassler & Randy Martin	73	80	153
8. Steve Farrell & Andrew Farrell	72	84	156
9. Michael Granata & Shawn Fitch	74	85	159
10. Matt Tillotson & Richard Gorkman	78	89	164
11. Bob Duffner & Pat O'Neil	78	87	165
12. Chris Spera & Glen Barrett	76	95	171

Flight 4

GROSS	ROUND ONE	ROUND TWO	TOTAL
1. Michael Gallmann & David Schaeffer	71	78	149
2. Andrew Bridgforth & Robert Bridgforth	73	79	152
3. John Jacob & Ned Daniel	74	82	156
4. John Elmore & Tim Elmore	72	85	157
5. Todd Matthews & Ron Matthews	79	82	158
6. Dave Corso & Vincent Doyle	73	85	158
7. John Durmick & Chip Weisenfels	79	82	161
8. Jeff Parks Jr. & Jeff Parks Sr	74	91	165
9. Mike Holvick & Frank Hughlett	78	88	166
10. Mark Overman & Victor Gazzolo	74	92	166
11. Wesley Benedict & Troy Benedict	83	86	169

Flight 5

GROSS	ROUND ONE	ROUND TWO	TOTAL
1. Mike Reilly & James Crocker	70	84	154
2. David Alwood & Mike Wynne	79	79	158
3. Tim Powers & David Stephens	73	85	158
4. Thomas Lee & David West	72	90	162
5. Rob Runnells & David Straight	76	89	165
6. Charles Johnson & Richard Stuller	79	87	166
7. Kevin Paasch Robert Burke	78	89	167
8. Dave Cooper & Michael Cranford	78	90	168
9. Mark Riddle & Jim Brokenik	82	88	170
10. Rich Hahn & Michael Gilmartin	81	91	172
11. Bert Forman & Victor Foreman	79	97	176

Flight 6

GROSS	ROUND ONE	ROUND TWO	TOTAL
1. Matthew Wolfert & Frank Kapish	75	88	163
2. Lisa George & Margaret Riffée	74	90	164
3. Eric Wolfert & Mike Palouian	78	89	167
4. Hernan Cortes & Arthur Marineau	76	92	168
5. Karilyn Bachmann & Lisa Blankenship	85	88	173
6. Steve Ehmann & Peter Ehmann	79	96	175
7. Matthew Efland & Stephen Henning	84	92	176
8. Peter O'Dougherty & Jim Graham	80	96	176
9. Kevin Hill & Brian McCullough	75	103	178
10. Dennis Curry & Colm Dillon	79	101	180
11. Seyi Adegoroye & Rob Nelson	80	102	182
12. Peter Sollecito & Kyle Bosma	89	96	185
13. Steve Demos & Nolan Demos	87	100	187
14. Jo McLatchy & Tim McLatchy	84	106	190
15. Robert Stubbs & Brian Harmon	94	103	197

Congratulations to the winners!



American Black Duck, *Anas rubripes*

OF WILDNESS ON THE WING

by Joe Fehrer

"The memory of that first Black Duck stayed with him, and he has never seen one in the air since without a twinge of the old thrill, as when his first one sprang out of the cattails of his favorite marsh." Lynn Bogue Hunt

Late fall on the Lower Shore is analogous with waterfowl, the second of the great fall migrations we experience. Most of the neotropical birds have made their way south by early November, leaving us with a smattering of wintering songbirds, and a few shorebird and raptor species. The waterfowl will soon be arriving though, fleeing the north country as freezing weather, ice and a paucity of food push them south, on the Eastern Shore this does not go unnoticed.

Years ago I relished the coming of fall, of cold weather and the waterfowl that would soon follow; it was the time of year to ready the decoys and boat, "brush up" the blinds and pay close attention to weather and tides. I still look forward to the fall and the arrival of waterfowl but for different reasons now... the ardor of youth (and hunting) has given way to observation and reflection.

One species of waterfowl, of ducks, in particular, has held me in its spell for nearly five decades, that being the American Black Duck (*Anas rubripes*) the iconic dabbling or "puddle duck" of the Atlantic coast. Black Ducks are prized by both hunter and birdwatcher; to be able to get near enough for a glimpse of these, the wariest of nature's creatures is a joy unto itself. Known for their ability to disappear into the shadows or take to the wing as soon as a threat is perceived is legendary with these birds. One of the Ward brothers (Lem or Steve), world-famous decoy carvers from Crisfield, MD, and life-long duck hunters was quoted as saying "you better stay downwind of them, they'll smell you before you see them," such is their reputation for attentiveness to danger.

Ducks are commonly described as being either "diving or dabbling," the distinction being diving ducks have legs set well back on their bodies which results in them being unbalanced or front-heavy when walking on land, dabbling ducks legs are further forward making them more balanced which allows for easier walking. Also, diving ducks literally dive, sometimes to great depths for their food, while dabbling ducks "tip-up" and generally feed in shallow water.

Each of the three major waterfowl flyways has its iconic bird; in the west it's the Pintail, the Mississippi has the Mallard and we, in the Atlantic have the Black Duck (some would argue the Canvasback should hold this place, but I politely disagree).

The American Black Duck is truly a bird of the wilderness, breeding in remote beaver ponds and along heavily forested water-bodies from Manitoba to Quebec and then east to the coastal wetlands of the Canadian Maritime. These big ducks generally nest on mounds covered with grass and weed stems, and lined with down, and always well hidden by thick vegetation - they're also known to use cavities in trees. Many years ago, while botanizing in an ephemeral pond in Somerset County, MD, I stumbled on a rare-for-this-area Black Duck nest in an old Black Gum snag... I don't know who was more startled, me or the duck!

A large bird, up to 26 inches in length with a wingspread of 34 inches and an average weight of 2 to 3 pounds, they're similar in size to the Mallard. Unlike the Mallard, however, Black Ducks do not adapt well, if at all, to humans and our activities, and remain shy and reserved even in captivity. In the book, "Birds of America," edited by T. Gilbert Pearson there is one quote that sums up for me the true nature of the Black Duck, "In fact I know of no duck more implacably wild."

Black Ducks are frequent fall and winter visitors to the more secluded ponds and tidal guts here at Bay Creek and as their name implies mostly dark in color. This is our only puddle duck in which the plumage of both male and female is almost identical, they resemble a female Mallard, only much darker. Their body is a dark mottled brown, the under-wings a distinctive white with a vivid violet-blue speculum on the top-wing. Probably the most obvious distinction between the sexes is the bill coloration; the female (or hens) have a mottled green bill while the male (or drakes) bill is more yellow.

When visibility is good, the contrast between their light brown head (they also have a dark eye strip) and darker body is pronounced. The older birds, who can live up to 25 years, are the last to arrive in early winter. Once thought to be a different species because of their greater size and heavier plumage, they often have dark red legs which have earned them the nickname "redlegs" and are considered a trophy by the hunter and birder alike. On a waterfowl walk late last winter, we were treated to a group of 8-10 Black Ducks resting in a pond near Base Camp. The light was perfect to observe the small details of plumage, leg colorization, size, and feeding activity--it was great!

Black Ducks feed on eelgrass, wigeon grass, seeds of sedges and rushes, pond and smart-weeds; they'll also fly into fields to feed on waste grain and have been known to feed on acorns if plentiful. In the cold winter months animal foods become more important. These include minnows, snails, mussels, and fiddler crabs.

These ducks are some of the last to be pushed south by freezing weather, they tend to stay in an area as long as adequate food is available and open water remains, even if it's a trickle. I've seen them feeding along the edge of frozen marsh creeks, gleaning the last of the Salt-marsh Cord grass (*Spartina alterniflora*) seeds, looking for minnows (minnows are still active, all-be-it slower under salt ice), and probing for fiddler crabs.

Black Ducks are crepuscular and considerably nocturnal, migrating and feeding during the night. On the seaside of the peninsula, it's not unusual to see them in rafts, resting offshore during the day especially if the weather is moderate. They often feed at night on a high tide, even more so when the moon is full, and then riding out the daylight hours offshore which guarantees their safety.

It's long been thought that the great hardwood forests and the Appalachian Mountain range that separated the Mississippi and the Atlantic flyways restricted the movement of Mallards, keeping them confined, more or less, to the Mississippi flyway. As those forests were felled, the more adaptable Mallards pushed eastward taking up residence in the Atlantic flyway, that and the fact that Mallards are easily domesticated and often released. Several mid-Atlantic states used to release Mallards in the late summer and early fall for the benefit of hunters and if not harvested these birds entered the gene pool and became "naturalized."

The Black Duck population has slowly and continuously declined since the 1950's, but the reasons for the decline remain unclear. In 1954, the late author and naturalist Bruce S. Wright wrote what is now considered the seminal work on the natural history of the Black Duck, "High Tide and an East Wind." He implored the Canadian and U.S. Wildlife Services to cooperate and study the species before it was lost, his book and the resulting work on both sides of the border have gone far to increase our knowledge and helped stabilize the Black Duck population.

Some of the resulting studies have suggested that due to the Black Ducks reclusive and shy nature, the loss of secluded breeding habitat and disturbances to prime wintering areas (coastal wetlands) from human activities is one reason. The other is attributable to the hybridization and competition between Mallards and Black Ducks; this hybridization has suppressed the Black Ducks' numbers through genetic swamping, essentially the more adaptable Mallard is absorbing the Black Duck into its population.

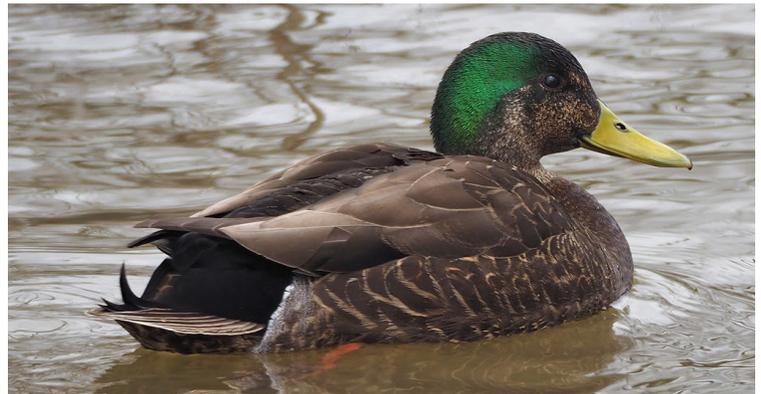
And finally, land conservation has been one of the critical tools to help protect the habitats that Black Ducks (and all migratory birds) need to maintain a healthy breeding population. The other being sound management backed up by the best available science; with those tools and a watchful eye, we'll have these iconic birds with us for years to come.



Black Duck Hen



Drake Black Duck in foreground with two Hen Mallards behind.



Black Duck Mallard Hybrid



In the air, note the white underwings.



Hope Your Holiday Season is Sweet!

The Coach House Tavern will be featuring a Candy Cane Martini throughout the month. Join us and try one or more of these refreshing libations.

Candy Cane Martini
\$10 each

Wine of the Month

The Coach House Tavern wine feature for the month of December.

Cloudline Pinot Noir 2019 – \$8 per glass or \$30 per bottle

Created by Dreyfus Ashby in Willamette Valley, Oregon. The 2019 season marked a return to the classic Willamette Valley growing conditions that helped define the Oregon style. In particular, cooler temperatures and the occasional touch of September rain slowed final maturation in a way that leads to exemplary harvests. As Burgundians making wine in Oregon, this is a very familiar, welcome end to the growing season. Cloudline color is bright garnet that deepens at its core, with medium body, bright acidity and excellent balance. Aromatics include red cherries, cranberry, a touch of vanilla and various dark fruits.

Wine will also be available for take out (off premise) for 30% off the bottle price.



Pairing Information
Well suited to pair with poultry, fish, ham, lamb and pork.

December 2021

Recipes

FROM CHEF JASON

Cranberry Sauce

Make 8 Servings

1 ea	12 oz package fresh cranberries
1 Cup	Granulated Sugar
1 Cup	Cranberry Juice
2 Tbsp	Orange Zest
1 Tsp	Pure Vanilla

Directions

Rinse cranberries. Place the cranberries in a colander and rinse them. Pick out and discard any damaged or bruised cranberries.

Boil cranberries with sugar. Put the cranberry juice and sugar in a medium saucepan on high heat and bring to a boil. Stir to dissolve the sugar.

Add cranberries, cook until they burst. Add the cranberries to the pot and return to a boil. Lower the heat and simmer for 10 minutes or until most of the cranberries have burst.

Once the cranberries have burst, mix in vanilla and orange zest.

Remove the pot from heat. Let cool completely at room temperature, then transfer to a bowl to chill in the refrigerator. Note that the cranberry sauce will continue to thicken as it cools.

Oyster Cheddar Stuffing

Make 8 Servings

1/2 Cup	Celery, small dice
1 Cup	Onion, small dice
1/2 Cup	Butter, cubed
2 Tbsp	Chopped fresh sage
6 Cups	Day old bread, cubed
4 ea	Whole egg
1 1/3 Cup	Chicken Broth
1 1/2 Cup	Cheddar Cheese, cubed
2 Cups	Shucked oysters, drained and coarsely chopped
To Taste	Salt and Pepper

Directions

In a skillet, sauté celery and onion in butter until tender; transfer to a large bowl. Stir in the sage and pepper. Add bread and cheese cubes. Combine the egg, broth and oysters; add to bread mixture, stirring gently to combine.

Transfer to a greased baking dish. Cover and bake at 350° for 20 minutes. Uncover; bake 10-15 minutes longer or until a thermometer reads 160° and stuffing is lightly browned.

TIS THE SEASON TO BE CRAFTING!

2021

12 DAYS *of* Crafting

Bay Creek Life Center Team has prepared tons of fun activities for the Holiday Season. See more details for each event in the Bay Creek App. Reserve your spot today!

THURSDAY
DECEMBER 2, 6PM

SEAGRASS CHRISTMAS ORNAMENT WORKSHOP

This festive, adult only event includes an instructive workshop, all supplies from Seagrass, and snacks to fuel your holiday cheer. \$45 per person, *Adult-Only Workshop

SUNDAY
DECEMBER 5, 2PM

COCOA WITH SANTA & ORNAMENT WORKSHOP

Santa Claus is coming to town! Commemorate the season with an optional craft to make a photo keepsake ornament that you can take home to display. \$10 per person for craft. Free to Visit Santa

THURSDAY
DECEMBER 9, 6PM

FAMILY HOLIDAY PAINTING

Santa's helper will guide you in painting a one-of-a-kind work of art that you will take home to show off all season long. \$10 per person.

SATURDAY
DECEMBER 11, 11AM

ORANGES AND CLOVES POMANDER WORKSHOP

Create a fun design and enjoy the scents of the season for days to come when you complete this multi-purpose craft! \$10 per person.

SATURDAY
DECEMBER 11, 1PM

PLEIN AIR PAINTING

Let nature inspire you to create a work of art that expresses yourself and the world around you! Beginner and advanced artists will enjoy this guided painting workshop to paint the natural landscape surrounding you in our Plein Air (outdoor) setting. \$45 per person.

SUNDAY
DECEMBER 12, 2PM

OYSTER SHELL SANTA

Using cleaned local oyster shells, we'll create a portrait of Santa. This decoration will remind you that cookies are nice, but Santa's belly always has room for some Eastern Shore Oysters. \$10 per person.

SATURDAY
DECEMBER 18, 2PM

NATURAL WOOD ORNAMENT PAINTING

Create a winter wonderland in the palm of your hand in this somewhat-technical craft workshop. \$10 per person.

MONDAY
DECEMBER 20, 2PM

WINE GLASS & KID'S ORNAMENT PAINTING

Fill your cup with holiday cheer during this craft. Choose to decorate a wine glass or an ornament with permanent paint markers to keep the festivities flowing. All materials and instruction provided. \$10 per person.

TUESDAY
DECEMBER 21, 2PM

SNOWY PINECONES WORKSHOP

It might not be snowing outside, but we can make it look like a piece of winter wonderland has entered your home with this natural technique making pinecones look like you might get a snow delay at school. \$10 per person.

WEDNESDAY
DECEMBER 22, 2PM

ELF YOURSELF MAGNETS

Becoming an elf is a snap when you're as helpful as those in Santa's workshop. Use the provided materials to make a magnet version of yourself as an elf. \$10 per person.

THURSDAY
DECEMBER 23, 2PM

SNOW GLOBE WORKSHOP

Create a winter wonderland in the palm of your hand in this somewhat-technical craft workshop. All materials are provided. \$10 per person.

SUNDAY
JANUARY 2, 2PM

PINECONE GNOME WORKSHOP

Christmas might be over, but these clever little gnomes aren't done spreading cheer across the forest floor. Construct your very own gnome using pinecones and other magical materials in this guided craft. \$10 per person.

 **BAY
CREEK**
Cape Charles, Virginia



ON CLOUD WINE!

WINE & DINNER

PAIRINGS WITH ITALIAN
WINES

\$150 PER PERSON

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

DECEMBER 15 2021, 6PM

The Coach House Tavern

RSVP in the Bay Creek App

December 2021

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Walking Club Preserve Walk, 9:00am Preserve Owl Prowl 5:00pm	2 Waterfowl Walk, meet at Base Camp 8:30am Seagrass Ornament Workshop, 6:00pm	3	4 Snowball Tournament Annual Balloon Sale
5 Themed Preserve Walk, meet at Base Camp, 1:30pm Cocoa with Santa 2:00pm	6	7 Waterfowl Walk, meet at Base Camp 8:30am	8 Walking Club Preserve Walk, 9:00am Preserve Owl Prowl 5:00pm	9 Family Holiday Painting, 6:00pm	10 Beach Walk, meet at the beach entrance 2:00pm	11 Orange & Clove Pomander Workshop 11:00am Plein Air Painting 1:00pm
12 Oyster Shell Santa, 2:00pm	13	14 Preserve Walk, meet at Base Camp 9:30am Wine Club "Bubbly" at Coach House 5:30pm	15 Walking Club Preserve Walk, 9:00am Preserve Owl Prowl 5:00pm Wine Dinner: "A Taste of Italy", 6:00pm	16 Waterfowl Walk, meet at Base Camp 8:30am	17	18 Natural Wood Ornament Painting 2:00pm Full Moon Walk, meet at Base Camp 5:00pm
19 Themed Preserve Walk, meet at Base Camp, 1:30pm	20 Wine Glass and Ornament Painting 2:00pm	21 Waterfowl Walk, meet at Beach 8:30am Snowy Pinecones Workshop, 2:00pm	22 Walking Club Preserve Walk, 9:00am Elf Yourself Magnets Workshop, 2:00pm	23 Beach Walk, meet at the beach entrance 2:00pm Snow Globe Workshop, 2:00pm	24 Coach House Tavern Closing Early Dining 9am-3pm Bar Open Until 5pm	25 All facilities Closed for Christmas Observation
26	27	28 Preserve Walk, meet at Base Camp 2:00pm	29	30 Waterfowl Walk, meet at Base Camp 8:30am	31 Coach House Tavern Limited New Years Al Carte Menu & Bubbly Flights Hours Extended until 10PM	

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 - Sat 7am-7pm
Sun - 7am-4pm

Coach House Tavern
757-331-8630

New Hours Effective December 6th.

Mon - Wed 9am-3pm,
(Bar Open Until 5pm)
Thurs - 9am-8pm
Prime Rib Night
Fri - Sat 8am-8pm
Sun - 8am-3pm
(Bar Open Until 5pm)

Pro Shop
757-331-8620

Mon - Sun - 7am-5pm



December 2021

Life Center Monthly Schedule

Sign up is required for all Water Aerobics, Spin, Yoga, Tabata 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 Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am Tabata w/Austin - 5pm	3 Spin w/Ashley - 6am PN TRX - 9am Full Body Stretch w/Austin - 9am Basic Mat Pilates w/Jill - 10am	4 Tabata w/Austin - 10am General TRX - 11am
5	6 Spin w/Ashley - 7am Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	7 Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am	8 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	9 Spin w/Ashley - 6am Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am Tabata w/Austin - 5pm	10 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 Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am	15 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	16 Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am Tabata w/Austin - 5pm Spin w/Ashley - 6pm	17 Spin w/Ashley - 7am Full Body Stretch w/Austin - 9am PN TRX - 9am Basic Mat Pilates w/Jill - 10am	18 Tabata w/Austin - 10am General TRX - 11am
19	20 Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	21 Spin w/Ashley - 6am Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am	22 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	23 Spin w/Ashley - 6am Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am Tabata w/Austin - 5pm	24 Full Body Stretch w/Austin - 9am PN TRX - 9am	25 All facilities Closed for Christmas Observation
26	27 Spin w/Ashley - 6am Full Body Stretch w/Austin - 9am General TRX - 10am General TRX - 5pm	28 Yoga w/Debra - 7:30am PN TRX - 9am Weighted Kettle Core w/Jill - 10am	29 General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	30 Spin w/Ashley - 6am Yoga w/Debra - 8am PN TRX - 9am General TRX - 10am Tabata w/Austin - 5pm		

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 - Sat - 7am-7pm
Sun - 7am-4pm

Coach House Tavern
757-331-8630

New Hours Effective December 6th.

Mon - Wed 9am-3pm,
(Bar Open Until 5pm)
Thurs - 9am-8pm
Prime Rib Night
Fri - Sat 8am-8pm
Sun - 8am-3pm
(Bar Open Until 5pm)

Pro Shop
757-331-8620

Mon - Sun - 7am-5pm

