

# THE BAY CREEK INSIDER

Monthly Member Newsletter

*Inside the Issue*



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## MEMBER EVENT CALENDAR



See what's happening this month. pg. 11

## CLASS & EVENT CANCELLATION POLICY

We have had tremendous success with class and event sign-ups through the Bay Creek mobile application! Due to continued event popularity, a cancellation policy is being introduced to ensure that all members have a fair opportunity to sign up for desired classes and events. For fitness classes, please cancel with at least 24 hours' notice. Last minute cancellations will incur a \$5 fee. For food & beverage and other events, please cancel with at least 72 hours' notice, or the full amount of the event will be incurred. Thank you for your understanding.



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



# Message from New Club GM, Bob Ewing...



Hello Bay Creek family I wanted to take this opportunity to say how excited I am to be your new GM. Although it will take some time, I am looking forward to meeting and getting to know all of you. A couple of things I can tell how about my approach is I will communicate as often as possible and you all will recognize some things right away. I also will be here to listen and help everyone get the answers they need. I will always have an open-door policy for you all even if you just need to vent. Lastly, things do not happen overnight. My process is to take things slow and address things in a priority order, which I will develop over these next couple of weeks. I want our club to be fun, but with the fact that rules need to be followed. Let's have a great year, I once again look forward to meeting you all !

Kind Regards,

Bob Ewing  
Club General Manager  
1 Clubhouse Way | Cape Charles, VA 23310  
O: 757.331.8738 | C: 302.490.2748  
bewing@baycreeklife.com



## Welcome the Life Center's Newest Team Member

Life Center  
Assistant Manager

*Bryan McElwain*

Bryan "Mac" McElwain is our new and first Bay Creek Life Center Assistant Manager. Eastern Shore born and raised, Bryan attended Nandua High School and grew up in Onancock, Virginia right on the Bay. Family, Community and Fitness are big parts of Bryan's life. He worked as a first responder for many years as well as worked and supervised hundreds of miles of beach from Ocracoke, North Carolina to Ocean City, Maryland. One of the many things that Bryan cannot wait to get started with at the Life Center is organizing and implementing activities for our members and guests. Core values that Bryan hopes to uphold in the work place are family, teamwork, humor, honesty and adventure. Bryan loves and enjoys nature fitness and all sports. Bryan looks forward to the time he will spend being a part of Bay Creek.

Bryan McElwain (Life Center Assistant Manager)



**The Life Center at Bay Creek** offers a wide range of fitness classes for anyone looking to challenge themselves! We have wonderful instructors that we would like to tell you a little more about. Please, refer to your Bay Creek app to review times for classes offered. (Under the menu, choose Life Center then Fitness Class Reservation)

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**Instructor: Jill**

Jill is a seasoned instructor offering multiple classes here at the Life Center. Jill teaches Basic Mat Pilates, Total Body Workout, and Weighted Kettlecore and Upper Body. In the summer season, she teaches a Water Aerobics class in our lap pool. Her classes are on Tuesdays, Wednesdays, and Fridays.

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**Instructor: Debra**

Debra is an experienced yoga instructor and has been a wonderful addition to our team. Her classes are extremely popular and are offered as Standard Yoga as well as Soft Yoga for beginners. Her classes are on Tuesdays, Thursdays, and Saturdays.

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**Instructor & Coach: Ashley**

Ashley has been a great addition to our team here at the Life Center. She teaches our popular spin classes throughout the week and is now providing beginner spin classes for those who are on the fence about joining. Ashley is also a Fitness Coach here and we encourage you to come in and train with her!

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**Coach & Nutritionist: Sarge**

A renaissance man of sorts, Sarge teaches classes, coaches clients in fitness, and is our head nutrition specialist through Precision Nutrition at the Life Center. If there is a goal you are striving for, Sarge will play a fundamental role to getting you there!

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**Instructor & Coach: Austin**

Austin is a fitness coach as well as an instructor. Both Austin and Sarge oversee our recovery room, providing Kinesio, taping, and stretching, to name a few services. As for classes, Austin teaches TRX, Tabata, and Stretch. His classes are on Mondays, Wednesdays, Thursdays, Fridays, and Saturdays.

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We appreciate each one of you who make our day so much better!



*We are clearing our shelves for the coming season and will be reducing the price of our TRX systems!*

**BUY A TRX SYSTEM TODAY!**

for the low cost of  
**\$139.99 ea.**

*Perfect gift for that family member that wants to stay fit but is always on the go! Stop by and talk to Sarge, Ashley, or Austin about the system.*



# GREENS INFO

All the nines will be open daily for the month of March except for the following dates during aeration. March 14th to March 18th, we will be aerating the Palmer Greens. The Palmer Front & Back Nines will be closed. The Nicklaus nine and putting green will be open. March 21st to March 25th We are aerating the Nicklaus Greens. The Nicklaus Nine and Putting Green will be closed. The Palmer nines will be open.

This month you may see some bunker work being done by the maintenance crew as they are continuing 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. You may also see some fairway drainage being addressed. The crew will be installing some French drains in an effort to dry up some historically wet areas.

The first tee time is 8:00am for the month of March as we are in our off-season shop hours. (7:00am to 5:00pm)

## UPCOMING EVENTS

For the month of March, we have two golf events that are really geared towards fun. Both the St. Patrick's Day Scramble and the Big Hole Tournament are can't miss events. These events do not require a handicap and are for golfers of any skill level. Be sure you sign up early to not miss out - spots are limited. Go to the Bay Creek App to sign up, and if you have any questions, please contact a member of the golf shop staff.

**3/19 - ST. PATRICK'S DAY SCRAMBLE**  
9 holes - Nicklaus Front

**3/26 - BIG HOLE TOURNAMENT**  
18 Holes - Palmer Course using 15-inch Holes

**BAY CREEK**  
Cape Charles, Virginia

# BIG HOLE TOURNAMENT

UP TO A  
**\$1800**  
PRIZE  
prize based on a field of 120 players

26TH MARCH 2022

\$60	FOR MEMBERS
\$120	FOR GUEST OF MEMBERS
\$120	FOR SPORTS MEMBERS
\$150	FOR GUEST OF SPORTS MEMBERS

**EVENT DETAILS**

THIS IS AN EIGHTEEN HOLES - TWO PERSON SCRAMBLE COMPETITION. PLAY WILL BE ON THE ARNOLD PALMER SIGNATURE COURSE. ALL HOLES WILL FEATURE SPECIAL 15" CUPS JUST FOR THIS EVENT! SCORING - EVENT WILL BE POST FLIGHTED BASED ON TEAM SCORES. PRIZES WILL BE AWARDED BASED ON THE SIZE OF THE FIELD AND THE NUMBER OF FLIGHTS.

CALL 757-331-8620 FOR MORE INFORMATION!

Cancellation Policy - All reservations must be cancelled 72 hours prior to the event to avoid being charged the full cost of the event. If you need to cancel your reservation within the 72 hour window, please contact the club to do so. Any no shows will be charged the full cost of the event.

**BAY CREEK** Sign up today in the Bay Creek App!

GET IT ON Google Play | Download on the App Store

Max field size of 120 players.

Entry fee includes tournament play, cart fee, practice balls, prizes & box lunch from Bay Creek's Coach House Tavern

### Tees Information

- Men - Blue
- Women - Red
- Juniors 12 & Under - Red
- Senior Men (Ages 55-64) - White
- Senior Men (Ages 65+) - Gold
- Senior Woman (Ages 65+) - Orange



**BAY CREEK**  
Cape Charles, Virginia

# ST. PATRICK'S DAY - Scramble -

Registration **\$50**  
includes Prizes and Dinner. Carts and guest fees are not included.

19 MARCH AT 3PM

Similar to the Cheeseburger in Paradise Event & Halloween Scramble with every hole having a different rule to play by. Format is a 4-person Scramble with a St. Patrick's Day dinner to follow.

Shotgun Start at 3PM

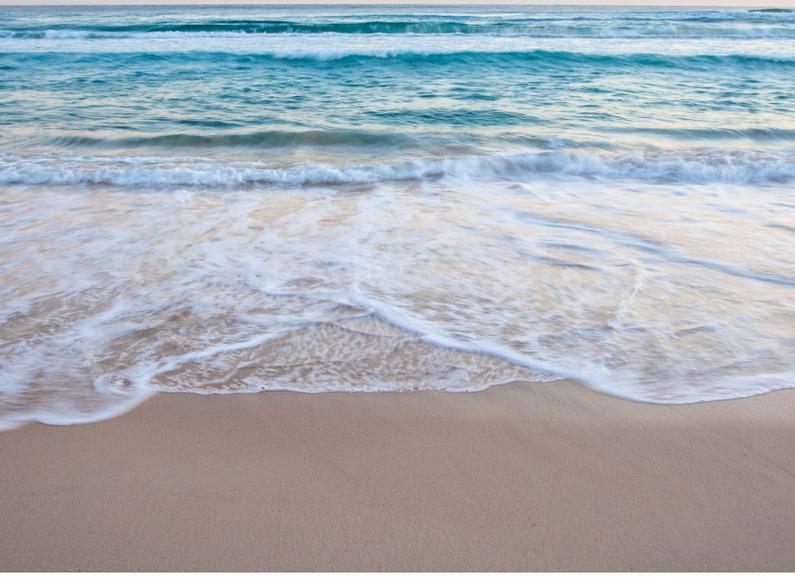
Scramble is open to Golf Members and Guests of Golf Members

**Register on the Bay Creek App!**

Cancellation Policy - All reservations must be cancelled 72 hours prior to the event to avoid being charged the full cost of the event. If you need to cancel your reservation within the 72 hour window, please contact the club to do so. Any no shows will be charged the full cost of the event.

**Tees**  
Men - Gold  
Women - Red

Participation is limited to the first 60 Players (15 teams).



# WAVES, TIDES AND SALINITY

by Joe Fehrer

*"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." Charles Dickens*

Living on the southern end of the peninsula along the Bay's edge, we tend to be a little more in tune with wind and water than some of our inland neighbors. This winter we had several strong cold fronts that brought high winds and even higher tides to the lower shore. Conversely, we tend to have our lower-low tides during this period, too. While we know that the daily tidal cycles are driven largely by the moon and to a lesser extent the sun, on the Chesapeake wind and local weather also have a role to play. The tide rises or falls every 6 hours and 12.5 minutes for most places along the coast, and in a 24 hour period, the tide (the measure of vertical movement) advances nearly 50 minutes.

A "bulge or mound" of water (a high tide) results from the moon's gravitational pull as it passes the earth's hemisphere closest to it, and somewhat less intuitively, there's a corresponding bulge on the other side of the earth. The gravitational attraction between the moon and earth (and its oceans) is balanced by an outward centrifugal force that results from the rotation of the two spheres, for that reason a second high tide occurs when the moon is on the opposite side of the earth. The writer Hugh Aldersey-Williams has described the ebb and flow of tides as "one of the earth's fundamental units of time."

As we watch waves breaking on a shoreline, it seems as though that bit of water has come to its end, as it washes across the beach and dissipates. The truth is, the water itself has hardly moved; most waves transmit energy, not water, the turbulence in the surf zone comes from that moving energy encountering an obstruction which, for us, it's the low-sloping beach face. At that point, the wave transforms from an energy transporting oscillation wave to a water moving translation wave, also known as "swash."

For most of its life, a wave is not a "thing" so much as an event, a small part of a larger transfer of energy from one part of the ocean (or in our case the Bay) to another. In the study of fluid dynamics, Bjorn Birnir (UC Santa Barbra) has for the first time accurately described the interaction between a moving liquid interacting with a solid and the turbulence that ensues.

In the open waters of the Bay and ocean, the wind blows and causes a disturbance or "perturbation" that causes a small wave crest to form, and the resulting up and down motion begins to transmit kinetic energy through the water. As the wave grows, the energy but not the water passes from crest to crest, this is apparent as you watch a piece of flotsam bobbing up and down in the same relative spot. Waves are further classified according to their wave period or wavelength (the distance between two wave crests), from the smallest capillary waves to the greatest waves of all, the tides. The small capillary waves (think ripples) first to appear on the surface of wind-blown water are known as "cat's paws." William Smyth, in his book "Sailor's Word-Book" defined cat's paws as "a light air perceived at a distance in a calm, and by the impressions made on the surface of the sea."

Gravity waves are the second class of "sea waves" and occur when the wind strengthens and blows consistently. The wavelength begins to increase and a slight convexity in the wave shape is formed, this gives the wind something to work on. As the wavelet or cat's paw develops a leeward face and a windward back, the wave, as it now is will begin to climb; the water's path of least resistance is to go upwards as the energy from the wind is transferred to the water. When these longer gravity waves form, they begin moving rapidly away from the wind that's generating them, at which point they become swells with an even longer wavelength. Moving through the water column these waves lose very little energy; it's entirely possible for a wave generated on one side of the ocean to travel across the Atlantic basin, arriving on the opposite coast at full strength. You can think about this as a tsunami (which, while not wind-related are long-period waves), as that energy moves across an ocean basin, it's usually imperceptible until it makes landfall, often with devastating results.

In an estuary, the length of time it takes for a high tide wave to travel from one end to the other determines the tidal pattern. In the Chesapeake Bay, the time traveled by a wave is long, but the wave period is in sync with the daily oceanic tides. Twice each day, an Atlantic high tide moves into the Bay from the ocean. The tide then travels up the Bay in a progressive standing wave reaching its upper limit in about 12.8 hours, just as the next high tide cycle begins at the Bay's mouth. What makes this really interesting is that it will be low tide at mid-Bay, while the tide is high at the Bay's headwaters and also at its mouth and vice-versa. I've heard this explained as "the twice-daily ripple felt throughout the estuary." As the ocean bulge (the high tide) reaches the continental shelf, the friction caused by the relatively shallow water begins to slow it down, as the tidal crest enters and moves up the Bay the low amplitude "tidal wave" has slowed to less than 15 miles an hour.

As I mentioned above, wind and weather can play an important role in how water is distributed across our estuary. A prolonged easterly wind can drive water levels higher on the western shore which results in us on the Eastern Shore having a "blow-out tide." The same situation occurs with a prolonged westerly wind; our water levels rise while the western shores decrease. When the tide and wind are moving in opposite directions, we can experience very robust "chop" or wind waves, occurring in the Bay and its creeks. This is the result of friction between the two. In our shallow estuary, this "chop" is usually described as very short (the wavelength) and steep (the wave height) and can make boating uncomfortable. Small craft warnings are issued based on the expected wind and or generated wind waves for a specific geographic location. It's not unusual for us to see this warning several times a month in our area.

*Waves, Tides and Salinity...Continues on page 06*

Of course, this is a very simple explanation for a complex set of situations that are different during storm events and often result in serious tidal flooding. This can be very local, a river basin for example, or more broadly, in a larger area like Tangier Sound. Intense low-pressure systems like Hurricanes and North-East storms can push the tidal range extremely high, similar to what the Ash Wednesday Storm of 1962 did. This Nor'easter lingered off the Delmarva coast for three days, pushing six-plus feet of water into Chincoteague, VA and Ocean City, MD, wind-driven waves of 50' were recorded at the mouth of the Bay (breaking waves of 39' were recorded at the beachfront in Rehoboth Beach DE during the height of the storm). This was an Atlantic coastal storm but its impacts were felt here with tidal flooding extending well into the town of Cape Charles.

We can think of the Chesapeake Bay as a long narrow line of water running north and south, Hurricanes moving up the East side of the Bay usually drive water southward, down the Bay. Storms moving along the West side of the Bay drive water northwards up the Bay, "west side" Hurricanes are much less frequent than "east side" storms but tend to do much more damage. As you move upstream on the Bay proper or any of its rivers and creeks, they become more narrow, creating a natural funnel that constricts and raises water levels resulting in a storm surge and flooding. Hurricane Sandy in 2012 was an "east side" storm that largely missed us, but it did cause significant tidal flooding in Accomack County, VA, and Somerset County, MD. This was a result of the large wind field that accompanied the storm. As Sandy passed off-shore, the winds shifted from the north to the west and increased exponentially, driving a record amount of water from the Potomac River basin east across the Bay. The wind-driven waves piled up the water which ran headlong into these Eastern Shore counties, resulting in a devastating storm surge.

We can't talk about the Bay without acknowledging the freshwater inputs that drive the five salinity types or zones found in the Bay and the larger ecosystems that are dependent on those salinities. As the term "Estuary" (where the tide meets a river current) implies, the Bay's many large rivers and minor tributaries deliver about 2,000 cubic meters of fresh water each second into the Bay proper. And while this might seem like a small number compared to the estuaries 68 billion cubic meters, it makes up one-ninth of the Bay's volume. There are 150, give or take, rivers, creeks, and streams draining into the Bay. Forty-six are considered major tributaries with seven of these providing nearly 90 percent of the freshwater in-flow. These are the Potomac, James, Rappahannock, York, and Patuxent Rivers on the western shore, the Susquehanna to the north, and the Choptank (which drains only part of the Eastern Shore) on the east; combined, these seven major watersheds along with the ocean shape the salinity and character of the Bay. With the Bay's watershed touching on six states and encompassing 64,000 square miles, freshwater from storm pulses in a given watershed can change the salinities in the lower end of those watersheds dramatically.

Typically during late winter and spring, the salinity can decline as much as 5 parts per thousand (ppt) in the mid-Bay near Kent Island, MD. This can result in salinities as low as 7 ppt, only to rebound to nearly 13 ppt during the drier summer months. With each season, the salinity contours or isohalines shift reflecting the highly variable freshwater inputs. Most of the marine life we associate with the tidal portion of the Bay, from shellfish, to finfish to submerged aquatic vegetation has evolved coping mechanisms to handle these periodic fluctuations in salinity.

Also, a factor in the salinity gradient is the Coriolis force, in which flowing water is deflected to the right in our hemisphere.

Freshwater flowing down the estuary follows the western shore while saltwater moving up the estuary is pushed closer to the eastern shore, which, with the Coriolis force causes a counter-clockwise motion in the Bay.

The flow of freshwater downstream is continual, only to mix with inbound saltwater, the freshwater being lighter flows up and over the saltwater creating what is known as a saltwater wedge. Of course, the wind, and the energy it generates (the waves), on the surface of the water does a good job of mixing the two.

The Bay's current (the measure of horizontal movement) is considered moderate with an average of about .5 knots, except in the narrows and bottlenecks where it can reach 3 knots (1 knot equals 1.15 mph), especially during the ebb tide. The tidal ranges are also moderate bay-wide; it's greatest at the Capes (2.5 feet) intermediate through the main Bay (2 feet) and lowest in the upper reaches of the tidal stream. While we can accurately predict times of high and low tide, the Bay's current is a little more complicated. Water flowing down the Bay on the ebb tide meets the ocean between the Capes, when the ocean is at low tide the Bay's water flows out at its maximum current. As the ocean tide rises it acts as a slow-rising dam, causing the Bay's ebb current to slow down. When the water levels in the ocean and Bay reach equilibrium, we have a "slack tide," this usually occurs near mid-tide, about three hours after low water. On the Bay, the current changes direction a few hours after high tide and low. "Slack tide" doesn't occur at high or low tide, but three hours after the vertical maximum and minimum tide. In other words, at the low tide end of the cycle even as the water level is rising the current is still ebbing and vice-versa. It's also important to remember that more water is continually flowing downstream into the Bay's main stem than the ocean tide is pushing up the Bay.

As the ocean water level (the dam) continues to rise and the height exceeds that of the Bay's, the current then floods into the Bay. Again, this is a very simplistic explanation of a complex phenomenon that can and does change during storm and high wind events. Unlike the tide, it's nearly impossible to accurately predict the Bay's currents...it's not unusual for an ebb current to run 18 hours or more following a large storm event; all the water that was either pushed into the Bay or fell in one of its watersheds has to drain out... And just in case you're wondering... it takes an average of two to three weeks for a "measure" of water to travel the Bay's length, from the Susquehanna Flats to the Capes, a distance of 195 miles.





Once Upon a Wine...in Argentina.

# Wine & Dine

Parings with Argentinian Wines

**\$100 PER PERSON**  
+ tax and gratuity

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

PRE-DINNER COCKTAILS TO BE SERVED AT 5:30PM

**MARCH 23RD 2022, 6PM**

The Coach House Tavern

**RSVP IN THE BAY CREEK APP**

Cancellation Policy - All reservations must be cancelled 72 hours prior to the event to avoid being charged the full cost of the event. If you need to cancel your reservation within the 72 hour window, please contact the club to do so. Any no shows will be charged the full cost of the event.



## Wine of the Month

The Coach House Tavern Wine Feature for the Month of March

### **Catena Semillon - Chenin Blanc "White Clay" 2020 - Lujan de Cayo, Mendoza, Argentina - \$10 per glass or \$36 per bottle**

Semillón and Chenin Blanc used to be the two most widely planted white grape varieties in Luján de Cuyo, Mendoza's historical region for premium wines. Semillón came to Argentina in the 19th century and was planted in field blends with Malbec as it was in France. A century ago, the blend of Semillón and Chenin Blanc constituted the classic white wine of Argentina. Catena Appellation White Clay is our modern interpretation of this classic, a wine with intense minerality, good grip on the palate and richly textured.

#### **Pairing Information**

*Asian dishes, Meditation wine, Pork, Poultry (light meat), Summer dishes, Vegetarian*

### **Silverpeak Pinot Noir - \$6 per glass or \$22 per bottle**

Silver Peak captures the pioneering spirit of California with these North Coast appellation releases. Like the fabled prospectors of years past, our winemakers seek hidden treasures among the finest growing regions. In California's North Coast, we searched the hills and valleys for vineyards that provided the fruit for these exceptional selections. Brilliant ruby color, hints of dark fruit and herbs. Winemaking: 6 day cold soak, open top tank fermentation at 85° with daily punchdowns. Aged 12 mo. in French & American oak barrels.

#### **Pairing Information**

*Beef, Veal, Game (Venison), Poultry*



# BICYCLE BEER FLIGHT

SATURDAY/ MARCH 12 1:00PM - 4:00PM  
CHECK-IN AT THE COACH HOUSE TAVERN



COST PER PERSON: \$15  
FOR AGES 21+

### SADDLE UP FOR THIS ACTIVE APPROACH TO A FLIGHT OF BEER!

A guide will lead this group on a bicycle tour through the Bay Creek Nature Preserve to four scenic tasting locations. A carefully selected variety of craft beer will be sampled at each pitstop. Finish strong back at the Coach House Tavern and celebrate with a full beer chosen from the flight included in the price.

**BYOB (BRING YOUR OWN BIKE, NOT BEER. WE GOT THAT COVERED)**

SIGN UP ON THE BAY CREEK APP!

BAY CREEK  
Cape Charles, Virginia



# BONFIRE AT THE LIFE CENTER

CASH BAR · SMORES · LIVE MUSIC · GAMES

FRIDAY  
MARCH 4, 2022  
5:00 - 7:00 PM

HELD AT LIFE CENTER:  
1 BEACH CLUB WAY  
CAPE CHARLES, VA

RESERVE YOUR S'MORES KIT  
**\$5 PER S'MORES KIT**

DETAILS ON BAY CREEK APP



# NATURE TALK CAMPFIRE

FRIDAY, MARCH 25 | 7:00PM-9:00PM

Located at Base Camp

Gather around the campfire and enjoy a discussion on a few topics concerning the natural, cultural, and historical wonders of Bay Creek and the Shore. Find answers to all your burning questions, discover new interests, and maybe even get enchanted with a ghost story

Sign up today in the Bay Creek App!

BAY CREEK  
Cape Charles, Virginia



# ST PATRICK'S DAY

Family Wreath Making Craft

SATURDAY, MARCH 12TH  
5:00PM at the Life Center

Join us at the Life Center along with your family to create a beautiful wreath that would go perfect with your other St. Patrick's Day décor.

**\$10 PER  
WREATH**

You can do this craft as  
a group or per person.

Sign up in the Bay Creek App!

BAY CREEK  
Cape Charles, Virginia



# Embracing Nature

with The Stewardship Club

## Native Plants of the Eastern Shore Seminar

Join us for our first Educational Seminar for 2022. Joe Fehrer, Bay Creek's Naturalist will describe some of the native plant species that are unique to the Eastern Shore of Virginia. He will also describe why it is important to promote and maintain those plants here in Bay Creek, not only in the Nature Preserve but on the golf course and in our residential landscapes.

Wednesday, March 9th  
1:30PM at the Life Center

Following the seminar, Naturalist Joe Fehrer will lead a walking tour of the Nature Preserve for anyone interested. During the walk, he will aide in locating and identifying some of these plants.

The Bay Creek Stewardship Club is open to all Bay Creek residents, owners and members. For information about upcoming Stewardship Club events, go to the Bay Creek app and under Interest Groups, check off "Stewardship." You can also contact Meghan Neville at [mneville@baycreeklife.com](mailto:mneville@baycreeklife.com) or 757.331.8620.



Dear Members,

We have received concerns from multiple members of the community regarding unleashed dogs. Regardless of how well your dog behaves, we have members, employees, other dogs, and wildlife who are reactive or frightened of canines they encounter. Our pets are a major source of joy and companionship and we are hoping we can create an atmosphere that is respectful to everyone sharing this wonderful space. There are many good reasons to keep a dog on a leash. Below are just a few.

## **TOP 10 REASONS TO LEASH YOUR DOG**

1. It's a great good neighbor policy, preventing your dog from trespassing on the neighbor's property during your walk. It also keeps your dog from jumping on people you encounter, ensuring that your dog has the chance of being properly introduced.
2. Improved companionship. A well-trained and leash-obedient dog is a pleasure to walk with.
3. Walking your pet on a leash will prevent the spread of disease. It is less likely that your dog will be exposed to Parvo or Distemper. A leashed dog can be restrained from sniffing the droppings of other animals.
4. A leash is commonly referred to as "Your Pet's Lifeline," protecting your pet from traffic and unrestrained animals. Accidents or animal bites are greatly reduced when responsible pet owners obey the leash law.
5. An obedient and well-behaved dog is a positive reflection of its owner.
6. Re-locating your dog into another household is 100% easier if your dog is obedient and leash trained.
7. It's a great way to reward your dog. Your dog will immediately respond with a wagging tail the moment he or she sees you holding the leash.
8. It's a great identification tool, symbolizing that the dog has an owner, and enabling someone who sees the leash and identification tag attached to the dog's collar to find you if you and your pet should become separated.
9. It's a great relief to wildlife, keeping your dog from chasing squirrels, deer, and other wildlife.
10. It's the law! The law is in place to protect other members of the public and your pet from injury.

This information is courtesy of The Bill Foundation.

Thank you,

Your Bay Creek

# March 2022

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Waterfowl and Birding Walk, meet at Base Camp 8:30am	2 Walking Club Preserve Walk, 9:00am	3 Preserve Walk, meet at Base Camp 2:00pm	4 Bonfire at the Life Center, 5:00pm	5 Themed Preserve Walk, meet at Base Camp, 1:30pm
6	7	8 Preserve Walk, meet at Base Camp 9:30am	9 Walking Club Preserve Walk, 9:00am Stewardship Club: "Native Plants Seminar," 11:30am	10 Waterfowl and Birding Walk, meet at Beach Entrance 8:30am	11	12 Bicycle Beer Flight at the Coach House, 1:00pm St. Patrick's Day Craft at the Life Center, 5:00pm
13 Daylight Savings Walk, meet at Base Camp, 6:30pm	14	15 Waterfowl and Birding Walk, meet at Base Camp 8:30am	16 Walking Club Preserve Walk, 9:00am	17 Beach Walk, meet at Beach Entrance 2:00pm	18 Full Moon Walk, meet at Base Camp 7:20pm	19 Themed Preserve Walk, meet at Base Camp, 1:30pm St. Patrick's Day Scramble, 3:00pm Dinner, 5:30pm
20	21	22 Preserve Walk, meet at Base Camp 9:30am	23 Walking Club Preserve Walk, 9:00am Wine Dinner: "Argentinian wines", 6:00pm	24	25 Waterfowl and Birding Walk, meet at Base Camp 8:30am Nature Talk Campfire at Base Camp, 7:00pm	26 Big Hole Tournament, 9:00am
27	28	29 Beach Walk, meet at Beach Entrance 2:00pm	30 Walking Club Preserve Walk, 9:00am	31 Beach Walk, meet at Beach Entrance 2:00pm		

\*\*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 - Sat 7am-7pm  
Sun - 7am-4pm

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

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

**Pro Shop**  
757-331-8620

Mon - Sun - 7am-5pm



# March 2022

## 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
		<b>1</b> Spin w/Ashley - 6am Yoga w/Debra - 7:30am Weighted Kettle Core w/Jill - 10am	<b>2</b> General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	<b>3</b> Spin w/Ashley - 6am Yoga w/Debra - 8am General TRX - 10am Tabata w/Austin - 5pm	<b>4</b> Full Body Stretch w/Austin - 9am Basic Mat Pilates w/Jill - 10am	<b>5</b> Spin w/ Ashley - 7am Beginner Spin - 8am Tabata w/Ashley - 10am General TRX - 11am Soft Yoga - 11:30am
<b>6</b>	<b>7</b> Full Body Stretch w/Sarge - 9am General TRX - 10am	<b>8</b> Spin w/Ashley - 6am Yoga w/Debra - 7:30am Weighted Kettle Core w/Jill - 10am	<b>9</b> General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	<b>10</b> Spin w/Ashley - 6am Yoga w/Debra - 8am General TRX - 10am	<b>11</b> Full Body Stretch w/Sarge - 9am Basic Mat Pilates w/Jill - 10am	<b>12</b> General TRX - 11am Soft Yoga - 11:30am
<b>13</b>	<b>14</b> Full Body Stretch w/Sarge - 9am General TRX - 10am	<b>15</b> Spin w/Ashley - 6am Yoga w/Debra - 7:30am Weighted Kettle Core w/Jill - 10am	<b>16</b> General TRX - 10am Total Body Workout w/Jill - 11am Spin w/Ashley - 5pm	<b>17</b> Yoga w/Debra - 8am General TRX - 10am	<b>18</b> Full Body Stretch w/Sarge - 9am Basic Mat Pilates w/Jill - 10am	<b>19</b> Spin w/ Ashley - 7am Beginner Spin - 8am Tabata w/Ashley - 10am General TRX - 11am Soft Yoga - 11:30am
<b>20</b>	<b>21</b> Full Body Stretch w/Sarge - 9am General TRX - 10am	<b>22</b> Yoga w/Debra - 7:30am Weighted Kettle Core w/Jill - 10am	<b>23</b> General TRX - 10am Total Body Workout w/Jill - 11am	<b>24</b> Yoga w/Debra - 8am General TRX - 10am	<b>25</b> Full Body Stretch w/Sarge - 9am Basic Mat Pilates w/Jill - 10am	<b>26</b> General TRX - 11am
<b>27</b>	<b>28</b> Full Body Stretch w/Sarge - 9am General TRX - 10am	<b>29</b> Yoga w/Debra - 7:30am Weighted Kettle Core w/Jill - 10am	<b>30</b> Total Body Workout w/Jill - 11am	<b>31</b> Yoga w/Debra - 8am		

\*\*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

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

**Pro Shop**  
757-331-8620

Mon - Sun - 7am-5pm

