

THE BAY CREEK INSIDER

Monthly Member Newsletter

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MEMBER EVENT CALENDAR



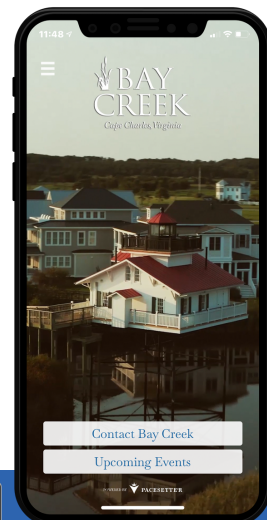
See what's happening this month. pg. 11

Photo Points on the Nature Preserve & Beach

Seven photo points were installed on the property as a Citizen Science Project that will allow us to see how dynamic the coastal landscape and upland land cover changes over time. Four are located in the upland area of the Nature Preserve and three are located on the beach. Each one has a numbered plaque that will help us track pictures taken from that specific location.

We need your help! Please take a minute while you're on the property to take a few pictures that can be submitted through the App under **Life Here > Explore the Preserve > Photo Point Gallery Submissions**. When taking the photo, be sure the phone or camera rests against the surface at the top of the post. Do not edit the image before submitting it. On the form, you will identify the photo point, as well as the date and time the image was taken.

ENTER OUR CONTEST! The first ten people who log all seven sites will win a free greeting card from Marina Pierce.



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



Message from Club GM, Bob Ewing...

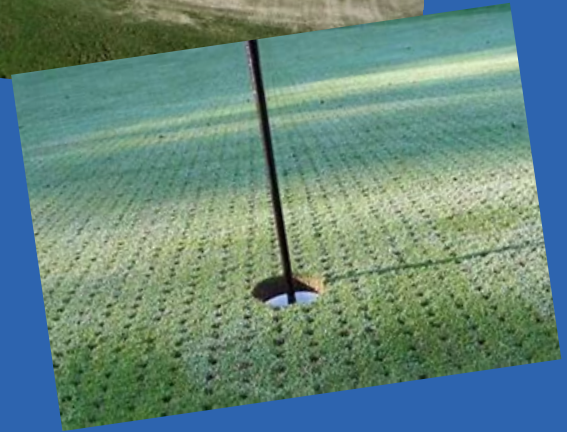
From my perspective, this is the most fantastic time of the year. I don't know about you, but April brings out the best of everything. The trees and flowers are in bloom, the grass gets greener, the temperature gets warmer, the daylight gets longer and, best of all, golf starts to take off. I would like everyone to welcome the season with me and enjoy the Club because it truly is the most wonderful time of the year to belong to a club like Bay Creek.

With every good thing, though, comes some necessary work to make our place great. As the grass begins to wake up from its winter slumber, we open up the golf course to ensure it will accept all of the nutrients in the beginning of the year. This process is called aeration and is necessary for the overall conditioning of the golf course. While spring gives a sense of renewal and a fresh start to the year, please be sure to give our grounds crew a little wave to thank them for getting our course ready for the season. A little pain now for much gain later.

Have a great April!

Kind Regards,

Bob Ewing



EMPLOYEE RECOGNITION

We like to recognize employees who shine! Every person on our team is special and is a key factor in the success of Bay Creek. For the month of March, the following individuals have been recognized for not only their exhibition of strong work ethic but also for their positive attitude.

Thank you for going the extra mile!

Chris Guerra

Food & Beverage Staff

Chris has showcased his ability to be an outstanding team player. Not only will he jump in to offer help but he does it with a positive attitude!

Thank you, Chris!

Reggie Peterson

Clubhouse Maintenance and Housekeeping

Reggie is one of the newest members to our team. His attention to detail and dedication to making sure the clubhouse is clean and welcoming is impressive.

Thank you, Reggie!



HELLO FROM THE BAY CREEK FITNESS CLUB!

Hello to all our members!

During the last couple of months, the Life Center team has been researching new ways to assist all our members with their training needs. Through our research, we found a platform a lot like our Precision Nutrition Platform. The new platform is known as True Coach and is considered the #1 platform for personal coaches and members to use together to become more in sync. It allows for more communication between the coach and the member. This means better results for the member in the long run.

What benefits do we gain from having this new platform in place?

1. You have an App that is downloaded to your phone. This is used to communicate with one of our team, and to see your daily, weekly and monthly schedule for your training. Always remember the best training plan needs to be changed every 4-6 weeks. If we don't make these changes, the body adapts, and the benefits start to fall off.
2. You will have a complete program written every 4-6 weeks depending on your goals and needs by one of our team members.
3. With your program, you will have videos with most exercises showing the proper form and technique right on the app.
4. As with the Nutrition Program, you will have one of our team members available to talk about your physical training needs. This messaging is in real-time and is a huge benefit during the exercise routines.
5. You can schedule an appointment with one of our team members to sit down and customize a training program specifically for you, to meet your needs and goals.
6. As a member, you have easy workout logging. You can add remarks to the exercise, such as weight, pain, and any other types of good or bad remarks about the exercise. This way our team members can adjust that exercise before your next workout, or they can meet with you and make sure you are using the proper form. Sometimes you just need a slight adjustment.
7. Our team member is also able to track your metrics and goals in real-time, which makes it much easier to stay up on progress and adjust as needed.
8. The Members receive email notifications as to when their next workout is due.

Who do we feel would benefit from this program?

1. It is our belief that the individuals who have received personal training and have completed a foundation program with one of our team members previously would also enjoy this program.
2. People who have been training for years but doing the same program forever, basically going through the same moves every training day. Physically very little benefit in comparison to when they started.
3. Those who need to be held accountable for their routines.
4. Individuals who are beyond having a personal trainer, but still would like to have a trainer on hand to write their programs and give them that extra little push, and encouragement.
5. People who want to take it to the next level.

We are so excited to offer this new experience to our members and hope that all of you will come in and talk to one of our team members about the program.

Enjoy all the benefits of the Life Center and remember the Fitness Club is only one of the benefits within the building.

CLASS FEE UPDATE



Dear Members,

The Life Center would like to take a minute and update our members on fitness classes. Our main focus at this time is ensuring our members have great instructors, accommodating class times and a space that fits each class. As we continue to work these details out, we have decided to not charge for any classes at this time.

Thank You,

Jen Lewis
Life Center Manager



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 April.

This month you may 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 7:30am for the month of April. We also are moving to our in-season golf shop hours (6:30am to 6:00pm).



UPCOMING EVENTS

For the month of April, we really get into the swing of the golf season. We start off the month with the return of the Sunday Member Mixers on April 3rd at 3pm. On Saturday, April 9th, we have the Play 'Em All event. Later in April, we hold the Ladies League Opening breakfast on the 21st. Then that very next day we have our first Member Golf Clinic of 2022 at 5pm (April 22nd). Lastly for the month of April, we hold our Member Par 3 event on April the 23rd. Go to the Bay Creek App to sign up and if you have any questions, please contact a member of the golf shop staff.

4/3 - SUNDAY MEMBER MIXER
Every Sunday through October

**4/21 - LADIES LEAGUE
OPENING**

4/23 - MEMBER PAR 3 TOURNAMENT
18 holes - 2 Person Teams

4/9 - PLAY 'EM ALL EVENT
27 holes - 2 Person Teams

4/22 - MEMBER GOLF CLINIC
Grip, Posture, & Alignment

BAY CREEK

PLAY 'EM ALL TOURNAMENT 2022

27-Hole Scramble, 2 Person Teams
Open to Golf Members and Guests of Golf Members

AT 8AM **9th APRIL, 2022** **ENTRY FEE \$150**
SATURDAY

**ALL EVENT DETAILS ON THE BAY CREEK APP
REGISTER YOUR TEAM TODAY!**

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
Cape Charles, Virginia

ENTRY \$60 PER PERSON

MEMBER PAR 3 TOURNAMENT

REGISTER NOW ON THE BAY CREEK APP!

**18 Hole Tournament
2 Person Teams**
Open to Golf Members and Guest of Golf Members

Saturday, 23 April 2022

Broken into 4 flights by total team handicap. The winner of each flight will be the lowest gross score in the flight. Handicap only gets you in the proper flight. Paying out First and Second in each flight.

Order of Play: Tee Times - Palmer Front to Palmer Back to Nicklaus Front

Tees

Flights 1 & 2

Men - Blue
Men 60 & Better - White
Women - Red

Flights 3 & 4

Men - White
Men 60 & Better - Gold
Women - Red

Par 3 Tournament at 9:00am on Saturday April 23 will take place on the Nicklaus Front/Palmer Front. For this fun event, all 18 holes will be set up as Par 3s, with no hole being longer than 125 yards. This will be a TWO-PERSON TEAM EVENT - Scramble format with the USGA handicap recommendation - Player A at 35% and Player B at 15% to get the team handicap which will be subtracted at the end. Guests are welcome.



ST. PATRICK'S DAY SCRAMBLE

Lucky the Leprechaun St. Patrick's Day Revenge

Thank you to all who participated in this year's St. Patrick's Day Scramble. It was a huge success for an inaugural event. If you missed it, please make sure to sign-up next year. It is definitely a can't-miss event. The format was a four-person team scramble with all the holes having different rules on how to play them. All tournament obstacles had to remain in place and could not be moved during play; moving an obstacle would result in disqualification of the team. This event was open to Golf Members and their guests.

Hole Rules

1. "Lucky the Leprechaun's Pot of Gold" – Teams played the hole normally except for each team had to hit the "pot of gold" to hole out. Any shot that struck the pot of gold was considered holed out.
2. "Lucky the Leprechaun's Shillelagh (or Walking Stick)" – Teams played the hole normally except for when the players reached the green all players had to use Lucky's Shillelagh to putt.
3. "Your Lucky 7 iron" – All players had to play this hole with only a 7 Iron.
4. "Lucky Charms" – All players had to tee off from the top of a Lucky Charms box. Players could use a tee.
5. "Derby Hat" – All players had to wear a Leprechaun hat while playing this hole.
6. "Irish Jig" - Any team that had all players dance while one player tees off can subtract one shot from the hole. The dancing had to continue for all four shots to receive the shot subtraction. No fibbing or Lucky would find out.
7. "Let the Shenanigans Begin"- ALL players had to play from the SILVER Tee markers.
8. "Over the Rainbow" - Teams played the hole normally, but when they reached the green, they had to avoid the pool noodles protecting the hole. Remember - they could not move any of the obstacles.
9. "Lucky the Leprechaun's Gold" – Teams played the hole normally except they had to navigate through Lucky's gold spread all over the green before finding the hole.



The Results Are In!

<u>Teams</u>	<u>Scores</u>
T1 Michael Nordeen, Sally Nordeen, Abigail Nordeen, Adam Pitts	32
T1 Frank Pegram, Laurie Marker, Terie Birtles & John Birtles	32
3 Ernest Gates, Avis Gates, Kim Lenhardt & Lisa George	33
4 John Coker, Martina Coker, Ron Wrucke & Sherry Wrucke	34
T5 Eric Pierce, Marina Pierce, Ian McDonald & Lori McDonald	37
T5 Jim Turner, Rudy Martin, Cathleen McCloy & Norman Mitchell	37
7 Cindy Hughlett, Frank Hughlett, Mike Holvick & Stephanie Holvick	38
8 Jed Lafferty, Pam Lafferty, Steve Ehmann & Mary Ehmann	42
9 Landon Lovett, Mary Lovett, Bill Robinson & Joy Robinson	45

Congratulations to the Winners!



2022 BIG HOLE Tournament

Saturday, March 26, 2022

Thank you to all who participated in this year's Big Hole Event. The format was an eighteen-hole, two-person scramble competition and was held on the Arnold Palmer Signature Course. All holes featured a special 15" cup! Scoring for the event was post-flighted into three flights based on team scores. All ties were broken using the USGA method of last 9, 6, 3, 1. The event was open to Golf Members, Sports Members and their guests.

The Results Are In!

Flight One

1. Terry White & Jere Lynch	53 (-19)
2. Joe Restein & Jay Tapman	54 (-18)
3. Jake Savage & Steve Rosser	54 (-15)
4. Jonathan Sharpley & Jim Lohr	58 (-14)
5. Chip Weisenfels & Jon Thornbrugh	60 (-12)
6. Steve Edwards & Gail Edwards	60 (-12)
7. Brad Whitfield & Stephen Pokelwaldt	61 (-11)
8. Blair Monaco & Will Jones	61 (-11)
9. Jeff Lichty & Josh Lichty	61 (-11)
10. John Orlando & Lester Cook	61 (-11)
11. Claude Reid & Reese Reid	62 (-10)
12. Ron Wrucke & Sherry Wrucke	62 (-10)
13. Rusty Gates & Avis Gates	61 (-10)
14. Louis Neudroff & Robert O'Brien	62 (-10)

Flight Two

1. Sam Watson & Henry Carson	63 (-9)
2. Mark Blachura & John Blachura	63 (-9)
3. Brenden Blachura & Westin Ringer	63 (-9)
4. Cathleen McCloy & Evie Odom	63 (-9)
5. Kevin Moreland & Greg Butler	63 (-9)
6. Michael Orr & David Wenzcaff	63 (-9)
7. Frank Pegram & Laurie Marker	63 (-9)
8. Shane Benedict & Wes Benedict	64 (-8)
9. Max Foreman & Victor Foreman	64 (-8)
10. Jim Liepman & Jim Turner	65 (-7)
11. John Mancoll & Jerry Berman	65 (-7)
12. Chris Arkell & Mary Beth Mattingly	65 (-7)
13. John Coker & Martina Coker	65 (-7)
14. Greg Monaco & Joe Monaco	65 (-7)
15. Bert Foreman & Wayne Noel	66 (-6)

Flight Three

1. Barry Pitts & Andy Wolfel	66 (-6)
2. Mike Holvick & Stephanie Holvick	67 (-5)
3. Davis Watson & Cody Heart	68 (-4)
4. Clint Crouse & Julie Crouse	68 (-4)
5. Frank Hughlett & Frank Hughlett Sr	69 (-3)
6. Keith Benedict & Troy Benedict	69 (-3)
7. Kenneth Fodill & Pat Sigmon	71 (-1)
8. Rob Nelson & Seyi Adegoye	71 (-1)
9. Nolan Demos & Steve Demos	73 (+1)
10. Jo McLatchy & Tim McLatchy	75 (+3)
11. Sarah Sharpley & Brooke Tapman	76 (+4)
12. Michael Nordeen & Abigail Nordeen	77 (+5)
13. Steve Ehmann & Steve Pautz	77 (+5)
14. Patsy Harris & Rob Harris	79 (+7)
15. Donna Brown & Robert Brown	81 (+9)

Closest to the Pin Contest:

- #4 Palmer Course – Frank Pegram
- #7 Palmer Course – Avis Gates
- #12 Palmer Course – John Coker
- #15 Palmer Course – Brad Whitfield

Congratulations to the winners!



Image courtesy of Marina Pierce, Photo by the Bay

SLIP, SLIDING, AWAY

by Joe Fehrer

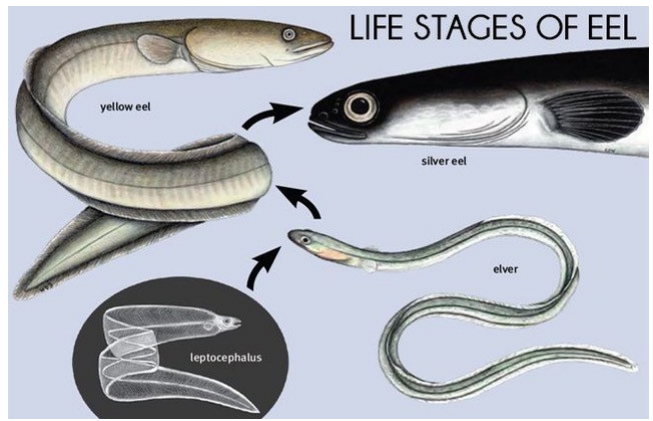
"An eel held by the tail is not yet caught." Native American Proverb

Most of us probably don't think of American eels (*Anguilla rostrata*) while going about our day-to-day routines... I certainly fall into that category. An often overlooked species, unless you're using the small elvers as bait (and an undervalued one at that), or unless you're a commercial eel fisher, these truly are amazing fishes. I received a photograph a few months ago of a great blue heron (*Ardea herodias*) spotted in a pond on the property; the picture, besides being a great wildlife shot, focused my attention on the lowly eel, now a meal for the heron.

Defined as "ray-finned fish" and belonging to the order Anguilliformes, there are some 800 species worldwide, including the lampreys, ribbon, morays and the electric eel. American eels are found along the entire Atlantic Coast from Greenland to Venezuela and of course in the Chesapeake Bay watershed. Eels are the only catadromous fish in the Bay region, that is to say, they migrate downstream to the ocean to spawn, unlike anadromous fish which swim upstream to brackish or freshwater to spawn.



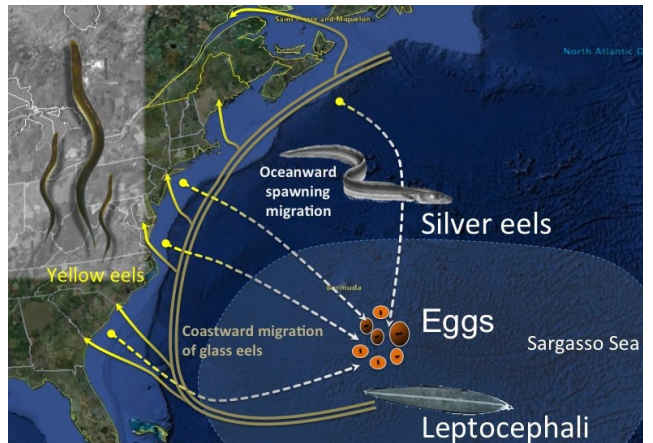
Eels were, until the early 20th Century, quite a mysterious fish... very little was known of their life cycle let alone their migratory patterns and reproduction. The great Roman naturalist Pliny the Elder surmised that mature eels rubbed their bodies on rocks to produce offspring. Other theories had eels beginning their life as sea foam, or as beetles or even "hair from a horsetail fallen into water," no one really knew. That changed in the early 1920s when a Danish-born biologist Johannes Schmidt discovered eel larvae following a decades-long search. The breeding ground for all the eels in the Atlantic Basin is in a richly vegetative patch of the North Atlantic called the Sargasso Sea. And yet no one has seen a spawning eel outside of captivity, nor has anyone has seen eel eggs in the wild.



Adult eels of some 30 species make their way to this mid-ocean gyre bounded by four different currents. Here they spawn, disperse their eggs and then die. Eels go through six "morphs" during their life cycle; from eggs to larvae, glass eels to elvers, and finally from yellow eels to silver eels, the mature breeding adult. As larva, the eels begin a journey that can be many thousands of miles long, and takes them to destinations unknown to them, the brackish and freshwater rivers, creeks, streams and lakes along the East Coast of the central and northern Atlantic. Unlike shad, herring and most other anadromous fish in the Bay, eels have never been where they're going, they're essentially navigating while blind, but onward they go. Mike Bednarski, Fisheries Chief for the Virginia Dept. Of Wildlife Resources has likened the dispersal of eels to dandelion seeds "they just blow wherever."

The larval eels drift at sea for a year or more after hatching, then, moving into the estuary they go through a transformation that takes them from a tiny translucent ribbon of an eel (about the size of a pine needle) to a slightly larger glass eel. They quickly gain pigmentation and morph again into an elver and continue the journey upstream. Male eels usually stay in the Bay's brackish water (the lower end of rivers and creeks) with the females working their way further upstream searching out fresh water.

It's not unusual for the female elvers to migrate up and over low head dams or crawl along grassy banks to move between water bodies. They can absorb oxygen through their skin as long as they remain wet and their urge to move ever higher in the watershed seems insatiable. Prior to the construction of the Conowingo Dam, eels could be found along the entirety of the Susquehanna River and its tributaries and well into New York state. The same can be said for all the rivers in the Bay watershed, those with dams anyway... dams, both large and small have been a major impediment to the migration of eels and the other anadromous fishes that need to reach freshwater to spawn, but there have been success stories. When the Embrey Dam was removed from the Rappahannock River in 2004, it allowed, for the first time in over 150 years, unimpeded fish passage upstream in that river system. By 2012, eight years after the removal of the dam, American eels were showing up in headwater streams in Shenandoah National Park, over 100 miles further upstream.



Slip, Sliding, Away...Continues on page 08

Once they've found a suitable home, eels will stay in that general location, hiding by day and hunting by night. Eels once served as a staple food source for Native Americans and it's estimated they once made up 50% of the fish biomass in the Potomac River. Eels were also consumed by the early settler, they were plentiful, easy to catch, essentially free and high in protein. But eels, as important as they were as a human food source, are even more valuable for the ecological niche they fill. They're a vital part of the food-chain and formidable predators themselves.



Marina Pierce
PHOTO BY THE BAY

As I've mentioned in previous posts, the natural world is replete with interdependencies and symbiotic relationships between species, and eels serve an important role in this regard. Enter the freshwater Eastern elliptio mussel (*Elliptio complanata*). Like our clams and oysters, they're filter feeders and tend to stay in place, not being able to move upstream against the downstream flow. The mussels, evolving with American eels, have developed a unique strategy that helps transport their larvae by releasing eggs to coincide with the migration of eels upstream. Female Eastern elliptio mussels do this by luring the eels close with flaps of tissue that mimic the macro-invertebrates young eels feed on.

When the eels get close enough, the mussels release their eggs, some of which attach themselves to the gills of eels as they pass through and over a mussel bed, thus guaranteeing a free ride upstream. Once the eggs reach maturity, they drop off and the eel is no worse for wear. The mussels then seek a suitable location and settle in, filtering water for the next eighty-plus years. This is no trivial matter as mussels are a keystone species in many freshwater rivers, creeks and streams and provide the same water filtering benefits as our native oyster.

The symbiotic relationship between eels and mussels is extremely important to the health of our freshwater rivers, streams, lakes and ultimately the Bay itself. Unable to access headwater streams due to man-made obstructions to disperse their larvae, the mussel population has been in decline. As a MD DNR Wildlife Biologist once told me while we were working in a tributary of the Pocomoke River, "as the eel goes, so does the mussel."



Eastern Elliptio Mussel

American eels have a lifespan of up to 25 years, reaching 5 feet in length and topping out at twenty pounds. As with all migratory animals, eels have an internal clock, and while we don't know how this works, we do know that it signals them to prepare for a long migration to the spawning area in the Sargasso Sea.

By this point in their lives, they're known as silver eels. The mature adults have one last unique adaptation that readies them for what will be their final journey. They cease feeding as their digestive tract deteriorates providing additional fat reserves, and their eyes double in size becoming more sensitive to blue light, thus heightening the vision they'll need for this long swim home.

While much about eels remains a mystery, one thing is clear. They, like the mussels that depend on them, are in serious decline across their range. With their far-flung habitat, secretive nature and variable migration patterns, population trends have been hard to ascertain. But the consensus of fisheries biologists is that eels are in trouble. This is largely due to overfishing (American eels are a delicacy in Europe and Asia), loss of habitat (the damming of rivers), water pollution from sedimentation to chemicals and the changing ocean currents attributed to climate change. The International Union for Conservation of Nature has placed the American Eel on its Red List, stating the animal is at risk of extinction in the wild unless more conservation measures are taken. The good news is that with the removal of old and non-functional dams, tighter and more restrictive fishing regulations and enforcement of environmental regulations, the future for these amazing and slippery fish looks a little brighter.

The Blue Heron images are courtesy of Marina Pierce.
Thank you Marina for your beautiful images!

If you're interested in seeing more of her beautiful photography or projects please feel free to follow her.



Click Icons to visit Marina's Instagram or Etsy Store



NATURE PRESERVE Spring Housekeeping

Here are some need-to-know items from Naturalist, Joe Fehrer. Below contains some rules of the road as well as things happening within the Preserve trails and beaches.

- We'll soon be installing informational signage where the Preserve Beach meets "public space".
- If we see evidence of nesting shorebirds and the situation warrants, we'll be posting beach closure signage on the Preserve Beach in proximity to any nest, not the entire beach.
- While in the Nature Preserve and on the Preserve Beach we ask that you please keep your dog leashed and under your control at all times. This is a Nature Preserve and wildlife observation area; we need to be respectful of the wildlife and the people who enjoy it.
- The Stewardship Club has a habitat enhancement project along the east side of "Fosters Pond" - this is the pond that separates the Nature Preserve from Palmer 8 (south of Base Camp Road). We've planted small bare-root trees and shrubs along the pond edge near the waterline. If you fish along the edge, be mindful of the plantings and stay away from them. Over time as these mature, they will directly benefit the fish stock in the pond.
- Please DO NOT drive golf carts or any motorized vehicle through the meadows or the old golf course areas in the Nature Preserve; habitat restoration projects will be taking place in several of these areas and could be adversely impacted.

SAKÉ TO MEI KANPAI

SAKÉ DINNER

Bringing some Japanese Culture to Bay Creek

WEDNESDAY
APRIL 27TH
6:00PM

Join us at the Coach House Tavern for an evening full of Japanese Sake and delicious Sushi inspired dishes prepared by Chef Jason and his team. A thoughtfully prepared menu that will pair lovely with each featured Sake.

\$100 | per person
* tax and gratuity

Sign-up today 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.



JOIN US FOR AN

EASTER BRUNCH

W/ THE EASTER BUNNY

APRIL 17TH, 2022
8:00 AM - 3:00 PM

View the Easter Menus and make your reservations in the Bay Creek App!

HAPPY HOUR AT THE TAVERN!

April 7th-10th

Join us at the Coach House Tavern to watch LIVE Masters Tournament Coverage.

We will offer a special Happy Hour during the air times for the tournament to include select drinks and tournament themed food fare.

April 7th - 9th, Tournament airs at 3:00 pm (EST)
April 10th, Tournament Conclusion airs at 2:00 pm (EST)



MASTERS

Wine of the Month

The Coach House Tavern Wine Feature for the Month of April

Yalumba, The Y Series, Sangiovese Rosé- \$6 per glass or \$21 per bottle

The Y Series is a collection of iconic classics and exciting new varietals. Each wine is authentically crafted with fruit from South Australia's most celebrated wine regions. At Yalumba, we believe that one good wine leads to another. Vintage 2021 has produced Sangiovese grapes of balance, style and exceptional varietal characteristics. Good winter and spring rains enabled the vines to grow healthy canopies. Summer was warm to mild with cool nights, great for the development of pristine aromatics and flavors. Tasting notes of red fruit aromas of cherry, raspberry, strawberries and cream with a hint of fuchsia.

Pairing Information

Prosciutto wrapped rockmelon or Thai-style corn fritters with a sweet chilli dipping sauce.



April 2022

APRIL'S BEER FEATURE

O'CONNOR BREWING EL GUAPO AGAVE IPA

\$3
PER BOTTLE

APRIL 1 - APRIL 30
REQUEST FROM YOUR SERVER
OR BARTENDER



BICYCLE BEER FLIGHT

NEW DATE!
SATURDAY / APRIL 2ND 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!



Did someone say YAPPY HOUR?



Join us for Yappy Hour where we will have a menu of special treats for you and your pooches!

Friday, April 29th from 5:00pm til 7:00pm
on the Coach House Patio.

Dog treats • To-Go Doggie Bags (one per pet)
Available for our four-legged friends!

Bring your pooch dressed in their favorite gear
for the "Best Dressed" Contest!



This is weather dependent. Updates will be sent via the Bay Creek App.



Plein Air Paint and Wine

• GUIDED PAINTING AND WINE TASTING •

APRIL 9TH
1PM-4PM
AT BASE CAMP IN
NATURE PRESERVE
\$45 INCLUDES
SUPPLIES AND WINE

Reserve your spot for a guided landscape painting outdoors in Bay Creek's Nature Preserve. Artists of all skill levels will enjoy this relaxed guided tutorial to create a masterpiece worth toasting. RSVP required on Bay Creek App



LET'S CELEBRATE ARBOR DAY IN THE NATURE PRESERVE

APRIL 30, 2022 | 1:00PM - 4:00PM

Spend the day with Mother Nature! Starting at Base Camp in the Nature Preserve, we'll clean up the coastline of Plantation Creek while observing the many varieties of arbors in the maritime forest. Then, we will return to Base Camp to sow a variety of native plants to help restore wildlife habitat, to enhance the scenic beauty, and to gain a sense of one with nature.

DEBRIS COLLECTING BAGS WILL BE PROVIDED.

We recommend that you bring gloves and wear closed toe shoes, pants, and bug spray to ensure a safe and fun day.



April 2022

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Titleist Fitting Day, 10:00am Bicycle Beer Flight at the Coach House, 1:00pm Themed Preserve Walk, meet at Base Camp, 1:30pm
3 Sunday Member Mixer, 4:00pm	4	5 Waterfowl and Birding Walk, meet at Base Camp 8:30am	6 Walking Club Preserve Walk, 9:00am Preserve Owl Prowl, 7:30pm	7 Beach Walk, meet at Beach Entrance, 9:30am Masters Tournament Happy Hour at the Coach House, 3:00pm	8 Masters Tournament Happy Hour at the Coach House, 3:00pm	9 Play Em All, 8:00am Plein Air Painting at Base Camp, 1:00pm Masters Tournament Happy Hour at the Coach House, 3:00pm
10 Masters Tournament Happy Hour at the Coach House, 2:00pm Sunday Member Mixer, 4:00pm	11	12 Preserve Walk, meet at Base Camp 2:00pm	13 Walking Club Preserve Walk, 9:00am	14 Waterfowl and Birding Walk, meet at Base Camp 8:30am	15 Nature Talk Campfire at Base Camp, 7:30pm	16 Themed Preserve Walk, meet at Base Camp, 1:30pm Full Moon Walk, Base Camp 7:45pm
17 Brunch with the Easter Bunny at the Coach House, 8:00am - 3:00pm Sunday Member Mixer, 4:00pm	18	19 Waterfowl and Birding Walk, meet at Beach Entrance, 8:30am	20 Walking Club Preserve Walk, 9:00am	21 Preserve Walk, meet at Base Camp 2:00pm Ladies League Opening Breakfast, 8:30am	22 Member Clinic - Grip, Posture, and Alignment, 5:00pm	23 Member Par 3 Tournament, 9:00am
24 Sunday Member Mixer, 4:00pm	25	26 Beach Walk, meet at Beach Entrance, 2:00pm	27 Walking Club Preserve Walk, 9:00am Saké Dinner at the Coach House, 6:00pm Preserve Owl Prowl at Base Camp, 7:30pm	28 Waterfowl and Birding Walk, meet at Base Camp 8:30am Ladies League Play Day, 9:00am	29 Yappy Hour "Drinks on the Patio with your Pooch", Coach House Patio, 5:00pm	30 Arbor Day in the Preserve, 1:00pm Themed Preserve Walk, meet at Base Camp, 1:30pm

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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 - 6:30am-6pm



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

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