

# THE BAY CREEK INSIDER

Monthly Member Newsletter

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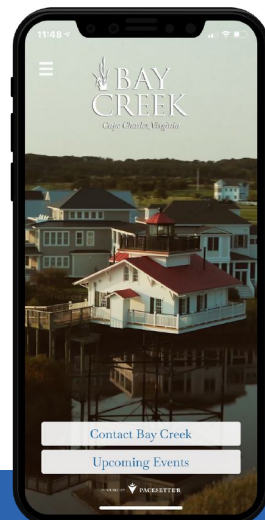
### Photo Points on the Nature Preserve & Beach

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.

**THERE'S STILL TIME TO 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...

"April Showers bring May Flowers." Truer words were never said. It is that time of year when everything comes alive! May should bring us a beautiful golf course and things should get back to some normalcy which we have not seen in over 2 years. That being said, look not only for the golf course to come alive but every other part of the operation. Member Events will be ramped up, for both golf and the Tavern. The renovation of the clubhouse will be moving into another phase as we finish up the cart barn and begin to assemble a new golf shop for Zach and the crew. The pool will open later in May and beach access will be a priority in getting set up for the summer. One really innovative decision was to bring in a food trailer for the pool area, which will offer members and guests a larger variety of options during their time at the Life Center. As you can see, there are many moving parts to this season and I can say we could not be more excited.

You will also notice new team members on our staff, which is a crucial piece to the Bay Creek Club puzzle. We can plan as much as we want, but we will need the staff to pull it off. If you know anyone looking for summer or more long-term work, please have them reach out to us. We have made a conscious decision to pay our staff very competitively. If you want to be the best, I believe we have to treat our employees the best.

We will be holding a Membership Town Hall on May 10, 2022, at 5pm EST to share more details on what is happening at the club and to hear from you as members. The Town Hall will be held at the Coach House Tavern; occupancy is limited so please make sure you register to attend. You should have received a registration email from the club. If you have not received that email, please contact us at [club@baycreeklife.com](mailto:club@baycreeklife.com).

So here is to a fantastic May! I look forward to seeing you around the facility.

Kind Regards,

Bob Ewing

DON'T FORGET TO CHECK OUT

## SATURDAY BAY CREEK BUZZ *with Bob Ewing*

Saturdays at 9:00am on Facebook LIVE

Tune in to Facebook LIVE on Saturdays at 9am with Club General Manager Bob Ewing where he will be discuss topics such as upcoming events and club news.

Scan to visit  
[Facebook.com/BayCreekLife](https://www.facebook.com/BayCreekLife)



SCAN ME



• Member Updates • Club News • Member Q&A

*Bob Ewing, Club General Manager*

## 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 May, we were not able to select just one employee. We would like to recognize the entire Coach House Tavern and Life Center staff for all their hard work in making Bay Creek's Easter Weekend wildly successful. We have received gleaming reviews from a handful of members who fully enjoyed their experiences.

Thank you for going the extra mile and offering the ultimate member experience!



## THE BEGINNING OF SOMETHING NEW!

*Bay Creek Life Center*

The Life Center would like to introduce its newest employee, Myles Lewis. Myles is currently working on earning his certification as a physical fitness trainer. In high school, Myles participated in both football and wrestling which started his passion for working out and leading a healthy lifestyle. Myles is working with fellow trainers Sarge, Austin and Ashley in a few classes and in the near future will start teaching some TRX and Tabata. He is excited to learn all he can from our trainers and looks forward to working with members in the gym and during classes.



## *Bon Voyage, Austin!*

As we say hello to new staff, we also need to say good luck to Austin Brady on his next journey. Austin will be putting his recently earned degree to good use in his new career path. He has been a great asset to the Life Center and will be missed for sure, but we are excited to see what his future holds. For those who will miss Austin, keep an eye out because you never know when he could pop in and teach a class!

## TAKE FULL ADVANTAGE OF YOUR MEMBER LOUNGE

Stop by the Member Lounge for a full array of fun activities, such as billiards, ping pong, crafts, Mahjong, cards, and more! It's also a great spot to escape from the summer sun. Here is a friendly reminder of the member lounge rules.

- The member lounge is for the enjoyment of Bay Creek Members and accompanied guests.
- Children are welcome in the member lounge when accompanied by a member over the age of 18 who is responsible for supervision.
- No wet bathing suits, please. Shirts and shoes are required
- Smoking is prohibited in all indoor areas of the Life Center.
- Special member classes and events may be scheduled in the lounge. Thank you for your patience and understanding.

Please make your member lounge a great place for all members to enjoy!

We hope to see you soon.

May 2022



## Life Center Pools

*Let's Splash Around*

One of the biggest questions at the Life Center recently has been about the pool's opening date. The resurfacing of the pool should be completed the week of April 18. That is when the real work begins. For the next 28 days, staff will be working diligently to properly finish the process. There is maintenance to ensure the resurfacing settles, including daily brushing and chemical monitoring. All of this will be completed in time for the pool to open on May 27, 2022.



*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 May except for the below dates for golf events and maintenance.

One nine will be closed each Monday for dedicated maintenance. Check the Course Conditions in the Bay Creek App to see which nine is closed that day.

**5/16 & 5/17 - VSGA 4 Ball Championship** – The Tournament will be on the Palmer Front and Nicklaus Front. All other member play will be on the Palmer Back Nine. This event is one of the Virginia State Golf Association's majors for the year and all players had to qualify to play. If you have an interest in volunteering, please call the golf shop. The VSGA tournament committee is looking for spotters.

**5/26 – American Legion Golf Tournament** – The Tournament will be on the Palmer Course. All other member play will be on the Nicklaus Nine for walking with limited carts available.

**5/31 to 6/3 - Aeration of the Nicklaus Greens** - Nicklaus nine and Putting Green Closed

The first tee time is 7:30 am for the month of May as we are in our in-season shop hours. (6:30am to 6:00pm)



Bay Creek Ladies League  
Welcome Breakfast 2022

(Photo Courtesy of Ron Wrucke)

# LADIES LEAGUE OF BAY CREEK

On Thursday, April 21, 2022, the ladies league had their opening breakfast. If you were unable to attend but have an interest in joining, please call the golf shop.

The league plays every Thursday during their season (April to October). The league has a diverse group of handicaps/ skill levels so please don't feel like you must be a great golfer to join.

If you have any questions, please call the golf shop. 757.331.8620

# UPCOMING EVENTS

For the month of May, we have two member golf events. The first golf event is the Iron Golf Clinic on May 20th. This event is open to golf and sports members. The clinic starts at 5:00pm. The second member golf event is the May Spring Member/Member on the 21st. This is a 2-person team event. Teams will play a scramble, but scoring will be done using Bingo, Bango, Bongo (1 point for each and three points available each hole). The "Bingo" is the first team to hit the green. If you win the "Bingo" you get a point. The "Bango" is earned once all balls are on the green, the team with the ball closest to the pin earns the "Bango" point (no matter what stroke they are on). The "Bongo" is awarded to the team that holes the putt first. Play must be done in order of who is farthest out. Pairings will be done by putting teams with the most similar total team handicaps. We will award the Bingo, Bango, Bongo champion as well as the net scramble champion. You cannot win both. This event is open to golf members with a verifiable handicap. Please go to the Bay Creek App to sign up for any of these events.

**5/16 & 5/17 - VSGA 4 BALL CHAMPIONSHIP**  
Outside Event

**5/20 - MEMBER GOLF CLINIC**  
Iron Play

**5/21 - SPRING MEMBER/MEMBER**  
Bingo, Bango, Bongo - 2 Person Teams



**FRIDAY, MAY 20TH 5:00pm - 6:00pm**

*Located on the Bay Creek Driving Range*

Please join us for our 2022 member and guest Iron Play Clinic. The clinic will be led by Zach Pfingst, PGA. The clinics are designed to give you a chance to work with our Golf Pro to teach you as well as help you improve your golf game.

**\$20 PER PERSON**

\*This event is weather dependent. All updates will be sent via the Bay Creek App, make sure you have your notifications turned on so you will not miss out on important updates.



Get it on Google Play

Download on the App Store

Sign up today in the Bay Creek App!



For more information  
Call us 757-331-8620

**SPRING MEMBER/MEMBER**

**2022**

**TOURNAMENT**

**05.21.2022**  
Shotgun Starts at 9am

**2- Person Team**  
**Bingo, Bango, Bongo**  
**Scoring**

**MARK YOUR CALENDAR**

**Entry: \$60 | per person**  
*includes carts, lunch, and prizes.*

**Register now on the Bay Creek App**



(Gross Winners: Bill Stramm & Jamie Ibarra)

# PLAY 'EM ALL Event

Saturday, April 16, 2022

Thank you to all who participated in this year's Play 'Em All event. The format was a twenty-seven-hole, two-person scramble competition. Broken into 2 divisions, gross & net. The gross division was the team's gross unadjusted score. Net Division was the team's net adjusted score. Player A received 35% of their handicap and Player B received 15% of their handicap which when added together becomes the team handicap. The team net score was the gross score subtracted by the team handicap to get the net score. This format is the USGA recommendation for a net two-person scramble. We paid out first, second and third in each division. You could only win in one division and were given the better of the two prizes if you place in both divisions. The teams that are highlighted below were paid out.

Below are the Results. All ties were broken using the USGA method for breaking ties (last 9, last 6, last 3, last 1).

GROSS DIVISION	PALMER FRONT	PALMER BACK	NICKLAUS FRONT	TOTAL
1. Bill Stramm & Jamie Ibarra	32	32	34	98 (-10)
2. Claude Reid & Bruce Garrison	31	33	35	99 (-9)
3. Mike Callaway & Cole Carns	36	30	34	100 (-8)
4. John Sharpley & Jay Tapman	36	31	34	101 (-7)
5. Bob Kraly & Rob Wright	34	32	36	102 (-6)
6. Brad Whitfield & Stephen Pokelwaldt	33	33	36	102 (-6)
7. Rony Thomas & Christos Xystros	35	34	36	105 (-3)
8. Jon Hottinger & Charlie Hottinger	35	37	38	110 (+2)
9. Nick Lotuaco & Palmer Rutherford	38	35	38	111 (+3)
10. Frank Hughlett & Mike Holvick	38	35	38	111 (+3)
11. Kenneth Fodill & Pat Sigmon	35	38	38	111 (+3)
12. Mark Riddle & Jim Tecson	35	39	40	114 (+6)
13. Jon Thornbrugh & Chip Weisenfels	36	38	41	115 (+7)
14. Jo Mclatchy & Tim Mclatchy	40	37	43	120 (+12)
15. Cathleen McCloy & Rudy Martin	43	46	44	133 (+25)

NET DIVISION	PALMER FRONT	PALMER BACK	NICKLAUS FRONT	TOTAL
1. Rony Thomas & Christos Xystros	32	31	33	96 (-12)
2. Bill Stramm & Jamie Ibarra	32	32	34	98 (-10)
3. John Sharpley & Jay Tapman	35	31	33	99 (-9)
4. Claude Reid & Bruce Garrison	31	33	35	99 (-9)
5. Mike Callaway & Cole Carns	36	30	34	100 (-8)
6. Brad Whitefield & Stephen Pokelwaldt	33	33	35	101 (-7)
7. Bob Kraly & Rob Wright	33	32	36	101 (-7)
8. Jo Mclatchy & Tim Mclatchy	33	31	37	101 (-7)
9. Mark Riddle & Jim Tecson	32	36	36	104 (-4)
10. Frank Hughlett & Mike Holvick	36	33	36	105 (-3)
11. Jon Hottinger & Charlie Hottinger	33	36	36	105 (-3)
12. Kenneth Fodill & Pat Sigmon	34	37	37	108 (E)
13. Nick Lotuaco & Palmer Rutherford	37	35	37	109 (+1)
14. Jon Thornbrugh & Chip Weisenfels	34	37	39	110 (+2)
15. Cathleen McCloy & Rudy Martin	38	41	39	118 (+10)

CLOSEST TO THE PIN #12 - MIKE HOLVICK

CLOSEST TO THE PIN #15 - JAY TAPMAN



Bob O'Obrien Shot his age for the first time on Saturday April 16, 2022. This is an amazing accomplishment that is not achieved by many people.

He shot an 81 at the age of 81.



# PAR 3 Event

Saturday, April 23, 2022

Thank you to all who participated in this year's Par 3 Member event. The format was an eighteen-hole, two-person scramble competition, with all holes playing as par threes. No hole was longer than 125 yards. It was broken into 2 divisions, gross & net. The gross division was the team's gross unadjusted score. Net Division was the team's net adjusted score. Player A received 35% of their handicap and Player B received 15% of their handicap, which when added together becomes the team handicap. The team's net score was the gross score less the team's handicap to get the net score. This format is the USGA recommendation for a net two-person scramble. We paid out first, second and third in each division. You could only win in one division and were given the better of the two prizes if you place in both divisions. The teams that are highlighted below were paid out.

Below are the results. All ties were broken using the USGA method for breaking ties (last 9, last 6, last 3, last 1).

GROSS DIVISION	TOTAL
1. Blaine Smith & Bob Kraly	48
2. Mike Holvick & Stephanie Holvick	50
3. Greg Butler & John Sharpley	51
4. Ben Holland & Jeff Holland	51
5. Rusty Gates & Jon Thornbrugh	52
6. Brad Wilson & Jeff Lichty	53
7. Jay Burkholder & Seyi Adegoroye	53
8. Gail Edwards & Steve Edwards	53
9. Evie Odom & Hu Odom	53
10. Kelley Parks & Spencer Parks	54
11. Frank Hughlett & Ron Matthews	54
12. Jon Hottinger & Landon Hottinger	55
13. John Orlando & Mark Blanchura	56
14. David Watson & Robert O'Brien	57
15. Natalie Smith & Sherry Wrucke	58
16. Charlie Jenks & Louis Neudorff	58
17. Cathleen McCloy & Rudy Martin	60
18. Abigail Nordeen & Michael Nordeen	63
19. Landon Lovett & Mary Lovett	67

NET DIVISION	TOTAL
1. Mike Holvick & Stephanie Holvick	49
2. Jay Burkholder & Seyi Adegoroye	52
3. Gail Edwards & Steve Edwards	52

CLOSEST TO THE PIN

PALMER #4 - BLAINE SMITH  
PALMER #7 - JOHN HOTTINGER

*Congratulations to the winners!*



"Beach Coal" (Photo courtesy of Joe Fehrer)

# OUR TOWN... AND KING COAL

by Joe Fehrer

*"The entire area was a windswept and desolate expanse of marshland and sand dunes." - Jim Lewis*

To tell the story of the coal we find on the beach here at Bay Creek, you have to tell the story of the Town of Cape Charles; without the latter, we wouldn't have the former. During the late fall and winter months as cold fronts and their accompanying storms sweep across the bay bringing heavy winds and higher tides, all manner of detritus is washed ashore, some of which is coal. Also found on the beach is slag, one of the by-products of burning coal in high-capacity furnaces such as those in locomotives and steamships boilers, both of which ran every day here with coal as the primary fuel for nearly 65 years.

There are two names most closely associated with the founding of Cape Charles City, as it was then called. The first is William L. Scott "a man of enormous wealth" whose career included politics, mining and railroading. Scott owned in full or in part over 70,000 acres of coal-producing land in his lifetime. His former residence known as Hollywood Farm, now in ruins, still remains on Bay Creek property. The other is Alexander J. Cassatt, "an engineering genius and a builder of railroads" and an accomplished surveyor. He was married to Lois Buchanan, niece of President James Buchanan and was the older brother of Mary S. Cassatt, the famed American artist.

A railroad extending south on the Eastern Shore of Virginia was chartered in 1855 by Virginia's General Assembly and a survey of the proposed route, called an Air Line to indicate the straight line it would follow, was done, but the railroad was never built. Steamboat service (the Osceola) arrived on the lower shore in 1838 with scheduled stops at a wharf located on Cherrystone Creek and continued on a regular basis until suspended during the Civil War. In the late 1870's Scott resurrected the idea of building a rail line down the peninsula and pitched his idea to the Pennsylvania Railroad but could not persuade the PRR officials to support his plan. The one and probably most important outcome of the meeting with the PRR was his introduction to Cassatt, who was then a Vice President of the PRR Traffic Department.

Cassatt ultimately left his post with the PRR and joined Scott and other investors to self-finance the rail line, which was to be named the New York, Philadelphia and Norfolk Railroad (NYP&N)

In 1883 Scott and Cassatt purchased the Eastern Shore Railroad which operated between Delmar, DE, and Pocomoke City, MD, and merged this into the NYP&N. 1884 saw the completion of tracks being laid from Pocomoke City south to Cape Charles; the railroads mainline consisted of 96 miles of track with a spur line running from Princess Anne to Crisfield MD.

Why end the railroad here, bypassing the well-established steamboat wharf on Cherrystone Creek? The site chosen for the railroad's terminus was described as "a cornfield beside a brackish pond" by historian John L. Lochhead, locally the small body of water that's now the harbor known as Mud Creek. Cassatt was looking for a protected harbor near the bay's deeper water, realizing that Mud Creek, although requiring dredging, would place the railway only a quarter-mile from Cherrystone Channel and closer to the bay made it an obvious choice. The channel runs parallel to the Bay Creek beach for about a mile before turning west towards the bay, providing ample opportunity for coal to be lost overboard. For the railroad to succeed and become profitable, a rail link had to be established across the bay. While barges were being used to shuttle rail cars across protected harbors, no railroad in the country was yet moving them across open water, let alone on a regular schedule. Cassatt worked through this engineering and logistical hurdle to make "train barges" a reality, which put Cape Charles firmly on the map.

In May 1883, Scott purchased an estate of some 2,107 acres from the Tazewell family which consisted of three separate tracts of land owned at one time by VA Governor Littleton W. Tazewell; these were the Old Plantation (735 acres), New Quarter (772 acres) and Kings Creek (600 acres) tracts. Within the Kings Creek tract, 53 acres were deeded to the NYP&N which would be the terminus for the railroad. Scott then had an additional 135.5 acres surveyed north of the rail yard and harbor on which the town of Cape Charles City would be built... the town as laid out by William Bauman, a civil engineer, was considered a "model railroad town." The area west of Pine Street (now the bayfront) was originally considered too low and wet to be built on and consisted of a low ridge of pines, marsh and a tidal creek; it was annexed into the town in 1909, subsequently filled and given the name "Sea Cottage Addition," and thus the "hump" was built in 1912.

What is coal...

Coal dates to between 360-290 million years ago, from the Carboniferous Period, or the golden age of forests. The transition from the Devonian to Carboniferous Periods was marked by a mass extinction when the earths biodiversity is thought to have been at its greatest. With a rapid spread of forest species [most would be unrecognizable to us today] the tree roots trapped sediments, slowing rivers and forming extensive swamps and marshes. The still water then became oxygen deprived and along with other atmospheric changes contributed to the death of an untold number of aquatic species and also triggered the death of a huge number of terrestrial animals and plants worldwide, it was a cascading extinction event.



"Beach Coal" (Photo courtesy of Joe Fehrer)

These early forest then began moving father away from their waterlogged domains and started to diversify. Trees loaded themselves with the molecule lignin, and by doing so the bark to wood ratio became so high that no decomposing organisms could digest the tree bark here. As these giant trees died and fell, they left plenty of tissue behind to fossilize, resulting in the coal we burn today. At their greatest extent, the so-called Carboniferous "coal forests" covered some 7 million square miles.

So back to the "beach coal"...

The coal we find on the beach today carries the term "historical coal," only because it's a relic of the heyday of Cape Charles, when everything ran on coal, from the ships to the trains to the furnaces and stoves in homes and businesses. It was cheap and plentiful and more than likely came from one of Scott's mining interests. If you look at the lump of beach coal you're holding the first thing you'll notice is the absence of sharp edges; it's basically a rounded rock, having been tumbled on the bay bottom. While bits of coal falling off the Colliers (the coal ships) anchored offshore of the beach cannot be ruled out, that likelihood is extremely low.

I spent the last 10 years of my career working with the Coast Guard, NOAA's Office of Response and Restoration and State and Local Partners across the Mid-Atlantic on oil and hazardous material spill response. Ours was a unique collaboration and the first in the nation for an NGO representative (me) to be directly involved in this type of planning and response, I was extremely fortunate to be a part of this highly professional and dedicated group of people, and still maintain a seat on the Coast Guard's Virginia Area Committee, now representing Bay Creek.

About seven years ago, we responded to a report of coal washing ashore on the beach at Bay Creek. We saw no evidence then nor do we now of new coal coming ashore and we continue to monitor the situation. However, there remains a lot of historic coal just off the beach, which means we'll be finding coal on our beach for the foreseeable future. Attached you'll find information the Area Committee developed that explains this. And of course, if you have any questions, please reach out to me. I will do my best to answer them.



"Beach Slag" (Photo courtesy of Joe Fehrer)

[Click here](#) to download a copy of the Cape Charles Coal FAQ for more information.



Clean the Bay Day has been a staple for Virginia's Chesapeake Bay community since its inception more than three decades ago. Each year, thousands of Virginians simultaneously descend on the rivers, streams, and beaches of the Chesapeake Bay watershed to remove harmful litter and debris. The event is a true Virginian tradition and an annual opportunity for individuals, families, military installations, businesses, clubs, civic and church groups to give back to their local waterways.

“  
*Keeping the Volunteer Spirit  
Alive at Home.*”

Interested in helping?

[Click Here](#) to register online.

 **BAY CREEK**  
*Cape Charles, Virginia*

**Saturday, June 4th**  
8:00am - 12:00pm

Bay Creek will be hosting two cleaning sites.

Plantation Creek Shoreline  
*Base Camp*



Bay Creek Beach and Dunes  
*Just past the Life Center*

[Click Here](#) to register online or come to the cleaning site to join the day of.

# May Drink

SPECIAL PROMO

## SMIRNOFF PINK VODKA LEMONADE



LET'S CELEBRATE

## National Slider Day

JOIN US AT THE COACH HOUSE TAVERN

FRIDAY, MAY 15TH

SLIDER SPECIALS AVAILABLE  
THROUGHOUT THE DAY.

MAY  
25<sup>TH</sup>

IT'S WINE O'CLOCK!  
NATIONAL WINE DAY

COACH HOUSE  
TAVERN WILL BE  
OFFERING A  
VARIETY OF WINES  
AT A SPECIAL  
DISCOUNTED PRICE.

COME TO THE COACH HOUSE TO CELEBRATE NATIONAL WINE DAY!  
YOU CAN EVEN GRAB A BOTTLE TO GO!

## Wine of the Month

The Coach House Tavern Wine Feature for the Month of May

Villa Maria Bubbly Sauvignon Blanc – \$6 per glass or \$21 per bottle

Fruit for this wine was sourced from a selection of vineyards throughout New Zealand spanning a range of different climates and soil types. The climate in New Zealand has high sunshine hours but temperatures during the growing season are regulated by the cooling ocean influence.

Cool, slow fermentation occurred in stainless steel tanks to retain distinctive regional and varietal characteristics, as well as to ensure maximum retention of delicate flavours and aromatics. Soon after fermentation was completed the wine was bottled to capture its vibrancy and freshness.

### Pairing Information

Best paired with antipasto and seafoods  
including shellfish.



## MOTHER'S DAY BRUNCH BUFFET

SUNDAY, MAY 8TH  
9AM - 5PM

BRING THE SPECIAL MOTHER IN  
YOUR LIFE TO THE COACH HOUSE  
TAVERN TO ENJOY A DELICIOUS  
BRUNCH BUFFET!

MAKE YOUR  
RESERVATIONS TODAY!

MAY'S BEER FEATURE  
DOGFISH HEAD  
60 MIN IPA

\$3  
PER BOTTLE

MAY 1 - MAY 30  
REQUEST FROM YOUR SERVER  
OR BARTENDER







# MEMORIAL DAY POOLSIDE

# COOKOUT AT THE LIFECENTER

MAY 28 & MAY 29, 11AM - 3 PM

CHOICE OF SANDWICH,  
2 SIDES AND DRINK \$15

BURGERS, HOT DOG  
GRILLED CHICKEN, AND  
MULTIPLE CHEF SELECT SIDES



# *It's Back!* FRIDAY NIGHT LIVE AT THE TREE OF LIFE

FOOD • DRINKS  
LIVE MUSIC

FREE TO ATTEND  
FOOD CONCESSION & CASH BAR AVAILABLE

May Schedule

**Friday, May 6 at 5:30pm**

*"Sushi & Sake"*

**Friday, May 27 at 5:30pm**

*"Bubbly & Bivalves"*

JUST PAST THE NICKLAUS BACK NINE BRIDGE  
RECOMMENDED TO BRING YOUR OWN CHAIR

*"No wine left behind."*

# WINE PAIRINGS IN THE PRESERVE

Join us as we take you on a tasty stroll through the Preserve. We will have stations set up in various locations where you will be served a glass of wine and its accompanying food pairing.

*May 25th, at 5:00pm*

\$75 | PER PERSON

(plus tax & service charge)

RSVP ON THE BAY CREEK APP

This is an outside event and the location will be weather dependent.  
The event will be moved inside if weather is poor.



BAY  
CREEK  
Cape Charles, Virginia

# Easter

AT BAY CREEK



# May 2022

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sunday Member Mixer, 3:00pm	2	3 Preserve Walk, meet at Base Camp, 2:00pm	4	5 Waterfowl and Birding Walk, meet at Beach Entrance, 8:00am  Ladies' League Play, 9am	6 Tree of Life: "Sushi & Sake", 5:00pm	7 Bicycle Beer Flight at the Coach House, 1:00pm
8 Sunday Member Mixer, 3:00pm	9	10 Beach Walk, meet at Beach Entrance, 9:30am Member Town Hall, 5:00pm	11 Walking Club Preserve Walk, 9:00am Preserve Owl Prowl, 8:00pm	12 Waterfowl and Birding Walk, meet at Base Camp 8:00am  Ladies' League Play, 9am	13 Plein Air Painting at Base Camp, 1:00pm	14 Themed Preserve Walk, meet at Base Camp, 10:00am
15 Sunday Member Mixer, 3:00pm Full Moon Walk, meet at Base Camp, 8:00pm	16 VSGA 4 Ball Championship, 8:00am	17 VSGA 4 Ball Championship, 8:00am Beach Walk, meet at Beach Entrance, 2:00pm	18 Walking Club Preserve Walk, 9:00am	19 Waterfowl and Birding Walk, meet at Beach Entrance, 8:00am  Ladies' League Play, 9am	20 Nature Talk Campfire at Base Camp, 8:00pm Member Clinic "Iron Play", 5:00pm	21 Spring Member/Member, 9:00am
22 Sunday Member Mixer, 3:00pm	23	24 Preserve Walk, meet at Base Camp, 9:30am	25 Walking Club Preserve Walk, 9:00am Preserve Owl Prowl, 7:30pm Wine Pairings on the Preserve, 5:00pm	26 Waterfowl and Birding Walk, meet at Base Camp 8:00am American Legion Outing, 8:00am Ladies' League Play, 9am	27 Tree of Life: "Bubbles & Bivalves", 5:00pm	28 Themed Preserve Walk, meet at Base Camp, 10:00am Bicycle Beer Flight at the Coach House, 2:00pm Memorial Day BBQ by the Pool, 11:00am
29 Memorial Day BBQ by the Pool, 11:00am Sunday Member Mixer, 3:00pm	30	31 Preserve Walk, meet at Base Camp, 2:00pm Aerate the Nicklaus Greens	1 Walking Club Preserve Walk, 9:00am Aerate the Nicklaus Greens	2 Waterfowl and Birding Walk, meet at Base Camp, 8:00am Ladies' League Play, 9am AWAY DAY Aerate the Nicklaus Greens	3 Aerate the Nicklaus Greens	4 Clean the Bay Day at Base Camp, 8:00am - 12:00pm

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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 - Closed  
Tues - Wed 10am-5pm,  
Thurs - 10am-8pm  
Prime Rib Night  
Fri - Sat 9am-9pm  
Sun (Brunch) - 9am-5pm

**Pro Shop**  
757-331-8620

Mon - Sun - 6:30am-6pm



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

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