

June 2022

Issue 17

THE BAY CREEK INSIDER

Monthly Member Newsletter

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The Bay Creek App is Getting an Update!

Members will soon notice a new home screen, with featured events and quick links. If you don't have automatic app updates on your phone, go to the app store and search for Bay Creek, then select the Update button.

Life Center class sign-up and your statement functionality have been reintegrated, and we are currently working on tee time sign-up. The team is focused on the tee time reservations and hopes to have it completed soon. Additionally, beach chair reservations can now be made through the app up to 72 hours in advance. If you have any questions, please send a message to club@baycreeklife.com.



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...

Happy Season Everyone!

I love this time of year, especially here on the Eastern Shore. This is the time when our season kicks into high, no matter what Mother Nature has to say. We have spent a lot of time getting organized and preparing for all of the activities and amenities we will offer this summer. In saying that, many of us being new to Bay Creek will more than likely do some things a little differently from before. These subtle changes are meant to make as many people happy as we can, be fair to the majority and give everyone the chance to enjoy all that Bay Creek has to offer. Whether it is the opening of the pool, the food trailer that will be available very soon, the beach service we will offer or the events that will be held at all of our venues, we want to try and make this the most enjoyable summer of all for everyone.

Let's get this party started and enjoy one another's company and just have a good time. Cheers!



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 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 would like to take the time to recognize some of our staff who will be graduating from high school this month. Congratulations Team for everything you have achieved and thank you for all you do for the club. We are so proud of you and wish you nothing but the best as you enter this next chapter in your life.

Eric Guerra • Tanae Jones • Jalon Burton • Alex Courtney

Congratulations Class of 2022!



Life Center Class Scheduler

The Class Scheduling feature is back on the Bay Creek App. Please be patient as we introduce our new class scheduler. If you have any issues, please send an email to jlewis@baycreeklife.com so we can alert technical support. Class schedules are subject to change depending on availability of instructors. We will do our best to communicate changes via the app push notifications.



Life Center Activities & Crafts

Activities Daily | 10AM & 2PM

Bring your family down to the Life Center to enjoy the daily activities and crafts. We will be offering a variety of sport & craft activities.

Check the app events to see more information on the activities!



Beach Chair Service

Chair service began Memorial Weekend. There are two time slots available for Friday, Saturday, and Sunday (Mondays on holiday weekends). Time slots are 9:00 am - 1:00 pm and 2:00 pm - 6:00 pm. The 1-2 break will allow the seats to be reset. Each member is given one complimentary set (one time slot) per day, per household. If you request an additional time slot or additional sets, there will be a charge. Please feel free to contact the staff if you have any questions or concerns.



WATER AEROBICS ARE BACK!

See calendar schedule on last page. Contact the Life Center for more information. Sign-ups required.



TRUECOACH

\$50 | Per Month

True Coach is available for \$50 a month which includes a personalized workout program downloaded to your app weekly with how to videos as well as 1 hour of gym time with a trainer each week which can be broken down into two ½ hour sessions.

SIGN-UP TODAY AT THE LIFE CENTER

If you have any additional questions, speak with a Life Center team member.

757.331.8730 | LIFECENTER@BAYCREEKLIFE.COM



Life Center Facility Access

All guests and extended family must pay to use Life Center facilities. At any time if anyone has questions about their membership, please contact Sabrina Brady, Membership Director, via email at sbrady@baycreeklife.com.



**NEW PARKING LOT
AVAILABLE!**

We have a new parking lot! Please be mindful of the signs and park in the designated golf cart or car parking spaces.



We are clearing our shelves for the coming season and have reduced 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 Ashley or Myles about the system.





GREENS INFO

All the nines will be open daily for the month of June except for the below dates during aeration.

5/31 to 6/3 We are aerating the Nicklaus Greens. The Nicklaus Nine and Putting Green will be closed. The Palmer nines will be open.

6/3 to 6/4 We are aerating the Palmer Greens. The Palmer Front & Back Nines will be closed. The Nicklaus nine and putting green will be open.

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

UPCOMING EVENTS

For the month of June, we have two member golf events. The first golf event is the Member Golf Clinic, "Driving & Fairway Woods" on June 10th. This event is open to golf and sports members. The clinic starts at 5:00pm. The second member golf event is the One Day Member Guest on the 18th. This is a 2-person team event. Teams will play a scramble. Please go to the Bay Creek App to sign up for any of these events.

6/10 - MEMBER GOLF CLINIC
Driving & Fairway Woods

6/18 - ONE DAY MEMBER GUEST
2 Person Teams



BAY CREEK
Cape Charles, Virginia

DRIVING & FAIRWAY WOODS

MEMBER GOLF CLINIC



FRIDAY, JUNE 10TH 5:00 pm - 6:00 pm

Located on the Bay Creek Driving Range

Please join us for our 2022 member and guest Driving & Fairway Woods Clinic, led by Zach Pfingst, PGA. The clinics are designed to give you a chance to work with our Golf Pro to learn and improve your golf play.

\$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.

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.



Sign up today in the Bay Creek App!



For more information
Call us 757-331-8620



BAY CREEK
Cape Charles, Virginia



ONE DAY MEMBER GUEST TOURNAMENT

06.18.2022

Shotgun Start at 9am

2- Person Team

Entry: \$190 | per team
includes cart, lunch, and prizes.

MARK YOUR CALENDER

SIGN UP ON THE BAY CREEK APP



Pictured Adam Houck & Blake Carter

VIRGINIA STATE GOLF ASSOCIATION'S

57TH ANNUAL FOUR-BALL CHAMPIONSHIP

Monday & Tuesday, May 16-17, 2022

On May 16th & 17th, we had the honor of hosting the Virginia State Golf Association's 57th Annual Four-Ball Championship. The field included 88 of the best amateur players in the state of Virginia who all had to play and qualify to be here. This was a 2-person team event and considered one of the VSGA's major championships. The players played a best ball format over 36 holes.

RESULTS

	RESULTS	SCORE
1	Adam Houck / Blake Carter	-15
2	Joey Jordan / Drew Brockwell	-14
3	Scott Shingler / Justin Young	-13
T4	Jason Pool / Ryan Stinnett	-12
T4	Bobby Dudeck III / Daniel Goode	-12
T6	Robb Kinder / Alex Price	-11
T6	Talon Dingleline / Ray Dingleline	-11
T6	Greg Pappas / Chris Ferrell	-11
T9	Jordan Utley / Dustin Groves	-10
T9	Steve Serrao / Jay Serrao	-10
T11	John Rosenstock / Trey Wren	-9
T11	Channing Blevins / Bryce Corbett	-9
T13	Matthew Grandy / Dellon Baker	-8
T13	Harold Dill / Conor Cafferty	-8
T13	Jimmy Delp / Ben Keefer	-8
T16	Clint Compton / Alexander Manley	-7
T16	Riley Tuttle / Mason McCoy	-7
T16	Parker Wingfield / Luke Thornton	-7
T16	Tag Corrigan / Josh Riggelman	-7
T16	Thomas Cantrell / Benjamin Kruper	-7
T21	Dustin Thompson / Brock Cox	-6
T21	Preston Burton / AJ Stouffer	-6
T21	Weston Ringer / Todd Haynes	-6
24	Jon Hurst / Buck Brittain	-5
T25	Eli Newman / Cole Baldwin	-4
T25	Marvin Bishop / Eric Blythe	-4
T25	Zach Smith / Ryan Short	-4
T25	Rob Warren / Pete Warren	-4
T29	Andrew Crowley / Clark Taylor	-2
T29	William Byrd / J.D. Wright	-2
T29	Charlie Niland / James Slowinski	-2
T29	Andrew Kennedy / Nicholas Taliaferro	-2
33	Tod Foshee / Christopher Kapsak	-1
34	Matthew Cannon / Brandon Ramsuer	E
35	Jonathan Beck / David Corliss	+1
T36	Brendan Pastor / Jordan Pastor	+2
T36	Francesco Romano / Chris Laughlin	+2
T36	Tom Follain / Jonathan McHugh	+2
39	Mike Bulich / Darian Ibrahim	+3
T40	Bj Maben / Kyle Mutter	+4
T40	Braden McGrath / Ben McGrath	+4
42	Rob Witherspoon / Matthew Clark	+6
43	Kris Goad / Graham Laird	+11



Pictured Ron Matthews & Frank Hughlett



Pictured Steve Ehmann & Peter Ehmann

SPRING MEMBER/MEMBER

Saturday, May 21, 2022

Bingo, Bango, Bongo

Thank you to all who participated in this year's Spring Member/Member event. This format was super fun and scored by allocating points in the fashion listed below. Players were paired against teams with similar handicaps. The "Bingo" was the first team to hit the green. If you won the "Bingo" you got a point. The "Bango" was earned once all balls were on the green, the team with the ball closest to the pin earns the "Bango" point (no matter what stroke they were on). The "Bongo" was awarded to the team that holes the putt first. Play was done in order of who was farthest out.

RESULTS

1.	Frank Hughlett & Ron Matthews
2.	Ken Fodill & Ken Fodill
3.	Bruce Farrell & Bob O'Brien
4.	Mark Henry & Steve Edwards
5.	Jeff Parker & Victor Kelly
6.	Bob Kraly & Vance Phillips
6.	Gail Edwards & Avis Gates
6.	Jo McLatchy & Tim McLatchy
9.	Blaine Smith & Natalie Smith
9.	Kevin Moreland & Jonathan Sharpley
9.	Stephanie Holvick & Mike Holvick
12.	Cathleen McCloy & Rudy Martin
13.	Chris Haberman & Claude Reid
13.	Sherry Wrucke & Margaret Parham
15.	Steve Ehmann & Peter Ehmann
16.	Jay Burkholder & Dick Clepper
17.	Ian McDonald & David Baudoin
18.	John Sharpley & Greg Butler

POINTS

33
32
31
30
29
28
28
28
27
27
27
26
26
26
24
23
22
21

The Captains Choice Scramble

We scored the captains choice tournament by the USGA handicap recommendation where 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 is 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. All ties were broken using the USGA method for breaking ties (last 9, last 6, last 3, last 1).

RESULTS

1.	Steve Ehmann & Peter Ehmann
2.	Chris Haberman & Claude Reid
3.	Bob Kraly & Vance Phillips
4.	Jo McLatchy & Tim McLatchy
5.	Stephanie Holvick & Mike Holvick
6.	Frank Hughlett & Ron Matthews
6.	Mark Henry & Steve Edwards
6.	Blaine Smith & Natalie Smith
9.	Cathleen McCloy & Rudy Martin
9.	Bruce Farrel & Bob O'Brien
9.	Ken Fodill & Ken Fodill
12.	Gail Edwards & Avis Gates
13.	Ian McDonald & David Baudoin
13.	John Sharpley & Greg Butler
15.	Jeff Parker & Victor Kelly
16.	Kevin Moreland & Jonathan Sharpley
17.	Sherry Wrucke & Margaret Parham
18.	Jay Burkholder & Dick Clepper

SCORE

63 (-9)
64 (-8)
67 (-5)
67 (-5)
67 (-5)
68 (-4)
69 (-3)
69 (-3)
70 (-2)
70 (-2)
71 (-1)
72 (E)
73 (+1)
73 (+1)
75 (+3)
75 (+3)
77 (+5)
79 (+7)

CLOSEST TO THE PIN

PALMER #4 - BOB O'BRIEN
PALMER #7 - BOB O'BRIEN

Congratulations to the winners!



"Snowy Egret (Egretta thula)" (Photo courtesy of Marina Pierce)

A BIRD IN THE HAND...

by Joe Fehrer

"This problem of identification has been given up in despair by many would-be ornithologists. We can neither pick, press, net nor impale birds, and here the botanist and entomologist have the distinct advantage. Even if we have the desire to resort to a gun, it's use is not always possible." - Frank M. Chapman (1895)

In the course of research for a book project, I had the need to re-visit an early field guide from my grandparents' library, The Book of Birds published by the National Geographic Society in 1927. The hand-drawn and colored pages are as useful today as any modern field guide with the book's size being its limiting factor to carry afield. It differs only somewhat from our modern field guides in that it's part picture guide and part natural history guide, but with endnotes that often describe the birds "value." Distinctions are made between birds that are deemed good and those that are less so, when it comes to "the farmer, orchard-men and forester and their bird friends."

Listed as being "good" are primarily the insect eaters, as "bad" are the seed and fruit eaters... those birds that feed on both get mixed reviews. The descriptions of some of the songbirds, their behaviors and diets, is of particular interest; it's almost as if the authors while recognizing a bird's propensity to feed on grain and fruit also makes an effort to quantify the number of insects it consumes, thus trying to enhance the bird's image.

Two of the woodpeckers species we frequently see in the Preserve area provide a good example of this.

- Besides the bird's physical description and habitat requirements, the final sentence for the Common Flicker (*Colaptes auratus*) reads, "The food habits of this bird are as such to recommend it for complete protection." Flickers seem to have a diet that consists mainly of wild fruits (like wild cherry, poison ivy, and hackberries) and insects (like ants and flies) so they are a useful bird.
- The Yellow-bellied Sapsucker (*Sphyrapicus varius*) is described in the same way, with the bird's description and preferred habitat but the last sentence couldn't be more different. "The Yellow-bellied Sapsucker, unlike other Woodpeckers, thus does comparatively little good and much harm." Sapsuckers have a unique feeding style; they peck small holes in a horizontal line around tree trunks and large vines, feeding on the sap that flows out and the insects that get caught in it. This was a problem for the forester.

The book is broken out in several sections and the text, like the quotes above, reflect the attitude of the time, it being only nine years since the passage of the Migratory Bird Treaty Act (MBTA) of 1918.

The MBTA is one of the oldest wildlife protection laws in the country and has saved many millions, if not billions, of migratory birds, its purpose then and to this day remains to protect birds from people. The precursor to the MBTA was legislation passed in 1913, the Federal Migratory Bird Law. Its stated intent was to protect the "migratory and insectivorous birds which do not remain permanently within the borders of any one State or Territory and are declared to be within the custody and under the protection of the Government of the United States." The MBTA codified a treaty with Canada (which was then part of the British Empire) and was written largely in response to the extinction or near extinction of a number of wild bird species. Rather ironically, two of the more iconic but now extinct species passed from the scene shortly after congress ratified the treaty: the Passenger Pigeon and the Carolina Parakeet. Prior to the Treaty Act, this was an era of mostly unregulated hunting for both sport and the millinery (or feather) trade.

One of the notable success stories that came about as a result of the MBTA is the survival and recovery of the Snowy Egret (*Egretta thula*) which we frequently observe here at Bay Creek. This medium-sized species in the family Ardeidae (which includes the Herons and Bitterns) was hunted to near extinction by the beginning of the 20th Century. The adult birds in their breeding plumage have wispy and gossamer-like long, delicate white feathers and were considered the height of woman's fashion. The feathers were worn as an adornment, usually on hats and oftentimes included the whole skinned bird. Snowy Egret plumes were in such great demand that entire rookeries were destroyed in the zeal to gather feathers with the young birds left to die in their nest; it was as one early ornithologist put it, "a sordid business."

Waterfowl (ducks, geese and swans) although migratory, have long been exempted by the MBTA as are two of the Sandpipers (Wilson's Snipe and American Woodcock) and several of the Rails (Clapper, King, Sora and Virginia) which are considered game birds.

The Wood Duck (*Aix sponsa*) was one of the exceptions when the MBTA was enacted in 1918, this medium size duck was given protection under the Treaty Act as it too was close to extinction, and as a result it has since recovered and is now widespread across the eastern half of the nation. In the fall, you can sometimes catch a glimpse of these beautifully adorned multicolored ducks, found in the more secluded ponds on the property.



Wood Duck (*Aix sponsa*) [open source photograph]

Many of the shore and wading birds we see and enjoy watching on the beach and in the marshes were quite literally at a precipice prior to the enactment of the MBTA. These mostly small and unsuspecting birds were as one periodical from the time mentions, "being sadly depleted by the sportsman." On our seaside islands and indeed many of the beaches to the north and south, the hunting of shorebirds was done with reckless abandon and nearly year-round. Even though the shooting of song, shore and wading birds was effectively outlawed by the MBTA in 1918, those old ways and habits were slow to change.

The sheer number of shorebirds in the spring and waterfowl in the fall must have seemed inexhaustible to the people living in the remote and far-flung communities here on the shore.

These birds provided food for their families and additional income in lean times, and I suspect they just didn't think about the harm that their shooting was causing. That this was taking place all along the coast was also not a concern; it was quite like death by a thousand cuts. And to add insult to injury, in many coastal communities "going egging" was a long-standing springtime pursuit.



*"Shorebirds in flight:
Dunlin (Calidris alpina)
(Photo courtesy of Marina
Pierce)*

In Nora M. Turman's book, *The Eastern Shore of Virginia*, she notes that in 1896 an Act of the Virginia General Assembly was passed to protect wildlife on the Shore which made it unlawful to take or destroy marsh hen (Clapper Rail) and gull eggs after July 4th. Of course, this didn't confirm protection to other nesting shore, wading birds and terns. She writes, "A gallon or even a bushel of eggs might be collected in half a day. The greater part of the harvest was brought home and shared with friends and neighbors after a successful trip." In the area where I grew up and behind Assateague Island National Seashore in Sinepuxent Bay (MD) sits Little Egging and Great Egging Islands, home to large colonies of wading and shorebirds and were at the time, "good egging islands." Only with the passage of the MBTA was some level of protection provided for these species.

The common perception of hawks and eagles was also poor to say the least, and sometimes outright hostile; the eagles especially were depicted as insatiable predators, carrying off livestock and (human) babies. A 1972 amendment to the MBTA finally added protection for additional families of birds including the eagles, hawks, owls, jays and crows among others, with more species added since. Prior to that time, it was not illegal to "take" or do harm to these birds. While we're on that subject, I've read that the bayside bluffs south of Cape Charles were once used by sportsmen to shoot large numbers of hawks as they migrated south in the fall; now we maintain "hawk watches" from those very bluffs and tally the numbers of birds passing overhead with pen and paper, not a gun.

The very early game laws were often a hodge-podge of regulation promulgated at the state level and varied considerably, regardless if a species was migratory or not. "So great is the divergence in the nature and purpose of game legislation of the states that there seems little hope that the inconsistencies and shortcomings will ever be reconciled," wrote Henry W. Henshaw, former Chief of the United States Biological Survey (now known as the U.S. Fish and Wildlife Service). After a century of experience, it was evident so far as the conservation of wildlife was concerned that state control of both migratory and non-migratory birds had proved a failure, hence the need for protective legislation at the National level. Since its ratification, the Migratory Bird Treaty Act now includes Mexico, Japan and Russia as signatories.

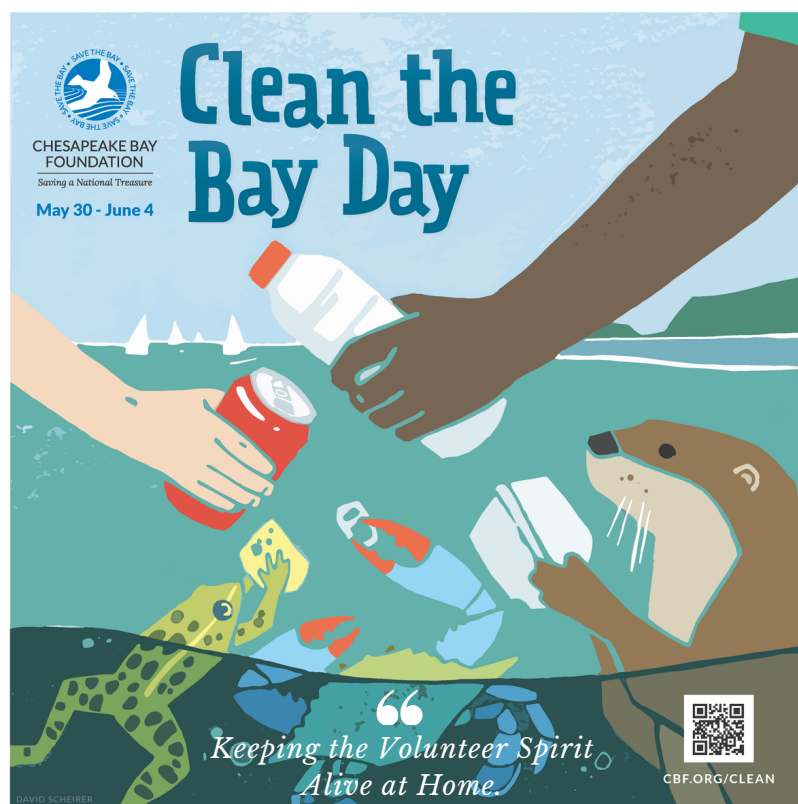
In reading through the old field guide, it's not lost on me just how fortunate we are to have this regulatory framework firmly in place and how relevant it is today. It also allows us to look back in time when conservation efforts in this country were in their infancy and being championed by a few very forward-thinking individuals. We're really not far removed from the passage of the Migratory Bird Treaty Act, which was written and became law during our grandparents' generation...

Finally, it's been said that during the spring and fall migrations, and from Cape May to Cape Henry, fly great rivers of birds following the routes, mostly at night, their ancestors established many millennia ago. All of these long-distance migrants need adequate food resources to fuel their journeys, and only by protecting and/or restoring quality habitat can that be realized...which is my opening for a future article.

Take some time to get outside and observe and enjoy all the wildlife we're blessed with on lower shore. It's not something we can or should take for granted, but rather, something we need to cherish and protect.

Preserve Happenings

- We've recently planted a few areas along the cart path from Base Camp to Fosters Pond with native wildflower and pollinator seeds. These areas are marked with white pin flags.
- The Stewardship Committee has planted additional native trees, shrubs and small herbaceous wildflowers along the edge of Fosters Pond (across the pond from Palmer) and at Winauk Pond (at Base Camp). Most of these plantings have pin flags identifying the plants and saplings.
- Please respect the work done by your friends and neighbors and avoid the planting areas.



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



Summer Crushes... Having a blast!

The Coach House Tavern will be featuring the refreshing and delicious Tavern Crush throughout the month.

Join us and try one or more of these festive libations!

\$10 each

TAVERN CRUSH

Vodka, cranberry juice, orange juice, triple sec, and a splash of Sierra Mist

Wine of the Month

The Coach House Tavern Wine Feature for the Month of June

Broadbent Vinho Verde Rose – \$6 per glass or \$21 per bottle

Broadbent has partnered with family owned wineries around the globe to produce wines rich with the essence of place and tradition. First launched in 2005, the Broadbent Vinho Verde quickly earned a reputation as one of the finest Vinho Verdes available.

The Broadbent Vinho Verde Rosé is made exclusively from red grape varieties. A soft crushing and pressing make it possible to gently extract the juice. The rosé must is clarified, resulting in a bright, clear wine. The final wine has vibrant aromas and flavors of fresh strawberry, pomegranate and orange zest, which are corralled by a pleasantly light spritz.

Pairing Information

Can be paired with Salmon, Chicken, antipasto, shellfish.



Summer Refresh!



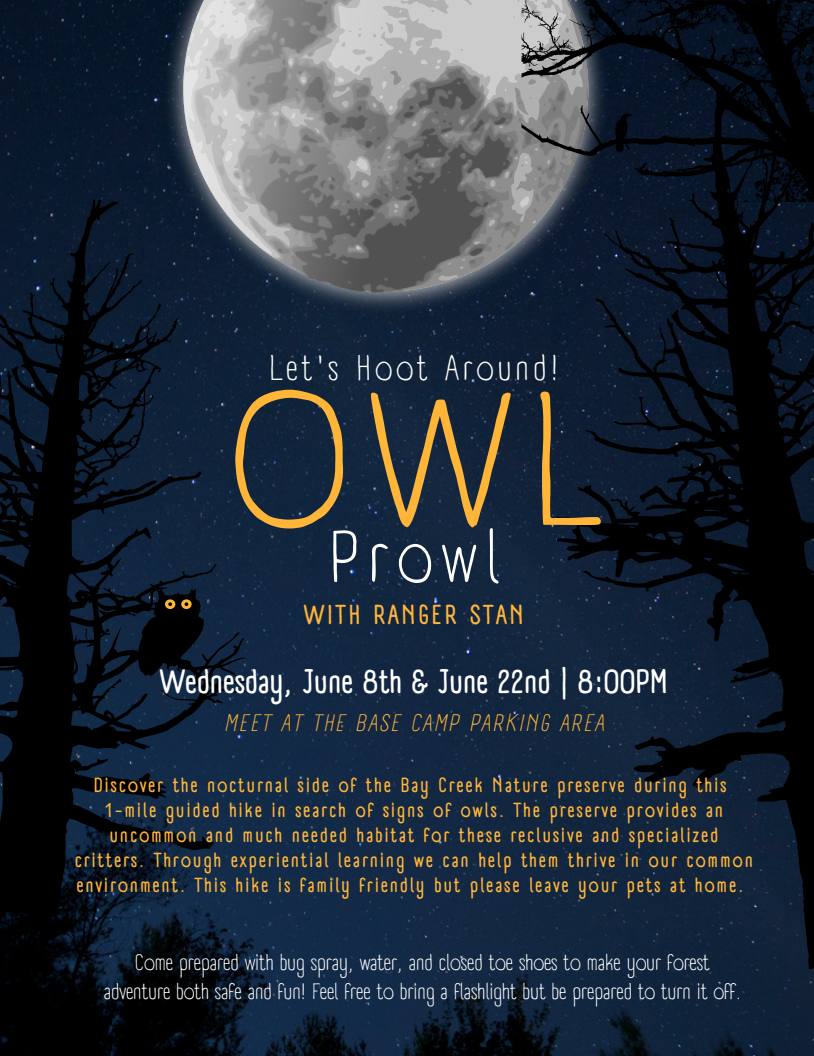
Marinated Tomato Salad

Yield | 4 Salads

- 3 pints of grape tomatoes
- 3.5 cups of olive oil
- 1 cup honey
- ½ cup Champagne Vinegar
- 1 teaspoon vanilla extract
- 2 Tablespoons ground coriander
- 3 sprigs of fresh thyme
- 3 sprigs of fresh basil
- 4 garlic cloves, sliced thin
- Salt and pepper to taste
- 2 bunches of asparagus
- 6oz blue cheese
- 2 boiled eggs

Wash and pat dry tomatoes, add tomatoes to a bowl and set to the side. In a medium saucepan, add all ingredients on list down to salt and pepper, bring this mixture to a boil, remove from heat and pour over tomatoes, put in the refrigerator covered with plastic wrap, and let the tomatoes marinate for at least 24 hours.

Clean and blanch asparagus, season with light olive oil and salt and pepper. Grill asparagus to the desired doneness, arrange on a plate, then with a slotted spoon scoop tomatoes on top of asparagus. Garnish with the blue cheese crumbles and a few slices of the boiled egg.



Let's Hoot Around!

OWL Prowl

WITH RANGER STAN

Wednesday, June 8th & June 22nd | 8:00PM

MEET AT THE BASE CAMP PARKING AREA

Discover the nocturnal side of the Bay Creek Nature preserve during this 1-mile guided hike in search of signs of owls. The preserve provides an uncommon and much needed habitat for these reclusive and specialized critters. Through experiential learning we can help them thrive in our common environment. This hike is family friendly but please leave your pets at home.

Come prepared with bug spray, water, and closed toe shoes to make your forest adventure both safe and fun! Feel free to bring a flashlight but be prepared to turn it off.

MONDAY JUNE 27TH, | 10AM

NETTING on the BEACH

The Chesapeake Bay is home to a HUGE variety of aquatic wildlife. This family friendly activity encourages shoreline exploration through a variety of netting techniques and specimen collection.

Come prepared to get wet!

Location: BAY CREEK BEACH

Sign up on the App!



BAY CREEK
Cape Charles, Virginia



BICYCLE BEER FLIGHT

SATURDAY/JUNE 4TH 1:00PM
FRIDAY/JUNE 24TH 5:00PM
CHECK IN AT THE COACH HOUSE TAVERN

COST PER PERSON: \$25
FOR AGES 21+
EACH CYCLIST WILL RECEIVE A COMMEMORATIVE BAY CREEK CUP

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!



Plein Air Paint and Wine

GUIDED PAINTING AND WINE TASTING

JUNE 13TH
10PM-2PM
AT BASE CAMP IN
NATURE PRESERVE
\$30 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



June 2022

Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Walking Club Preserve Walk, 9am	2 Waterfowl and Birding Walk, meet at Beach Entrance, 8am Ladies' League Play, 9am AWAY DAY Sunset Jam on Beach, 6pm	3 Nature Talk Campfire, 8pm	4 Bicycle Beer Flight, 1pm
5 Sunday Member Mixer, 3pm	6	7 Beach Walk, meet at Beach Entrance, 9:30am Trivia Night at the Tavern, 5:30pm	8 Walking Club Preserve Walk, 9am Owl Prowl in the Preserve, 8pm	9 Waterfowl and Birding Walk, meet at Base Camp 8am Ladies' League Play, 9am Sunset Jam on Beach, 6pm	10 Member Clinic "Driving & Fairway Woods", 5pm	11 Themed Preserve Walk, meet at Base Camp, 10am Campout in the Preserve, 7pm
12 Sunday Member Mixer, 3pm	13 Plein Air Painting in the Preserve, 10am Full Moon Walk, meet at Base Camp, 8:30pm	14 Beach Walk, meet at Beach Entrance, 2pm	15 Walking Club Preserve Walk, 9:00am	16 Waterfowl and Birding Walk, meet at Beach Entrance, 8am Ladies' League Clinic, 9am	17 Tree of Life, 5pm	18 One Day Member Guest, 9am
19 Sunday Member Mixer, 3pm	20	21 Preserve Walk, meet at Base Camp, 9:30am	22 Walking Club Preserve Walk, 9am Owl Prowl in the Preserve, 8pm	23 Waterfowl and Birding Walk, meet at Base Camp 8am Ladies' League Play, 9am	24 Bicycle Beer Flight, 5pm	25 Ladies Member Guest, 9pm Themed Preserve Walk, meet at Base Camp, 10am
26 Sunday Member Mixer, 3pm	27 Netting on the Beach, 10am	28 Beach Walk, meet at Beach Entrance, 2pm Ladies Night at the Tavern, 5:30pm	29 Walking Club Preserve Walk, 9am Fishin' in the Pond, 10am	30 Preserve Walk, meet at Base Camp, 8am Ladies' League Play, 9am		

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Hours of Operation

Life Center
757-331-8730

Mon - Sun
6:30am-8pm

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



June 2022

Life Center Monthly Schedule

Sign up is required for all Water Aerobics, Spin, Yoga, Tabata and TRX classes due to equipment availability and spacing.

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

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