

July 2022

Issue 18

# THE BAY CREEK INSIDER

*Monthly Member Newsletter*

*Inside the Issue*



## HEALTH & FITNESS

Learn more about the Life Center.  
p. 03



## FORE! GOLF TALK

Golf updates and news. p. 04



## NATURALISTS' CORNER

What's in a name? Learn more about  
Common Yarrow, Queen Anne's Lace  
and more p. 06

## WHAT'S COOKING

Find out about the great features  
the Coach House has in store for  
us this month. p. 09

## MEMBER EVENT CALENDAR



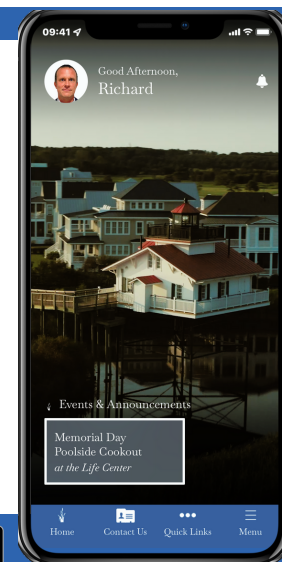
See what's happening this month.  
pg. 10

## Bay Creek App Notes!

Menus have recently been updated on the Bay Creek App. Navigate to Dining -> Menus. You will notice that our new Poolside Food Trailer Menu is also now available!

We have received a lot of updated member information through the app, which is fantastic for keeping our records accurate. If you have a change to your contact information, simply click on your profile image in the top left-hand corner of the app home screen. Note that if you want to change whether your personal information is shared through the app or not, navigate to Settings -> Directory Settings.

Thank you for your patience while our team worked on the My Statement and Life Center Class Scheduling features. Primary club members should be able to see your club statements now, and the Life Center Class Scheduling feature is up and running again.



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...

Summer is finally here and your Bay Creek Team is gearing up for a summer of fun for you! We are working hard to keep every member of the family active and entertained. Not only do we have our wonderful 27 holes of golf, but this summer we are introducing many new things to keep your whole crowd happy.

- Chef Jason has created the perfect poolside menu for our new Food Trailer, serving Thursday-Sunday by the Life Center pool.
- You asked for it and we heard you - Bay Creek Summer Camps are about to begin! We are offering not only golf but an exploration of everything that is Bay Creek from nature walks to crafts to fun sports activities.
- The tavern has expanded its hours and we are hosting a variety of events this summer like Trivia with Captain Frank and other special guests on the first Tuesday of every month and Yappy Hour, which will be held at various times this summer - so bring your pups for some fun on our outdoor patio at the Tavern!
- The Tree of Life events will resume in September. It was so good to see so many happy Bay Creek members out at these popular events!
- Beach Service is back and is available Friday, Saturday, Sunday, and holidays. We are hosting private events so look under Life Here-> Event Inquiry on our app if you thinking about a private party. We are happy to help!
- Last but not least, let's not forget Ranger Stan and everything going on in the Nature Preserve - Campfire Talks, Owl Prowls, the Bicycle Beer Flight, Nature Walks and many other fascinating activities in our unique Preserve.

This summer is gearing up to be one that we won't forget. We have all waited a very long time to get out and fully enjoy ourselves. There is plenty to do here at Bay Creek and we cannot wait to see and serve everyone!

Cheers...

Bob Ewing, GM  
Bay Creek Resort & Club

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)



• 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 June, we were not able to select just one employee. We would like to recognize the entire Golf Cart and Range Staff for providing outstanding service. We would also like to recognize Stan Osmolenski and Bryan McElwain for all the hard work they do to ensure continued success with the Bicycle Beer Flight Event.

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





## Introducing HIIT Classes

As you look at the class schedule for the Life Center, you may notice a few changes. The Tabata and TRX classes have been removed from the schedule and we have added HIIT classes. HIIT is the acronym for High Intensity Interval Training. We have a few dedicated TRX and Tabata participants but have found we are not able to consistently fill the classes. One thing these classes have in common is that participants normally attend both. Myles has been able to put both classes together in one class so you do not have to choose which one you are going to take. High Intensity Interval Training is set up as 3 different sets of 3 rounds much like Tabata and TRX. In one round, there are five exercises lasting 30 seconds with a 10 second break between each one. Each class breaks the sets down into lower body, upper body and core, working the whole body. The equipment provided includes dumbbells, kettlebells, medicine balls, TRX suspension system and your own body weight.

We hope to see you in Life Center during our first HIIT class!

If you have any questions regarding this class, feel free to contact the life center via the Bay Creek App or email [lifecenter@baycreeklife.com](mailto:lifecenter@baycreeklife.com).



### Let's Splash Around Pool Hours of Operation

Monday - Sunday 6:30am - 8pm

Come to the Life Center to enjoy our pools, a wonderful place for the whole family to enjoy.

The Lap Pool is also used for water aerobics and will not be available for leisure use at those times. Please see pg. 11 for schedule.



## 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!*

July 2022



**\$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.*

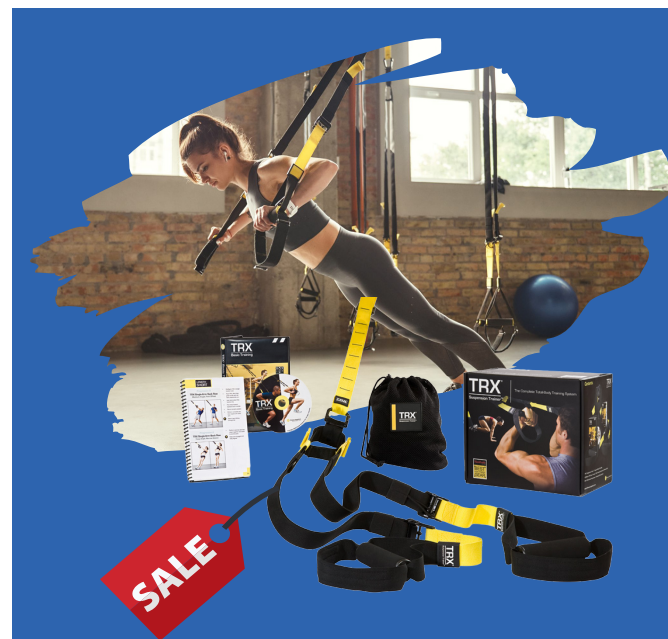
**757.331.8730 | [LIFECENTER@BAYCREEKLIFE.COM](mailto:lifecenter@baycreeklife.com)**

## Beach Chair Service



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.



*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  
**\$99.99 ea.**

*Perfect gift for that family member who 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.

**Monday 7/4** - All nines open.

**Monday 7/11** - Palmer Back Nine closed.

**Monday 7/18** - Nicklaus Front closed.

**Monday 7/25** - Palmer Front closed.

**Callaway Fitting Day** - July 15th | 8am - 2pm. Check the Bay Creek App or [Click Here](#) to register for a fitting.

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

## NICKLAUS CUP

(ROUND ONE COMPLETED)

This is a season long, single elimination match play event using full player handicap. Matches are arranged by playing competitors. Players can choose whichever tee they want, and the handicap will be adjusted. Matches must be completed by the play by dates below. If match is not complete by the date, a coin will be flipped to determine the winner.

### Play by Dates

May 30 - Round 1

July 11 - Round 2

August 29 - Round 3

September 26 - Round 4

October 15 - Final

### Nicklaus Cup Round 1 Bracket

(CLICK IMAGE BELOW TO SEE THE FULL BRACKET)



Nicklaus Cup 2022



#### BRACKET TOURNAMENT 1

Mon, May 30	Mon, Jul 11	Mon, Aug 29	Mon, Sep 26	Sat, Oct 15
Frank Pagani 1	Chris Haberman 216			
Chris Haberman 24	John Jacob 4 & 2			
John Jacob 16	Joe Staub 2 & 2			
Michael Callaway 17	Joe Staub 2 & 2			
Joe Staub 8	Frank Wood 2 & 1			
Terry White 23	Frank Wood 2 & 1			
Frank Wood 9	BLAINE SMITH 4			
Frank Hughlett 24	Hu Odom 116			
BLAINE SMITH 4	Vance Phillips 13			
Hu Odom 29	Neil Gillies 20			
Vance Phillips 13	Cole Carrs 5			
Neil Gillies 20	Steve Ehmann 19 holes			
Cole Carrs 5	Garrett Durham 4 & 2			
Steve Ehmann 28	Ron Matthews 21			
Garrett Durham 12	Joseph Reszin 2			
Ron Matthews 12	Tim McLatchy 2 & 2			
Joseph Reszin 2	Clint Crouse 2 & 1			
Tim McLatchy 21	Pat Symon 18			
Clint Crouse 15	Bill Stramm 19 holes			
Pat Symon 18	Mark Riddle 20			
Bill Stramm 7	Jon Thornbrugh 10			
Mark Riddle 7	Nick Lotwaco 4 & 2			
Jon Thornbrugh 10	Bob Kraly 3			
Nick Lotwaco 23	Bob Kraly 3			
Bob Kraly 3	Seyi Adesorooye 2 & 2			
Seyi Adesorooye 3	Brad Whitfield 5 & 4			
Brad Whitfield 14	Jake Savage 19			
Jake Savage 14	Jon Hottinger 6			
Jon Hottinger 6	Rich Hahn Sr. Fowl			
Rich Hahn Sr. 27	Claude Reid 2 & 2			
Claude Reid 11	Ian McDonald 22			
Ian McDonald 22				

## UPCOMING EVENTS

For the month of July, we have some great member golf events. Please go to the Bay Creek App to sign up for any of these events.

7/2 - GLOW PUTT GOLF 7/15 - CALLAWAY FITTING DAY

7/9-7/10 - CLUB CHAMPIONSHIP

7/23 - CHEESEBURGER IN PARADISE SCRAMBLE

7/22 - MEMBER GOLF CLINIC  
Putting

# CLUB CHAMPIONSHIP

The winner of each Gross Division receives use of a Champions Parking Spot for one year.

Men's Regular (Under 60) • Men's Senior (60 yrs +)  
Men's Super Senior (70yrs +) • Women's Regular (Under 60)  
Women's Senior (60yrs +)

## JULY 9TH & 10TH 2022 AT 8AM

Sign up in the Bay Creek App





*Pictured: Jere Lynch & Terry White*

# ONE DAY MEMBER GUEST

*Saturday, June 18th, 2022*

## Format:

The Event was a 18-hole Scramble in 2-person teams played on the Nicklaus Front and Palmer Front.

## Tees:

Men - White

Men 60 & Better - Gold

Women - Red

## Flights:

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. Results are listed to the right and the teams that are highlighted were paid out. All ties were broken using the USGA method for breaking ties (last 9, last 6, last 3, last 1).

**Gross Winners pictured above – Terry White & Jere Lynch**

**Closest to the Pin Palmer #4**  
Stephen Malkowski (Guest of Brent Geissinger)

**Closest to the Pin Palmer #7**  
Lee Robbins

**Closest to the Pin Nicklaus #4**  
Sam Watson

**Closest to the Pin Nicklas #6**  
Jere Lynch (Guest of Terry White)

## Gross Division:

1. Terry White & Jere Lynch	63 (-9)
2. Robert O'brien & Richard Richards	63 (-9)
3. Jeff Shield & Joe Renstein	65 (-7)
4. Adam Wells & Lee Robbins	66 (-6)
5. Claude Reid & Ciccone	68 (-4)
6. Kyle Geissinger & Drew Faulhaber	71 (-1)
7. Jeff Parker & Burry Parker	73 (+1)
8. Mark Blachura & John Blachura	73(+1)
9. Vance Phillips & Stephen Pokelwaldt	74 (+2)
10. John Orlando & Randy Bristow	74 (+2)
11. Johnathan Sharpley & Fred Wetzelsberger	74 (+2)
12. Sam Watson & Carson Henry	75 (+3)
13. Brent Geissinger & Stephen Malkowski	76 (+4)
14. Frank Hughlett & Coy Adams	76 (+4)
15. Blaine Smith & Steve Luxion	76 (+4)
16. Robert Harris & Lou Sally	76(+4)
17. Victor Kelly & Karen Parker	77 (+5)
18. Mark Overman & Tim Quick	78 (+6)
19. David Parham & Gary Nedelka	79 (+7)
20. Natalie Smith & Georgann Luxion	84 (+12)
21. Davis Watson & Jack Gentry	84 (+12)
22. David Wilcox & Tim Schroeder	89 (+17)

## Net Division:

1. Robert O'brien & Richard Richards	61 ( -11)
2. Terry White & Jere Lynch	62 (-10)
3. Adam Wells & Lee Robbins	64 (-8)
4. Jeff Shield & Joe Renstein	64 (-8)
5. Claude Reid & Ciccone	66 (-6)
6. Jeff Parker & Burry Parker	67 (-5)
7. Kyle Geissinger & Drew Faulhaber	67 (-5)
8. Mark Blachura & John Blachura	68 (-4)
9. Robert Harris & Lou Sally	69 (-3)
10. John Orlando & Randy Bristow	70 (-2)
11. Johnathan Sharpley & Fred Wetzelsberger	70 (-2)
12. Brent Geissinger & Stephen Malkowski	71 (-1)
13. Vance Phillips & Stephen Pokelwaldt	72 (E)
14. Sam Watson & Carson Henry	72 (E)
15. Blaine Smith & Steve Luxion	72 (E)
16. Victor Kelly & Karen Parker	72 (E)
17. David Parham & Gary Nedelka	73 (+1)
18. Mark Overman & Tim Quick	73 (+1)
19. Frank Hughlett & Coy Adams	73 (+1)
20. Davis Watson & Jack Gentry	75 (+3)
21. Natalie Smith & Georgann Luxion	78 (+6)
22. David Wilcox & Tim Schroeder	79 (+7)

*Congratulations to the winners!*





*Purple Top Vervain (Verbena Bonariensis)*

## WHAT'S IN A NAME?

by Joe Fehrer

*"If you stay close to nature, to it's simplicity, to the small things hardly noticeable, those things can unexpectedly become great and immeasurable." - Rainer Maria Rilke*

If you have visited the Preserve recently, no doubt you've seen a number of wildflowers in bloom. One of the more obvious is the flat topped white flowers of the Common Yarrow (*Achillea millefolium*), which as its common name implies is quite common in the old fairways and woods-edge. It is not to be confused with another flat-topped white flowering plant, Wild Carrot (*Daucus carota*), which occurs more sporadically in the same areas. Both of these plants are classified as "aliens" and are not native to North America; however, they are considered "naturalized" and are not invasive. Both make good plants for your garden.

An invasive plant is defined as "a plant that is both non-native and able to establish on many sites, grows quickly, and spreads to the point of disrupting or displacing plant communities and ecosystems."



*Common Yarrow (Achillea millefolium)*

Common Yarrow (*Achillea millefolium*) is in the genus *Achillea*, named for the Greek mythological figure Achilles, the hero of the Trojan War. The species is *millefolium* (or thousand-leaved) with very finely cut fern-like leaves arranged evenly and alternately on a stalk; the leaves have a strong spicy scent when crushed. Each individual flower on the yarrow resembles a miniature version of a daisy; these flower types are known as Composites and like a daisy, the round or button-like center is composed of numerous tiny tubular disk flowers, surrounded by a circle of ray flowers or "petals."

Legend has it that Achilles brought yarrow with him to help heal the wounds of his soldiers during the war with Troy. It seems the leaves were used as a styptic, to stop or stem the flow of blood from cuts. The leaves were also steeped in boiling water to make a tea-like drink that was thought to cure the common cold and help prevent baldness.

Early colonists brought this plant to North America due to its medicinal value and it has since spread across the continent. When dried, the flat-topped flower heads, or inflorescence, are used in floral arrangements and also by architects who use them to represent trees in three-dimensional mock-ups.

In the Parsley family (Umbelliferae), you'll find Queen Anne's lace (*Daucus carota*) and as I mentioned above, it grows in the same general space as common yarrow but is less common. *Daucus* is from the ancient Greek "daukos" meaning root, with *carota* meaning carrot. Once again legend plays a role in the plant's common name; supposedly the young Queen Anne was an accomplished lace-maker and challenged her ladies-in-waiting to a contest to see who could make lace as beautiful as the flower. Needless to say, queens usually win their own contest and the plant has been called Queen Anne's lace ever since.

For centuries, the root of this plant was eaten in Europe and then North America (once it became established here). It is rather bitter and stringy, needing hours to cook down, but is very nutritious. The leaves, roots and seeds when boiled down were also used medicinally to treat a variety of illnesses. It wasn't until the early 20th Century that scientists realized the importance of vitamin A (remember your mom telling you about carrots and good eyesight) and turned this stringy tough carrot into today's lush garden vegetable.



*Queen Anne's Lace (Daucus carota)*

Queen Anne's lace was grown in castle and cottage gardens alike, and like other important herbs of the time followed the English to America for inclusion in the colonists' herb gardens. Now like the Yarrow, Queen Anne's lace grows across much of the continent.

The flower head is made up of many small white flowers grouped together in a broad, flat cluster known as an umbel. It resembles an inside-out umbrella. Looking at the umbel from underneath will give you the best view of its lacy quality. When the flower head or umbel first opens, it is slightly rounded looking like a bird's nest. During fertilization, it is flat like yarrow. And finally, during seed ripening it is concave. In the center of some of the flower heads, you may notice a few dark-blue to purple flowers. These are sterile and their function is yet unknown. And, if you're that close to the flowers, you'll also notice a sweet perfume-like odor that surprisingly bears no resemblance to carrots. The leaves are finely cut and look just like carrot tops from the market, and when rolled between your fingers will smell like carrots. There are many everyday herbs in the Parsley family, like dill, caraway, coriander, fennel, parsley and more. The seeds of *D. carota* can be gathered and used to make tea or added to foods as any other spice is; when eaten raw, they taste similar to cooked carrots.

As a side note, the Umbellifers Poison Hemlock (*Conium maculatum*) is also in this family and is deadly. The hemlock Socrates drank was not that of the Hemlock Tree but from *C. maculatum*. This species grows in wet places and so-far-as I know does not occur locally.

To add a little color, another plant now in bloom is the Purple-top Vervain (*Verbena bonariensis*) and this too is considered an alien, but not currently listed as invasive in North America. It is a member of the Verbenaceae family and as its common name implies, is bright purple in color.





Purple Top Vervain (*Verbena Bonariensis*)

The genus name *Verbena* means sacred plant or sacred bough, in reference to the stiff leafy stalks. For many hundreds of years in Europe, the plant was considered to have sacred or magical powers and was supposedly used by witches to cast spells (it's also reported to have been used as an aphrodisiac). The species name *bonariensis* is a nod to Buenos Aires where the plant was first collected and described. This plant, like those above, was also brought to North America for its medicinal value and has long since escaped the garden and has joined our native Vervains in fields and along roadsides. The fragrant flowers are arranged in a Cyme; that is, they are flat-topped with the oldest flowers at the ends of the main axis or stem. The individual flowers are five-petaled, growing on long peduncles (think of these as the individual flower stems).

So what's in a name, specifically a species Latin or scientific name? For a little history on modern scientific nomenclature, we have to start in 1753 with the publication of the book *Species Plantarum*. Carl Linnaeus (1707-1778) was a Swedish botanist, zoologist and physician who developed and formalized the system of assigning names, “the Linnaeus system,” to all living organisms and is often referred to as “the father of modern taxonomy.” As he traveled throughout Europe in the mid-1700s, he collected and classified plants and animals using his new nomenclature; simply put, his system is composed of two Latin names, the first identifies the genus and the second the species within that genus. Latin was the language of science in Europe at the time (although Greek was sometimes used) and is why most scientific names are in Latin.

Grammatical forms of Latin are also used based on words from other languages, such as Eastern Red Cedar (*Juniperus virginiana*), *Juniperus* (the genus) being an ancient Latin name and *virginiana* (the species) was first collected in the Virginia colony. As another example, modern humans belong to the genus *Homo* and the species *sapiens*.

At the time of his death in 1778, Linnaeus was one of the most acclaimed scientists in Europe due to his revolutionary system that standardized the naming of all living things. The great Philosopher Jean-Jacques Rousseau once said of his friend, “I know of no greater man on earth,” and not surprisingly Linnaeus is considered one of the founders of modern ecology. His botanical nomenclature is now governed by the International Code of Nomenclature which covers algae, fungi and plants. Fossil plants are also covered by the Code of Nomenclature.

And then we have the common names. There is a lack of consistency with regional and sometimes even local variation with the use of common names, thus showing why having a universal naming system and standard is important.

- Common Yarrow (*Achillea millefolium*) is also Woundwort, Milfoil and Nosebleed Plant
- Queen Anne's Lace (*Daucus carota*) is also Wild Carrot, Bishop's Lace and Bird's Nest
- Purple-top Vervain (*Verbena bonariensis*) is also Tall Vervain, Pretty Vervain and Verbena
- Northern Red-bellied Cooter (*Pseudemys rubriventris*) is also freshwater Pullet, Slider and Yellow-bellied Terrapin

So you can begin to see the problem when using common names—most often they're not in agreement. And yes, I use common names much more frequently than I do the Latin, as it just seems easier. Most field guides use one widely “accepted” common name to represent the plant or animal that you're studying, such as Common Yarrow or Northern Red-bellied Cooter. The Latin name is there and usually in parenthesis, the way I've used them above.



Northern Red-bellied Cooter (*Pseudemys rubriventris*)

I also want to briefly mention the study of plant taxonomy, which is the identification, description and classification of plants using the Linnaeus system. This is a rather fluid science, oftentimes without consensus on the placement of “taxa” or plants and plant groups in families. To further complicate the matter, plant names (the Latin/scientific ones) change with some frequency as more in-depth research, now including genetics, is done.

As an example, let's look at Saltmarsh Cordgrass (*Sporobolus alterniflorus*). This tall marsh grass can be found growing all along Plantation Creek and in small “tumps” on the beachfront behind some of the breakwaters. Prior to 2014, this plant had been known the world over as *Spartina alterniflora* but due to its reclassification its now in a different family, *Sporobolus*, and genus, *alterniflorus*. While this can be personally frustrating (I still refer to it as *Spartina alterniflora*), such is how the science of plant nomenclature works.

In a nod to Linnaeus, there are multiple species of yarrow, the most familiar being the aforementioned *A. millefolium*. There are native yarrow species to our north and west that are now mixed in with populations of the introduced *A. millefolium*. Some botanists feel these should be thought of as one species with many variations, while others feel that no satisfactory classification of the yarrow has yet been made. And so, the naming and classification of plants is quite literally a work in progress...



Kemp's Ridley Turtle, found on the Bay Creek Beach

## Our Local Sea Turtles

Given our location on the southern bay, we are visited by several pelagic species that come in to feed. One of these is the sea turtle, which can be recognized by its flipper-like legs and is the most interesting representative of Virginia's migratory marine fauna... These animals spend virtually their entire lives in the water, only coming ashore on sandy beaches to lay eggs. We have four hard-shelled species that use the lower bay; the largest and most common is the Loggerhead, the smaller but more rare ones are the Atlantic Green Turtle, Kemp's Ridley and the Atlantic Hawksbill. All of these turtles are listed as endangered or threatened and are protected by federal law.

If you find a stranded sea turtle or mammal on the beach please, contact Bay Creek at 757-331-8620 and the VA Marine Science Center Stranding Response Program at 757-385-7575.



# Life Happening Around Us

Nothing beats walking around the property and finding signs of new life. While we ask you to not approach any nesting sites to avoid interrupting wildlife, we would like to share some images of them, up close and personal. All images were taken by an experienced professional or at a safe distance with camera equipment to not disturb the animals.

(Set of Tree Swallows Guarding their nest)



(Bluebird Chicks)



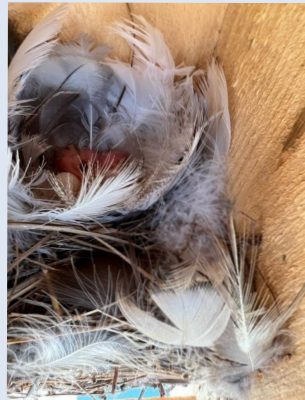
(Bluebird eggs)



(Tree Swallow nest)



(Tree Swallow Nest)

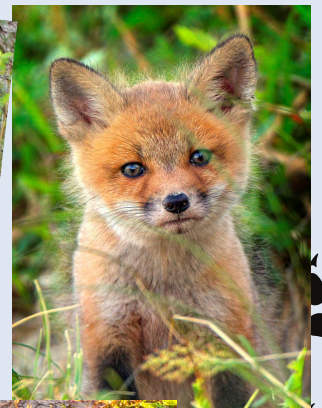


(Carolina Chickadees)



(Carolina Chickadees)

(Skulk of Fox pups)







# What's on the Menu?

## Coach House Tavern

If you haven't noticed, the Coach House has been making changes to its menu. Stop by the Coach House and try one of the new selections prepared by Chef Christian and Team!

Coach House will also be offering more specials throughout the week and weekend.

## Bay Creek Food Oasis at the Life Center

Stop by the Life Center pool to experience the Chef Jason Poolside and Beach experience. Enjoy the delicious menu items or sip on a frozen beverage from our Island Oasis frozen drink machine, serving both virgin and non-virgin treats.

## JULY BEER FEATURE JULY 1 - JULY 31

# FOUNDERS BREWING CO. ALL DAY IPA

\$3  
PER BOTTLE



# Wine of the Month

The Coach House Tavern Wine Feature for the Month of July

## Jim Barry Watervale Riesling – \$6 per glass or \$21 per bottle

The tiny village of Watervale (population of 246), nestled in South Australia's Clare Valley, is renowned for the quality of its Riesling. Our Watervale Riesling is picked from a special part of the Florita vineyard in Watervale. This famous Riesling vineyard usually achieves full ripeness with high natural acid levels.

The 2021 Watervale Riesling has all the hallmarks of a classic Clare Valley Riesling; with fresh cut citrus, lemon grass, yellow peach and white florals on the nose. On the palate, it has a firm acid drive, with an abundance of citrus, white peach, honey dew melons, gooseberries and a fresh lime finish.

## Pairing Information

*Nicely paired with delicate (or raw) fish and fresh salads. More substantial Rieslings are great with Asian food, chicken, salmon and tuna.*



# POOLSIDE SPECIALS

## 4TH OF JULY WEEKEND INDEPENDENCE DAY

JULY 2ND - JULY 3RD | 11:00AM-3:00PM



## 1/2 RACK OF RIBS \$13

cooked slowly at low temperatures, allowing the meat to become tender.

## CHEDDAR BRISKET SANDWICH \$11

cooked slowly at low temperatures, allowing the meat to become tender served on a hoagie roll with white cheddar cheese and fried onions.

## TRUFFLE TOTS \$9

Potato barrels topped with Parmesan and Romano cheese, truffle aioli and green onions

*Make it a combo with a side and drink for an additional \$6*

## ADDITIONAL SIDES \$5 EACH BAKED BEANS • SLAW • TOMATO SALAD • POTATO SALAD

# SUMMER COCKTAIL MENU

Come to the Coach House to for some delicious summer libations.

## TRANSFUSION \$ 9.00 Cirrus Vodka, Grape Gatorade, topped with Sprite substitute Grey Goose for \$3, Chopin for \$5

## TAVERN CRUSH \$ 10.00 Classic Crush with a Tavern twist, Cirrus Vodka and a hint of cranberry

## THE BOB SMITH \$ 9.00 Tito's Vodka topped with Diet Mountain Dew

## PINEAPPLE MAGARITA \$ 13.00 Camarena Tequila, triple sec, fresh squeezed lime juice, and a splash of pineapple juice. Served on the rocks with a salt or sugar rim.

## RUM RUNNER \$ 13.00 Cruzan Coconut, Captain Morgan, Pineapple Juice, Orange juice, and grapefruit juice. Mixed together, served over ice with a Meyer's floater.

## BLUEBERRY BOURBON SMASH \$ 13.00 Muddled mint and lemon, shaken with Marker's Mark and a house made blueberry syrup. Served on the rocks and topped with club soda.

## GINGER GIN FIZZ \$ 13.00 House Gin paired with Aperol, pineapple juice, bitters, and lemon juice topped off with ginger beer.



# July 2022

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Netting on the Beach, 10am Independence Day Cookout, 11am Glow Putt, 8pm
3 Independence Day Cookout, 11am Sunday Member Mixer, 3pm Nature Talk Campfire, 8pm	4 Happy Independence Day!	5 Beach Walk, meet at Beach Entrance, 9am Trivia Night, 5:30pm	6 Walking Club Preserve Walk, 9am Owl Prowl in the Preserve, 8pm	7 Ladies' League Play, 9am	8 Fishin' in the Pond, 10am	9 Themed Preserve Walk, meet at Beach, 10am Club Championship, 9am
10 Club Championship, 9am Sunday Member Mixer, 3pm	11 Nicklaus Cup Round 2, 8am	12 Beach Walk, meet at Beach Entrance, 2:30pm Full Moon Walk, meet at Beach, 8pm	13 Walking Club Preserve Walk, 9:00am	14 Ladies' League Clinic, 9am	15 Callaway Fitting Day, 10am	16 Bicycle Beer Flight, 10am
17 Sunday Member Mixer, 3pm	18 Plein Air Painting on the beach, 7pm	19 Beach Walk, meet at Beach Entrance, 9am	20 Walking Club Preserve Walk, 9am Owl Prowl in the Preserve, 8pm	21 Ladies' League Play, 9am Sunset Jam, 6pm	22 Fishin' in the Pond, 10am Member Clinic "Putting", 5pm	23 Cheeseburger in Paradise Team Scramble, 3pm Themed Preserve Walk, meet at Beach, 10am
24 Sunday Member Mixer, 3pm	25	26 Beach Walk, meet at Beach Entrance, 2:30pm	27 Walking Club Preserve Walk, 9am	28 Ladies' League Play, 9am Sunset Jam, 6pm	29	30 Bicycle Beer Flight, 10am
31						

\*\*All events, classes and hours are subject to change due to weather and other unforeseen circumstances. Updates for any changes will be in the Bay Creek app, as well as sent out via email.\*\*

### Hours of Operation

**Life Center**  
757-331-8730

Mon - Sun  
6:30am-8pm

**Pool Hours**  
Mon-Sun  
6:30am-8pm

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

Mon - Closed  
Tues - 10am-5pm  
Wed - 10am-7pm  
Thurs - 10am-8pm, *Prime Rib Night*  
Fri - Sat 9am-9pm  
Sun (Brunch) - 9am-5pm

**Pro Shop**  
757-331-8620

Mon - Sun - 6:30am-6pm





# July 2022

## Life Center Monthly Schedule

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

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