

# THE BAY CREEK INSIDER

Monthly Member Newsletter

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## Bay Creek App Notes!

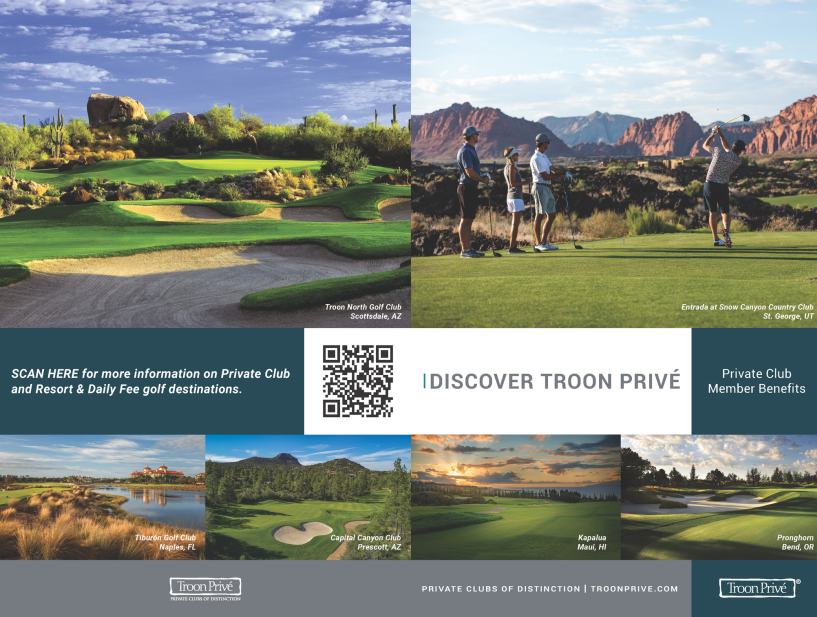
Beach chair reservations can be made in the app and are active 72 hours in advance. Each membership is eligible for up to 6 beach chairs per session. Session times are either 9am-1pm or 2pm to 6pm. Please note that reservations will be released if they are not claimed within an hour of the reserved time. If you need to cancel your reservations, navigate to Life Center -> Beach Chair Reservation -> My Reservations.

Membership cards have changed to a vertical format in the most recent app update. If you do not have automatic app updates selected on your mobile device, you can navigate to your app store and search for Bay Creek to get the most recent version.



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





## Did You Know? Bay Creek is a Troon Privé Club

Bay Creek has been a Troon Privé Club since November 2021. This simply means that your club membership has so much more value than just the club privileges you enjoy here at Bay Creek.

Full Members at Troon Privé clubs have the privilege to play at other private clubs in the portfolio at a preferred Troon Privé Member rate, cart and range balls included. Members are entitled to bring up to three guests that will play for the host clubs accompanied rates. Each golfer can play up to (6) rounds at any given facility in one calendar year. (This benefit is limited to (3) visits for clubs in the same geographic market when noted in the guidelines). Rounds are subject to the host clubs' advance booking policy for unaccompanied guest/reciprocal play.

**EFFECTIVE AUGUST 1, 2022, THE RATES FOR TROON PRIVÉ PRIVILEGES WILL INCREASE FROM \$55 TO \$80 FOR PEAK SEASON, AND FROM \$35 TO \$55 FOR OFF SEASON. THE PORTAL WILL BE UPDATED BY THAT DATE, BUT PLEASE BE AWARE WHEN REQUESTING TEE TIMES FOR AFTER AUGUST 1ST.**

Members of Troon Privé Clubs receive exclusive access to extraordinary golf and lifestyle benefits throughout the world. Full Members of participating clubs enjoy access to private courses and amenities, opportunities to experience resort and daily fee locations at preferred rates, as well as Cliff Drysdale Tennis. Plus, all members of Troon Privé Clubs receive benefits with Avis Rental Cars, Ship Sticks, Entertainment, Marinas and more. See below for additional details and to take advantage of these valuable benefits that come with being a member of a Troon Privé Club! Please visit the Troon Privé site by [clicking here](#).

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

Summer is moving by quickly and I hope everyone is enjoying all that we have here at Bay Creek. I wanted to use this August newsletter to touch on things that will be coming up soon. If you not seen our Youth Camps so far, they have been a wild success! The kids have had a great time experiencing Bay Creek in every way, from golf to nature hikes, fitness and crafts. Even in the dog days of summer, these young troopers have had a blast. I feel we now offer a Youth Camp that is very unique in our industry. Kudos to all who are helping to make these a success.

In the near future, we are coming up with some additional activities to keep everyone plugged into. An end-of-summer bash, Movies on the Lawn, Base Camp Banjo Night, the Member/Guest Tournament, Trivia Night, Ladies Night Out and much, much more. It is always exciting for us to come up with interesting things as the seasons begin to change. Please reach out if you have some ideas that can help us round out the schedule. You can also look forward to our next Town Hall Meeting in September.

I want everyone to enjoy the rest of the summer season, stay hydrated, enjoy the pool and beach, get out on the beautiful golf course and come see us in the Tavern. I hope when you see our fantastic staff, you will take a quick second to say thanks for a great summer. I cannot tell you all how hard everyone works to make things come together each and every day. I know I cannot thank my staff enough for all that they do and I feel so lucky to have a group of individuals who work so hard to make Bay Creek an awesome facility to come to and be a part of.

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



SCAN ME

## EMPLOYEE RECOGNITION

We like to recognize employees who shine! Every person on our team is special and a key factor in the success of Bay Creek. For the month of August, we would like to recognize Jesse Queck from the Golf Shop. Jesse is a newer member to our team but has made strides to showcase his professionalism and outstanding customer service.

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





# RUN CLUB

LIFE IN THE FAST LANE

EVERY THURSDAY IN AUGUST AT 6PM

## Introducing Run Club

Studies have shown that consistent running can lower blood pressure and resting heart rate, improve blood sugar control, lower triglycerides, lower cholesterol, and reduce waist circumference and body fat percentage. Improving these markers of health can reduce disease risk and help you feel healthier overall.

Join us for the weekly run club at 6:00pm throughout the month of August!

## Thirsty? Try Nuun

In need of a pre-workout and post-workout drink? Come to the Life Center and try the Nuun Powder Supplement Tablets. It's a great addition to any workout.



### WHAT IS NUUN?

Nuun + Water = Hydration Bliss

Nuun is a company dedicated to keeping you as hydrated as humanly possible. Our drink tablets are fizzy, tasty and loaded with electrolytes that keep you healthy and hydrated!



**TRUECOACH**

**\$50 | Per Month**

TrueCoach 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.*

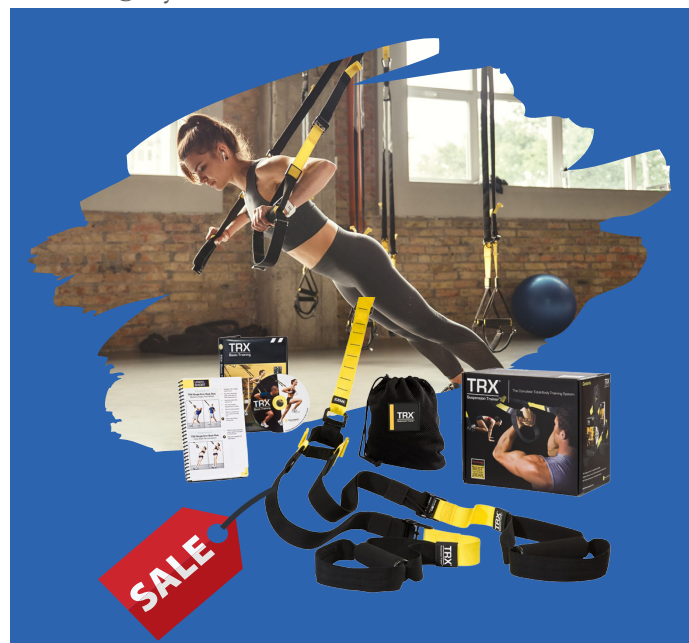
**757.331.8730 | LIFECENTER@BAYCREEKLIFE.COM**

## Tai-Chi Class Added to Fitness Schedule

Tai chi, short for T'ai chi ch'üan or Tàijíquán, sometimes also known as "Shadowboxing," is an internal Chinese martial art practiced for defense training, health benefits, and meditation.

Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen. Tai chi can boost upper and lower body flexibility as well as strength, and balance. This could be the perfect activity for the rest of your life!

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).



*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.*



REMINDER

## 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](mailto: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.

# GREENS INFO

All the nines will be open daily for the month of August except for on Mondays where we will be closing a nine to do extra maintenance to those holes.

- Monday the 1st Nicklaus Front closed
- Monday the 8th Palmer Back closed.
- Monday the 15th Palmer Front closed.
- Monday the 22nd Nicklaus Front closed.
- Monday the 29th Palmer Back closed.

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

# NICKLAUS CUP

(ROUND TWO COMPLETED)

Round 2 matches are all complete! The Nicklaus Cup is the Club's season long net match play tournament. Matches are arranged by playing competitors. Players may choose whichever tee they want, and the handicap will be adjusted for a heads-up match. This is a single elimination event much like the NCAA's March Madness.

### 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 2 Bracket

(CLICK IMAGE BELOW TO SEE THE FULL BRACKET)



# UPCOMING EVENTS

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

8/18 - PINK CALL TOURNAMENT

8/26 - MEMBER GOLF CLINIC  
*Short Game*



## GLOW PUTT RESULTS

*Saturday, July 2nd*

Format: Two-person team alternate shot-putting contest at night using glowing golf ball. This is a true alternate shot, meaning you alternate putts though the entire course. Max score on a hole is 5. The contest was held on the clubhouse putting green. We had almost 90 people play this year. It is great to see such an awesome turnout. Below are the first and second place finishers. Thank you so much to all who participated.

Team	Score
1 Leslie Donovan + Kathy Donovan	22
T2 John Orlando + Julie Orlando (Bay Creek Resort & Club)	23
T2 Samantha Orlando + David Watson (Bay Creek Resort & Club)	23
T2 Rob Nicoll + Rosemary Nicoll (Bay Creek Resort & Club)	23
T2 Blaine Smith + Natalie Smith (Bay Creek Resort & Club)	23
T2 Matthew Stainback + Cricket Stainback	23
T2 Pam Lafferty + Guest	23
T2 Karen Duncan + Neil Stevens (Bay Creek Resort & Club)	23



# CLUB CHAMPIONSHIP

July 9th & July 10th, 2022

This event was two rounds of stroke play. We had a Gross and Net Tournament for Men, Senior Men, Super Senior Men, Women & Senior Women. The winner of each Gross Tournament receives use of a Champions Parking Spot for one year.

## Divisions:

- Men's Regular Division – Under 60 years old played Blue Tees
- Men's Senior Division – 60 years old and better played White Tees
- Men's Super-Senior Division – 70 years old and better played Gold Tees
- Women's Regular Division – Under 60 years old played Gold Tees
- Women's Senior Division - 60 years old and better played Red Tees

You could only win in either the gross or net tournament and were given the better of the two prizes if you place in both tournaments. Players who 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). If there was a tie for the overall gross champion in each division, we would have a sudden death playoff.

### Men's Regular Division

Gross Division:	Round 1	Round 2	Total
1. Froi Pinili	77	71	148
2. Blaine Smith	77	72	149
3. Charlie Kerrigan	76	75	151
4. Bob Kraly	80	73	153
5. Frank Pegram	78	78	156
6. Claude Reid	83	79	162
7. Jon Thornburgh	88	78	166
8. Tim Kerrigan	85	84	169
9. Justin Morris	91	81	172
10. Clin Crouse	95	79	174
11. Seyi Adegoye	107	98	205
12. Anthony Hulen	110	104	214
13. Jamie Ibarra	78	WD	WD

Net:	Round 1	Round 2	Total
1. Blaine Smith	70	66	136
2. Froi Pinili	73	67	140
3. Bob Kraly	74	67	141
4. Claude Reid	74	71	145
5. Charlie Kerrigan	73	73	146
6. Jon Thornburgh	78	69	147
7. Seyi Adegoye	79	71	150
8. Justin Morris	82	73	155
9. Frank Pegram	77	78	155
10. Clint Crouse	86	71	157
11. Tim Kerrigan	82	81	163
12. Anthony Hulen	94	89	183
13. Jamie Ibarra	74	WD	WD

### Men's Senior Division

Gross Division:	Round 1	Round 2	Total
1. Joe Renstein	74	72	146
2. Brad Whitfield	85	78	163
3. Steve Rosser	83	82	165
4. John Jacob	85	81	166
5. Pat Sigmon	86	81	167
6. Nick Lotuaco	87	80	167
7. Frank Wood	89	79	168
8. Kenneth Fodill	88	80	168
9. Rich Hahn	90	88	178
10. Ron Smiley	87	96	183
11. Dick Phillips	94	98	192
12. Steve Ehmann	102	102	207

Net:	Round 1	Round 2	Total
1. Joe Renstein	74	72	146
2. John Jacob	76	73	149
3. Nick Lotuaco	78	72	150
4. Brad Whitfield	78	72	150
5. Kenneth Fodill	80	73	153
6. Rich Hahn	77	76	153
7. Pat Sigmon	79	75	154
8. Frank Wood	82	73	155
9. Steve Rosser	78	78	156
10. Ron Smiley	73	84	157
11. Steve Ehmann	82	86	168
12. Dick Phillips	83	88	171

### Men's Super-Senior Division

Gross Division:	Round 1	Round 2	Total
1. Ron Wrucke	79	77	156
2. Bill Stramm	82	84	166

Net:	Round 1	Round 2	Total
1. Ron Wrucke	72	70	142
2. Bill Stramm	80	82	162

### Women's Division

Gross Division:	Round 1	Round 2	Total
1. Lisa George	96	91	187
2. Natalie Smith	110	107	217

Net:	Round 1	Round 2	Total
1. Lisa George	78	89	187
2. Natalie Smith	85	100	185

### Women's Senior Division

Gross Division:	Round 1	Round 2	Total
1. Evie Odom	90	84	174
2. Gail Edwards	92	92	184
3. Stephanie Holvick	95	99	194
4. Cathleen McCloy	96	100	196

Net:	Round 1	Round 2	Total
1. Evie Odom	90	84	174
2. Cathleen McCloy	76	80	156
3. Stephanie Holvick	76	80	156
4. Gail Edwards	80	80	160

### Closest to the Pin

- Palmer # 4 - Ron Wrucke
- Palmer #7 - Cathleen McCloy
- Nicklaus #4 - Cathleen McCloy
- Nicklaus #6 - Blaine Smith



Director of Golf Zach Pflugst pictured with Froi Pinili



Director of Golf Zach Pflugst pictured with Joe Renstein



Director of Golf Zach Pflugst pictured with Ron Wrucke



Director of Golf Zach Pflugst, pictured with Lisa George



Director of Golf Zach Pflugst pictured with Evie Odom

Congratulations to the winners!





# CHEESEBURGER IN PARADISE NINE & DINE

*Saturday, July 23rd, 2022*

This event was a four-person team scramble. Every hole had a different rule on how to play it.

## HOLE RULES

All obstacles had to remain in place and COULD NOT be moved during play. Moving an obstacle resulted in disqualification of the team.

1. **“Lobster trap”** The hole was played as normal but when you reached the green teams had to putt through lobsters guarding the hole.
2. **“Rope”** There was a rope tied to the flagstick. Any shot that came to rest inside of the rope was considered to be holed out.
3. **“En Garde”** for this hole all teams had putt one-handed while holding a second club like a sword in the other hand.
4. **“Don’t Conch Out”** The hole was played as normal but when you reached the green you had to avoid the conch shells surrounding the hole.
5. **“Up a Creek with a Paddle”** – Everyone team had to putt with a paddle once they reached the putting surface.
6. **“Watermelon Crawl”** All play started from the RED tee marker, but the players had to tee off from on top of a watermelon.
7. **“Parrot Party”** – Teams had to avoid all the parrots having a party around the hole. The hole for this hole was a 6-foot-tall palm tree. Any ball that hit the palm tree was considered to be holed out.
8. **“Don’t Loose Your NOODLE”** The hole was played as normal but when you reached the green teams had to avoid the pool noodles protecting the hole.
9. **“Sharknado”** - This hole was guarded by sharks around the green. Teams had to be strategic when trying to navigate this hole.

## Tees

Men – **Gold**  
 Women – **Red**  
 Children under the age of 13 – **Orange**

## Results

1. Avis Gates, Kim Lendardt, Lisa George, Bucky Weaver	28 (-8)
2. Brenden Blachura, John Blachura, Mark Blachura, Tyler Gibson	30 (-3)
3. Adam Pitts, Blaine Teets, Brandon Hall, Greg K	31 (-5)
4. Erik Pierce, Marina Pierce, Jon Birtles, Terri Birtles	32 (-4)
5. Cathleen McCloy, Rudy Martin, Jo McLatchy, Tim McLatchy	32 (-4)
6. Glen Graves, Kelly Graves, Mike Argiro, Terry Graves	33 (-3)
7. John Orlando, Evan Orlando, Bob O’Brien, Guest	35 (-1)
8. EJ Dunham, Garrett Dunham, Rykert Dunham, Shannon Dunham	36 (E)
9. Billie Jean Bensen, Don Marette, Ian McDonald, Lori McDonald	38 (+2)
10. Jed Lafferty, Pam Lafferty, Mary Ehmann, Steve Ehmann	39 (+3)

Best Dressed Team Award went to Glen Graves, Kelly Graves, Mike Argiro, Terry Graves. They were all wearing matching shirts.

*Congratulations to the winners!*





Beach south; a sandbar at low tide, the dry beach is the rim of white sand (upper left). Photo Credit: Joe Fehrer

# THE BEACH...

by Joe Fehrer

*"The coast is a thin band of low sand, with water on one side trying to wash in and with people on the other side trying to move in." - D.W. Bennett*

The beach is a lot of things to a lot of people; a place to recreate, to find solitude, to enjoy the raucous call of birds, to go propping, and a place to live. It's no wonder then that the world's coastal areas are some of the most densely populated places on earth. In this country alone more than 50% of the population lives within 50 miles of the coast, and worldwide that number is more than one-third of the total human population, so about 2,653,957,883 souls. Think about that for a minute... and then think about our beach, where we often times have it to ourselves... we are exceptionally fortunate to live where we do.

I'm frequently asked about the beach and it's geology here at Bay Creek, but before we discuss that and the coastal process at play, a bit of basic geology seems in order. (Joe's caveat: *"I'm not a geologist by training, but I observe, study and do my research"*)

The Delmarva Peninsula, south of Elkton, MD, is in effect a long sandbar resulting from sediments deposited from the sea or eroded from the ancient Appalachian mountain range. These ancient sediments constitute nearly 90 percent of the peninsula's present land area while the very northern reaches of the peninsula (in New Castle County, DE) are in the Piedmont. In a line roughly between the mouth of the Susquehanna River and Wilmington, DE, is a low ridge that marks the "fall line," to the West is Piedmont, to the East the Coastal Plain. Our peninsula lies within the larger Atlantic Coastal Plain, which geologically is considered "a relatively recent emergence of the continental shelf."

It's difficult for us to think in geological time; that span of time is so vast and abstract compared to what we tend to think of as a long time, maybe the mere 80 to 90 years of our time on the earth. In the Mesozoic era (220 to 63 million years ago) the Appalachians were a broken ridge of mountains estimated to be up to five miles high. To the east of that was a long line of volcanic islands separated by a shallow sea. The area we now refer to as "Bay Country" saw the sea rise and repeatedly fall over tens of millions of years. All the while, sediments flowed off the Appalachians and points north and slowly the Delmarva Peninsula began to take shape, with layer upon layer of sedimentation. The peninsula as we know it today took millions of years to form and was also inundated many times between glacial epochs as the glaciers to our north melted and receded, sending torrents of water downstream raising the ocean's water levels. The Susquehanna River had an out-sized role in the formation of our peninsula, as it flowed seaward cutting new channels across what would be the Delmarva Peninsula, and then across a broad coastal plain that stretched 80 miles eastward to the outer continental shelf.

It's also worth a brief mention of the Ice Age(s) and the environmental conditions they imposed upon the land, then and now. Glaciers have advanced and retreated across North America five times beginning with the Huronian (2.5-2.1 billion years ago) and ending with the Quaternary (2.6 million years ago to present).

The last such period, the Quaternary (we're now in the warm interglacial period) saw the Wisconsin Glacier halt its southerly advance midway across what is now Pennsylvania; the glacier was several thousand feet thick and incorporated enough of the world's water to drop sea levels by over three hundred feet. The continental shelf once again emerged from the sea far to the east of the peninsula and the meltwater flowing in the Susquehanna and Delaware Rivers cut ravines hundreds of feet deep below the level of the coastal plain. If you look at a bathymetric survey of the mid-Atlantic you can easily identify these now drowned river channels; the Baltimore Canyon is where the Delaware River once flowed and its neighbor to the south, the Norfolk Canyon, marks the terminus of the Susquehanna River. The Wisconsin Glacier remains directly relatable to us here, on the southern tip, and continues to influence tidal water levels across our region, as well as our potable water supply.

The sheer weight of this mountain of ice just to our north was staggering; it compressed the land beneath it while raising the land to its south, on our peninsula, the greater Hampton Roads area, and the lower western shore of the Bay. Think about this like a see-saw; as weight is slowly removed from the low side the high side starts to drop. Some 12,000 years after the glacier receded the ground here continues to slowly subside, while further north it's rising. This subsidence results in and exacerbates sea-level rise, storm surge flooding and coastal erosion as the land sinks, and perhaps more importantly, presents a chance for saltwater to enter our potable water aquifers, also called saltwater intrusion. One of the longest operating tide gauges on the east coast is located at Swells Point Naval Base Norfolk and has recorded more than one foot of sea level rise in the past 100 years... When you live on a relatively flat plain as we do, that one foot relates to a lot of water spread across the landscape.

The melt-water spilling off the Wisconsin Glacier ran downhill in both the Susquehanna and Delaware Rivers with a force far surpassing that of the present-day Mississippi. As the glacier melted the long dormant Atlantic Ocean slowly crawled out of its basin and started to spread across another level plain, that being the continental shelf, with a rate of advance estimated at 50' per year. About 2,500 years ago, the bay more or less assumed its current size and shape, the rising of the sea stopped and temporary equilibrium was reached. The Bay today is 190 miles long, 30 miles across at its widest point and has an average depth of 22 feet, in the now drowned river valley of the Susquehanna.



New sand (upper left) being deposited on "the spit" at the southern end of the beach. Photo Credit: Joe Fehrer

Our current bay beaches are a mix of sand, silt, clay, gravel and peat, depending on your geographic location and the underlying sediment layers in the area. They're broadly classified as estuarine beaches and can include unvegetated or partially vegetated sand, gravel, or shell matrix, or all of these in combination. While the bay beaches and their ecosystem services are somewhat similar to their seaside barrier island counterparts, they tend to be smaller in dimension and generally more stable. Their size and shape are influenced primarily by wind (the fetch) and wave action and of course the type of sediments that constitutes the beach, which again is a result of the beach's geologic setting.

A beach can be defined as extending from below the low tide line to the landward limit of wave action and erosion during a storm event, and, if it's a functional natural beach, it can be considered akin to a living thing. With no hard structures to impede the movement of sand, the beach is allowed to expand and contract as the wind and tide dictate, similar to inhaling and exhaling.

Virginia's definition has a little more legalese: "Beach means the shoreline zone comprised of unconsolidated sandy material upon which there is a mutual interaction of the forces of erosion, sediment transport, and deposition that extends from the low water line landward to where there is a marked change in either material composition or physiographic form such as a dune, bluff, or marsh or where no such change can be identified, to the line of woody vegetation (usually the effective limit of storm waves), or the nearest impermeable manmade structure, such as a bulkhead, revetment, or paved road."

As beaches widen out and the conditions are right, dunes develop landward of the shoreline. Dunes most often begin with wind-blown fine and light grain sand from the beach surface being trapped by "wrack" or pieces of water-borne debris. As the nascent dune is forming grasses such as beach grass (*Ammophila breviligulata*), sand grass (*Triplasis purpurea*) and other herbaceous growth start to colonize the area which in turn helps catch and hold ever more sand as the dune continues to rise in height and width. As we've seen on our beach following storm events, this process is interrupted as wind-driven waves erode both beach and dune. That said, dunes and a gradually sloping wide beach have been shown time and again to act as the first line of defense during coastal storms, dampening wave action and preventing overwash into areas behind the dune line. The ability of beaches and dunes to protect upland areas cannot be overstated; the sand eroded from dunes by storm action is often times deposited directly offshore. At low tide this is very evident here; looking at the multiple nearshore sandbars, think of these as "sand banking." In the summer and fall months, this "banked" sand moves onshore to increase the height and width of our beach; in the winter and spring, some of it will move offshore into the "bank." This is exactly what we should expect and hope to see; not only is the sand staying in "the system," those same sandbars add an additional brake to incoming waves, further slowing them down.

A recent NOAA-supported study presented earlier this year by Coastal Geologist at UNC Chapel Hill and Oregon State University has shown the effectiveness of a wide beach and dune field, versus a singular tall dune in preventing storm damage to inland areas. "A wide, lower dune coupled with a wide beach performed better during long duration moderate storms, highlighting the importance of dune width in preventing erosion and height in preventing overtopping."

The life span of a bay beach and dunes varies depending on the stability of the setting and the local sand supply, and in our case either from erosion and/or an offshore bar. Sand is transported by long-shore currents and on our end of the bay that means in a southerly direction. Some sand is swept up in the tidal creeks to form bars or spits, but most of that sand is deposited on our bay fronting beaches, at least for awhile. Beaches are dynamic and as I mentioned earlier, they're a living entity, being constantly reshaped by waves and wind. This redistribution of sand and the formation of nearshore tidal flats and sandbars (which we have in abundance) provide prime habitat for many forms of marine life including submerged aquatic vegetation or SAV. By its very nature SAV (like eelgrass and widgeon grass) act much like dune grass, catching and holding sand and sediments in our local coastal system, which then slowly makes its way onshore further nourishing the beach.

We can't talk about our beach without recognizing the detached beach breakwaters that were installed 20-plus years ago as Bay Creek was developing. Ours is relatively short and when built there was no connection to the beach; in fact, you could run a small skiff between the beach and breakwaters at one time. As with most breakwaters, these were built to help reduce beach erosion, whether it was real or perceived, or just to arrest the seasonality of sand loss. These structures reflect and dissipate some of the incoming wave energy creating a lee behind the structure that can in turn capture sand. A tombolo is formed if enough sand collects behind a breakwater that then connects the structure to the beach as we see south of the beach entrance. The cove or scallop that forms between the tombolos is known as a pocket beach; we're very fortunate to have enough wave action inside the pockets to prevent the water from becoming stagnant, as is the case in some other areas.

Eddies (circular movements of water) can also occur at either or both ends of the breakwaters depending on the wind and wave direction. This in turn can lead to erosion as they move sand away from the beach adjoining the ends of the breakwaters. The breakwaters also interrupt the long-shore movement of sand from north to south which can further exacerbate the problem. In some locations, the "eddy effect" can be a real problem for swimmers during rough wave conditions.

To the north of the beach entrance rip-rap (basically a loose stone wall connected directly to a shoreline) was more recently installed to help stem erosion along the low profile bluff between the golf course and beach. This practice can be a bit more problematic as the wave refraction off the rip-rap can cause a "scour hole" on the bay fronting side of the structure.

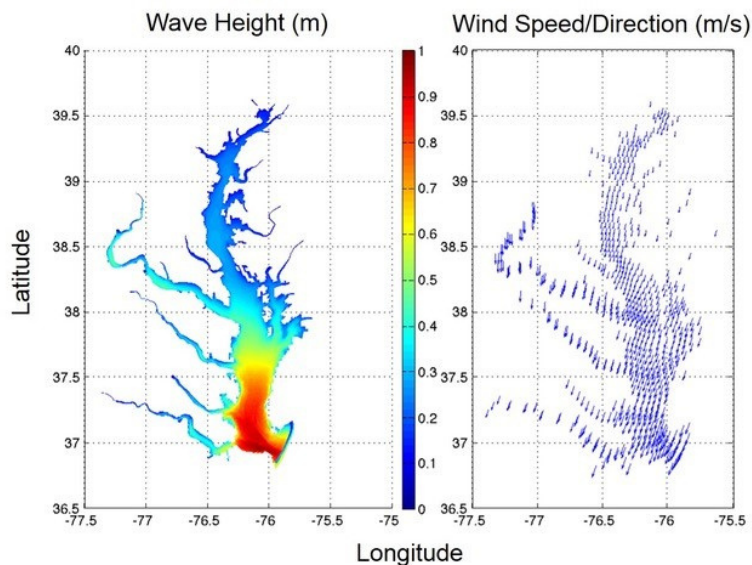


Beach South. Photo Credit: Joe Fehrer

The beach [in front of the structure] can often times be "scoured away" as waves wash in and then recede carrying away the sand leaving little to no dry [at low tide] beach on the leading edge of the rip-rap. On a recent beach walk we observed the downstream erosion that occurred during one of the late spring nor-Easters we had. This particular [rip-rap] structure seems to be acting more like a "jetty", catching sand on the upstream side while intensifying erosion on the downstream side. Its going to be interesting to watch this area and see how it responds going forward, the beach and low bluff on the downstream side took a real hit this spring losing quite a bit of sand, only time and favorable weather will allow it to rebuild naturally. The same is true if a seawall is built at waters edge. The seawall at Bay Creek was installed following Hurricane Sandy [in late Oct. 2012] to help stem the severe erosion experienced on the north beach, adjacent to the Natural Area Preserve. Fortunately this seawall was built well up-slope and away from waters edge and holds the bluff and golf infrastructure in place, while protecting it from storm driven wave action.

When Preserve Communities purchased Bay Creek in [late] November of 2019 they also inherited the responsibility to maintain the bay fronting golf courses on the north and south beach areas. Suffice to say there is an expectation by the residents and others to ensure the golf courses and the infrastructure [cart path, waterlines, electrical lines etc.] are protected, which is the reason for the rip-rap being added on the north beach. Since "doing nothing and letting nature take its course" isn't really an option some type(s) of shoreline erosion control must be considered.

And finally, we have and will continue to experience beach erosion, but its important to keep in mind this is a natural event that has been happening since before the modern bay was formed. Coastal erosion only becomes a concern when we look at the shoreline as "static" and then build something in close proximity to a beach that is consistently on the move. While the breakwaters have added an additional layer of complexity interrupting the natural coastal process, we're blessed with a good supply of sand in the nearshore coastal system. The long shallow beach gradient reaching offshore in what is fast becoming a very wide dry beach at low tide is a good thing, as are the many sand bars stretching even further offshore.



"Models that simulate mean wave height and wind direction and speed in the Chesapeake Bay. Color scale shows wave height in meters (left). Arrows (right) represent wind speed in meters per second; longer arrows indicate faster speeds. Winds from the northeast push water across the Chesapeake, creating bigger waves in the lower Bay (oranges and reds), which can contribute to high rates of shoreline erosion." Jia Gao; Marine Estuarine Environmental Sciences program at the University of Maryland, College Park





## CARAMELIZED BANANA PUDDING

### INGREDIENTS

- |  |   |
|--|---|
| 2 cups - Granulated Sugar                            | 2 teaspoons - Vanilla Extract                         |
| 3 tablespoons - Cornstarch                           | 8 whole - Bananas, peeled and cut into slices         |
| 1/2 teaspoon - Fine Sea Salt                         | 2 tablespoons - Light Brown Sugar                     |
| 1 quart - Half and Half                              | 1/2 teaspoon - Ground Cinnamon, plus more for serving |
| 6 large - Egg Yolks                                  | 1 (11-ounce) - Box Vanilla Wafers                     |
| 4 tablespoons - Unsalted butter, at room temperature |   |

### DIRECTIONS

Step 1. In a medium saucepan, whisk together the sugar, cornstarch and salt. Add the half and half and egg yolks, whisk to combine. Cook over medium heat, whisking constantly, until thickened and pudding-like, 10-15 minutes. Remove from heat and stir in 2 tablespoons of butter and 1 teaspoon of vanilla extract.

Step 2. In a large skillet, over medium heat, melt the remaining 2 tablespoons of butter. Add the bananas, brown sugar, cinnamon and remaining 1 teaspoon vanilla. Cook, stirring frequently, until well combined, about 2-4 minutes.

Step 3. Layer half the vanilla wafers in a 9 by 13 baking or trifle dish. Top with the caramelized bananas then half the pudding. Repeat procedure with remaining wafers, bananas and pudding. Chill overnight. Garnish with crumbled vanilla wafers and sprinkle with additional cinnamon before serving. Serve with unsweetened whipped cream, if using.

## Wine of the Month

The Coach House Tavern Wine Feature for the Month of August

### Pike Road Pinot Gris – \$6 per glass or \$21 per bottle

Pike Road Pinot Gris is made from 100% Willamette Valley fruit. Primarily grown on our estate vineyards, the wine also includes smaller lots of fruit grown by our longtime, trusted partners here in the Willamette Valley. We believe this “multi-vineyard” approach results in a more complex, flavorful wine.

All the fruit for Pike Road Pinot Gris is hand-picked and gently pressed. The juice is then cold fermented in small stainless steel tanks to preserve its delicate aromatics and finished with a screw cap so that it tastes as fresh as the day it was bottled.

#### Pairing Information

Great with Pork, Spicy Food, Mushrooms and Cured Meat



# Prime Rib Night

at The Coach House Tavern

Dinner to Go Available

Every  
Thursday  
5pm - 8pm



BAY CREEK  
Cape Charles, Virginia

The Coach House Tavern | 757.331.8630

Call today to make a reservation!

## SUMMER COCKTAIL MENU

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

- |  |                 |
|--|-----------------|
| <b>TRANSFUSION</b>   | <b>\$ 9.00</b>  |
| Cirrus Vodka, Grape Gatorade, topped with Sprite<br><i>substitute Grey Goose for \$3, Chopin for \$5</i>                                     |                 |
| <b>TAVERN CRUSH</b>  | <b>\$ 10.00</b> |
| Classic Crush with a Tavern twist, Cirrus Vodka and a hint of cranberry  |                 |
| <b>THE BOB SMITH</b>   | <b>\$ 9.00</b>  |
| Tito's Vodka topped with Diet Mountain Dew   |                 |
| <b>PINEAPPLE MARGARITA</b>   | <b>\$ 13.00</b> |
| Espolon Tequila, triple sec, fresh squeezed lime juice, and a splash of pineapple juice. Served on the rocks with a salt or sugar rim.       |                 |
| <b>RUM RUNNER</b>  | <b>\$ 13.00</b> |
| Cruzan Coconut, Captain Morgan, Pineapple Juice, Orange juice, and grapefruit juice. Mixed together, served over ice with a Meyer's floater. |                 |
| <b>BLUEBERRY BOURBON SMASH</b>   | <b>\$ 13.00</b> |
| Muddled mint and lemon, shaken with Maker's Mark and a house made blueberry syrup. Served on the rocks and topped with club soda.            |                 |
| <b>GINGER GIN FIZZ</b>   | <b>\$ 13.00</b> |
| House Gin paired with Aperol, pineapple juice, bitters, and lemon juice topped off with ginger beer.   |                 |



# August 2022

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Netting on the Beach, 10am	2 Trivia Night, 5:30pm	3 Owl Prowl in the Preserve, 8pm	4 Sunset Jam, 6pm Ladies' League Play, 9am	5 Fishin' in the Pond, 4pm	6 Themed Preserve Walk, meet at Beach, 10am
7 Sunday Member Mixer, 3pm	8	9 Beach Walk, meet at Beach Entrance, 9am	10	11 Ladies' League Clinic, 9am Sunset Jam, 6pm	12 Banjo at the Bonfire, 6pm	13 Nature Talk Campfire, 8pm
14 Sunday Member Mixer, 3pm	15 Plein Air Painting on the beach, 4pm	16 Beach Walk, meet at Beach Entrance, 2:30pm Full Moon Walk, meet at Beach, 8pm	17 Walking Club Preserve Walk, 9:00am Owl Prowl in the Preserve, 8pm	18 Pink Tournament, 9am Sunset Jam, 6pm	19	20 Themed Preserve Walk, meet at Beach, 10am
21 Sunday Member Mixer, 3pm	22 Veterans Golf Association Outing, 8am	23 Beach Walk, meet at Beach Entrance, 9am	24 Walking Club Preserve Walk, 9am Fishin' in the Pond, 4pm	25 Ladies' League Play, 9am Sunset Jam, 6pm	26 Member Clinic "Short Game", 5pm Yappy Hour on the Patio, 5:30pm	27 Bicycle Beer Flight, 10am
28 Sunday Member Mixer, 3pm	29 Nicklaus Cup - Round 3, 8am Netting on the Beach, 10am	30 Beach Walk, meet at Beach Entrance, 2:30pm	31 Walking Club Preserve Walk, 9am Owl Prowl in the Preserve, 8pm			

\*\*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





# August 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
	<b>1</b> Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	<b>2</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am	<b>3</b> Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am	<b>4</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	<b>5</b> Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am	<b>6</b> High Intensity Interval Training (HIIT)- 10am
<b>7</b>	<b>8</b> Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	<b>9</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am	<b>10</b> Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am	<b>11</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	<b>12</b> Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am	<b>13</b> High Intensity Interval Training (HIIT)- 10am
<b>14</b>	<b>15</b> Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	<b>16</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am	<b>17</b> Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am	<b>18</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	<b>19</b> Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am	<b>20</b> High Intensity Interval Training (HIIT)- 10am
<b>21</b>	<b>22</b> Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	<b>23</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am	<b>24</b> Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am	<b>25</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am Running Club, 6pm	<b>26</b> Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am Water Aerobics - 11:30 am	<b>27</b> High Intensity Interval Training (HIIT)- 10am
<b>28</b>	<b>29</b> Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 5pm	<b>30</b> Tai-Chi - 8:30 am Water Aerobics - 10:30 am	<b>31</b> Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT) - 10am Total Body Workout - 11am			

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