

# THE BAY CREEK INSIDER

Monthly Member Newsletter

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## Bay Creek App Notes

We have received quite a few Compliments and Comments recently and would love to see more! Thank you for your continued feedback. Kudos are always passed along to the appropriate team members and all remarks are taken under advisement. To provide your feedback, navigate to Communicate - > Compliments & Comments.

If you ever need your app username or password, please reach out to club@baycreeklife.com. We have recently updated usernames and they are different than what was initially provided. If you are already signed in, then no action is necessary as the new usernames were automatically updated. You would only need the new username if you have logged out of the app or have never signed in before.

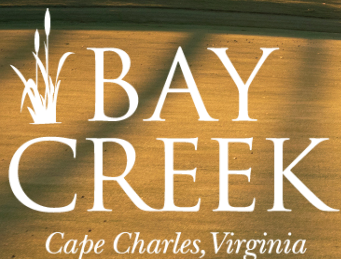
We often send event updates via the Bay Creek App through a push notifications. We recommend that you enable push notifications for the Bay Creek app to ensure you are always in the know and receiving the most up-to-date information.

All upcoming events can be found in the app at Quick Links > Upcoming Events or Menu > Stay Connected > Upcoming Events



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 November, Bay Creek Members,

October is now in the books, and we are quickly heading into what we all consider the off-season. It has been an interesting month, from Hurricane Ian and the challenges it presented, the many successful Club events, to installing our new irrigation pump which will help us tremendously in the coming years in maintaining the golf course. While October was a roller coaster ride, I want to give many thanks to our great staff for navigating through it all while providing the best experiences possible.

Heading into November, we switch gears a bit. The seasons really starts to change. We're seeing cooler, shorter days, the leaves are all starting to change colors, the breeze from the Bay feels different and, most of all, we head straight into the holiday season. Thanksgiving is a special time for me. Not only do I get to spend Thanksgiving with all of you (my extended family), but I'm able to take the time to reflect and be grateful for everything we have. There is so much to be thankful for and this season here at Bay Creek has been one I will not soon forget. I remember when I first arrived and was taken aback by the sheer beauty, I thought that feeling would eventually wear off; but it has not and I am so very thankful for how the beauty here has not lost its charm.

I encourage everyone to enjoy the Club and all that we have to offer in November. We will be announcing our events and plans for Thanksgiving soon. I look forward to seeing everyone around our stunning community!

Bob Ewing, GM  
Bay Creek Resort & Club

DON'T FORGET TO CHECK OUT

## **SATURDAY BAY CREEK BUZZ** *with Bob Ewing*

First Saturday of the month at 9:00am on Facebook LIVE

Tune in to Facebook LIVE on 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



The Pilates repertoire, which is made up of over 600 exercises and variations, can be performed on a floor mat, in a chair, standing, on a reformer or with various 'props' such as therabands, magic circles and mini exercise balls. The strength gained from regular Pilates practice is highly beneficial, balancing strength with mobility and flexibility, helping you to move and breathe through your daily activities with more freedom and less pain. Also, Pilates improves core strength and function which is a key factor in decreasing back and hip pain and helping to alleviate pelvic floor dysfunction.

In conclusion, studies have shown that regular and consistent practice of Pilates exercises helps to improve quality of life by having a positive effect on depression and pain, and is highly recommended by doctors and therapists for overall health, injury prevention and rehabilitative purposes. Try a Pilates class today and experience the positive difference that it can make in your life!

See Jill's full November Pilates class schedule on the last page of the newsletter and in the Bay Creek App. If you have any questions please feel free to email the Life Center at [lifecenter@baycreeklife.com](mailto:lifecenter@baycreeklife.com)

## THE BENEFITS OF REGULAR PILATES PRACTICE

*Article provided by Instructor Jill Kratzer*

Are you seeking an exercise regimen that makes you feel better, builds muscle mass, improves bone density and increases range of motion and mobility throughout the body, or simply to include as cross-training? Try Pilates! Pilates is for everyone regardless of gender, age, size, ability or current fitness level.

Originally called 'Contrology', Pilates is a method of whole-body exercises designed to improve daily activities and quality of life. Created in the early 20th Century by Joseph Pilates, Pilates exercises coordinate movement and breath to work the smaller and deeper stabilizing muscles of the body. It is a low-impact exercise method that balances strength with mobility, fine-tunes movement patterns and strengthens the deeper muscles of the core. Some of the many benefits of Pilates include:

- Increased core strength
- Improved posture
- Decreased back pain
- Injury prevention
- Increased energy
- Enhanced body awareness
- Stress reduction
- Improved balance
- Stronger bones
- Improved cognitive function
- Mood enhancement
- Better sleep
- Increased range of motion and mobility throughout the body, specifically, the hips, neck, shoulders and spine
- Improved sex life
- Enhanced performance in sports activities such as running, cycling and swimming



## 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!

# 2022 FALL MEMBER/MEMBER

SATURDAY OCTOBER 16, 2022

*The Results Are In!*

Thank you to everyone who participated in the Fall Member / Member. We had 36 people compete. The event was a 2-person scramble or captain's choice. The Tournament was competed on the Palmer Front and Palmer Back nines. The participants competed for both net and gross prizes. For the net division as recommended by the USGA, the A player received 35% of their Handicap and the B player received 15% of their handicap to get the team handicap. Teams could only win in either the gross or the net division, you could not win both. Ties were broken using the USGA tie break method. (last 9, last 6, Last 3, last 1) We paid 3 place in each division.



## GREENS INFO

The first tee time goes to 8:00am for the month of November as we move to our off-season shop hours. (7:00am to 5:00pm)

Mondays in the month of November we will continue to close a nine to do extra maintenance to those holes.

- Monday the 7th – Palmer Back closed
- Monday the 14th - Nicklaus Front closed
- Monday the 21st – Palmer Front closed
- Monday the 28th - Palmer Back closed

November 5th & 6th we will again be holding the King and Bear Golf Tournament. We will have no tee time availability that weekend unless you are playing in the tournament. All three nines will be utilized for the event on both that Saturday & Sunday.



(Gross Division Winners: Jamie Ibarra & Bill Stramm)

## NICKLAUS CUP

(ALL ROUNDS COMPLETED)

All tournament rounds are complete! Congratulation to **Chris Haberman** who outlasted Bill Stramm in the final match. The Nicklaus Cup is the Clubs' season-long net match play tournament. Matches were arranged by playing competitors. Players got to choose whichever tee they wanted, and the handicaps were adjusted for a heads-up match. This was a single-elimination event much like the NCAA's March Madness.

*Congratulations*

**CHRIS HABERMAN, OUR 2022 NICKLAUS CUP CHAMPION.**

### Nicklaus Cup Final

(CLICK IMAGE BELOW TO SEE THE FULL BRACKET)

Nicklaus Cup 2022



(Net Division Winners: Nick Lotuaco & Jon Thornbrugh)

#### GROSS DIVISION

#### SCORE

1. Jamie Ibarra & Bill Stramm (-7) 65
2. Joe Staub & Jerry Berman (-6) 66
3. Russell Gartman & Dick Phillips (-3) 69

#### NET DIVISION

#### SCORE

1. Jon Thornbrugh & Nick Lotuaco (-9) 63
2. Bob Kraly & Vance Phillips (-7) 65
3. Cole Carbone & Thomas Carbone (-6) 66

#### CLOSEST TO THE PIN WINNERS

- #4 Palmer - Joe Staub
- #12 Palmer - Jerry Berman
- #7 Palmer - Jon Thornbrugh
- #15 Palmer - Bob Kraly

#### BRACKET TOURNAMENT 1





## BAY CREEK MEMBER/GUEST 2022 CHAMPIONS



(Winners: Jonathan Sharpley & Matthew Kelley)



## 2022 LEGENDS MEMBER GUEST

*The Results Are In!*

I want to first thank all the participants playing in this year's Legends Member Guest Tournament. I was so happy to see the participation and the enthusiasm over the weekend despite all the weather challenges we had.

### Tournament Format:

Each team was assigned to a flight based on their combined team handicap index. The competition was a Net Best Ball Match Play. Each team will play five 9-hole matches against the other teams in their respective flight. There was a total of five (5) matches - three (3) on Friday, and two (2) on Saturday. All matches were played using the entire nine holes, even if the match has already been decided.

### Handicap

Each player will receive 100% of his or her established handicap. Strokes were awarded in each match based on the lowest player's handicap of the foursome. Strokes fell as they may on the card for each match.

### Scoring

A maximum of ten (10) points were available in each match. Points were awarded as follows:

- 1 point for each hole won
- ½ point for each hole halved
- 1 point for each match won
- ½ point for each match halved

### Flight Winners:

The winner of each flight was the team that accumulated the most points during the five matches.

### JACK NICKLAUS FLIGHT

	MATCH 1	MATCH 2	MATCH 3	MATCH 4	MATCH 5	TOTAL
Claude Reid & Gary Hill	6	6.5	5	6	7	30.5
Chris Haberman & Shawn Thomas	8.5	3.5	5	7	6.5	30.5
Vance Phillips & Stephen Pokelwaldt	4	7	5	8	3.5	27.5
Pat Sigmon & Mark Garrett	1.5	6	5	4	6.5	23
Bob Kraly & Thomas Kraly	5	4	5	2	3.5	19.50
Andrew Hoffman & Adam Legg	5	3	5	3	3	19

### ARNOLD PALMER FLIGHT

	MATCH 1	MATCH 2	MATCH 3	MATCH 4	MATCH 5	TOTAL
Jonathan Sharpley & Matthew Kelley	5	6	5	6.5	8	31
Frank Wood & Chad Kiester	5	5	5	3.5	7	25
Terry White & Billy Sterling	6	6	5	6.5	5	24
Garrett Dunham & Kyle Kraly	4	4	5	6.5	5	24
Jake Savage & Carry Morris	5	4	5	3.5	2	23
Jon Thornbrugh & Kyle Richards	5	5	5	3.5	3	23

### TIGER WOODS FLIGHT

	MATCH 1	MATCH 2	MATCH 3	MATCH 4	MATCH 5	TOTAL
Brad Whitfield & Glen Joyce	6	6.5	5	5	7	32
Jamie Ibarra & Gary Gies	7.5	6	5	5	7	29
Jeff Lichy & Michael Lichy	4	4	5	4	7	24.5
Coles Cars & Tanner Landstra	2.5	3.5	5	5	3	22.5
Michael Gilmartin & Pat Marino	6	5	5	6	3	21.5
Charlie Wood & Rob Haggerty	4	5	5	5	3	20.5

### WALTER HAGEN FLIGHT

	MATCH 1	MATCH 2	MATCH 3	MATCH 4	MATCH 5	TOTAL
Nick Lotuaco & Palmer Rutherford	7	6.5	5	5	7	30.5
Edward Meagher & Phil Dimartino	4	6.5	5	5	7	27.5
John Sharpley & Mike Lewis	6	3.5	5	4	7	25.5
Neil Carns & Patrick Abelon	6	5	5	5	3	24
Ron Matthews & Todd Matthews	3	5	5	6	3	22
David Heinzman & Mike Meloy	4	3.5	5	5	3	20.5

### BEN HOGAN FLIGHT

	MATCH 1	MATCH 2	MATCH 3	MATCH 4	MATCH 5	TOTAL
John Orlando & Tony Orlando	6	10	5	5	6.5	32.5
Michael Kane & Stuart Crowder	10	6	5	6.5	3.5	31
Rich Hahn & Mile Homan	4	6	10	3.5	7	30.5
Michael Callaway & Richard Plumsky	6.5	4	5	10	3	28.5
Brad Gilmore & Jim Varzakis	3.5	4	5	5	10	27.5
Scott Finney & James Lockwood	0	0	0	0	0	0

### GARY PLAYER FLIGHT

	MATCH 1	MATCH 2	MATCH 3	MATCH 4	MATCH 5	TOTAL
Robert O'Brien & Steve O'Brien	6.5	6	5	5	10	32.5
Mark Riddle & Peter Hodgson	5	4	10	5	6.5	30.5
Steve Ehman & Douglas Ehmann	5	5	5	10	5	30
Chip Weisenfels & Jason Papillo	10	5	5	5	3.5	28.5
Paul Matasavage & Fritz Balasius	3.5	10	5	5	5	28.5

I want to congratulate the flight winners as well as the overall champion. The Overall Champion was decided by a "sudden-death" shoot-out involving all 6 flight winners. The shoot-out began on hole #1 with the lowest three teams advancing to #2. The lowest two teams then advanced to #3. Ties were broken by the second teammate's score, and if needed, a chip-off. The Shootout was handicapped, and strokes were off the low ball as in the matches throughout the event. Congratulations to Jonathan Sharpley & Matthew Kelley who outlasted the other flight champions to become the 2022 Legends Member Guest Champions. - Zach Pfingst, Director of Golf

*Congratulations to all the winners!*



## BAY CREEK MEMBER/GUEST 2022 CHAMPIONSHIP SHOOTOUT





*Turkey Tail Fungi (in the Genus Stereum) breaking down wood fiber*

## THE TREES AROUND US

by Joe Fehrer

*“To really feel a forest canopy one must use different senses, and often the most useful one is the sense of imagination.” - Joan Maloof*

As I write this, it's finally raining again after an exceptionally dry spring and summer, one that will cost us a few trees and shrubs. Mature trees while being well-adapted and adaptable in their local environs still require water. When trees and large shrubs are under stress from drought and other environmental or human-caused factors, they often produce copious amounts of nuts or fruit to help ensure the species' survival. Another sign of tree stress is a large amount of epicormic branching on the tree's trunk; this can occur when the tree's crown has been damaged or the tree has been stricken with a fungal infection, blight or some other malady. We can see this occurring to some of the sweet gum (*Liquidambar styraciflua*) behind the dune line south of the lighthouse; this species is not salt tolerant and those trees are responding to being bathed in salt spray which is a stressor and will, over time, likely result in the trees' death. As a side note, standing deadwood is very important for many species of wildlife and should be left in place if it does not pose a danger to people and structures.

Another adaptation trees and shrubs exhibit, especially during times of drought, is an early release or dropping of their leaves; this indicates they are going into dormancy early. In the spring when we're receiving adequate rainfall, trees will leaf out fully; when the rain ends and a dry season ensues, the tree may be overstocked with leaves. Leaves not only allow a tree to capture the sun's energy by photosynthesis and converting that energy into the sugars they need for food, but they also release tons of water vapor through the process of transpiration, hence the need to shed leaves which helps stem the moisture loss. To put this in perspective, a single large oak can transpire up to 150 gallons of water each day, only about 5% of the water the tree takes up in a given day remains in the plant for growth purposes, with the rest released back into the atmosphere.

As you've read in these columns before, native plants are well adapted to the cycles of wet and dry weather we experience, the fly in the ointment is how well and how quickly they will adapt to a changing climate. Some will and some will not, especially those trees and shrubs that are living close to the southern edge of their range. On the Eastern Shore of Maryland in Talbot County, there's a small population of eastern hemlock (*Tsuga canadensis*) growing on a few acres on a north-facing slope overlooking Tuckahoe Creek. This is a very rare and unusual (in our latitude on the coastal plain) relic habitat, that has persisted since the retreat of the Wisconsin glacier. As the climate continues to warm these Hemlocks, which prefer slightly cooler temperatures, are very likely to be lost.

Conversely, we'll have more southern species move into the area; live oaks (*Quercus virginiana*) which grow in abundance across the bay and points south may one day be common on the shore. Old botanical records\* show only one station for *Q. virginiana* (and only one tree at that) occurring on the ESVA in lower Northampton County; the trees we find here at Bay Creek and the surrounding area are all relatively new plantings.

\**Flora of Delaware and the Eastern Shore* by Robert R. Tatnall

There have been several very good books published recently about forest trees and how they communicate with and provide for each other and while that statement tends to bestow a purely human element to a static entity, a tree, it bears examination and thought. An easy example of trees providing for each other is in a bottom-land forest or swamp. Most southern swamps are bald cypress (*Taxodium distichum*) dominated systems with black gum, green ash, Atlantic white cedar and red maple as constituent species. Cypress have very extensive root systems with knobby above-ground projections we call knees; the roots of individual trees cross and bind with their neighbors creating a latticework of interlocking growth that supports not only the cypress but also other trees in close proximity. You won't very often find a cypress tree that tips up when we experience a heavy wind storm, that's because the trees support one another in locations that are generally wet with thin silty soil.

*(A grouping of bald cypress were planted in the median along Bay Creek Parkway between Palmer and Nicklaus Drive.)*



*Cypress tree with knees (and some beaver damage)*



*Sweet gum (Liquidambar Styaciflua) with epicormic branching*

Trees are also known to “communicate” with one another, some with above-ground adaptations and others through soil fungi. On the plains of Africa, the acacia trees are sometimes fed upon by giraffes and they, the trees, respond to this in a novel way. It takes only a few minutes for the trees to begin to rid themselves of the large herbivores by sending a toxic substance to their leaves.

The acacias then emit ethylene gas as a warning to neighboring trees that trouble is close by; this allows the other acacia trees to start pumping the toxin to their leaves which in turn protects those trees from the grazing giraffes. Similar processes are at work in trees here as well; pines have been shown to distinguish between beneficial and predatory insects, and by doing so will release pheromones that attract the beneficial insects, usually in the form of small parasitic wasps. The wasps lay their eggs inside or on the offending insect which in turn kills it, as the wasp larvae eat its host. Pines also use the terpenes (the unsaturated hydrocarbons) that are contained within their resin to deter harmful insects; we know this compound as turpentine.

The leaves and bark of some oak species contain bitter tannins which can either kill outright or discourage some chewing insects, and a few of the willows produce salicylic acid which works in much the same way as a natural insecticide. Of course, any tree or group of trees can be overwhelmed by insects or pathogens.

Most notably is the current insect scourge, the invasive spotted lanternfly that is slowly working its way south on the peninsula. I urge you to familiarize yourself with the lanternfly as we will see it here on the lower shore and the resulting damage it brings.

[www.aphis.usda.gov/aphis/resources/pests-diseases/hungry-pests/the-threat/spotted-lanternfly/spotted-lanternfly](http://www.aphis.usda.gov/aphis/resources/pests-diseases/hungry-pests/the-threat/spotted-lanternfly/spotted-lanternfly)

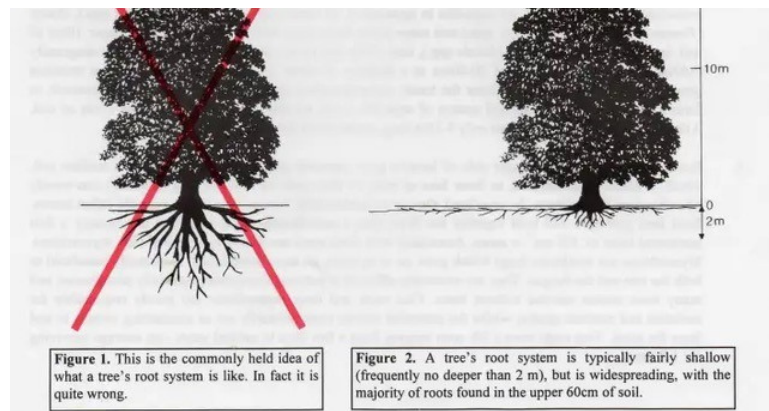
A devastating pathogen is the chestnut blight which arrived in this country around 1904 and was first identified at the NYC Zoo. By 1940, the American chestnut ceased to be a commercially viable species, with the equivalent of 9 million acres of chestnut trees destroyed.

[www.esf.edu/chestnut/background](http://www.esf.edu/chestnut/background).

Another way trees communicate is through the use of chemical signals sent through fungal networks around their root tips. Beginning in 1992, Dr. Suzanne Simard (University of British Columbia) pioneered research in this field and her findings have been corroborated by forestry scientists around the world. The fungi are mutualistic and connect the trees with the soil in what's been described as a "market exchange of carbon and nutrients." The correlation between soil fungi and some of our native orchids has been well known and documented for years; many orchids can be extremely "site restricted" and found only in small areas and sometimes with only a few plants present. This is due to the presence of very specific soil fungi that the particular orchid needs. It seems that while forest trees are not quite as selective as orchids, they do use soil fungi as a means by which to send chemical compounds and electrical impulses to each other. Traveling at the rate of one-third of an inch per second, these signals are used as a defensive mechanism to warn of and ward off predatory insects as well as a means to share energy in the form of sugars. Trees will also share water through their root systems during times of drought.

An old rule of thumb for horticulturalists was that tree (and large shrub) roots don't extend much further than the "drip line" of the tree's crown. In fact, the very small lateral roots located in the top 12" of the soil can extend away from the trunk twice as far. It's this part of the root system that does the majority of the work. This is where the soil is most aerated and it's these roots that are responsible for the majority uptake of water and nutrients. This is also where the roots contact the soil fungi which allows them to establish a means of communication with their neighbors. This network of soil fungi has been described by Peter Wohlleben (Forest Ecologist) as "the forest equivalent of our fiber-optic internet cables."

In a healthy natural and undisturbed forest setting the equivalent of one tablespoon of soil may hold miles of "hyphae" - the very small and fine threads that make up a fungal structure, and given enough time a single (soil) fungi can cover many square miles. Indeed, the largest terrestrial organism on the planet is a soil fungus (Armillaria solidipes) in Oregon which measures 3.4 miles across and is estimated to be over 2,000 years old! Of course, fungi also break down wood fiber, whether a tree is standing and injured or has died and fallen to the ground we can often see the fungi at work in the form of mushrooms, the visible part of the larger organism.



Arboricultural Advisory and Information Service Martin Dobsen

Dr. Simard also discovered that tree species that are in "contact" with one another, even those we think of as competitors, such as the fast-growing loblolly pine and the slower-growing white oak seem to work together when under stress. Since forest trees are in close proximity with each other and given the spread of their roots, there can be thousands of connections as the roots cross multiple times and in some cases grow together. The mycelial web (or fungi) is integral to the life of the forest and provides the medium for these processes, but that comes with a price.

Without a supply of food, the fungi would starve and ultimately die; the trees provide this in the form of sugar and carbohydrates, and some fungi require up to a third of the tree's total food production in return for their services. The mushrooms we see randomly scattered about on the forest floor are only the small fruiting structure of a much larger organism. We can see this in the manifestation of fairy circles, the mushrooms we sometimes find in lawns and other open areas; the mycelium, the root-like structure of a fungus, moves outward from its center after the nutrients in the center are exhausted thereby forming a ring, when the fungi set fruit it's often observed as a fairy circle. These fairy circles also occur in woodlands.



An Example of a Mushroom Fairy Circle or Ring (large ring)

As mentioned above, trees move copious amounts of water from the soil to the canopy, it's essential that they do. Some of this is attributable to capillary action, the more narrow the vessel the higher liquid can rise against gravity. The conductive tissue xylem in deciduous trees that move water to the canopy measures 0.02 inches in diameter, in conifers it's much less at only 0.0008 inches in diameter, and of course there are many thousand of these tiny vessels in a tree's trunk, but this only accounts for about a 3 foot rise of water within the trunk. The other critical part is the transpiration that takes place as the tree exhales through its leaves, but this too is not enough.

This is where osmosis comes into play; as the concentration of sugar in one cell is greater than that of its neighbor, water flows from the low sugar cell through the cell wall into the high sugar cell until both cells contain the same percentage of water. This happens from cell to cell and higher and higher and finally up to the crown, the top of the tree where most transpiration occurs.

Water pressure can also be measured and heard in trees, and it's been found that this pressure is highest in the early spring, in the northern hemisphere, before leaf-out. The trees are literally full to bursting, this is why maple sap is harvested then, as the sap flows easily... so how can this be when the trees' pump (its leaves) aren't out? This is an area of dendrology (tree science) in which many questions remain unanswered.

We also know that in the Northern Hemisphere, deciduous trees and most shrubs drop their leaves in the fall and leaf out again in the spring. Shedding leaves and growing new ones depends not only on temperature but also on the length of daylight. By early fall, most trees have stored away enough sugars to see them through the winter months and the moisture content in the wood is slowly reduced and sent to the roots. The chlorophyll, the green we see in the leaves, is broken down into its component parts as this pigment is pumped out, allowing the yellow, red, purple and brown colors that were there all along to predominate. In spring, the leaf buds which have been covered with thin brown scales all winter have a type of photo-receptor in the new leaves safely tucked away within the buds that when the optimum daylight is realized signals the buds to open.

Another interesting result of this research showed that the colder the winter, the earlier the buds swelled and the leaves appeared; the warmer the winter, the later the leaves appeared which seems counterintuitive and with no clear answer. Tree seeds and nuts also register the cold and only when it warms enough, following periods of hard frost, do they germinate; to do so earlier would mean a sure death from freezing.

In the intact and naturalizing forest tracts in the Nature Preserve, both inside and outside of the gate, one can find good examples of the above information. There are also two unusual and rare, only because we've lost other examples, forest habitat types on the property; thankfully given the legal protection of a conservation easement these areas will remain in their natural state in perpetuity. Years ago I was told by a forester whom I worked with occasionally, "in years to come when you look at a tree line it will be easy to see the protected lands, they'll have the big trees". This will be the case here too on the lower shore, and while our generation might not see the truly big trees in a natural and mature forest setting, ensuring there will be large swaths of protected lands across the peninsula, where only nature will hold sway, will be a wonderful legacy for our children and grandchildren.

This fall and winter, get out and enjoy the trees around us. They're more than just static points on the landscape or in our yards; they're living breathing entities with stories to tell. We only need to pause, listen and use our imagination.



Sweet gum (*Liquidambar styraciflua*) with epicormic branching



Mushrooms on the forest floor (in the genus *hygrocyboideae*)



A diverse mix of species in a healthy forest



Sweet gum (*Liquidambar styraciflua*) with epicormic branching





## Roasted Tomato and Peach Jam

- 1 lb Cherry tomatoes, halved
- 2 Peaches (about 3/4lb), peeled, pitted, and diced
- 2 Shallots, thinly sliced
- 1/2 teaspoon Salt
- 2 tablespoons Extra Virgin Olive Oil
- 2 tablespoons Sugar

Set oven to 425, place oven rack in middle of oven.

Line a baking sheet with heavy duty aluminum foil.

Toss tomatoes, peaches, shallots with olive oil and salt, spread evenly on baking sheet.

Bake for 25-30 minutes stirring once after about 20 minutes to prevent sticking and burning around the edges.

When tomatoes and peaches are soft and starting to brown, transfer to a small bowl (be sure to scrape all the juices as well), add sugar and mash together until you reach a jammy consistency.

Taste and adjust seasoning with more salt and sugar, and chill in the refrigerator until ready to serve.

*Will last one week in fridge in an airtight container.*

## Wine of the Month

The Coach House Tavern Wine Feature for the Month of November

**Sea Sun Chardonnay- \$6 per glass or \$21 per bottle**

The "sea" is the Pacific Ocean, with its cooling breezes that can turn into howling gusts of wind. The "sun" is a balancing presence, its warmth shining down day after day. These two forces shape "Sea Sun," a California Chardonnay whose character speaks to the premier coastal regions where it is sourced -Solano, Santa Barbara and Monterey Counties.

Tasting Notes: A sun-kissed, light straw color, this vintage opens with warm scents of toasted wood and brown spice, infused with the lushness of dried apricot. The palate is round, slightly grippy and fresh, defined by bright fruit flavors of white peach.

### Pairing Information

*Great with acidic foods, such as raw tomatoes, olives, capers, ceviche and tangy vinaigrettes and sauces.*



Coach House Tavern's

## THANKSGIVING TO-GO SPECIAL

SERVING SIZE FOR 4

(OPTION AVAILABLE TO ORDER FOR 2)

1 LB TURKEY (WHITE MEAT ONLY)

1 LB HAM

MASHED POTATOES & GRAVY

GREEN BEAN CASSEROLE

STUFFING

CRANBERRY SAUCE

DINNER ROLLS

(ADD 4 CRAB CAKES FOR ADDITIONAL \$60)

DESSERT

WHOLE PUMPKIN PIE

FOR ONLY

**\$99.00**

+ TAX

All orders must be preordered by November 21st.

Orders available for pick up on Thanksgiving day.

*Cancellation Policy - All orders must be cancelled by November 21st to avoid being charged the full cost of the order. Any no shows will be charged the full cost of the order.*

## NOVEBER BEER FEATURE

# GOOSE ISLAND

## IPA

# \$3

PER BOTTLE

NOVEMBER 1 - 30

REQUEST FROM YOUR SERVER  
OR BARTENDER



# THE BENEFITS DON'T STOP WITH JUST GREAT GOLFING!

In addition to golf, Full Members enjoy amenities at participating Troon Privé clubs, with access to fitness, tennis, aquatics and/or dining.

Click the image below to see some of the available discounts on entertainment & travel offers.

ORDER HISTORY | NEED HELP



MemberDeals  
EXCLUSIVE MEMBER ONLY OFFERS

- TRAVEL  Flights, Packages
- THEME PARKS & ATTRACTIONS
- WATER PARKS
- MOVIE TICKETS
- CHOOSE A CITY
- SHOPPING DEALS
- SHOWS & EVENTS
- PREFERRED ACCESS™  Sports, Concerts, Major Events & More

Need help booking? [\(877\) 579-1201](tel:8775791201)

## SPECIAL MEMBER DISCOUNTS • EXCLUSIVE ENTERTAINMENT & TRAVEL OFFERS

**SAVE UP TO 50% OFF GATE PRICES**

BUY TICKETS



**AMAZING OFFERS THIS WEEK**

- > Walt Disney World® Resort | Save up to \$80
- > Universal Orlando Resort™ | Save up to \$65
- > Calm | Get \$40 off the app
- > Water Parks | Save up to 50%
- > NFL Tickets | Preferred Access™ Tickets

## EXPLORE THE POSSIBILITIES



**SAVE UP TO \$75 OFF GATE PRICES**

> Disney Date-Based Tickets

> Disney Florida Resident Discounts

LEARN MORE



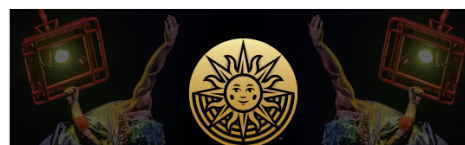
**SAVE OVER 30%**



**SAVE UP TO \$65 OFF GATE PRICES**

> Universal Orlando Resort - Most Popular Deals

LEARN MORE



[Click here](#) to see all of your Troon Privé Privileges!

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!



# Holiday Parties at Bay Creek

## THE HAPPY HOLIDAY BUFFET

**\$29 (ONE ENTREE)    \$34(TWO ENTREES)    \$39(THREE ENTREES)**

Salad Bar to Include Mixed Greens, Grape Tomatoes, Cucumbers, Carrot Wafers, Black Olives, Croutons and Choice of Two Salad Dressings. Served w/ Dinner Rolls & Butter

### ENTREE SELECTIONS:

Caribbean Roasted Pork Loin with Mango Chutney, Chicken Picatta w/ Lemon Caper Sauce, Grilled Chicken w/ Fresh Fruit Salsa, Penne Pasta Primavera Plain or w/Grilled Chicken, Chicken Cordon Bleu w/Sauce Supreme, Broiled Flounder w/Lemon Dill Sauce, Italian Sausage & Peppers, Turkey Breast w/Giblet Gravy, Pan Seared Sea Bass w/Lemon Beurre Blanc, Sliced Slow Roasted NY Striploin w/Mushroom Bordelaise

### SIDES SELECTIONS (CHOOSE ONE):

Scalloped Potatoes, Oven Roasted Red Potatoes, Jasmine Rice, Rice Pilaf, Roasted Garlic Mashed Potatoes, Candied Sweet Potatoes, Grits

### VEGETABLE SELECTIONS (CHOOSE ONE):

Steamed Broccoli, Mixed Vegetable Medley (Zucchini, Yellow Squash, Carrots & Sweet Peas), Green Beans Almondine, Honey Glazed Carrots  
**Additional Sides or Vegetable Selections \$3 per person**

### DESSERT

Assorted Holiday Cookies and Treats for your Guests  
Coffee, Decaf, Tea & Iced Tea is included

**AVAILABLE NOVEMBER 25TH - DECEMBER 31ST**

1 CLUBHOUSE WAY, CAPE CHARLES, VIRGINIA | (757) 331-8718



**CALL  
NOW**





# Holiday Parties

at *Bay Creek*

## THE HOLIDAY HAPPY HOUR | \$18

Let your party be a happy hour party held in our restaurant bar to include the following:

*Dedicated space for your guests*

### BUTLERED APPETIZERS:

Meatballs in a sweet 'n sour sauce, Spanakopita Crab & Cucumber Salad Bites, and Chicken Salad Tarts

Chips and Salsa are provided on each table.

*Draft Beer and House Wine by the Glass, Non-Alcoholic Drinks, Coastal Cocktails*

*\*This package is priced per person per hour.\**

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## THE HOLIDAY DELI BUFFET | \$25

Let your party be a happy hour party held in our restaurant bar to include the following:

*Dedicated space for your guests*

Mixed Greens Salad with two dressing choices

### SIDES SELECTIONS

Cole Slaw, Potato Salad & Pasta Salad

### ASSORTED COLD CUTS

American, Swiss and Provolone Cheeses, Black Forest Ham, Smoked Turkey Breast, Corned Beef, Tuna Salad, Chicken Salad  
*Assorted Breads and Rolls, Condiments, Sliced Onions, Tomatoes and Pickles*

### DESSERT

Assorted Holiday Cookies and Treats  
Coffee, Decaf, Tea & Iced Tea are included

*(Minimum of 30 Guest)*

AVAILABLE NOVEMBER 25TH - DECEMBER 31ST

1 CLUBHOUSE WAY, CAPE CHARLES, VIRGINIA | (757) 331-8718



**CALL  
NOW**



# November 2022

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Beach Walk, meet at Beach Entrance, 9:30am Trivia Night, 5:30pm	2	3 Prime Rib Night, 5:00pm	4	5 King & Bear Tournament 8:00am
6 King & Bear Tournament 8:00am	7 Plein Air Painting in the Preserve, 3:30pm Full Moon Walk, meet at Base Camp, 5:00pm	8	9 Kayak Experience, 9:00am	10 Prime Rib Night, 5:00pm	11	12
13	14	15 Field Work, meet at Base Camp, 9:30am	16 Nature Talk Campfire, 5:00pm	17 Prime Rib Night, 5:00pm	18 Kayak Experience, 4:00pm	19 Natural & Cultural Walk, meet at Base Camp, 10am
20	21 Kayak Experience, 9:00am Plein Air Painting in the Preserve, 3:30pm	22 Beach Walk, meet at Beach Entrance, 2:00pm	23	24 Prime Rib Night, 5:00pm	25	26
27	28	29 Field Work, meet at Base Camp, 9:30am	30 Kayak Experience, 1:30pm			

\*\*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 - Fri - 6:30am-7:00pm  
Sat - 7am - 6pm  
Sun - 7am - 4pm

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

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

**Pro Shop**  
757-331-8620

Mon - Sun - 7am-5pm



# November 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 Wellbeats Spin Class - 6.45 am Upper Body Workout - 10 am	2 Wellbeats Spin Class - 6.45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	3 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Running Club, 5pm	4 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	5 High Intensity Interval Training (HIIT)- 10am
6	7 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	8 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Upper Body Workout - 10 am	9 Wellbeats Spin Class - 6.45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	10 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Running Club, 5pm	11 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	12 High Intensity Interval Training (HIIT)- 10am
13	14 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	15 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Upper Body Workout - 10 am	16 Wellbeats Spin Class - 6.45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	17 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Running Club, 5pm	18 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	19 High Intensity Interval Training (HIIT)- 10am
20	21 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	22 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Upper Body Workout - 10 am	23 Wellbeats Spin Class - 6.45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am	24 NO CLASSES TODAY Happy Thanksgiving!	25 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	26 High Intensity Interval Training (HIIT)- 10am
27	28 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	29 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Upper Body Workout - 10 am	30 Wellbeats Spin Class - 6.45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am Basic Mat Pilates - 11am			

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