

# THE BAY CREEK INSIDER

Monthly Member Newsletter

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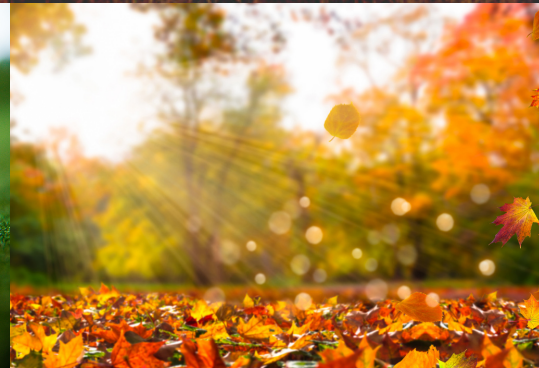
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# Updated Look for Life Center Class Registration

Signing up for Life Center classes will still be easy for members to access. Navigate to Life Center -> Class Scheduling. Once you have signed up for a class, you will be able to see/cancel the class by selecting My Events which is on the home screen under Quick Links. For fitness classes, please cancel with at least 24 hours' notice.

If you have any problems with registering for Life Center classes, please email [club@baycreeklife.com](mailto:club@baycreeklife.com)



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

Happy Holidays, Bay Creek!

As the holiday season is upon us, I wanted to express my personal appreciation for a great year and pass along wishes for a happy, healthy and beautiful holiday season. At the club, we are putting together activities that hopefully will capture the holiday spirit for everyone. We have kicked off with our Thanksgiving To Go dinner which was a huge success. Our Holiday Food Drive is helping our less fortunate folks by working with the Cape Charles Food Pantry. The month of December holds quite a few events that I hope everyone will enjoy: a Holiday Toy Drive, our Member Holiday Reception, Brunch with Santa, Pet Pics with Santa and the Menorah Lighting Ceremony. We will finish off 2022 with a New Years' Eve Dinner in the Coach House Tavern.

All of these events are to give us opportunities to celebrate the holidays together. Here's to a great December- let's have fun, celebrate each other and welcome in the New Year in style!

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 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





### #3. Make a healthy plate for lunch and dinner.

No matter where you eat, using the MyPlate method of portion control can help you lower calories.

- 1 big bowl of pasta with meatballs: 900 calories
- MyPlate method: 1/4 pasta, 1/4 meatball, and 1/2 veggies = 400 calories

Make MyPlate at home, when you eat out, and when you are a guest somewhere else. It works in the cafeteria, the food court, the drive through and office parties!

### #4. Eat a healthy snack plate with fruits and veggies before going to a party.

Okay so we realize it is not always easy to eat MyPlate at someone else's house or the office party. So here is one more strategy. Eat your MyPlate fruits and veggies before you go out. Eat a small salad and a piece of fruit — that way when you go somewhere you can have a smaller serving of what they are offering and you won't arrive starved only to fill up on a whole plate of fried chicken or fatty roast beef and fritters.

## MYPLATE 4 STEP PLAN FOR THE HOLIDAYS

*choosemyplate.gov*

Holiday times are here! This means a lot more activity and disruption to regular meal and exercise patterns. The good news is that you can remember MyPlate's most important message to lower calories and eat healthier! Make half your plate fruits and veggies.

Here is how to adopt that message during the crazy holiday rush:

### #1. Fill appetizer plates halfway with vegetables.

Look at the savings:

*Plate 1: 546 calories*

- 4 mini quiche: 240
- 2 slices cheddar cheese: 226
- 5 crackers: 80 calories

*Plate 2: 145 calories*

- 1 cup carrots and celery 25
- 2 mini quiche: 120

(Visualize a plate before you eat snacks (and bring your snacks!))

Are you zooming through the mall and tempted by large pretzels, cookies, and cinnamon rolls? They smell great and offer holiday spirit except they are really bad news for your waist. We have become oblivious to large sizes because they are everywhere. Picture that item on a dinner plate. Does a cinnamon roll or pretzel likely take up a whole plate? That is too much! Bring an apple in your bag or choose a healthier item from the food court.

### #2. Fill dessert plates halfway with fruit.

Instead of filling up your plate with pie, cake, brownies, and cookies, fill it up with fruit and leave room for a small slice or piece of one favorite treat.

Consider the savings:

*Plate 1: 900 calories*

- Pecan pie slice: 500
- 1 butter cookie: 200
- Peppermint brownie: 200

*Plate 2: 145 calories*

- 1 cup fresh fruit: 90
- 1 cookie or 1/2 of a pie slice: 200 calories

Hint: bring a beautiful fresh fruit salad or bowl of fruit so you can have this option.

**Healthy Plate Tips For Holiday Survival**

- \* Fill appetizer plates with vegetables.
- \* Keep healthy snacks with you when you are on the go.
- \* Fill dessert plates with fruits.
- \* Make a healthy plate for lunch and dinner.
- \* Eat a healthy snack plate with fruits and vegetables before going to parties.

Vegetables	Fruits	Grains	Protein	Dairy
Fill half your plate with fruits and veggies in holiday colors.	Fruits add color, spirit and flavor to desserts.	Make stuffings with whole grain bread and brown rice.	Turkey breast is always the leanest holiday choice. Keep the gravy low in fat.	Yogurt makes a great party dip. Blend skim milk with bananas to make a healthy, smoothie-like banana yog.

## 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!





## GREENS INFO

The first tee time is 8:00am for the month of December as we are into our off-season shop hours (7:00am to 5:00pm).[-

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

- Monday the 5th – Palmer Back closed
- Monday the 12th – Nicklaus Front closed
- Monday the 19th – Palmer Front closed
- All Courses Closed on December 25th. (Christmas Day)
- Monday the 26th - Palmer Back closed



## THE 19TH ANNUAL BALLOON SALE

**Saturday, December 3rd | 3:00pm - 7:00pm**

This is a can't miss event whether you are in the market for Christmas gifts or not. The way the sale works: for each item you pick out for purchase, you will pick out a balloon. The balloon will contain a ticket with the surprise discount (no peeking). Discounts will range from 35% off all the way to free. Once you are at the counter, the staff will ring up your item or items. Then you will proceed to pop your balloons for each item - one balloon per item. The balloon discounting will go in the order the items were rung in.

Please **RSVP** through the app or call the golf shop to sign up. If you are unable to attend, you may put aside items you wish to purchase anytime after Thanksgiving leading up to the event. Any items put aside will be rung in during the event with a staff member popping the balloons for your sale. The balance will be charged to your account.

**See you there!**

# ANNUAL SNOWBALL Tournament



**Saturday, December 3rd**

It's that time of year again. The Snowball Tournament will be a Shotgun start at 10:00am on the Palmer Course.

Entry: \$20.00 per player for prizes.  
Carts & lunch not included.

Format: Captain's Choice with USGA Handicap Formula applied (A Player 20%, B Player 15%, C Player 10%, D Player 5%). It is always a fun time, and hopefully won't be too cold!

Snowball tournament is open to Golf Members & their Guests.

Members may go to the app to sign up or call the Golf Shop at 757.331.8620







# HALLOWEEN Scramble

This event was a four-person team 9-hole 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.

**Results**

1. David Parham, Mike Holvick, Peter Lawrence, Stephanie Holvick	33 (-3)
2. Avis Gates, Charlie Laron, Ernest Gates, Susan Larson	33 (-3)
3. John Coker, Martina Coker, Ron Wrucke, Sherry Wrucke	35 (-1)
4. Erik Pierce, Ian McDonald, Lori McDonald, Phil Day	35 (-1)
5. Donna Brow, Michael Conte, Robert Brown, Theresa Conte	37 (+1)
6. Cindy Harlow, Patsy Harris, Robert Harris, Thomas Harlow	38 (+2)
7. B Winn, Karen Gliedman, Mark Henry, Richard Gliedman	40 (+4)
8. Abigail Nordeen, Jonathan Lanciani, Michael Nordeen, Sally Nordeen, Tammy Lanciani	41 (+5)
9. James Stannard, Jenn Stannard, Landon Lovett, Mary Lovett	43 (+7)

Best Dressed Team Award went to Cindy Harlow, Patsy Harris, Robert Harris, and Thomas Harlow

*Congratulations to all the winners!*







(Winners: Jonathan Sharpley & Matthew Kelley)

## 2022 KING & BEAR

*The Results Are In!*

This year, we had our best weather ever. We had highs in the mid-70s both days. Unbelievable for November. The golf course was in great shape with our greens running over 13 on the stimpmeter. the King and Bear event is a two-person team event and is played over two days with different formats each day. Saturday was a scramble format and Sunday was a chapman format. We had 80 players/40 two-person teams competing. The teams were put into four flights by total team index. Once the team is in a flight, all players played scratch within the flight. This year we also added a net division which encompasses all the teams. Net Division was computed using the team's net adjusted score. The teams net score is gross score subtracted by the team handicap.

Saturday Scramble-Player A received 35% of their handicap and Player B received 15% of their handicap which when added together became the team handicap.

Sunday Chapman-Player A received 60% of their handicap and Player B received 40% of their handicap which when added together becomes the team handicap.

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

<b>FIRST FLIGHT</b>	<b>ROUND 1</b>	<b>ROUND 2</b>	<b>TOTAL</b>
Bob Kraly & Robert Wright	63	69	132
Joe Restein & Jere Lynch	64	69	133
Frank Wood & Bobby Moore	72	68	140
<b>SECOND FLIGHT</b>	<b>ROUND 1</b>	<b>ROUND 2</b>	<b>TOTAL</b>
Bill Stramm & Ernest Gates	67	70	137
Terry White & Shawn Thomas	67	74	139
Kenneth Fodill & Gary Hill	67	71	139
<b>THIRD FLIGHT</b>	<b>ROUND 1</b>	<b>ROUND 2</b>	<b>TOTAL</b>
Jon Thornbrugh & Chip Weisenfels	72	73	145
Mark Holvick & Frank Pegram	69	79	148
Frank Pegram & Laurie Marker	71	80	151
<b>FOURTH FLIGHT</b>	<b>ROUND 1</b>	<b>ROUND 2</b>	<b>TOTAL</b>
Gail Edward & Steve Edwards	75	86	161
Mark Riddle & Steve Ehmann	74	88	162
Adam James & Tyler Ames	76	88	164
<b>NET DIVISION</b>	<b>ROUND 1</b>	<b>ROUND 2</b>	<b>TOTAL</b>
Blaine Smith & Cameron Smith	63	70	133
Karilyn Bachman & Lisa Blankenship	67	67	134
Claude Reid & Bruce Garrison	64	72	136

A special congratulations to Jon Thornbrugh who had a hole in one on the second day of the event. Congratulations, Jon!

Thank you to everyone who played in the event.

*Congratulations to all the winners!*







Portuguese man-o'-war; Bay Creek beach, Nov. 2022 (photo credit Marina Pierce)

## BITS AND PIECES: LAND, AIR & SEA...AND SOME MISCELLANEA

by Joe Fehrer

*"All was new! - and life...was then full of hope and enthusiasm. The forests apparently unbroken, in their primeval solitude and repose spread themselves on either side as we passed placidly along." - Thomas Nuttall; American Naturalist (1786 - 1859)*

As we're quickly rolling into the holiday season, I want to touch on a few topics that by themselves could easily warrant a full article, but can be summarized for a lighter read.

In early October I posted a few wildflower and butterfly observations to the FB page "Bay Creek Shop and Share," which is great group that you should join. Now I need to make a correction: a plant I identified in one of the meadow areas, a Goldenrod, isn't what it first appeared. The Goldenrods (*Solidago* spp) are notoriously hard to identify with over 95 species in the mid-Atlantic and 38 species specific to Virginia; it's a big family! I identified the plant as a flat-topped goldenrod (*Euthamia graminifolia*) in the family of grass-leaved goldenrods. Although it was close, it just didn't quite match as I keyed it out, so I shared a specimen with a friend (a real botanist) who let me know that the plant's species name had been "split" and now includes a new species, known as Weakley's Goldentop (*Euthamia weakleyi*). The plant I originally identified, now incorrectly, and posted is Weakley's Goldentop, and a new record for Northampton County. There are also three new stations (or locations) for the plant in Accomack County, within Chincoteague National Wildlife Refuge. Plant taxonomy can sometimes be pretty confusing, but there's a method behind the madness. Taxonomists (those who identify and name plants and animals) can be considered either "lumpers or splitters." This push and pull can trace its origins back to the great Carl Linnaeus who developed the modern system of biological nomenclature in 1758.

For a simple explanation, "lumpers" are those who take a broad view of taxonomic entities accepting a wide range of variation within a given species versus the "splitters" who tend to take a more narrow view, accepting a more limited range of variation. So the flat-topped goldenrod was "split" and Weakley's goldentop is now considered a stand-alone specie, simple as that. Well, maybe not quite that simple; ongoing DNA research (genetics is used in plant identification) is continuing with the entire family of Goldenrods, which means they, the taxonomists, will likely change or split the goldenrods even further. The "weakleyi" specie name is well-deserved recognition for Alan S. Weakley who is the Director of the UNC Herbarium at the North Carolina Botanical Garden and a professor at UNC Chapel Hill. Weakley and his colleagues are in the process of updating the "Flora of the Southern and Mid-Atlantic States," the most comprehensive update undertaken to date. There will definitely be new splits of species and very likely re-classification of some plant families or genuses that result from this work, so stay tuned...



Weakley's Goldentop (*Euthamia weakleyi*)

Following up on November's article about trees, I want to mention a study underway at Penn State University looking at the interaction between trees and thunderstorms and the electrical fields those storms produce. Scientist have long known that herbaceous plants and trees can emit small, visible electric discharges when trapped beneath an electrical storm; the discharges, faint blue sparks, are known as coronas. Now it seems these tiny sparks may be altering the surrounding air quality in ways never recognized before; the impact of these "mini-shocks" remains unclear though. It seems the coronas create a high level of "radicals" (chemicals containing unpaired electrons which are highly reactive with other compounds) and which can significantly alter the surrounding air quality. Two of the radicals are hydroxyl (OH) and hydroperoxyl (HO<sub>2</sub>) both of which are negatively charged and steal electrons from several different chemical compounds. If these radicals react with methane, a greenhouse gas, they can remove these damaging molecules, which is a good thing. However, if they react with oxygen they can create ozone, which despite playing an important role in the upper atmosphere, is toxic to humans. It was also discovered that the leafy electrical discharges give off sharp spikes of ultraviolet radiation which could allow scientists to track and study this phenomenon and the effects on air quality more closely.



Coronas; the faint blue electrical discharge from herbaceous plants

Before we leave the subject of plants, lets take a look at the humble pine cone and the diversity of life within it. I recently came across an old article written by Dr. Robert Hedeem in 1989; Hedeem was the Biological Sciences Dept. Chair and Professor at Salisbury (MD) State College, and he was also a great local naturalist. His inquisitive nature and science training are clearly evident in this short but well-written piece, which is pictured on the next page. As with all things, there's more to see than initially meets the eye. We only need to look a little closer.



Salisbury News and Advertiser, Thursday, January 19, 1989

# Shore Naturalist

## The Lives Inside A Pine Cone

By Robert Hedeon

Have you ever kicked a pine cone as you ambled about the forest? Do you remember pine cone wars as a child? Wait! You may have been disturbing an entire ecological community. Many believe that pine cones, empty and attached to trees or embedded in the litter and duff of the forest floor, have fulfilled their biological purpose of producing the seeds for the next generation and have no further function, but such is not the case.

These uniquely shaped structures provide an excellent home for a myriad of arthropods (insects, mites, spiders, centipedes, millipedes) united into a dynamic community. Usually when we think of arthropods we conjure up visions of relatively large animals such as butterflies, grasshoppers, praying mantis, garden spiders, and crabs. However, the truth of the matter is that most arthropods are quite small and go unnoticed by all but the most careful observer.

Of all the different animal groups on the face of the earth the arthropods (jointed-legged animals) are the most successful, if we judge biological success by the number of different types and numbers of individuals making up the group. There are more

than one million different species of insects alone known to science - far more than in all the other animal groups combined!

There are many reasons why the arthropods have been such a phenomenal success, such as their tremendous reproductive potential and outer hard covering of armor, but most biologists agree that their small size has contributed most to this honor. Each species of animal must have a place to call home - and small species are able to invade and exploit nooks, recesses, and hollows in the environment larger types cannot squeeze into. The pine cone offers an ideal place for tiny types to set up housekeeping.

Pine cones afford sanctuary for arthropod inhabitants and visitors to feed, seek mates, lay eggs, hide, or simply escape the environmental traumas of the moment. Many of the animals on

or in the cones gain access by moving from the ground up the tree and out the branches to the cones. Others fly directly to the tree and cones. Some species may complete their entire life cycle within the confines of the scales of the cones before and after they fall to the ground and decompose.

The types and numbers of animals occupying the cones vary with the species of pine and weather conditions.

Although some species of inhabitants are "large" (up to an inch or more in length), most can be seen and studied only with the aid of a microscope. These smaller ones range in size from about 1/8th of an inch or so to about the size of the period at the

end of this sentence.

The surprising and exciting diversity of life in a pine cone can be appreciated by simply picking a few cones and tapping them lightly on a light-colored surface such as the hand, handkerchief, or paper.

One detailed study of the inhabitants of the cones of the loblolly pine (the most common pine on Delmarva) found the following types of arthropods, in decreasing order of abundance: barklice, mites, thrips, spring-tails, spiders, ants/minute wasps, flies, beetles, crickets/roaches, true bugs, centipedes, aphids, leafhoppers, scale insects, millipedes.

The next time you see a dead pine cone take a minute to remember that its biological usefulness is not complete.

A multitude of animals are utilizing it in a complex system of interrelationships.



The lowly pine cone can provide a home to hundreds of tiny creatures. photo: R. Hedeon

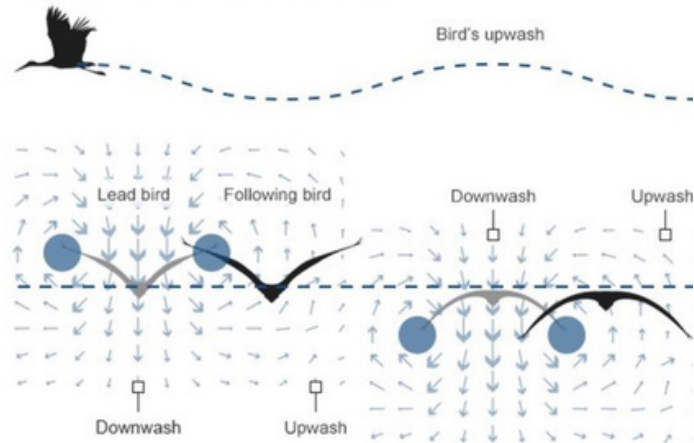


Oak Lace Bug stippling; White Oak (*Quercus alba*)

Bird migration has been discussed in these articles and often on my walks, especially in the spring and fall and usually while we're observing some bird or another. The subject is of great interest and still a bit mysterious to me, so I'm going to talk about it some more.

We've all seen "flying V's" (or sometimes "J's") usually among large birds like geese, pelicans, ibis, cormorants and others, that when flying en masse often do so in a V or J formation. As a bird flaps its wings, it creates a vortex or a tunnel of wind that rolls off each wingtip that reaches the bird flying behind and slightly above it. The upwash created by this vortex lifts the trailing bird slightly and helps it conserve energy; this is repeated down the line. The lead birds frequently change position, dropping back in the line to rest; it's avian cooperation at its best. The other neat thing with this behavior is that birds will time their wing beats perfectly to give them an aerodynamic advantage, so they can basically get a free ride. A study published in the journal *Nature* shows that birds are very aware of their companions' place in the "V" and put themselves in the best possible position to take advantage of the "upwash" of air. Conversely, birds don't want to be in the "downwash" for obvious reasons. It pushes them down and they burn more energy to stay up.

### How birds take advantage of the V formation



A very easy thing you can do to help our migratory birds is to turn off outdoor and indoor lighting when you're not using it. Most of the long-distance migratory birds that pass through our region do so at night and rely on the stars and moon for their navigation. We live in a registered "dark-sky" community which means the street lights are, or should be, focused down and other ambient lighting is kept to a minimum. As nocturnal migrants, birds evolved over millennia to use the natural light in the night sky, not the artificial light that we produce and pervade the modern night sky. Unnecessary light pollution scattered across the area can disorient and throw off a bird's internal compass, leading to exhaustion and death as it impedes its ability to navigate. There are accounts of birds flying in circles for hours around bright light sources and literally falling to the ground exhausted or flying into windows as they're attracted to the light source.

And finally; the Stewardship Club had a work day in October at which time acorns were collected for the VA (State) Tree Nursery. Most of the acorns collected where from a large White Oak (*Quercus alba*) near the Preserve. What may have gone unnoticed though was on the leaves; a beard-like stubble, black in color on the underside of some of the leaves and others with a peculiar bronzing or stippling of the foliage. This is the work of Oak Lace Bug's (*Corythucha arcuata*), a very small and occasional pest of oaks. The damage done is usually minimal and generally only aesthetic.



Cone on a Virginia Pine (*Pinus virginiana*) with a "Harvestmen spider" (in the order Opiliones) note the long spindly legs

The dark spots on the underside of the leaf are egg clusters, the bronzing on the leaf surface is the visible damage. This is such a short lived insect it's not unusual to have four generations occurring each year on a particular leaf. Their name comes from their feeding habits; inserting needle-like mouthparts into the leaf tissue to extract the liquid. This in turn gives the leaf surface a bronze or yellowish look with fine cavities evident across the leaf face, which, as you've guessed, kind-of resembles lace.



There's an interesting account of this phenomenon locally, from Hog Island and the now-lost village of Broadwater, in the late 1920s. During a late-night December nor'easter, it was reported that thousands of brant (Branta bernicla), a small black-necked goose slightly larger than a mallard duck, were circling the 200-foot tall lighthouse that once stood on the island. The brant had become mesmerized by the intense light cast from the lighthouse and reflected off the storm's low cloud bank. The following day, an unrecorded number (likely many, many dozens) of dead and dying brant were collected by the islanders. "When nature is your provider, it's wise to accept such gifts as they come, because such benevolence is rare."

So please, turn off all exterior and interior lighting when not needed. Not only will this benefit migratory birds but also our moth population, as many of these winged insects are also nocturnal. In Virginia, we have nearly 400 species of moths, which like butterflies, are in the order of Lepidoptera. Moths can be as small as a pinhead to as large as an adult's hand; their coloration is generally in shades of brown, with some notable exceptions. However, even the drabest looking of the species can have, if examined closely, complex wing patterns in varying shades of mahogany, chestnut and chocolate.

Moths are also important pollinators with many of the day-flying moths being brightly colored and rivaling the showiest of butterflies; we often find them feeding on flowers in our garden. The peak moth season for us occurs in mid-summer, but many of the showiest species emerge from their cocoons earlier; the Luna (Actias luna), the Polyphemus (Antheraea polyphemus) and Cecropia moth (Hyalophora cecropia) to name a few. Moths are also a critically important resource to birds during nesting season, with the hatchlings eating many hundreds of caterpillars before leaving the nest. Everything in nature is in one way or another hitched to something else; remove one and you may lose the other...



Cecropia Moth

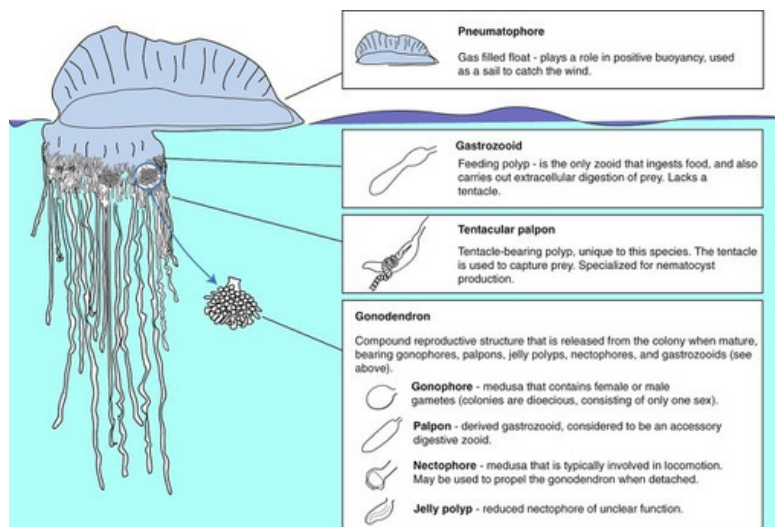
A beach find in mid-November [and accompanying photographs] by Marina Pierce is really quite unusual and worth learning a little more about. She was out early and found two odd-looking jellyfish stranded at the tide line. We identified these as Physalia or Portuguese man-o'-war in the family Siphonophorae. They are not true jellyfish, however, but instead, they're a "colonial" organism, made up of many smaller units called zooids. These are truly fascinating creatures; all zooids in the colony, in this case, the Physalia, are genetically identical but have specialized functions; working together allows the colony to operate as a single individual.

Typically inhabitants of tropical waters, they follow the warm waters of the Gulf Stream north, occasionally getting separated from that current or spun off in a warm water eddy, only [and rarely] to find their way to our shores. Like jellyfish they're somewhat at the mercy of the currents, and with their gas filled sac they can literally sail. The sail, or float, is filled with gas secreted by a "gas gland" and consists of nitrogen (90%) with the remainder being oxygen and argon, and while some of their kin can deflate their float and sink into deep water if the surface becomes too rough, the Physalia cannot.



Portuguese man-o'-war; Bay Creek beach, Nov. 2022 (photo credit Marina Pierce)

You can think of the Portuguese man-o'-war like a small fishing boat trailing a drift net; its net is the equivalent of a group of high-voltage wires, deadly to any fish or small animal unlucky enough to get entangled in them. The food-capturing tentacles can, in a large specimen, extend downwards up to 40' and are thickly studded with nematocysts or stinging cells. Receiving only the briefest of contact can leave you with a severe welt that's been described as "fiery." Anyone unfortunate enough to be heavily stung will be lucky to survive. One of my favorite writers (and a darn good scientist) the late Rachel Carson, has this to say about the Physalia she



observed along a southern ocean beach, "I watched the man-o'-war visibly adjusting the shape and position of its sail as it scudded along before the wind. Sometimes it could successfully ride over an incoming wave, sometimes not. But whether in difficulty or enjoying the momentary success, there was nothing passive in the attitude of the creature. There was, instead, a strong illusion of sentience. This was no helpless bit of flotsam, but rather a living creature exerting every means at its disposal to control its fate."

A cautionary footnote: the tentacles, whether attached or not to the Physalia (found on the beach) can inflict a very painful burn for days after the animal's death. **Please observe, but do not touch!**

And ending with this observation: we have a good population of fox on the property, both red and grey which are usually seen at dawn and dusk, however, it is possible to observe them during the day. Most, but not all, of the daytime sightings I've made are of animals suffering from Sarcopic mange, a skin disease brought on by microscopic mites, which can sometimes prove fatal. The foxes are so uncomfortable, they wander around seemingly in a daze. While not dangerous, they should be avoided. Healthy foxes are for the most part nocturnal, but there are exceptions of course, such as when spooked out of their den or in the spring and early summer when hunting to feed their kits.

While we can be inclined to "help" by leaving food out, this isn't a good idea and can sometimes lead to the animal's death.

- Foxes (and other mammals) can easily become dependent on our handouts and cease to forage on their own, resulting in malnutrition or starvation once the feeding ends. This is especially true for young animals.
- Feeding can alter their natural behavior and the animals may, over time, lose their fear of humans which can be harmful as the animals can become unnaturally bold or develop aggressive behavior.
- Foxes, like all wild animals, may carry diseases and parasites as I mentioned above that may be transmissible to pets.

So please, let's keep the wild in our wildlife.

I want to take this time to wish everyone a very **Happy Holiday Season** and invite you to join in one of the many outdoor activities here at Bay Creek, ongoing through the late fall and winter. You can easily access the Preserve Area on-site, or, visit one of the many beautiful parks and natural areas on the Peninsula; you won't be disappointed.





## Red Wine Poached Pears

- 2 cups Dry Red Wine
  - 1 navel orange, quartered
  - 1 1/2 plus 2 tablespoons sugar, divided
  - 1 cinnamon stick, broken in half
  - 6 whole cloves
  - 2 Bartlett pears, peeled, halved and cored
  - 1/4 cup mascarpone cheese
  - 1/4 cup heavy cream
- In a 4 quart saucepan, combine wine, orange pieces, 1 1/2 cups sugar, cinnamon sticks, cloves and 2 cups water and bring to a boil over high heat. Add pears and reduce heat to a simmer, and cover pears. Cook pears until tender when pierced with a fork - about 15 minutes.
  - While pears are cooking, whisk together in a small bowl with cheese, cream, and sugar until it thickens.
  - Remove pears with a slotted spoon, place cut side down in a bowl, spoon over some of the cooking liquid and add a dollop of the cheese, cream mixture and serve.

## Wine of the Month

The Coach House Tavern Wine Feature for the Month of December

### Excelsior Syrah – \$6 per glass or \$21 per bottle

The De Wets of Excelsior have a proud winemaking tradition dating back to 1697. The calcareous soils of the Robertson area were once used to raise champion thoroughbred horses, but now those soils are used to produce fine wines. This wine has bold plum, chocolate and spicy aromas, followed by a palate bursting with cherry and smoked meat flavours.

Critic tasting note: (2016 vintage) "This is juicy and fruity upfront, with pronounced notes of ripe red plum and cherry that are hit by notes of church incense and sweet spice. Touches of vanilla bean and pressed purple violets add interest. It's medium in weight, but quite juicy, with good acidity and a vibrance to the fresh red-fruit flavors that carries through to the finish. Medium tannins lend some structure, but it's not overbearing, making this an accessible and easy to like wine.



### Pairing Information

*perfect match for barbecued meat or strongly flavored Mediterranean dishes.*

# Champagne SOCIAL

AT COACH HOUSE TAVERN

SATURDAY, DECEMBER 10TH | 5:00PM



Check the app for more details



COME ROOT THE TAVERN ON AT THE ANNUAL

## Chowder Cook Off

SUNDAY DECEMBER 10<sup>TH</sup>  
5-9PM IN THE EVENT CENTER

*Participating Restaurants...*

THE COACH HOUSE TAVERN  
THE CAPE CHARLES COFFEE HOUSE  
THE SHANTY  
GOURMET ALLEY  
THE LOCAL  
THE OYSTER FARM  
THE JACKSPOT AT SUNSET BEACH  
C-PIER  
THE CAPE CHARLES FIRE DEPARTMENT

**\$ 25 PER TICKET**

{portion of the proceeds benefit the  
Cape Charles Fire Department}  
757.331.8660 for information

**The Oyster Farm Eatery**

500 Marina Circle, Cape Charles, VA

DECEMBER BEER FEATURE

DEVIL'S BACKBONE

VIENNA LAGER

**\$ 3**  
PER CAN

DECEMBER 1 - 31

REQUEST FROM YOUR SERVER  
OR BARTENDER





# SHIP STICKS™

Winter here...looking to escape to warmer weather?  
Pre-ship your clubs so they are ready when you arrive.

## Enjoy 10% Off Every Ship Sticks Order!

### Get the best out of your Troon Privé Benefits

Experience seamless travel to the first tee on your next golf trip with the help of Ship Sticks. Ship Sticks is the most convenient and affordable door-to-door shipping service for your golf clubs and luggage.

With this exclusive Ship Sticks offer, Troon Privé Members can enjoy **10%** off all golf bag and luggage shipments. Your promo code will be emailed to you after claiming your discount. Enter this code at checkout to receive your discount.

Once you've placed your order you will receive detailed instructions on how to package up your golf bag and luggage for shipping, including a link to track your bags in real-time. Traveling to the course just got a whole lot easier with Ship Sticks!

*Ship Sticks recommends choosing a delivery date of 1-2 business days prior to your arrival.*

\*Your exclusive discount is valid on orders booked with your email address used to claim this offer. Be sure to save this code to continue using your discount throughout the year!

**SHIP NOW**





# 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 Strip Loin 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 Guests)*

AVAILABLE NOVEMBER 25TH - DECEMBER 31ST

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



**CALL  
NOW**





# SEASON OF GIVING

## Matching Campaign Launch!



## Double the Resources for Students, Double the Resources for Teachers!

Bay Creek members and residents have generously supported Northampton County Education Foundation (NCEF) throughout the years and we continue to see wonderful things come from this support. The Foundation aims to enhance the academic success, life experiences and well-being of students at Northampton County Public Schools. This year, Bay Creek's corporate giving arm is matching every dollar donated up to \$25,000, from October through December for NCEF's Season of Giving Campaign. Now is the time to support NCEF while doubling the impact for both students and teachers!

During the last school year, NCEF was able to channel funds into many different programs. One such program was the Pre-K Camp, which promotes school readiness for children and helps the child, family and school build the foundation for a close partnership that will help assure the child's success. Teachers report that children who have attended the Pre-K Camp are able to separate from their parents and settle into the classroom with ease, freeing up the teacher to focus on students who need more help adjusting. In addition, Pre-K Camp parents tend to be more comfortable interacting with teachers and other school staff and more involved with their children's education than many of the other parents. This is a huge win for all parties involved. \$7,044 was invested in last season's program which enabled 25 students to go through the Pre-K Camp. This is just one of many examples of your donation dollars hard at work—read more about NCEF's 2021/2022 accomplishments [here](#).

As we enter the season of giving, NCEF is calling upon its supporters to renew their commitment to our children. Your support and involvement make a difference!

**Let's help get NCEF the full match!**



NCEF supports all four Northampton County Public Schools

**Kiptopeke Elementary School  
Northampton Middle School  
Occohannock Elementary School  
Northampton High School**

This includes 1,394 students, 135 teachers, 316 staff members

*"Since our inception, the work of the Foundation would not have been possible without the help of our community—individuals, businesses, non-profits, churches and other entities—who have used the foundation to funnel financial support to our public schools. We are asking the community to step up again and match the generous pledge from Bay Creek so that we can continue this level of funding for our schools,"* says Linda Schulz, Chair of the NCEF Board of Directors.

**Checks can be mailed to:  
NCEF - PO Box 323, Cape Charles, VA 23310**



# December 2022

## Monthly Event & Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 
				1 Prime Rib Night, 5:00pm	2 Holiday Happy Hour Wine Tasting, 4:00pm	3 Balloon Sale in the Golf Shop! Snowball Tournament, 10:00am Natural & Cultural Walk, meet at Base Camp, 10am
4	5	6 Trivia Night, 5:30pm Carols Around the Campfire, 5:00pm	7 Full Moon Walk, meet at Base Camp, 4:15pm	8 Beach Walk, meet at Beach Entrance, 2:00pm Prime Rib Night, 5:00pm	9 Holiday Happy Hour Wine Tasting, 4:00pm	10 Fisherman Island Field Trip, 8:00am Champagne Social, 5:00pm
11 Breakfast with Santa, Life Center, 10:00am	12	13 Field Work, meet at Base Camp, 9:30am	14	15 Prime Rib Night, 5:00pm Plein Air Painting in the Preserve, 3:00pm	16 Holiday Happy Hour Wine Tasting, 4:00pm	17 Natural & Cultural Walk, meet at Base Camp, 10am Pet Photos with Santa, 11:00am
18 Start of Hanukkah Hanukkah Lighting Ceremony, 5:00pm	19	20 Nature Talk Campfire, 5:00pm	21	22 Beach Walk, meet at Beach Entrance, 2:00pm Prime Rib Night, 5:00pm	23 Holiday Happy Hour Wine Tasting, 4:00pm	24
25 Christmas Day	26 End of Hanukkah Start of Kwanzaa	27 Field Work, meet at Base Camp, 2:00pm	28	29 Prime Rib Night, 5:00pm	30 Holiday Happy Hour Wine Tasting, 4:00pm	31
1 End of Kwanzaa  Happy New Year!						

\*\*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-5pm

**Pro Shop**  
757-331-8620

Mon - Sun - 7am-5pm

 **BAY CREEK**  
Cape Charles, Virginia



# December 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 Tai-Chi - 8:30 am Running Club, 5pm	2 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	3 High Intensity Interval Training (HIIT)- 10am
4	5 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	6 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Total Body Workout - 10:30 am	7 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	8 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Running Club, 5pm	9 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	10 High Intensity Interval Training (HIIT)- 10am
11	12 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	13 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am	14 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	15 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Running Club, 5pm	16 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am Basic Mat Pilates - 10am High Intensity Interval Training (HIIT)- 11am	17 High Intensity Interval Training (HIIT)- 10am
18	19 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	20 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am	21 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	22 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Running Club, 5pm	23 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	24 High Intensity Interval Training (HIIT)- 10am
25 Christmas Day	26 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	27 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am	28 Wellbeats Spin Class - 6.45 am Walking Club Preserve Walk, 9am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 10am	29 Wellbeats Spin Class - 6.45 am Tai-Chi - 8:30 am Running Club, 5pm	30 Wellbeats Spin Class - 6.45 am Full Body Stretch - 9am High Intensity Interval Training (HIIT)- 11am	31 High Intensity Interval Training (HIIT)- 10am

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Fri - Sat 9am-9pm  
Sun - 9am-5pm

**Pro Shop**  
757-331-8620

Mon - Sun - 7am-5pm

