

# The e-Buzz – A weekly Email Publication



**Friday, February 20, 2026**

## **Association Announcements:**

Please contact Anita Bauer, the Executive Administrative Assistant, at 661-821-5537, ext. 231, or by email at [anitab@bvsa.org](mailto:anitab@bvsa.org) for the following updates and information:

- Changes to your e-Buzz subscription
- Request for e-Buzz articles/updates/pictures (due by Thursday each week)
- Bear Tracks articles/pictures (due no later than the 8<sup>th</sup> of each month)
- Committee agendas and minutes
- BVSA Website information ([www.bvsa.org](http://www.bvsa.org))
- Recognized Club Contact Information
- Board of Directors Meeting Information

A special thank you to all who share their pictures for e-Buzz and Bear Tracks.

# UPCOMING MEETINGS

Regular Board of Directors Meeting – ~~Tuesday, February 17<sup>th</sup>, 2026~~, at OTCC  
Regular Open Board Meeting has been cancelled due to expected weather and lack of quorum. Executive Session will be held at 2:00pm and is closed to membership.  
BVSA Special Board Meeting – Monday (following regular meeting) at 1:00 PM at BVSA  
Special Board of Director Meeting – Monday, February 23, 2026- 1:00pm

## **BVSA Committee Meetings**

Equestrian Advisory Committee	Monday, March 2 <sup>nd</sup>	9:00 AM	EC
Golf Advisory Committee	Tuesday, March 3 <sup>rd</sup>	8:30 AM	OTCC
Recreational Advisory Committee	Wednesday, May 6 <sup>th</sup>	1:30 PM	OTCC
Rules Advisory Committee	Tuesday, April 7 <sup>th</sup>	10:00 AM	BVSA
Lake Quality Advisory Committee	Monday, April 6 <sup>th</sup>	5:00 PM	WC
Finance Advisory Committee	Wednesday, March 17 <sup>th</sup>	1:00 PM	BVSA
BVSA/CSD Liaison Committee	Thursday, April 2 <sup>nd</sup>	10:00 AM	CSD

BVSA 2025 Survey Results can be found on our website at [www.bvsa.org](http://www.bvsa.org) under the [News Tab](#)



# The Oaks Restaurant

For Reservations Call  
+1 (661) 821-5521



Open  
Wednesday-Sunday  
4pm-8pm



Curbside Pickup available  
Wednesday-Sunday 4PM-8PM



# Sunny Side Up Sunday Brunch



AT THE OAK TREE COUNTRY CLUB

February 22<sup>nd</sup> 10AM-2PM

Featuring: live-action omelet station, avocado toast station, deviled egg station, fruit salad, strawberry & fig salad, honey-glazed ham, bacon & sausage, red velvet waffles, country breakfast potatoes, stuffed french toast, eggs benedict, biscuits & gravy, & assorted pastries & desserts.

*Complimentary soda, coffee, & juice*

**\$3 glass of champagne**

<b>Adult</b>	<b>Child</b>
<b>\$28</b> PER PERSON	Ages 6-12 (under 5 are free)
	<b>\$15</b> PER PERSON



To make a reservation, call the OTCC at 661-821-5521



**THE MULLIGAN ROOM'S  
SPECIALS & SOUPS**

**FEBRUARY 2026**

sun	mon	tue	wed	thu	fri	sat
1 <b>Bacon Wrapped Meatloaf</b> Broccoli Cheddar Soup	2 <b>Chicken Schnitzel</b> Loaded Baked Potato Soup	3 <b>Chile Colorado</b> Chicken Tortilla Soup	4 <b>Spaghetti &amp; Meatballs</b> Tuscany Soup	5 <b>Prime Rib</b> French Onion Soup	6 <b>Fish &amp; Chips</b> Clam Chowder	7 <b>Salisbury Steak</b> Corn Chowder
8 <b>Chicken Alfredo</b> Creamy Tomato Soup	9 <b>Beef Lasagna</b> Minestrone Soup	10 <b>Chile Verde</b> Chicken Tortilla Soup	11 <b>Chicken Pot Pie</b> Chili	12 <b>Prime Rib</b> Roasted Red Pepper Soup	13 <b>Fish &amp; Chips</b> Clam Chowder	14 <b>Flat Iron Steak &amp; Shrimp Scampi</b> Lobster Bisque
15 <b>Beef Stroganoff</b> Chicken Noodle Soup	16 <b>Chicken Parmesan</b> Italian Wedding Soup	17 <b>Crispy Ground Beef Tacos</b> Chicken Tortilla Soup	18 <b>Swedish Meatballs</b> Hearty White Bean Soup	19 <b>Prime Rib</b> Beef Stew	20 <b>Fish &amp; Chips</b> Clam Chowder	21 <b>Orange Shrimp Bowl</b> Miso & Beef Meatball Soup
22 <b>Shepherd's Pie</b> Meatball Soup	23 <b>Chicken Stir-Fry</b> Chicken & Wild Rice Soup	24 <b>Ground Beef Flautas</b> Chicken Tortilla Soup	25 <b>Rigatoni Bolognese</b> Minestrone Soup	26 <b>Prime Rib</b> Albondigas Soup	27 <b>Fish &amp; Chips</b> Clam Chowder	28 <b>Chicken Piccata</b> Creamy Tomato Soup
1	2	3	4	5	6	7

# THE OAK TREE COUNTRY CLUB



## February Specials

### WEDNESDAYS

Beef Bourguignon 32  
with potato puree, sugar carrots, & fried onions.

### THURSDAYS

Half Mary's Chicken Roulade 29  
Served with fried fingerling potatoes & wilted spinach.

### FRIDAYS

California Striped Bass 30  
Pan-roasted & served with a Meyer lemon compote, rice pilaf, & grilled asparagus.

### SATURDAYS

Sous vide Lamb Leg Roulade 30  
72-hour sous vide & served with salsa verde & white bean ragout.

### SUNDAYS

Prime Rib 34/37  
Slow Roasted 10 or 12-ounce prime rib served with horseradish, au jus, and 2 sides of your choice.

### VEGETARIAN

Butternut Squash Lasagna 25  
Fresh herbs, spinach, house-made Ricotta cheese, mornay, pesto, & Mozzarella cheese.

+ **DAILY SPECIALS!**



**LIVE**  
**ENTERTAINMENT**  
**FEBRUARY**

**SATURDAYS**

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**2/7**  
**KARAOKE**

**2/14**  
**42 OUT**

**2/21**  
**MARK JAMES WOOD**

**2/28**  
**DAN ISBELL**

**7:30-10:30 PM AT**  
**THE OAK BRANCH**  
**SALOON**

# Clubs and Special Interest Groups

## BVS Astronomy Club

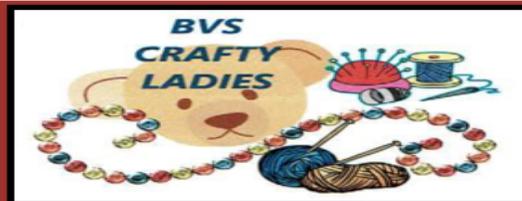
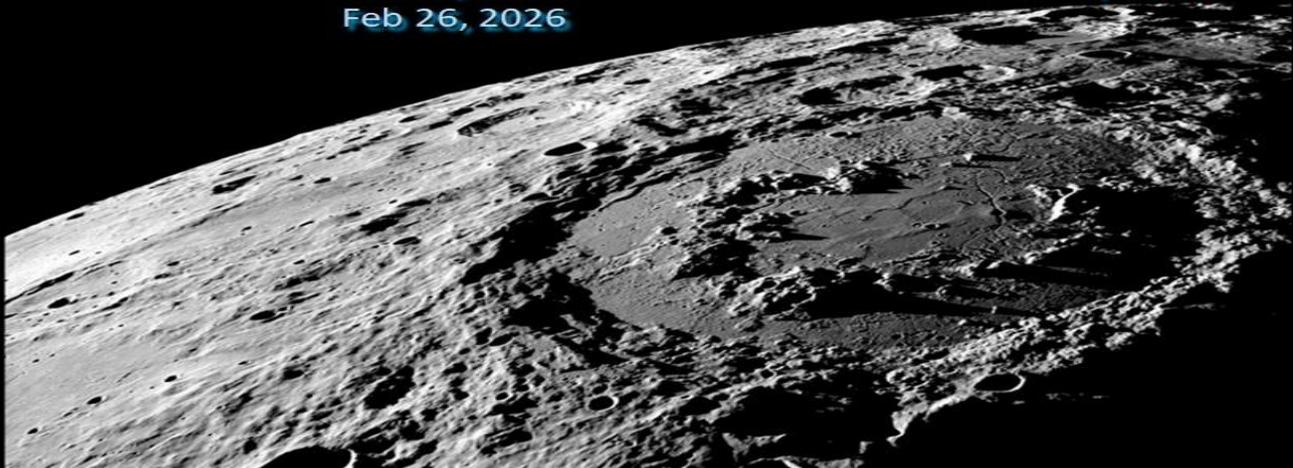


The Astronomy Club holds monthly telescope viewing nights for the BVS community. Weather permitting, we set up telescopes in the Cub Lake Basketball Court on the Saturday nearest the first quarter Moon. Everyone is invited to stop by for a look at the Moon and other interesting objects that happen to be easily visible through our telescopes. Telescopes should be ready around sunset.

The club meetings are the first Wednesday of the month in the Oak Tree Banquet Room starting at 6:30 pm. We often feature lectures by astronomers invited from around the country to speak. Non-members are welcome to attend.

Viewing Nights: Nov 29, 2025  
Dec 27, 2025  
Jan 24, 2026  
Feb 26, 2026

Club Meetings: Nov 05, 2025  
Jan 07, 2026  
Feb 04, 2026



Every Tuesday 1-3 pm at the Equestrian Center Lounge, on the third Tuesday of the month we meet 11:30 am at Mulligan Room for lunch, then head to EQ Lounge!

Who: Any age welcome!

Why: Time to visit together, meet new friends, acquaint old friends. Learn new skills, share our projects! All crafts are welcome!

For more Information Contact: Robin Goodwin, (831) 212-5643 or [rrgoodwin@hotmail.com](mailto:rrgoodwin@hotmail.com)



## BVSCAA News

Beginning this year, our club is planning a series of new events in conjunction with a learning platform called MasterClass.

MasterClass was established in 2015, an on-line learning platform offering courses taught by world-renowned subject experts, celebrities, and industry leaders. It focuses on inspiring learners with deep insights, featuring short, digestible video lessons. It is widely considered a great tool for personal enrichment, inspiration and learning "soft skills" from masters, featuring short, digestible video lessons.

Our inaugural session will seek and address the question: "Can Art Transform the World"?

**February (\*TBD)** : Hard Climb Art - a full length documentary, "TEHACHAPI," will be screened, providing insights into the Tehachapi prison. JR, a French street artist, embarks on a large-scale art project with 28 incarcerated men. His journey underscores the notion that "if art can instill hope, then art can transform the world". Donated funds from this presentation will support their rehabilitation program and provide for art supplies. In response, their work will be showcased at our annual Art Show, to be held at OTCC from September 18 to 27, 2026.

**March (\*TBD)** : Culinary Arts - The art and science of artisan bread baking, guided by Apollonia Poilâna. Our esteemed Leslie Herron will serve as our guest speaker and hands-on scientist, demonstrating the intricate steps of artisan bread making.

**August (\*TBD)** : Performing Arts - MasterClass with Ringo Starr, following the presentation by our guest speaker, Charisse Rudolf, who will share the health benefits of recreational drumming.

**October (\*TBD)**: A Sommelier's Snob-Free Guide to Wine, authored by Emily Wine. Emily debunks wine misconceptions and dispels snobbery, empowering attendees to acquire the skills of wine selection, pairing, and pouring.

These are just a few topics we will introduce this year.

\*More information will be available closer to dates.

**Our Mission Statement:** Supporting and promoting public awareness, interest, and knowledge of the visual, culinary, performance arts, and other creative endeavors, for the enhancement and benefit of BVSCAA members and the community at large. Visit [BVSCAA.org](http://BVSCAA.org)

## *BVS Garden Club – Come Grow with Us*



The **BVS Garden Club 2026** Season is right around the corner! Mark your calendars. Light snacks provided.

### *First Upcoming Meeting:*

**When:** February 20<sup>th</sup>, 2026 from 2:00 -3:30 p.m.

**Where:** BVS Equestrian Center Lounge

**Guest Speaker:** Brian Haws **Topic:** It's All About the Soil-Successful gardening is deeply rooted in the health and quality of the soil and the nutrients needed. Brian will share his tips and tricks on planting a garden.

### *Membership:*

Annual dues are \$15 for BVS residents and \$20 for non-residents. Guests can attend for \$5 per meeting.

### *Contact Us:*

Facebook: [BVS GARDEN CLUB](#)

Email: [bvsgardenclub@gmail.com](mailto:bvsgardenclub@gmail.com)

# PICKLEBALL

OPEN PLAY: Monday-Friday.

Mornings: 7:30-10:30 am Evenings: 7:00-9:00 pm

# Tennis Club

For more info on the Oak Tree Tennis Club, check out our Facebook page!

<https://www.facebook.com/oaktreetennisclub/>



OTTC had another fun singles tournament on 8-9-2025. Should you wish to join us, please contact Dave Mota @ 310-266-5083.



Having too much fun at the doubles tournament on 8-16-2025.  
Thanks to all that participated



## **Happy Holidays to Everyone!**

We have activities for all dog lovers. There are seven divisions; Informational Meetings, Training Division, Agility Division, Therapy Dog Division, Dog Park, K-9 Fitness and the Rescue Division. We welcome new people!!

### **General Meetings will be on the 2nd Tuesday of the Month**

General Meetings will be on the second Tuesday of the Month. We meet in the Equestrian Center lounge at 6:00 for refreshments and the meeting starts at 6:30.

**NEXT MEETING TUESDAY, February 10th 2025**

**For more information contact Pam Miller, President, 661-203-5725**



## **Let's Get Movin' and Groovin'**

It's Free and it's Fun!

Bring Your Friends

No partner needed

## **Line Dancing- Wednesday Nights**

**6-8 p.m. -- Oak Branch Saloon**

We dance to a variety of music from country to contemporary

We teach beginners and review dances

when needed.

(Sorry, must be 12 yrs or older)

# GREENHORNS



Fundamental Horsemanship, for both horse and rider, of that found on *working cattle operations* is the environment we provide. While cattle are used from May thru Oct., we currently hold numerous sessions during this time of year practicing a lot of other fun things that improve our ranch horsemanship skills. We do not hold timed events or competitions.

## BVS PONY CLUB



BVS Pony Club is part of the United States Pony Club, an organization which promotes the development of the young English or Western rider (ages 8-25).

The Housemaster's branch focuses on enhancing adults' current knowledge and skills. Contact Desiree 661 246-6691 or Jena 661 817-2173 for more information about Pony Club

## BVS Carriage Driving Society

Potluck Meetings are the 4th Wednesday of each month at 6pm at the Equestrian Center Clubhouse. We promote safe driving and riding, good horsemanship, drive-and-ride with friends and give back to our community in a variety of ways. Join our FB page BVS Carriage Club and come to a meeting. Contact Melissa Auman (909)260-7555

# Horsemen's Association



We meet on the third Monday of each month at the Equestrian Center Lounge beginning at 6:30pm. We are neighbors, family and friends. We share a common interest with all the residents in our desire to see an active, prosperous community. We strive to promote good fellowship among the people of Bear Valley Springs and promote a natural blend of equestrians with all the residents of the community. We promote equestrian related activities and facilities and support the acquisition and preservation of riding and hiking trails in Bear Valley Springs. We strive to promote the interests of all riding disciplines. We encourage safety, good horsemanship and sportsmanship. We invite you to participate in the protection, promotion and preservation of the riding and hiking trails that help to define our community. Everyone is welcome and horse-ownership is not necessary. Your first year of membership is FREE! We are on Facebook: Bear Valley Springs Horsemen's Association and BVS Equestrians to keep all of equestrians informed of activities. More information, please contact our President, Kris Pimentel at 805.441.6814 [bvshorsemensassociation@gmail.com](mailto:bvshorsemensassociation@gmail.com) Happy Trails.

## Bear Valley Buckaroos

Please feel free to contact any Board member for further information about our club and our events.

### 2026 BV Buckaroos Board

President George McMackin (661) 400-1333

1<sup>st</sup> VP Tami Marchini ▪ 2<sup>nd</sup> VP Jessica Mohr

Treasurer Kathleen Wall ▪ Secretary Dawn Champion



2026 Save the Dates  
BVS Buckaroos



Gymkhana  
Play Days

June 20<sup>th</sup>  
July 18<sup>th</sup>  
August 15<sup>th</sup>  
September 19<sup>th</sup>  
October 10<sup>th</sup>

8am start time



Round Robin  
Sorting

May 10<sup>th</sup>  
June 14<sup>th</sup>  
July 12<sup>th</sup>  
August 9<sup>th</sup>  
September 13<sup>th</sup>  
October 11<sup>th</sup>

9am start time



AMA Mule Show  
July 30<sup>th</sup> - August 1<sup>st</sup>



WRHA Horse Show  
August 2<sup>nd</sup>

Details to Follow

Become a

# BUCKAROO

At the Buckaroos, we're all about promoting a safe, fun, and authentic Western way of life! Whether you're a seasoned hand or just starting your journey, we offer horsemanship activities for everyone. From gymkhana playdays to cattle work; kids and adults are welcome in our arena. Come join the family!



Upcoming event details are shared on our

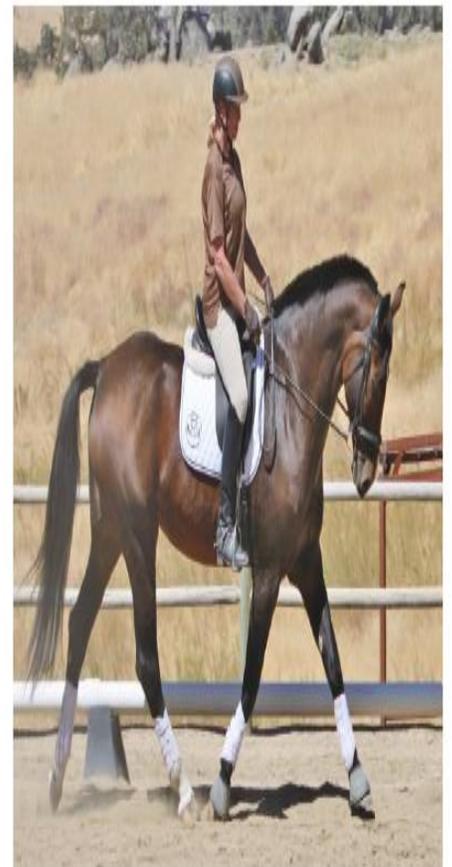
FB Page: Bear Valley Buckaroos and/or email us [BVSbuckaroos@gmail.com](mailto:BVSbuckaroos@gmail.com)



## Bear Valley Springs Dressage Club

Dressage, cavaletti, working equitation, clinics, shows, and more! Meetings on the second Saturday of the month.

Website: <https://bvsc.org/>



# Bear Valley Equestrian Center

## LONG TERM HORSE BOARDING AVAILABLE

Includes twice daily feeding and once daily mucking.  
The monthly board cost ranges from \$465.00 to  
\$535.00 per month.  
Additional services are available for a fee.



BVSA member in  
good standing



Professional Horse  
Care



Customized Boarding  
Packages



Phone Number  
661-821-3960

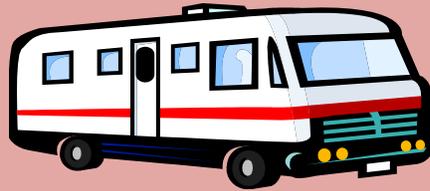


### More Info:

Boarding application available in the  
document library on [www.bvsa.org](http://www.bvsa.org)  
Equestrian Center Boarder's Application



# SPORTSMAN'S CLUB



*The BVS Sportsman's Club: We're not just friends, we're family!*

If you are interested in finding out more about the Sportsman's Club, come along to our Monthly Meeting at 6pm on the 3<sup>rd</sup> Thursday of each month at the Garden Room at the Oak Tree Saloon. If you have any questions or are interested in joining, please contact Mark Poindexter, Treasurer, at 805 320-9444.



Bear Valley Springs Sportsman's Club  
P.O. Box 2454, Tehachapi, CA 93581

## 2026 Events Program

Date	Event	Location	Contact/Organizer
Sun., February 8 <sup>th</sup>	Super Bowl Party	Mark's House	Mark Poindexter
Sat., May 2nd	Day at the Races	Howard's House	Howard Krawitz
Sat., May 30th	Chili Cook-Off	Cub Lake	Joe & Sharon Cole
Sat., June 27th	Golf Tournament	OTGC	Mark Poindexter
Sat., August 15th	BBQ	Cub Lake	TBD
Sat., September 19 <sup>th</sup>	BBQ	Cub Lake	TBD
Sat., October 24th	Cocktail Party	TBD	<u>TBD</u>
Fri., December 4th	Toys for Tehachapi Tots (Cocktail Party)	TBD	<u>TBD</u>

**Other Ideas – If anyone is willing to organize any events, please let us know.**

Shooting at Sand Canyon, Tuesday Mornings

Shooting Competitions: Turkey Shoot & Soda Can Shoot

Horseshoe Tournament

Winery Tour in Paso Robles (GOGO Charters 844 358-2526, [gogocharters.com](http://gogocharters.com), American Charter Lines 855 259-3670, Bakersfield Charter Bus Rentals, 661-520-0740)

Gaslight Melodrama Theatre



Bear Valley Springs Sportsman's Club  
P.O. Box 2454, Tehachapi, CA 93581

2026 APPLICATION FOR MEMBERSHIP/RENEWAL  
Membership runs to the end of the calendar year - December 31, 2026

Bear Valley Springs Sportman's Club is a *not*-for-profit social and recreational organization supported by membership dues and participation of members.

Please print legibly – particularly your Email Address

ANNUAL DUES: [Tick one]  FAMILY \$60.00  SINGLE \$30.00  
[ ] CASH  CHECK – if Check insert # [\_\_\_\_\_]

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE HOME: \_\_\_\_\_ CELL 1: \_\_\_\_\_ CELL 2: \_\_\_\_\_

Please print Email Address legibly in BLOCK LETTERS  
Make sure symbols like \_ underline and – dash cannot be confused

EMAIL 1: \_\_\_\_\_ EMAIL 2: \_\_\_\_\_

Many of our events are organized and run by Members and we hope that you will be able to assist with the program of events that we will be organizing during the year. If there are any types of events you would like to see in our program, please tell us here: \_\_\_\_\_

I am a resident/tenant in good standing with Bear Valley Springs Association and assigned a Use Privilege Card [ ] Tract \_\_\_\_\_ Lot \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

NEW MEMBERS ONLY: Where did you learn about the Sportman's Club? \_\_\_\_\_

Our monthly meetings are at the Oak Tree Country Club, 3<sup>rd</sup> Thursday of the month.



# BEAR VALLEY SPRINGS VETERANS ASSOCIATION

Contact: Ray Michalski, Commander, 661-902-1506 [99gargoyle99@gmail.com](mailto:99gargoyle99@gmail.com), Jed Hannan, Membership 818-414-2430 [jerseyjed@aol.com](mailto:jerseyjed@aol.com)

Find us on Facebook as **Bear Valley Springs Veterans Association.**

Our BINGO games started the year off right, the players had a good time as usual. If anyone wishes to join the BINGO Players Club email notifications list, send an email with name and your email address to Jed at [jerseyjed@aol.com](mailto:jerseyjed@aol.com). Your email is kept confidential.

# The BVS Wildlife Coalition

The mission of the Bear Valley Wildlife Coalition is to promote a community that lives in harmony with nature by protecting and preserving BVS Wildlife and their habitat. You can join our Facebook page ([BVS WLC - Wildlife Coalition](#)) and become a dues-paying member of the Club. The Wildlife Coalition has a website ([www.bvswildlifecoalition.org](http://www.bvswildlifecoalition.org)) with important information regarding Wildlife in BVS, who to contact for incidents and keeping you informed of our upcoming programs. We meet the second Wednesday of each month at 6pm at the OTCC (Oak Tree Country Club). If you have any questions, please contact us at: [info@bvswildlifecoalition.org](mailto:info@bvswildlifecoalition.org)

## Oak Tree Golf Course

Call the Oak Tree Golf Course at (661) 821-5144

**Bear Valley Springs  
Women's Golf Club!**

**Lady Golfers**

**FUN EVENTS Include:**

- Luncheons, Raffles,
- Fundraisers, Tournaments,
- Play Days
- Enjoy sunshine, beautiful vistas,  
and make new friends!

I'm inviting you to join  
the Women's Golf Club at BVS.

If you want to golf for fun or  
you're already a serious golfer,  
this is the club for you!  
Beginners welcome!

For more information or questions:  
Call or email Margie Keene at  
[mrgikay@yahoo.com](mailto:mrgikay@yahoo.com)  
661-202-8553  
Membership Liaison



**\*\* ATTENTION \*\***  
**All Ladies in Bear Valley Springs**  
**Do you play GOLF?**

Your local ladies' golf club wants to invite you to come play with us!  
We have a 9-hole open play on Monday mornings starting at 10:00 am.

Come play with other BVS ladies for a fun time...  
and no pressure on how good or bad you are playing.

We also have Ladies' Playdays on Wednesdays (9-holes) at 10:00am  
and on Fridays (18-holes) at 9:30am. These are for members of the  
Oak Tree Country Club Women's Golf Club (OTCCWGC).

But if you are interested in joining the club, you may play with us first  
on those days (up to 3 times) before deciding that you want to join.

If you work and cannot play at the noted times above, we will setup a play  
time in the afternoon somewhere between 4:00pm and 5:00pm. One of our  
members, Brenda McMullen has volunteered to play with you. If you are  
interested in this, please call her to schedule it. You may reach Brenda at  
661-345-0515 (call or text).

**To sign up to play, please contact the Pro Shop at 661-821-5144**

If you have questions or want more information  
about our club, please contact:

Joy Webber (President) 661-300-1536  
Tammy Gore (Vice President) 661-916-5237

# Oak Tree Men's Golf Club



For Information Call President, Tony Velarde at (818) 974-1009 The Oak Tree Men's Golf Club holds their meetings  
on the Thursday before a tournament or the second Thursday of the month, if no tournament that month, at 7:30 am in  
the Mulligan Room

## OAK TREE MEN'S GOLF CLUB MEMBERSHIP APPLICATION

OUR 2026 DUES ARE NOW PAYABLE

IF PAID ON OR BEFORE 15 DECEMBER 2025, DUES ARE \$70

IF PAID AFTER 15 DECEMBER 2025, DUES ARE \$95

MAKE YOUR CHECK PAYABLE TO OTMGC

PLEASE FILL OUT THE APPLICATION, EVEN IF YOU ARE A RENEWAL, AND RETURN TO PRO SHOP

Membership Type: New \_\_\_\_\_ Renewal: \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

GHIN #: \_\_\_\_\_ Tract and Lot #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Preferred Phone Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Emergency Contact and Phone Number: \_\_\_\_\_

# The Whiting Center

The main activity center for the valley, the Whiting Center offers an indoor Jacuzzi, a basketball court, which also doubles as an inline hockey rink, and indoor pickleball in the winter), a game room, a fitness center, and different types of exercise classes are also available. Our classes are offered to Property Owners and their guests. Fees do still apply.



If you have a talent or skill you would like to share with the community, please give us a call. We are always looking for additional classes to offer. Please have your amenity card ready when you sign in at the Whiting Center. For more information call 821-6641. Come and work out at the fitness center!

Without a Property Owner and with a temporary amenity pass the fee for the Fitness Center is \$15 per day.

[Please see Staff for more information](#)



## WC FITNESS CLASSES

### EXERCISE WITH OUR INSTRUCTORS

\*WHITING CENTER GUEST FEES APPLY

- Sit & Fit/MwM Move W/ Margaret: Free Class
- HIIT W/ Caitlyn: 1st Class Free, \$45 for 10 Classes
- Simply Stretch W/ Tawney Hawke: 1st Class Free, \$45 for 10 Classes

#### Monday:

- 9:15-10:20 AM HIIT W/ Caitlyn  
10:30-11:15 AM Sit & Fit W/ Margaret

#### Tuesday:

- 10:30-11:15 AM Sit & Fit W/ Margaret

#### Wednesday:

- 9:15-10:20 AM HIIT W/ Caitlyn  
10:30-11:15 AM Sit & Fit W/ Margaret

#### Friday:

- 9:15-10:20 AM HIIT W/ Caitlyn  
10:30-11:15 AM Simply Stretch W/ Tawney

#### HIIT W/ CAITLYN: HIGH-INTENSITY INTERVAL TRAINING:

This one-hour class combines targeted strength training and cardio intervals to improve endurance, build muscle, and enhance overall fitness. Each workout is timed and fully adaptable, with modifications offered for every age and ability level.

Benefits: Full-body strength and conditioning | Improved cardio endurance | Safe, guided movements and form support

What you need to bring: A set of dumbbells and a yoga mat or large towel.

#### SIT & FIT/ MWM MOVE W/ MARGARET:

Senior Fitness & Mobility

This 45-minute class is designed to help older adults stay active, strong, and confident. Margaret guides participants through both seated and standing variations, ensuring everyone can move comfortably at their own pace. The class focuses on cardiovascular health, muscle strengthening, flexibility, and balance—all within a supportive, welcoming environment that encourages consistent movement and overall wellness.

What you need to bring: Comfortable clothing and supportive footwear.

#### SIMPLY STRETCH W/ TAWNEY HAWKE:

This gentle stretching class is designed to help you move with greater ease, improve flexibility, and release built-up tension throughout the body. Tawney blends Yin Yoga and Restorative Yoga techniques, guiding participants through slow, supported stretches that encourage relaxation, mobility, and a sense of overall well-being.

## Winter/Spring 2026 Calendar

Tawney Hawke / Beautiful Journey / (916) 764-1712

**DANCER'S WORKOUT / CHOREOGRAPHY...** A workout done by dancers that focuses on all muscle groups. Isometric conditioning, low-impact movements with high reps create a toned body. This workout engages deep muscles normally not targeted. Both Barre and floor work exercises will challenge anyone looking to sculpt the body, along with fun choreography to help find 'the dancer' inside—no ballet or dance experience needed  
**Monday 3:00 PM... Equestrian Center**

**SIMPLY STRETCH...** This class focuses on gentle stretches & relaxation techniques. Designed to improve mobility, increase flexibility, while decreasing overall body tension. Incorporates Yin Yoga, Restorative Yoga & Self-Active Release Techniques  
**Mondays 4:00 PM... Equestrian Center    Fridays 10:30 AM... Whiting Center**

**TAI CHI WELLNESS...** Known as a soft martial Art which embodies Chinese Philosophical concepts of Qi, & Yin Yang. Promotes health & cultivates vital Energy through tranquil movements. Helps to achieve greater alignment of the physical, subtle, & spiritual body. Styles may include Shaolin, QiGong, Yijinjing & more. Additional balance work incorporated  
**Tuesday 8:30 AM... Equestrian Center**

**PILATES...** This class combines mindful movement involving the whole body, with flexibility & core support. It is designed to create long lean muscles by strengthening & improving muscle tone, giving greater stability, while building endurance, & restoring the body's balance. Generally practiced on the mat, with rotating series & 'challenges'  
**Tuesday 9:30 AM & Saturday 9:30AM ... Equestrian Center**

**YOGA WELLNESS...** uniting breath with movement, designed to enhance vitality and one's mental, emotional, physiological, and spiritual sense of well-being, Yoga helps gain improved flexibility, balance, strength, & posture. This wellness hour includes various Yoga styles, meditation, & breath work  
**Thursday 8:30 AM... Equestrian Center**

**SIMPLY CARDIO / PRIMAL MOVEMENT...** Simply Cardio focuses on targeting your heartrate at varying intervals. Interchanging class styles are designed to build stamina while burning Fat. Primal movement is designed to challenge your coordination, strength, & awareness with integrated movements that connect your body through your core. Come restore your natural abilities with natural movement you've only forgotten, or simply not used regularly  
**Thursday 9:30 AM... Equestrian Center**

**TAI CHI & YOGA WELLNESS COMBO...** **Saturday 8:30AM ... Equestrian Center**

*Classes are \$5/Drop-in or \$45/10...all classes are interchangeable*

Please bring mats to all classes. Props are always encouraged. All levels welcome. It is my intention to include all and teach with patience while pushing you to be your best. Growth and change are achievable! Taking the first step to try is the first step to improvement

# Shooting Range

All members and guests who plan to use the Range will need to register on the Whiting Center's online portal, RecDesk - [bvsa.recdesk.com](http://bvsa.recdesk.com) if they have not previously done so in 2025. The Whiting Center staff will verify membership status and guest sponsorship. Once approved, the member and/or guest will complete liability forms, a safety test, and initial agreement to the updated Standard Operating Procedures that have been approved for use of the range through RecDesk. The Range will be staffed based on a minimum of 5 and maximum of 10 members/guests at a time. The Range is only open and staffed with a minimum of 5 shooters reserved. The Range will be open based on information from the Fire Department. It will close or be unavailable on "red flag days" or when high winds and dry conditions are expected. This means that the range may seasonally close or be sporadic in the summer and/or fall.

## Lake Quality Committee

Want sustainable lake water quality? Join the LQAC Lake Quality Advisory Committee  
For additional information, please email [bvlqac@gmail.com](mailto:bvlqac@gmail.com)

### Please take the 2026 Lake Use Survey

2026 Lake use survey  
QR Code



**BVSA 4-Island Lake Dashboard**

Collection Date	11/29/2025	12/26/2025
Water Temperature	45°	39°
Visibility/Clarity	12 inches	12 inches
Dissolved Oxygen (DO) Important for fishing >5	11.25 mg/l	Unable to read due to equipment error
E Coli Indicator bacteria for sewage leaks	Below allowable limit last sampled 7-17-2025	Below allowable limit last sampled 7-17-2025
Cyanobacteria Indicator for harmful algal blooms	Caution advisory tier Due to visual indicators	Caution advisory tier Due to visual indicators

Lake measurements are taken every 2 weeks during April through September. E.coli and Cyanobacteria are tested as necessary based on water appearance and previous test results. BVSA provides these data for your convenience but please determine your own personal risks/conditions and the fact that this is an unsupervised area and natural water body. During the summer, this information can fluctuate rapidly based on water temperature and usage.

**CAUTION**

**Harmful algae may be present in this water.  
For your family's safety:**

You can swim in this water, but **stay away from algae and scum** in the water.

**Keep children away** from algae in the water or on the shore.

For fish caught here, **throw away guts and clean fillets** with tap water or bottled water before cooking.

**Do not** let pets and other animals go into or drink the water, or eat scum on the shore.

**Do not** drink this water or use it for cooking.

**Do not** eat shellfish from this water.

Call your doctor or veterinarian if you or your pet get sick after going in the water. For information on harmful algae, go to [mywaterquality.ca.gov/monitoring\\_council/cyanohab\\_network](http://mywaterquality.ca.gov/monitoring_council/cyanohab_network) For local information, contact:

# Senior Softball

Anyone that can't catch, pitch, throw, or bat will fit right in. This is not competitive in any way. You or your spouse must be 50 years old or older and want to have fun, meet new people, and get some exercise at the same time. Come on out. Everyone is welcome. MEET US AT THE BALL PARK AND HAVE SOME FUN!  
3:00 PM on Tuesday and Thursday.

For information contact Matt Bryant 805-823-3758 Bvsretired4@gmail.com

## BVS RC Model Club

**Flying or Driving Hours: Daily 7:00 AM-Dusk**

BVS RC Model Club is a club here in Bear Valley and flies and drives at the Ron Samuels Model Field located next to Jack's Hole which is west of the CSD trash area. We meet regularly on Wednesday and Saturday mornings. We would like to invite anyone interested in RC Model Aviation or Model Cars to come join us. While we encourage everyone to join the BVSA RC Model Club, it is not necessary in order to fly or drive at the field. For more information, please contact Mitch McDiffett at 661 378-5596.

## CUB SCOUT TROOP 135

Cub Scouting is a home and neighborhood centered program designed to support family life for boys in first through fifth grades. Each Cub Scout learns to respect his home, country, God and others. Scouting does this through service projects, group activities, sports, crafts, games, and outdoor activities. Please join us for an exciting and fun filled year of scouting.



For additional information please contact Cubmaster Jon Read at 909-268-3297.



## BOY SCOUT TROOP 135

**Calling All Boys Age 11 to 18!!!!**

Come see all the adventures that the Boy Scouts have to offer. Tehachapi Boy Scout Troop 135 (2008 Super Troop for the Southern Sierra Council) meets on Monday nights at 7 p.m. at the Bear Valley Springs Church. You can obtain further information by calling the Scoutmaster, Kirk Newman @ 821-7011. **Don't miss out on all the excitement this Troop has to offer.**

## Bear Valley Nature Path



Enjoy walking and cycling on the 1.25-mile trail surrounded by nature.

The entrance is at Beaubien Field with parking available.

# Cub Lake Dog Park



We are thankful to have this wonderful amenity. Please pick up after your pets while using the trails. If you have any questions about Dog Park, please call the BVS Association office at 821-5537 ext. 222



The BVS Emergency Radio Team members (amateur radio emergency communications net) meet on the last Saturday of every month at the Mulligan Room for breakfast (08:00) for discussions affecting Bear Valley and nearby community ham operators who are involved with this volunteer communications service.

**Mondays at 9AM.**

**ACBL sanctioned duplicate bridge games in a friendly environment.**

**Contacts: Tom Papac at 821-1334,**

**Bear Valley Police Department**  
"Volunteers In Police Service"

We are currently accepting applications for community minded individuals interested in providing service to the residents of Bear Valley Springs.

**Bear Valley Police**  
**V.I.P.S.**  
Volunteers in Police Service

**GET INVOLVED:**

- Vacation House Patrol Checks
- Traffic Control
- Patrol Community Events
- Work the Front Counter
- Assist with the "Challenge the Bear" cycling event

For Information and Application:  
Contact Capt. Jay Carlyn  
702-591-6893



## Alcoholics Anonymous

Anonymous Alcoholics Meetings are held at Bear Valley Community Church, Rm. B

Monday, 5:30pm (Literature) - Tuesday, 5:30pm (Men's Stag)  
Tuesday 4:00 PM, (Women's group), Thursday, 5:30pm (Participation)  
For More Information, please call: 661-202-8553



**MEMBERS MAY NOW CONTACT  
BVS RANGERS DIRECTLY**

**CALL OR TEXT  
661-732-0100**

Rangers primarily respond to amenity rule violations.

Have a plan and be prepared. Get trained as a Kern County Fire Department CERT (Community Emergency Response Team) volunteer.

To register fill out the form for Class Interest:  
[https://docs.google.com/forms/d/e/1FAIpQLSeYC19JAANH-EHU\\_1cTS35t7nVW\\_nFKhPQIdf9GrbUZS07h\\_A/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeYC19JAANH-EHU_1cTS35t7nVW_nFKhPQIdf9GrbUZS07h_A/viewform)

Email form to: [tehachapicert@gmail.com](mailto:tehachapicert@gmail.com)

For more information contact David Shaw (661) 333-4156



**The Snake Guys**  
Preserving the BVS Ecosystem  
A Volunteer Service

Snake Relocation  
Small Wildlife Rescue  
Facebook: Bear Valley  
Springs Snake Guys

Ron Hayton 661-203-4468  
Chris Budge 661-972-4320  
Key Budge 661-972-4328

Text or Call

Debbie Swarens 805-405-6010  
Craig Swarens 661 821-0968

**The Snake Guys have a Facebook page.**



**SERVICES PROVIDED BY THE ASSOCIATION**

**7/1/25-6/30/26**

1. STANDARD COPIES (8 X 11): \$.50 FOR COLOR &  
\$.20 FOR BLACK AND WHITE PER PAGE &  
\$.20 FOR SCANNING PER PAGE
2. FAXES: \$1.00 PER PAGE
3. E- SIZE CONSTRUCTION DRAWINGS (BLUEPRINTS):  
\$7.50 PER PAGE
4. E-SIZE CONSTRUCTION DRAWINGS (PDF):  
\$2.00 PER PAGE
5. NOTARY SERVICES: \$15.00 PER SIGNATURE  
APPOINTMENT REQUIRED