

The e-Buzz – A weekly Email Publication



Wednesday, March 11, 2026

Association Announcements:

Please contact Anita Bauer, the Executive Administrative Assistant, at 661-821-5537, ext. 231, or by email at 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 8th of each month)
- Committee agendas and minutes
- BVSA Website information (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, March 17, 2026

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, March 23rd, 2026- 1:00pm

BVSA Committee Meetings

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

BVSA 2025 Survey Results can be found on our website at 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

THE OAK TREE COUNTRY CLUB



March Specials

WEDNESDAYS

Double Bone-In Prime Porkchop 32
Served with sugar-cured carrots, crispy
fingerling potatoes, & apple mostarda.

THURSDAYS

Half Brick Chicken 25
Served with farrotto, grilled asparagus,
& a citrus chicken demi.

FRIDAYS

Crispy Striped Bass Filet 28
Served with spring vegetable succotash & an
olive tapenade.

SATURDAYS

Baseball-Cut Top Sirloin 31
Served with potato au gratin, grilled broccolini,
& a red wine demi sauce.

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
Bechamel, spinach, Ricotta, Parmesan, pine
nuts, & pesto.

+ DAILY SPECIALS!



THE MULLIGAN ROOM'S SPECIALS & SOUPS

MARCH

2026

| sun | mon | tue | wed | thu | fri | sat |
|---|--|--|--|---|---|---|
| 1 Beef Stroganoff French Onion Soup | 2 Fried Chicken Roasted Red Pepper Soup | 3 Chile Colorado Chicken Tortilla Soup | 4 Beef Lasagna Minestrone | 5 Prime Rib Beef & Barley Soup | 6 Fish & Chips Clam Chowder | 7 Salisbury Steak Hearty Bean Soup |
| 8 Bacon Wrapped Meatloaf Broccoli Cheddar Soup | 9 Orange Shrimp Coconut Curry Soup | 10 Shredded Beef Flautas Chicken Tortilla Soup | 11 Bolognese Tuscan Soup | 12 Prime Rib Loaded Potato Soup | 13 Shrimp Fried Rice Clam Chowder | 14 Fried Chicken Chili |
| 15 Pot Roast Mountain Medley Soup | 16 Ginger Porkchop Corn Chowder | 17 Corned Beef & Cabbage Potato & Leek Soup | 18 Chicken Alfredo Creamy Tomato Soup | 19 Prime Rib Spanish Black Bean | 20 Tempura Shrimp & Sweet Chili Clam Chowder | 21 Chicken Marsala Roasted Red Pepper Soup |
| 22 Chicken Pot Pie Minestrone Soup | 23 Swedish Meatballs Lasagna Soup | 24 Carnitas Chicken Tortilla Soup | 25 Chicken Cordon Bleu Italian Wedding Soup | 26 Prime Rib White Chicken Chili | 27 Stir-Fry Shrimp Clam Chowder | 28 Shepherd's Pie Basque Soup |
| 29 Spaghetti & Meatballs Broccoli Cheddar Soup | 30 Butter Chicken Coconut Curry Soup | 31 Pork Schnitzel Beef & Barley Soup | 1 | 2 | 3 | 4 |

Clubs and Special Interest Groups

BVS Astronomy Club

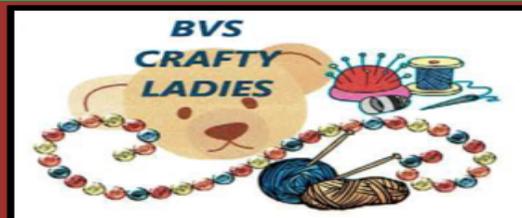
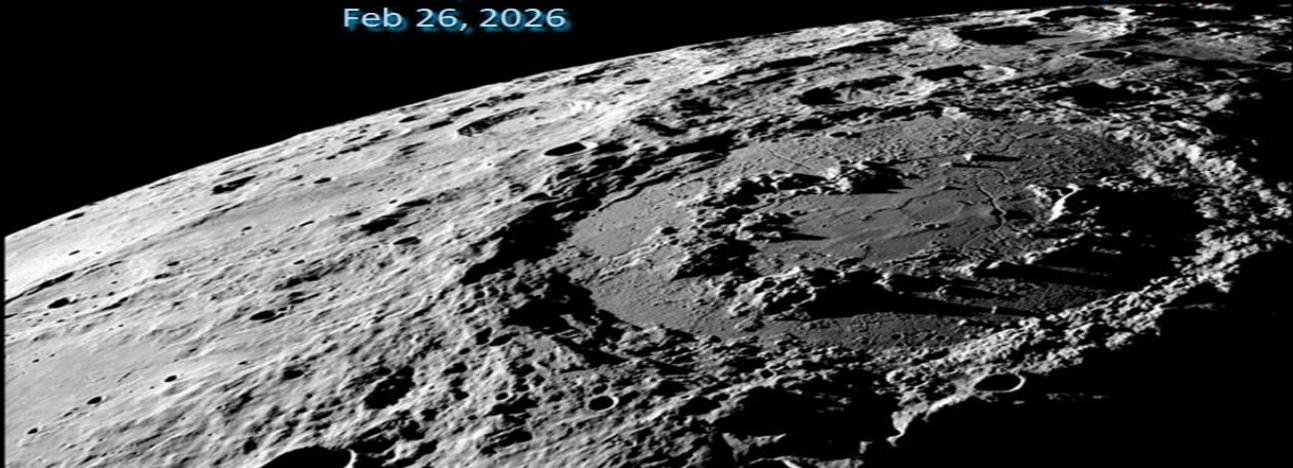


The Astronomy Club holds monthly telescope viewing nights for the BVS community. Weather permitting, we set up telescopes in the Cub Lake Basketball Court on the Saturday nearest the first quarter Moon. Everyone is invited to stop by for a look at the Moon and other interesting objects that happen to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



Upcoming BVS Cultural Arts Association Events

March 21, 3:00 pm @Equestrian Center: Master Class

Culinary Arts - The art and science of artisan bread baking

Trailer - [MasterClass - Bread baking by Apollonia Poilâne](#)

Our esteemed **Leslie Herron** will be our guest speaker and hands-on scientist, demonstrating the intricate steps of artisan bread making. She will share her secrets and demonstrate methods of a more user-friendly, simplified process of artisan bread making.

April 11, 3:00 pm @Equestrian Center: Master Class

Sommelier's Snob-Free Guide to Wine

Trailer - [MasterClass - with Emily Wine](#)

This session debunks wine misconceptions and dispels snobbery, empowering attendees to acquire the skills of wine selection, pairing, and pouring.

Our guest speaker, **Joshua Orrantia**, holds the WSET Level 1 Award in Wines and has a strong appreciation for Old World varietals, particularly from Tuscany. He has worked with Dorner Family Vineyard in Tehachapi, writing tasting notes and varietal descriptions to help guests better understand and enjoy the wines being served. His approach to wine is simple; it is focused on education without intimidation.

Cost per class: Members \$10; guests \$20 to cover course materials

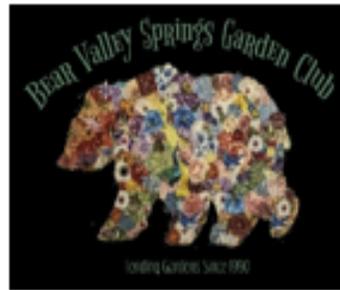
MasterClass event's contact: Ildi Szegedi at i.g.szegedi@icloud.com

Membership: Annual single membership is \$20; Family membership \$35. Membership is effective for one calendar year from time of purchase.

For more information about events, membership, volunteering or to donate, please visit BVSCAA.org

Mission Statement: We are dedicated to enriching the cultural life of Bear Valley Springs and the greater Tehachapi area. Supporting and promoting public awareness, interest, and knowledge of the visual, culinary, performance arts, and other creative endeavors. The BVS Cultural Arts Association is a 501 (c)(3) non-profit organization. Tax ID # 77-0005094.

| BVS Garden Club – Come Grow with Us



The **BVS Garden Club 2026** Season has begun! We meet the 3rd Friday of every month. Mark your calendars. Light snacks provided.

Next Upcoming Meeting:

When: March 20th, 2026 from 2:00 -3:30 p.m.

Where: BVS Equestrian Center Lounge

Guest Speaker: Lyn Bennett **Topic:** Companion Planting

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

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



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 Happy Trails.

2026 Save the Dates

BVS Buckaroos

| | | |
|--|--|---|
|  <p>Gymkhana Play Days</p> <p>June 20th July 18th August 15th September 19th October 10th</p> <p>8am start time</p> |  <p>Round Robin Sorting</p> <p>May 10th June 14th July 12th August 9th September 13th October 11th</p> <p>9am start time</p> |  <p>AMA Mule Show</p> <p>July 30th - August 1st</p>  <p>WRHA Horse Show</p> <p>August 2nd</p> <p>Details to follow</p> |
|--|--|---|

Upcoming event details are shared on our
FB Page: Bear Valley Buckaroos and/or email us BVS Buckaroos@gmail.com

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!

A collage of five images showing various equestrian activities: a rider on a horse in a corral, a rider on a horse in an arena, a rider on a horse in an arena, a rider on a horse in an arena, and a rider on a horse in an arena.

2026 Save the Dates

BVS Buckaroos



Gymkhana Play Days

June 13th
July 18th
August 15th
September 19th
October 10th

8am to 3pm



Round Robin Sorting

May 10th
June 14th
July 12th
August 9th
September 13th
October 11th

9am start time



AMA Mule Show

July 30th - August 1st



WRHA Horse Show

August 2nd

Details to Follow

For more details will follow. You can contact the BVS Buckaroos at BVSbuckaroos@gmail.com and follow our FB Page at Bear Valley Buckaroos



BVS Dressage Club

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
Equestrian Center Boarder's Application



Saturday May 2nd 2026

There are only two places to be on this day

**Churchill Downs, Louisville, Kentucky or
23990 Jacaranda Drive, Bear Valley Springs**

Be there or B2

**Sportsman's Club's
Day at the Races for the
Kentucky Derby**

This will be an informal and enjoyable gathering to eat and drink before watching the Kentucky Derby from our Exclusive Sportsman's Club Members' Grandstand offering the best view of the racing.

The festivities start at Noon.

There will be drinks from the Club's secret store of refreshing beverages, served on the Lawn of the Members' Club.

Please bring a dish for the Potluck.

Members will have the opportunity to "buy" one of the runners in the Race and "Prize"

\$0 for Sportman's Club members and \$10 for Guests of Sportman's Club members (Sportman's Club non-members)



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

2026 Events Program – Version 4 (Draft)

| Date | Event | Location | Contact/Organizer |
|----------------------------------|--|----------------------------|--------------------------|
| Sun., February 8 th | Super Bowl Party | Mark & Bambie's House | Mark Poindexter |
| Sun., April 26 th | Gaslight Melodrama Theatre | Gaslight Melodrama Theatre | Mark Poindexter |
| Sat., May 2 nd | Day at the Races | Howard's House | Howard Krawitz |
| Sat., May 30 th | Chili Cook-Off | Cub Lake | Joe & Sharon Cole |
| Sat., June 27 th | Golf Tournament | OTGC | Mark Poindexter |
| Sat., August 15 th | BBQ | Cub Lake | TBD |
| Sat., September 19 th | BBQ | Cub Lake | TBD |
| Sat., October 24 th | Cocktail Party | TBD | TBD |
| Fri., December 4 th | Toys for Tehachapi Tots (Cocktail Party) | TBD | TBD |

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, American Charter Lines 855

259-3670, Bakersfield Charter Bus Rentals, 661-520-0740)



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, 3rd Thursday of the month.



BEAR VALLEY SPRINGS VETERANS ASSOCIATION

Contact: Ray Michalski, Commander, 661-902-1506 99gargoyle99@gmail.com, Jed Hannan, Membership 818-414-2430 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. Your email is kept confidential.

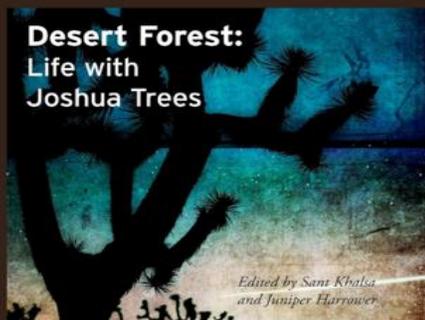
The BVS Wildlife Coalition

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) with important information regarding Wildlife in BVS, who to contact for incidents and keeping you informed of our upcoming programs. We meet on 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

Joshua Trees

Desert Forest: Life with Joshua Trees
Guest Speaker: Sant Khalsa

"The Joshua tree stands, not merely as a subject, but as a symbol... It embodies the intersection of beauty and resilience, serving as a muse, emblem, and focal point for a deeper exploration of our relationship with the Earth and our shared responsibility to protect it." - Andi Campognone



Wednesday, March 11

6 PM

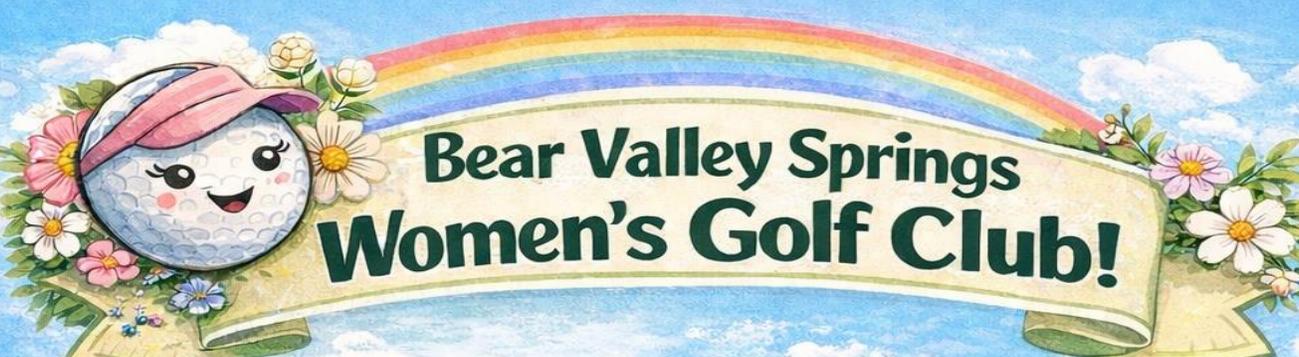
Oak Tree Country Club



www.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!

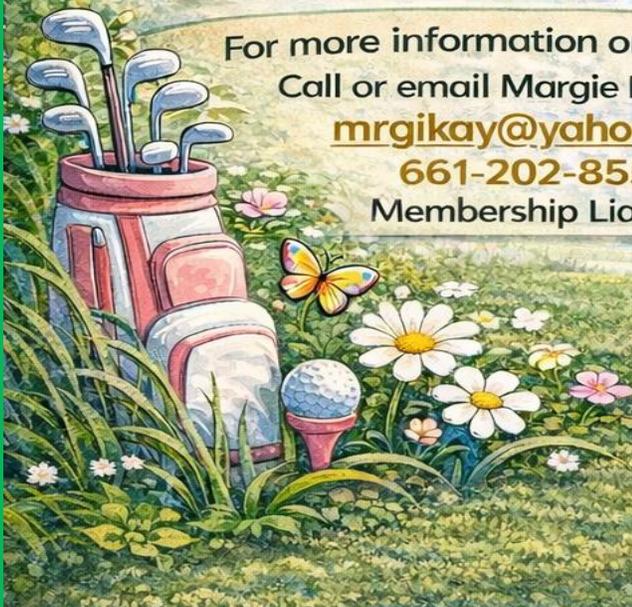
For more information or questions:

Call or email Margie Keene at

mrgikay@yahoo.com

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 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

2026 Lake use survey
QR Code



BVSA 4-Island Lake Dashboard

| Collection Date | 1/29/2026 | 3/10/2026 |
|---|---|---|
| Water Temperature | 45° | 54° |
| Visibility/Clarity | 30 inches | 42 inches |
| Dissolved Oxygen (DO) <small>Important for fishing >5</small> | Unable to read due to equipment error | 5.78 mg/l |
| E Coli <small>Indicator bacteria for sewage leaks</small> | Below allowable limit last sampled 7-17-2025 | Below allowable limit last sampled 7-17-2025 |
| Cyanobacteria <small>Indicator for harmful algal blooms</small> | No advisory tier | No advisory tier |

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.



Please take the 2026 Lake Use Survey

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

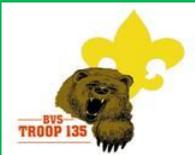
BVS RC Model Club is a club here in Bear Valley and flies and drives at the Ron Samuels Model Field located next to Jack's Hole which is west of the CSD trash area. We meet regularly on Wednesday and Saturday mornings. We would like to invite anyone interested in RC Model Aviation or Model Cars to come 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

Email form to: 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

Text or Call
Ron Hayton 661-203-4468
Chris Budge 661-972-4320
Key Budge 661-972-4328
Debbie Swarens 805-405-6010
Craig Swarens 661 821-0968

The Snake Guys have a Facebook page.

<https://www.facebook.com/Bear-Valley-Springs-Snake-Guys-633987083437216/>



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