

# The e-Buzz – A weekly Email Publication



**Tuesday, March 17, 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, March 17, 2026 – 6:00pm at OTCC**  
**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 23<sup>rd</sup>, 2026- 1:00pm**

## BVSA Committee Meetings

Equestrian Advisory Committee	Monday, April 6 <sup>th</sup>	9:00 AM	EC
Golf Advisory Committee	Tuesday, May 5 <sup>th</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 18 <sup>th</sup>	1:00 PM	BVSA
BVSA/CSD Liaison Committee	Thursday, April 2 <sup>nd</sup>	10:00 AM	CSD



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

Join us for



APRIL 5TH, 2026  
10:00 AM - 4:00 PM

at  
**THE OAK TREE COUNTRY  
CLUB**

\$50 per Adult  
\$18 per Child  
Kids 5 & under are free

Call (661) 821-5521



## Easter Buffet Menu

### Mains

OMELET STATION  
HAM & GRUYERE QUICHE  
QUICHE FLORENTINE  
HONEY-GLAZED HAM  
HERB CRUSTED PRIME RIB  
LEMON BUTTER SALMON  
CHICKEN PICCATA  
SHRIMP & GRITS

### Accompaniments

SALAD BAR  
BUTTERMILK BISCUITS WITH  
WHIPPED HONEY BUTTER & STRAWBERRIES  
ASSORTED FRUIT PLATTER  
DEVILED EGG STATION  
SOFT SCRAMBLED EGGS  
ROSEMARY BREAKFAST POTATOES  
APPLEWOOD SMOKED BACON  
COUNTRY SAUSAGE  
MAPLE GLAZED CARROTS

ASSORTED PASTRIES & DESSERTS,  
COMPLIMENTARY SODA, COFFEE, & JUICE

CALL (661) 821-5521

# Clubs and Special Interest Groups

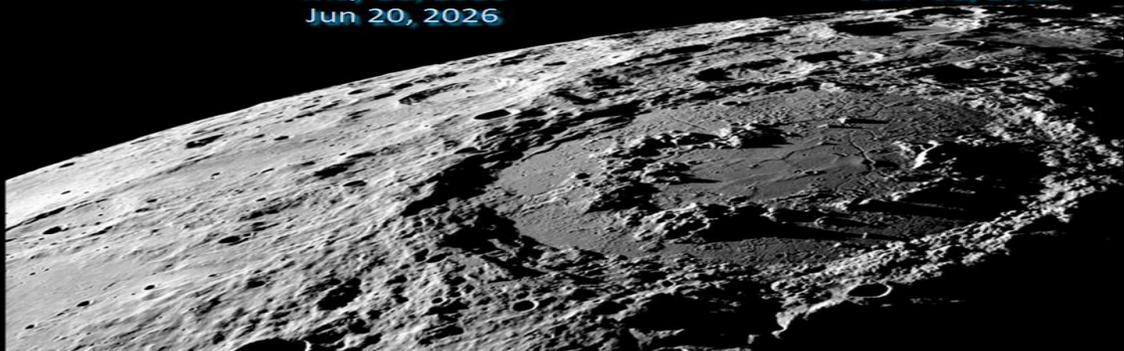
## BVS Astronomy Club

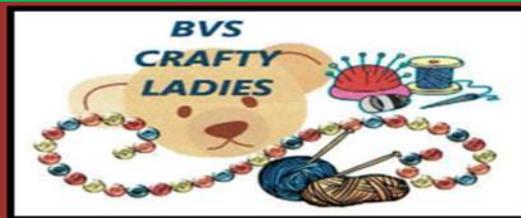
The Astronomy Club holds monthly telescope viewing nights for the BVS community. Weather permitting, we set up telescopes in the Cub Lake Basketball Court on the Saturday nearest the first quarter Moon. Everyone is invited to stop by for a look at the Moon and other interesting objects that happen to 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: Mar 21, 2026  
Apr 25, 2026  
May 23, 2026  
Jun 20, 2026

Club Meetings: Apr 01, 2026  
May 06, 2026  
Jun 03, 2026





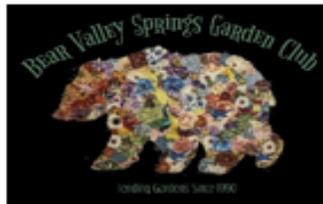
Every Tuesday 1-3 pm at the Equestrian Center Lounge, on the third Tuesday of the month we meet 11:30 am at Mulligan Room for lunch, then head to EQ Lounge!

Who: Any age welcome!

Why: Time to visit together, meet new friends, reacquaint 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)

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



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

### *Next Upcoming Meeting:*

**When:** March 20<sup>th</sup>, 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: [BVSGARDENCLUB](https://www.facebook.com/BVSGARDENCLUB)

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/>



Jeri and Dave are 2 participants in the tennis club's season opening doubles tournament



## **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.

## 2026 Save the Dates

# BVS Buckaroos

<p><b>Gymkhana Play Days</b> 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</p>	<p><b>Round Robin Sorting</b> 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</p>	<p><b>AMA Mule Show</b> July 30<sup>th</sup> - August 1<sup>st</sup></p> <p><b>WRHA Horse Show</b> August 2<sup>nd</sup> Details to follow</p>
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Upcoming event details are shared on our  
FB Page: Bear Valley Buckaroos and/or email us [BVS Buckaroos@gmail.com](mailto: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 four images showing equestrian activities: a rider on a bucking horse, a rider sorting cattle, a mule show, and a rider on a bucking horse.

2026 Save the Dates

# BVS Buckaroos



## Gymkhana Play Days

June 13<sup>th</sup>  
July 18<sup>th</sup>  
August 15<sup>th</sup>  
September 19<sup>th</sup>  
October 10<sup>th</sup>

8am to 3pm



## 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

For more details will follow. You can contact the BVS Buckaroos at [BVSbuckaroos@gmail.com](mailto: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](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.



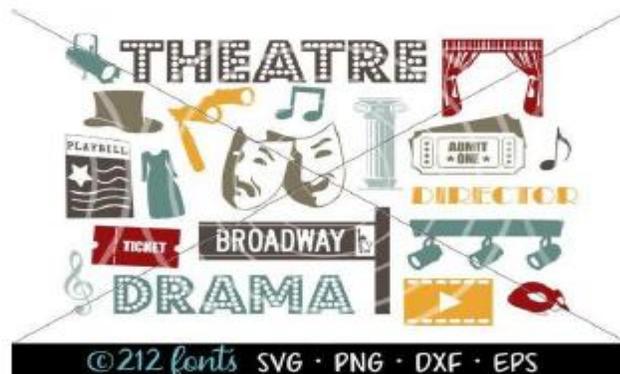
Bear Valley Springs Sportsman's Club  
P.O. Box 2454, Tehachapi, CA 93581

## Gaslight Melodrama Theatre & Dinner at Hungry Hunter

12748 Jomani Drive, Bakersfield & 3580 Rosedale Highway, Bakersfield

Sunday, April 26<sup>th</sup>

Doors Open at 1:15pm, Showtime at 2:00pm & Dinner at 4:45pm



Sportman's members who would like to join this event should contact Mark Poindexter at 805 320-9444 with any questions or mail a check in the amount of \$20 for Sportman's Club members and \$27 for Guests of Sportman's Club members (Sportman's Club non-members) of to the post office box above by March 22nd. This covers the admittance to the Theatre.

Drinks and food at the theatre and restaurant are not hosted.

**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)**

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



**18+ ADULTS ONLY**

# BINGO TIME!

*Play BINGO, Have Fun & WIN! Bring your friends!*

- Win cash prizes every game — payouts grow with the number of players.
- Win by giving back — all proceeds support Veteran activities.
- More players = bigger prizes. It's simple: "The more who play, the more we pay."
- Snacks and water available for donation.

*Packets are \$15 for 15 game sheets, with 6 games per sheet. Pull tabs will be available, and we'll also have a 50/50 drawing. All players receive free door-prize tickets.*

\*Any non-residents will pay the Whiting Center \$5 entry guest fee

**9 SATURDAY, APRIL 4<sup>TH</sup>, 2026**

**58 DOORS OPEN AT 12:30 PM | GAMES BEGIN AT 1 PM**

**44 BVSA RELEASE OF LIABILITY REQUIRED BEFORE PLAYING**

Presented By: Bear Valley Springs Veterans Association & Auxiliary



QR Code for the BVSVA Facebook

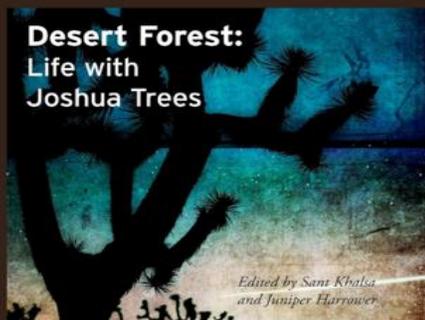
# The BVS Wildlife Coalition

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 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](mailto: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

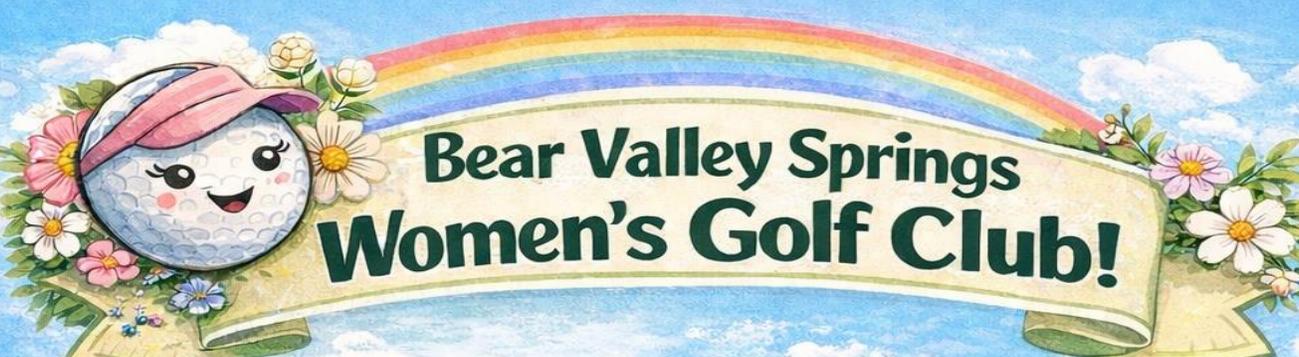
Oak Tree Country Club



[www.bvswildlifecoalition.org](http://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!

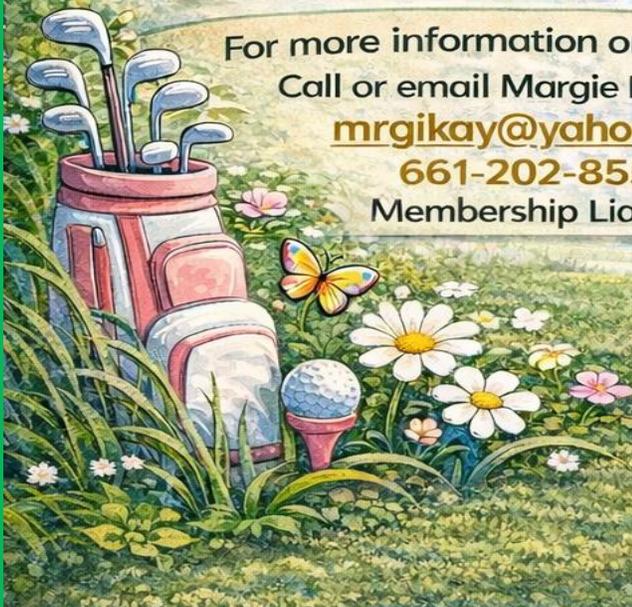
For more information or questions:

Call or email Margie Keene at

[mrgikay@yahoo.com](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.

# WHITING CENTER APRIL EVENTS

## SPORTS:

- **Soccer** - League play begins on April 10<sup>th</sup>
- **T- Ball 4-6 years/Rookie League 7-9 years**
  - Resident - \$85 March 2<sup>nd</sup> - April 27<sup>th</sup>
  - Non-Resident \$110 March 16<sup>th</sup> - April 27<sup>th</sup>
  - Late Fees March 27<sup>th</sup> - May 10<sup>th</sup> Add \$15
  - League Play begins June 14<sup>th</sup> -August 16<sup>th</sup>
  - No games 4<sup>th</sup> of July
- **Baseball Camp Registration**
  - **Resident-** April 13<sup>th</sup> - June 12<sup>th</sup> fee \$95
  - **Non-Resident** - April 27<sup>th</sup> - June 12<sup>th</sup> Fee \$120
  - **Late Fees** - June 5<sup>th</sup> - June 12<sup>th</sup>
    - Resident - \$110 Non-Resident \$150
  - **80 Spots -once filled registration is close**

## EVENTS:

- **Easter Week Events** - March 30<sup>th</sup> - April 4<sup>th</sup> See Flyers
- **Adult/Kids Crochet Class** begins on April 6<sup>th</sup>
- **Vets Bingo April 4<sup>th</sup>** - Doors open at 12:30 | Games at 1 pm
- **Houchin Blood Bank** - April 7<sup>th</sup> 12-6 pm
- **Family Skate-Sat. April 25<sup>th</sup>** 5:30-7:30, Western Theme

## TEHACHAPI MINIMUM DAYS: 2- 3:30 pm \* SUBJECT TO CHANGE

- April 15<sup>th</sup> - Craft Birdhouse- LQAC/Wildlife Coalition
- April 29<sup>th</sup> - Dodgeball



## 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

# GARAGE/RUMMAGE SALE

Saturday, May 30<sup>th</sup> 8 AM - 3 PM

OTCC Lower  
Parking lot

Fee \$25 | Registration: March 31<sup>st</sup> - May 27<sup>th</sup>

Register at [bvsa.recdesk.com](http://bvsa.recdesk.com)  
-Choose Spring Rummage or  
Spring Garage Sale Program  
\*\*Requested spots not guaranteed\*\*



Digital & Printed maps:  
Thursday, May 28<sup>th</sup> 2 pm  
at [googlemymaps.com](http://googlemymaps.com)

REMINDER: No Pornography,  
weapons, live animals or  
alcohol \*No items can be  
brought to the BVS transfer  
station afterwards

Questions call the  
Whiting Center  
661-821-6641



## 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)

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) Important for fishing >5	Unable to read due to equipment error	5.78 mg/l
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	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](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.**

<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**