

The e-Buzz – A weekly Email Publication



Friday, April 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 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, April 21, 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, April 27th, 2026- 1:00pm

BVSA Committee Meetings

Equestrian Advisory Committee	Monday, May 4 th	9:00 AM	EC
Golf Advisory Committee	Tuesday, May 5 th	8:30 AM	OTCC
Recreational Advisory Committee	Wednesday, June 3 rd	1:30 PM	OTCC
Rules Advisory Committee	Tuesday, June 2 nd	10:00 AM	BVSA
Lake Quality Advisory Committee	Monday, June 1 st	5:00 PM	WC
Finance Advisory Committee	Wednesday, May 20 th	1:00 PM	BVSA
BVSA/CSD Liaison Committee	Thursday, June 4 th	10:00 AM	CSD

THE OAK TREE COUNTRY CLUB

WEDNESDAYS

Airline Chicken Breast 25
Meyer lemon & thyme marinated, with garlic
fingerling potatoes, & grilled asparagus.

THURSDAYS

Moroccan Spiced Lamb T-Bones 35
With preserved Meyer lemon cous-cous,
Harissa roasted carrots, mint yogurt, & cilantro
salad.

FRIDAYS

Petrale Sole Meuniere 32
With brown butter, capers, whipped Yukon
potatoes, haricot verts, & a citrus salad.

SATURDAYS

Marinated Skirt Steak 35
With charred corn with lime butter, roasted red
potatoes, & an avocado relish.

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

Pasta Primavera 25
With orecchiette pasta, asparagus, peas,
zucchini, heirloom tomatoes, artichokes,
Boursin lemon cream, Grana Padano cheese, &
grilled baguette.

+ **DAILY SPECIALS!**

April Specials



The Oaks Restaurant

For Reservations Call
+1 (661) 821-5521



Open
Wednesday-Sunday
4pm-8pm

Curbside Pickup available
Wednesday-Sunday 4PM-8PM



LIVE
ENTERTAINMENT
APRIL
SATURDAYS

4/4
KARAOKE

4/11
4 OF A KIND

4/18
MGB

4/25
42 OUT

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



THE MULLIGAN ROOM'S SPECIALS & SOUPS			APRIL				2026
sun	mon	tue	wed	thu	fri	sat	
29	30	31	1 Fried Chicken Lemon Chicken Orzo	2 Prime Rib Albondigas	3 Fish & Chips Clam Chowder	4 Beef Lasagna Beef & Barley	
5 Bang Bang Shrimp Roasted Red Pepper	6 Bacon Wrapped Meatloaf Corn Chowder	7 Chile Colorado Chicken Tortilla	8 Chicken Cordon Bleu Chicken Noodle	9 Prime Rib Creamy Chicken Enchilada	10 Fish & Chips Clam Chowder	11 Chicken Pot Pie Dill Pickle	
12 Butter Chicken Tomato Bisque	13 Pot Roast Loaded Baked Potato	14 Beef Fajitas Chicken Tortilla	15 Chicken Pesto Lasagna Italian Wedding	16 Prime Rib Spanish Black Bean	17 Fish & Chips Clam Chowder	18 Shepherd's Pie Beef & Bean Chili	
19 Spaghetti & Meatballs Cream of Mushroom	20 Chicken Marsala Minestrone	21 Beef Stroganoff Chicken Tortilla	22 Spaghetti Bolognese French Onion	23 Prime Rib Lasagna	24 Fish & Chips Clam Chowder	25 Bang Bang Shrimp White Chicken Chili	
26 Salmon Piccata Broccoli Cheddar	28 Swedish Meatballs Coconut Curry	29 Shredded Beef Flautas Chicken Tortilla	30 Shrimp Fried Rice Zuppa Toscana	1	2	3	

Clubs and Special Interest Groups

Save the Date

We will be having our Horsemen's Sponsored Spring Trail and Roadside trash pickup on Saturday, May 16th.

Meet at the Equestrian Center at 9 o'clock. Bring gloves and picker uppers if you have them, we have some. Bags will be provided.

We will clean up our trails and roads for 2 1/2 to 3 hours and then gather at the Mulligan Room for Lunch.

We hope you can join us in keeping Bear Valley clean and beautiful.

Any questions please contact Kathy Underwood 805-895-4067 or Laurie Rude 559-259-3236

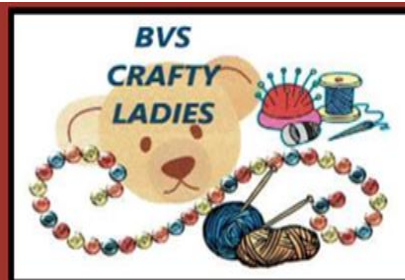
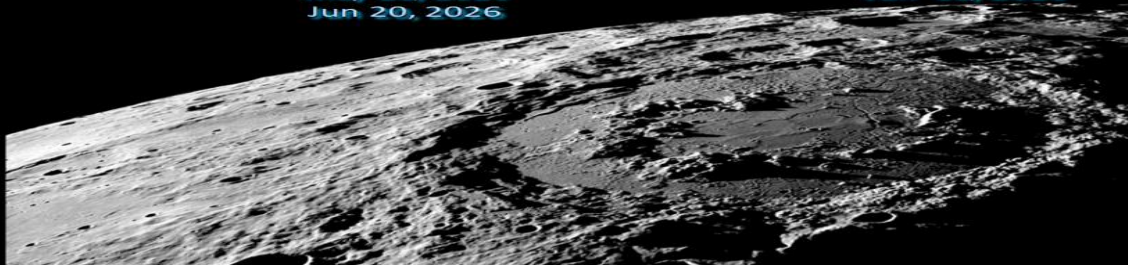
BVS Astronomy Club

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 rngoodwin@hotmail.com

BVS Garden Club is looking for donations for the Plant Sale taking place on May 16th.

If you have any plants, gently used garden items, etc. that you are able to donate, please contact us at bvsgardenclub@gmail.com to arrange for pick up or drop off.



PLANT SALE!

Bear Valley Springs Garden Club



Teaching Gardens Since 1990

Saturday, May 16th – 8 a.m. to 3 p.m.

**Where: In the CSD Parking Lot
(Corner of Cumberland & Lower Valley Road)**

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/>



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

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



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.

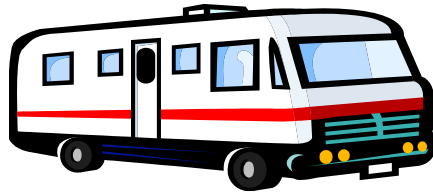
- BVS member in good standing
- Professional Horse Care
- Customized Boarding Packages

 **Phone Number**
661-821-3960

 **More Info:**
Boarding application available in the document library on www.bvsa.org
Equestrian Center Boarder's Application



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 3rd 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 – Version 5

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 20 th	Golf Tournament	OTGC	Mark Poindexter
Sat., August <u>22th</u>	BBQ	Cub Lake	TBD
Sat., September 26 th	BBQ	Cub Lake	TBD
Sat., October 24 th	Cocktail Party	TBD	<u>TBD</u>
Fri., December 4 th	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, American Charter Lines 855 259-3670, Bakersfield Charter Bus Rentals, 661-520-0740)

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)



BVS SPORTSMAN'S CLUB
ANNUAL CHILI COOK-OFF COMPETITION
SATURDAY, MAY 30th
AT CUB LAKE

CHECK IN AT 3 PM & TASTING AT 4 PM

WE NEED A MINIMUM OF 12 TO 15 ENTRIES

**SHOWCASE YOUR CULINARY SKILLS
& WALK AWAY WITH A PRIZE IF YOU WIN**

The rules are simple: Your chili must be made by you, so there are no packet sauces, etc., just honest natural ingredients. Chilies will be judged by all attending. Bring your Chilies, in an electric crockpot. (Don't forget the electric cord & serving spoon)

The event is **open to all residents** of Bear Valley. If more than one family member wants to enter a Chili, that is allowed.

If you are coming to taste the chilies or just join in the fun, bring an appetizer or trimmings to go with chili, such as chips, salsa, guacamole, grated cheese, salad, roast beef sandwiches, caviar, or dessert, etc., and bring your own chair and drinks.

The Sportsman's Club will provide tasting pots, spoons, bowls, plates and cups for drinks.

For more information or to sign-up, contact Joe Cole:

Text: 661 342-9210 or Email: nathan_cole@msn.com



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 Sportsman'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 Sportsman's Club? _____

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

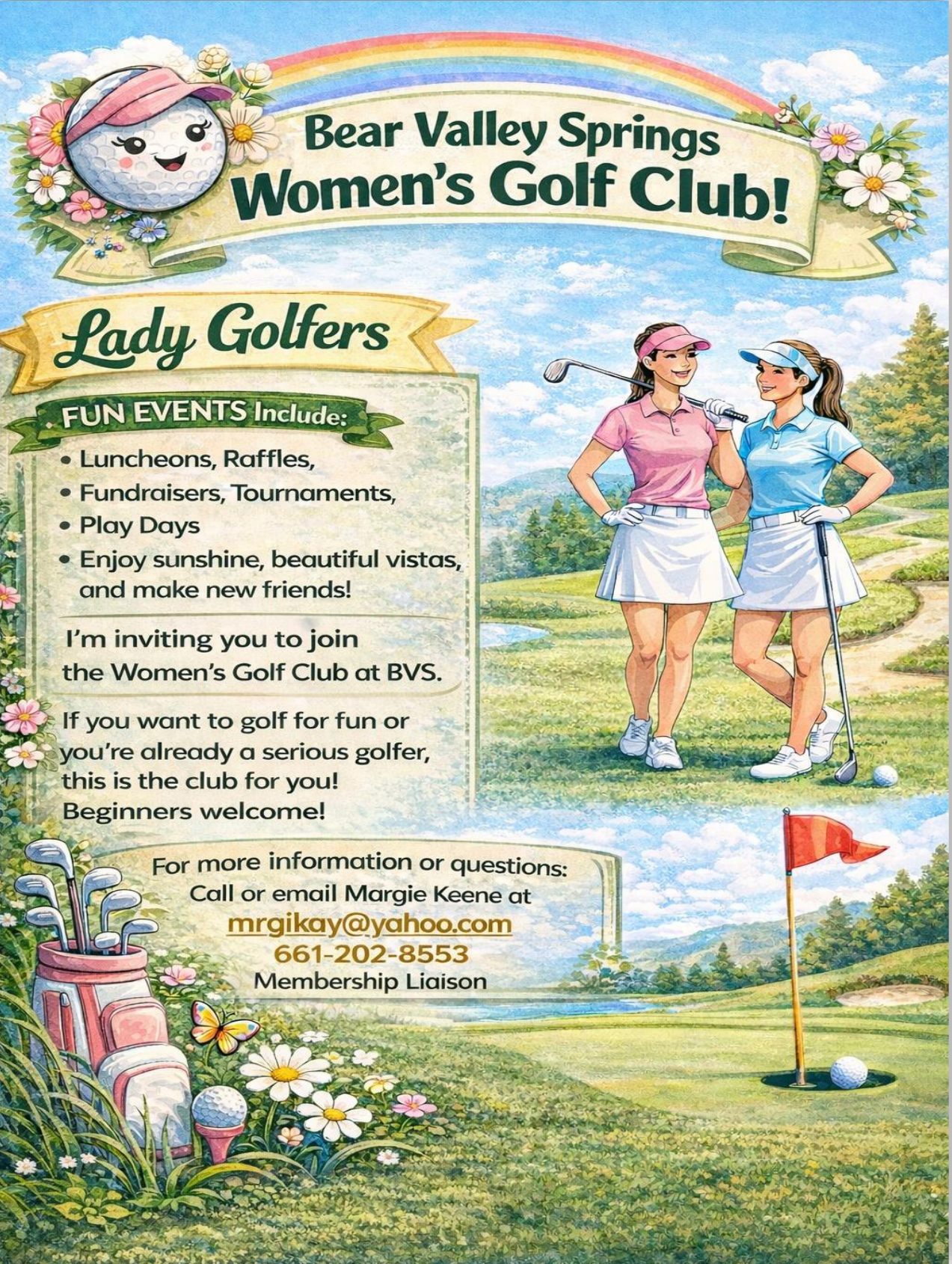


BEAR VALLEY SPRINGS VETERANS ASSOCIATION

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.



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!

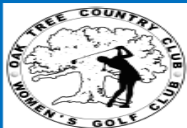
For more information or questions:
Call or email Margie Keene at mrgikay@yahoo.com
661-202-8553
Membership Liaison

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

Oak Tree Golf Course

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



**** 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 COUNTRY CLUB 2026 TOURNAMENT TOUR SCHEDULE

DATE	DAY	Format	EVENT
MAR 14th	Saturday	Shotgun	Oak Tree Men's Golf Club 2 Man BB
APR 11th	Saturday	Shotgun	Oak Tree Men's Golf Club – Par 3
***** APRIL 15th	Wednesday		GOLF COURSE WILL BE CLOSED FOR AERIFICATION *****
MAY 7 th & 8 th	Thur & Fri	9:30TX's	Oak Tree Women's Golf Club – Eclectic Tour.
MAY 9 th	Saturday	Shotgun	Oak Tree Men's Golf Club – 3 Clubs and 1 Putter
MAY 23 rd	Saturday	Shotgun	Oak Tree Women's Golf Club – Summer Kick Off
JUNE 6 th	Saturday	Shotgun	Oak Tree Men's Golf Club – President's Cup
JUNE 18 th & 19 th	Thur & Fri	9:30TX's	Oak Tree Women's Golf Club – President's Cup
JUNE 20 th	Saturday	Shotgun	Sportsman's Scramble
JUNE 26 th	Friday	Shotgun	Oak Tree Men's Golf Club – Tehachapi Police Found.
JULY 11 th	Saturday	Shotgun	Oak Tree Men's Golf Club – Red, White and Blue
JULY 16 th & 17 th	Thur & Fri	9:30TX's	Oak Tree Women's Golf Club – SR. Club Champ
AUG 5 th	Wednes	Shotgun	Oak Tree Women's Golf Club – Invitational
AUG 7 th & 8 th	Fri – Sat	Shotgun	Oak Tree Men's Golf Club – Member/Guest
AUG 29 th	Saturday	Shotgun	Oak Tree Women's Golf Club – 9 Wine & Dine
SEPT 3 rd , 4 th & 11 th	Thurs, Fri	9:30 TX's	Oak Tree Women's Golf Club – Club Champ.
SEPT 12 th & 13 th	Sat - Sun	8amTX's	Oak Tree Men's Golf Club – Club Championship
***** SEPT 16th	Wednesday		GOLF COURSE WILL BE CLOSED FOR AERIFICATION *****
SEPT	Saturday	Shotgun	Sportsman's Scramble
OCT 3 rd	Saturday	Shotgun	Oak Tree Women's - Tehachapi Cancer Fundraiser
OCT 10 th	Saturday	Shotgun	Oak Tree Men's Golf Club – 2 Man BB/9 ALT/9
NOV 14th	Saturday	Shotgun	Oak Tree Men's Golf Club – Veterans Tourn.



* Oak Tree Men's League starts Tuesday, June 7th and will run for the following 14 weeks.
 ***Oak Tree Men's Golf Club holds tournaments every 2nd Saturday of the month – weather permitting.
 ****ALL DATES AND TIMES ARE SUBJECT TO CHANGE****



2026 Oak Tree Women's Golf Club President: Joy Webber
 2026 Oak Tree Men's Club President: Tony Velarde
 PGA Head Professional: Duane Gore
 PGA Assistant Professional: Yeager Jarrett

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

EVENTS:

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

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

- April 15th - Craft Birdhouse- LQAC/Wildlife Coalition
- April 29th - 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 30th 8 AM - 3 PM

OTCC Lower
Parking lot

Fee \$25 | Registration: March 31st - May 27th

Register at bvsa.recdesk.com

-Choose Spring Rummage or
Spring Garage Sale Program

Requested spots not guaranteed



Digital & Printed maps:
Thursday, May 28th 2 pm
at 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 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

BVSA 4-Island Lake Dashboard

Collection Date	4/1/2026	4/15/2026
Water Temperature	62.5°	59.23°
Visibility/Clarity	18 inches	18 inches
Dissolved Oxygen (DO) Important for fishing >5	4.54 mg/l	5.81 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.



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.



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.

	<p>The Snake Guys Preserving the BVS Ecosystem A Volunteer Service</p> <p>Snake Relocation Small Wildlife Rescue Facebook: Bear Valley Springs Snake Guys</p>
<p>Text or Call</p>	
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/>

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



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