

# The e-Buzz – A weekly Email Publication



## Wednesday April 29, 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

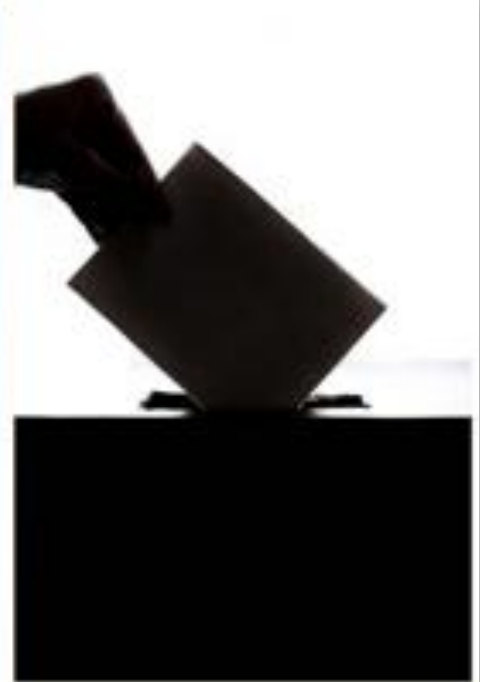
A special thank you to all who share their pictures for e-Buzz and Bear Tracks.

# UPCOMING MEETINGS

**Regular Board of Directors Meeting – Tuesday, May 19, 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 – Tuesday, May 26<sup>th</sup>, 2026- 1:00pm**

### BVSA Committee Meetings

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



BEAR VALLEY SPRINGS  
ASSOCIATION 2026 ELECTION

# Meet the Candidates Night

*20 May | 6:00 pm - 8:00 pm | Oak  
Tree Country Club*

*Submit questions at:  
[candidatequestions@bvsa.org](mailto:candidatequestions@bvsa.org)*

THE BEAR VALLEY  
SPRINGS  
ASSOCIATION IS  
HOSTING AN  
OPPORTUNITY TO  
MEET ALL OF THE  
BVSA BOARD OF  
DIRECTOR  
CANDIDATES:

JEFF GADZIA  
FRED HICKS  
GUY MUNDAY  
JAMES C. PECK  
ADAM ROCKE

PLEASE JOIN US AND  
MEET THE BVSA  
BOARD CANDIDATES

# 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



**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

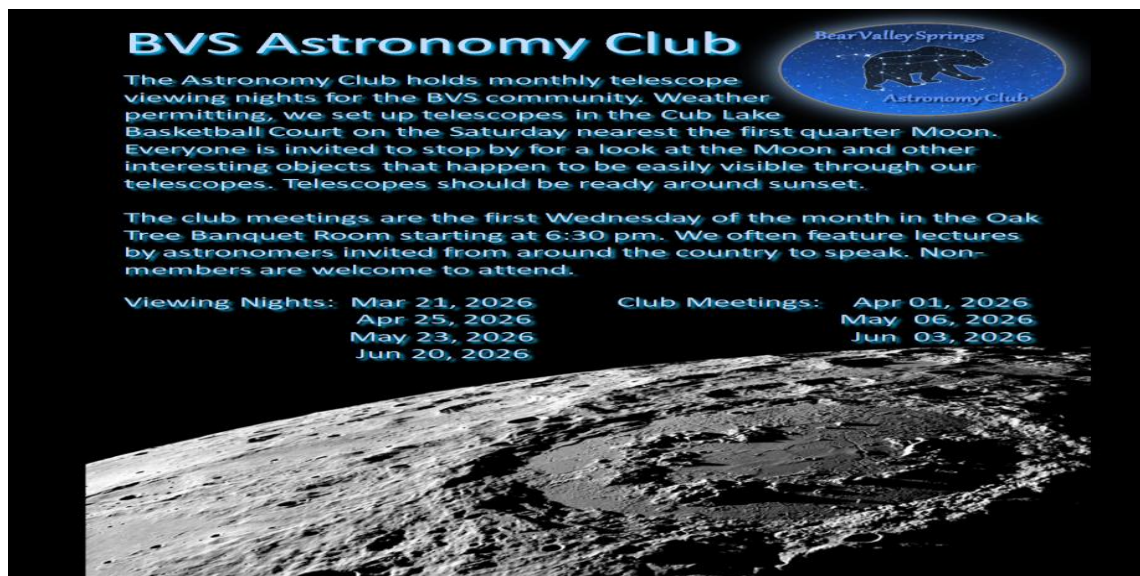
We will be having our Horsemen's Sponsored Spring Trail and Roadside trash pickup on Saturday, May 16th.

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	Club Meetings:	Apr 01, 2026
	Apr 25, 2026		May 06, 2026
	May 23, 2026		Jun 03, 2026
	Jun 20, 2026		

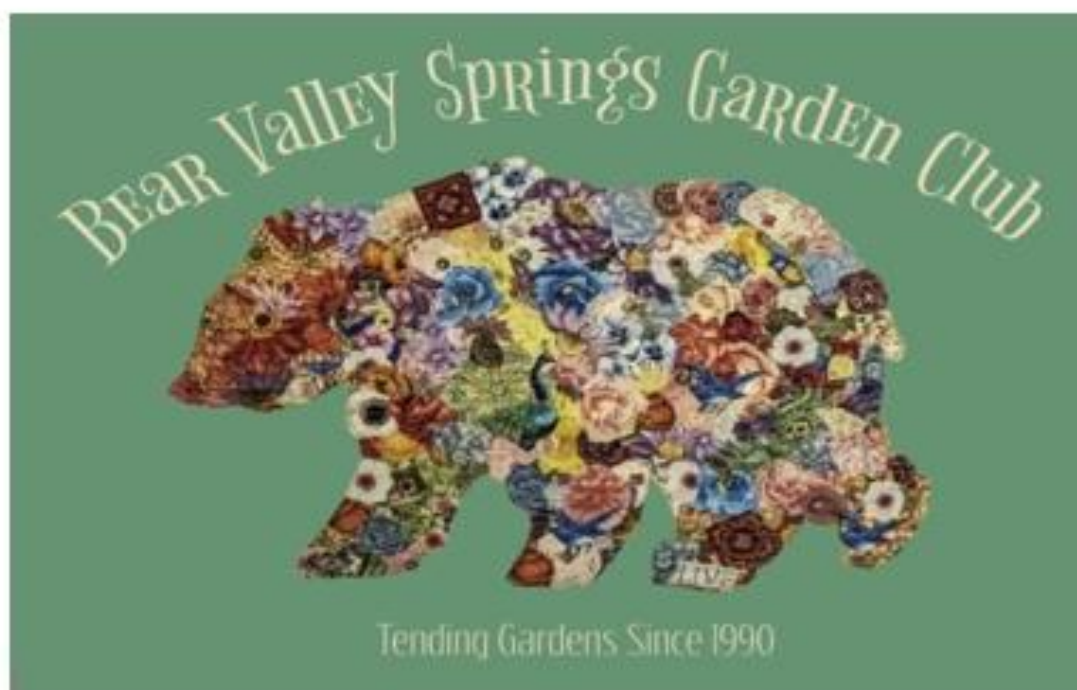


Every Tuesday 1-3 pm at the Equestrian Center Lounge, on the third Tuesday of the month we meet 11:30 am at Mulligan Room for lunch, then head to EQ Lounge!

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 is looking  
for donations for the Plant Sale  
taking place on May 16<sup>th</sup>.**

If you have any plants, gently used garden items, etc. that you are able to donate, please contact us at

[bvsgardenclub@gmail.com](mailto:bvsgardenclub@gmail.com) to arrange for pick up or drop off.





**BVS Garden Club Plant Sale**  
**Saturday, May 16th**  
**8 am to 3 pm**

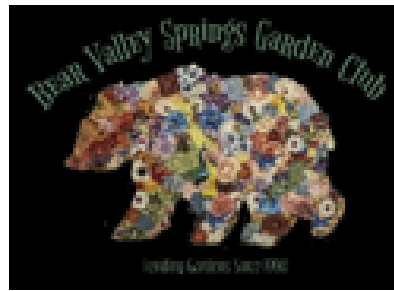
The Plant Sale will be at the CSD parking lot (corner of Cumberland Road & Lower Valley Road).



Veggies, Flowers, Succulents, Bulbs, Gently used Garden Items

[Come check us out!](#)

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



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

### *Next Upcoming Meeting:*

**When:** May 15<sup>th</sup>, 2026 from 2:00 -3:30 p.m.

**Where:** BVS Equestrian Center Lounge

**Guest Speaker:** Leslie Damewood **Topic:** Tips and Tools for Adaptive Gardening

### *Membership:*

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

### *Contact Us:*

Facebook: [BVS GARDEN CLUB](#)

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



## **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.

*2016 Save the Dates*

## BVS Buckaroos

 <p><b>Gymkhana Play Days</b></p> <p>June 27 July 18 August 22 September 19 October 13</p> <p><a href="#">See what's new!</a></p>	 <p><b>Round Robin Saddle</b></p> <p>May 27 June 17 July 12 August 19 October 17</p> <p><a href="#">See what's new!</a></p>	 <p><b>AMA Male Show</b> July 17 - August 14</p>  <p><b>WRHA Horse Show</b> August 27</p> <p><a href="#">Details on site</a></p>
--	--	--

Become a **BUCKAROO**

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






Upcoming event details are shared on our FB Page: Bear Valley Buckaroos and/or email us [BVSbuckaroos@gmail.com](mailto:BVSbuckaroos@gmail.com)



# Bear Valley Springs Dressage Club

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

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



## Bear Valley Equestrian Center

**LONG TERM HORSE BOARDING AVAILABLE**

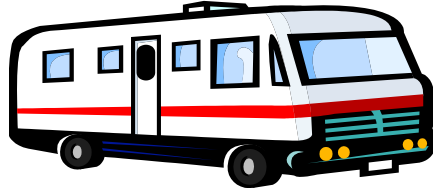
Includes twice daily feeding and once daily mucking. The monthly board cost ranges from \$465.00 to \$535.00 per month. Additional services are available for a fee.

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

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

**Phone Number** 661-821-3960

# SPORTSMAN'S CLUB



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

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



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

## 2026 Events Program – Version 5

Date	Event	Location	Contact/Organizer
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 20 <sup>th</sup>	Golf Tournament	OTGC	Mark Poindexter
Sat., August 22 <sup>th</sup>	BBQ	Cub Lake	TBD
Sat., September 26 <sup>th</sup>	BBQ	Cub Lake	TBD
Sat., October 24 <sup>th</sup>	Cocktail Party	TBD	<u>TBD</u>
Fri., December 4 <sup>th</sup>	Toys for Tehachapi Tots (Cocktail Party)	TBD	<u>TBD</u>

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

Shooting at Sand Canyon, Tuesday Mornings

Shooting Competitions: Turkey Shoot & Soda Can Shoot

Horseshoe Tournament

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



**BVS SPORTSMAN'S CLUB**  
**ANNUAL CHILI COOK-OFF**  
**COMPETITION**  
**SATURDAY, MAY 30<sup>th</sup>**  
**AT CUB LAKE**

**CHECK IN AT 3 PM & TASTING AT 4PM**

**\*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](mailto:nathan_cole@msn.com)





# 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.

**10TH ANNIVERSARY**  
*Bingo Games*

**Saturday May 2**  
**at the Whiting Center**

**Doors open at 12:30**  
**Games begin at 1 pm**

**Pizza and Anniversary Cake**  
**for all Players**

**Free Door Prize Drawing Tickets**

**Pull Tabs and 50/50 Drawing**

**Must be 18 to play**

**BEAR VALLEY SPRINGS VETERANS**  
**ASSOCIATION & AUXILIARY**  
*with support from the Whiting Center Crew*

# 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)

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



# 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

## 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.](https://www.facebook.com/oaktreetennisclub/)

[facebook.com/oaktreetennisclub/](https://www.facebook.com/oaktreetennisclub/)



## 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.

## Spring 2026 Calendar

Tawney Hawke / Beautiful Journey / (916) 764-2722

**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 9:00 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 Shadlin, QiGong, Yijinjing & more. Additional balance work/practical movement 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 9:30 AM... Equestrian Center

**TAI CHI + YOGA WELLNESS COMBO...** This one-hour class combines 30 minutes of each style to 'Beautifully' end your week and begin your weekend

Saturday 8:30AM ... Equestrian Center

**SIMPLY CARDIO / PRIMAL MOVEMENT/BOOTCAMP...** to return

*Classes are \$5/Drop-in or \$15/30...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

# 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



# 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](https://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](https://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



## BVAQUATICS

The last BVA Spring Off-Season Orientation will be **Saturday May 9** at 9am at the pool. If you want to join us at this Orientation you will sign your 2026-2027 Pool Liability Form, pay your **BVAquatics dues (\$165)** which covers thru August of 2027, bring your amenity card and check that the BVSA liability form has been completed. We will be covering the Pool Procedures and Rules. Please invite your friends that want to start swimming in our BVA Club for 2026-2027.

After this it will be open season at the pool for all residents with lifeguards on-duty. More Off-season orientations will be provided beginning in August to prepare for the off-season club swim season 2026-2027

# 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](https://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)

### BVSA 4-Island Lake Dashboard

Collection Date	4/1/2026	4/15/2026
<b>Water Temperature</b>	62.5°	59.23°
<b>Visibility/Clarity</b>	18 inches	18 inches
<b>Dissolved Oxygen (DO)</b> Important for fishing >5	4.54 mg/l	5.81 mg/l
<b>E Coli</b> Indicator bacteria for sewage leaks	Below allowable limit last sampled 7-17-2025	Below allowable limit last sampled 7-17-2025
<b>Cyanobacteria</b> 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.**

# BVS 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><b>The Snake Guys</b> Preserving the BVS Ecosystem A Volunteer Service</p> <p>Snake Relocation Small Wildlife Rescue Facebook: Bear Valley Springs Snake Guys</p>
<b>Text or Call</b>	
Ron Hayton 661-203-4468	Debbie Swarens 805-405-6010
Chris Budge 661-972-4320	Craig Swarens 661 821-0968
Key Budge 661-972-4328	

**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](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



## **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