

The e-Buzz – A weekly Email Publication



Tuesday May 5, 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, 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 26th, 2026- 1:00pm**

BVSA Committee Meetings

Equestrian Advisory Committee	Monday, June 1 st	9:00 AM	EC
Golf Advisory Committee	Tuesday, June 2 nd	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

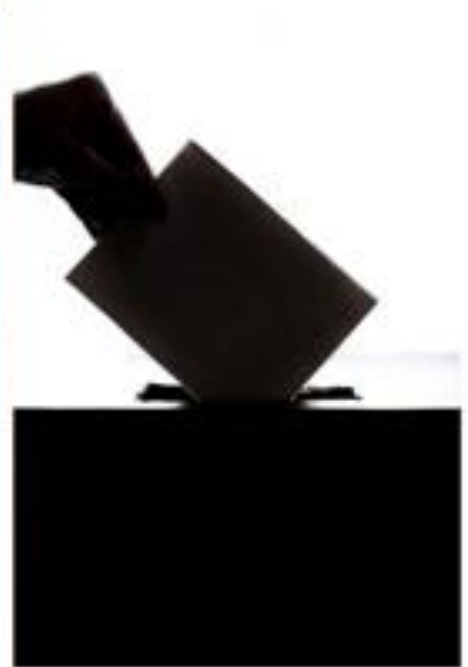


CINCO DE MAYO

SPECIALS

AT THE MULLIGAN ROOM

CEVICHE TOSTADAS,
CARNE ASADA,
& CHILE COLORADO



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*

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



May Specials

WEDNESDAYS

Chicken Marsala Roulade 30

Served with roasted fingerling potatoes, wild mushrooms, & green beans almondine.

THURSDAYS

Filet Oscar 36

5-Ounce filet, lump crab, bearnaise sauce, roasted garlic mashed potatoes, & grilled asparagus.

FRIDAYS

Chilean Seabass 38

Served with Spring fingerling hash, mustard cream, & a green onion salad.

SATURDAYS

Denver Steak Au Poivre 38

Served with creamy polenta, sauteed spinach, & a peppercorn 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

Eggplant Parmigiana 28

Crispy eggplant, pomodoro, Mozzarella, Parmesan, basil, & an arugula salad.

+ DAILY 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**

MAY

2026

sun	mon	tue	wed	thu	fri	sat
					1 Fish & Chips Clam Chowder	2 Sausage Lasagna Corn Chowder
3 Smoked Brisket Broccoli Cheddar	4 Shrimp Tempura Albondigas	5 Chile Colorado Chicken Tortilla	6 Pot Roast Roasted Red Pepper	7 Prime Rib Lasagna Soup	8 Fish & Chips Clam Chowder	9 Cajun Chicken Pasta Loaded Baked Potato
10 Salmon Piccata Minestrone	11 Beef & Broccoli Tomato Bisque	12 Smothered Beef Burrito Chicken Tortilla	13 Chicken Marsala French Onion	14 Prime Rib Italian Wedding	15 Fish & Chips Clam Chowder	16 Pasta Primavera Beef & Bean Chili
17 Beef Stroganoff Cream of Mushroom	18 Shrimp Stir-Fry Coconut Curry	19 Verde Chicken Enchiladas Chicken Tortilla	20 Chicken Cordon Bleu Zuppa Toscana	21 Prime Rib Chicken Noodle	22 Fish & Chips Clam Chowder	23 Shepherd's Pie Spanish Black Bean
24 Butter Chicken Creamy Chicken Enchilada	25 Jalapeno Pineapple Chicken Dill Pickle	26 Ground Beef Tacos Chicken Tortilla	27 Bang Bang Shrimp Spring Vegetable	28 Prime Rib Lemon Chicken Orzo	29 Fish & Chips Clam Chowder	30 Pesto Chicken Lasagna White Chicken Chili
31 Grilled Tri-Tip Beef & Barley						

JOIN US FOR
Mother's Day
BRUNCH

at The Oak Tree Country Club

Sunday, May 10th
10:00 AM - 4:00 PM

\$50 per Adult
\$18 per Child (ages 6-17)
Kids 5 & under are free

Call (661) 821-5521
for reservations



Clubs and Special Interest Groups

Save the Date

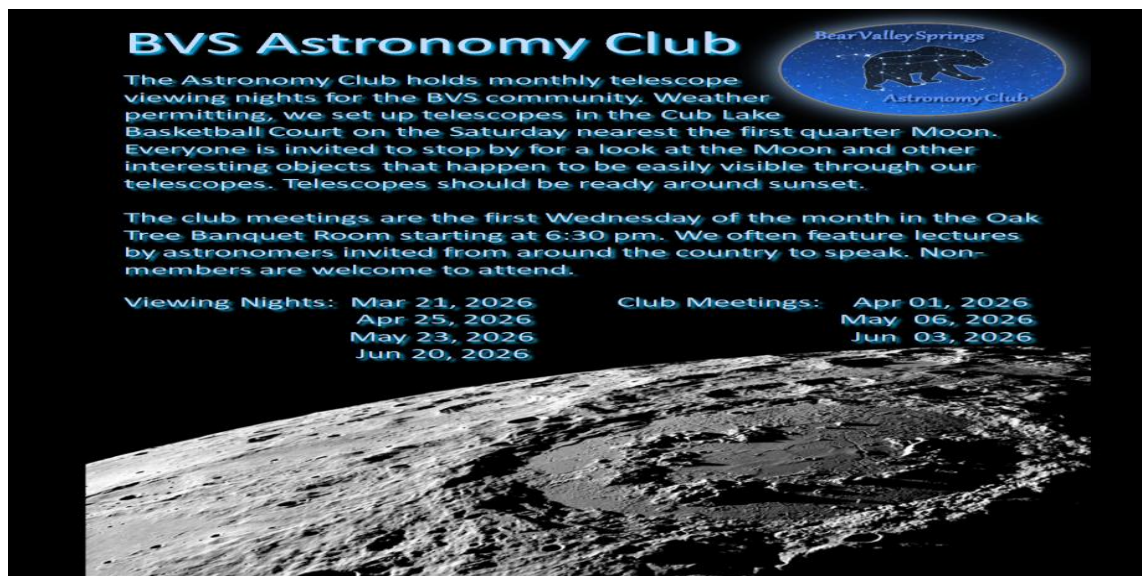
We will be having our Horsemen's Sponsored Spring Trail and Roadside trash pickup on Saturday, May 16th.

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		

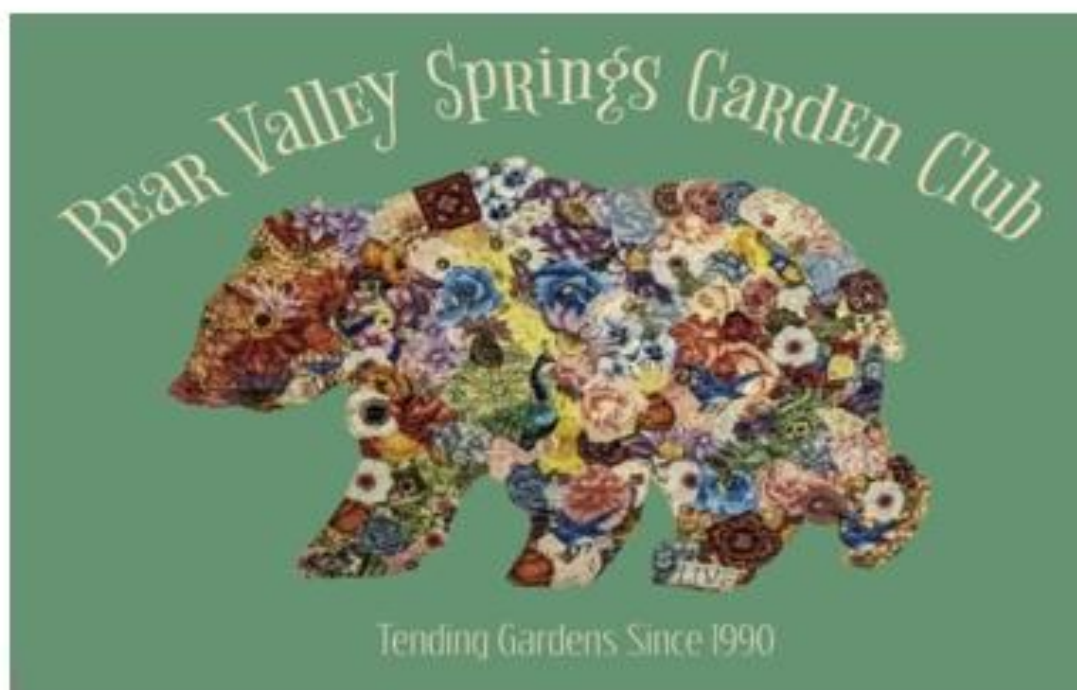


Every Tuesday 1-3 pm at the Equestrian Center Lounge, on the third Tuesday of the month we meet 11:30 am at Mulligan Room for lunch, then head to EQ Lounge!

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



**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.





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

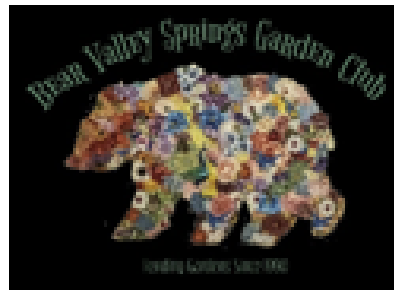
The Plant Sale will be at the CSD parking lot (corner of Cumberland Road & Lower Valley Road).



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 3rd Friday of every month. Mark your calendars. Light snacks provided.

Next Upcoming Meeting:

When: May 15th, 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



Let's Get Movin' and Groovin'

It's Free and it's Fun!

Bring Your Friends

No Partner Needed

Line Dancing- Wednesday Nights

6:30-8 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.

2016 Save the Dates

BVS Buckaroos

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



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

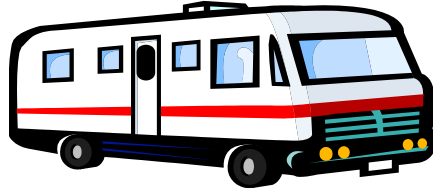
Includes twice daily feeding and once daily mucking. The monthly board cost ranges from \$465.00 to \$535.00 per month. Additional services are available for a fee.

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

More Info: Boarding application available in the document library on www.bvsa.org 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 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 22 th	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)



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



Bear Valley Springs Veterans Association

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

Find us on Facebook as [Bear Valley Springs Veterans Association](#).

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

The BVS Wildlife Coalition

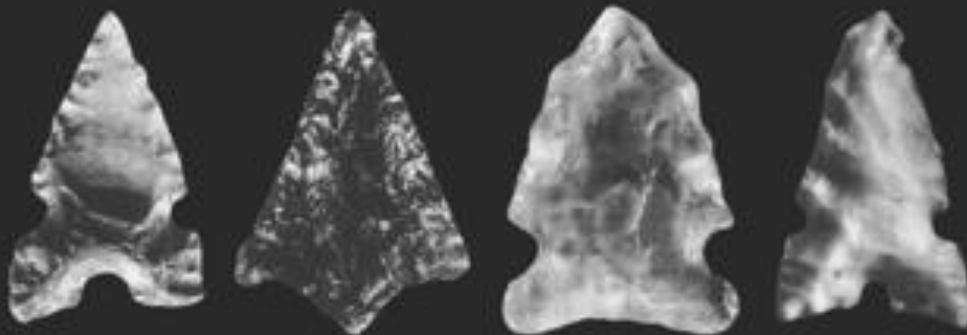
The mission of the Bear Valley Wildlife Coalition is to promote a community that lives in harmony with nature by protecting and preserving BVS Wildlife and their habitat. You can join our Facebook page ([BVS WLC - Wildlife Coalition](#)) and become a dues-paying member of the Club.

The Wildlife Coalition has a website (www.bvswildlifecoalition.org) with important information regarding Wildlife in BVS, who to contact for incidents and keeping you informed of our upcoming programs. We meet on the second Wednesday of each month at 6pm at the OTCC (Oak Tree Country Club). If you have any questions, please contact us at: info@bvswildlifecoalition.org

*Antelope Valley
going back to the
last Ice Age*



**GUEST SPEAKER
BRUCE LOVE**



Love got his PhD at UCLA in 1986 and has been practicing archaeology and anthropology for more than forty years (and in his words "with no end in sight")



WEDNESDAY, MAY 13

6 PM

OAK TREE COUNTRY CLUB

BVSWILDLIFECOALITION.ORG



**** 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

**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

Oak Tree Golf Course

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

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

<u>DATE</u>	<u>DAY</u>	<u>Format</u>	<u>EVENT</u>
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 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
***** SEPT 16th	Wednesday		GOLF COURSE WILL BE CLOSED FOR AERIFICATION *****
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.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 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



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



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 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.**

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

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