

# The eBuzz – A weekly Email Publication



**Wednesday, April 10<sup>th</sup>, 2024**

## **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 – 3<sup>rd</sup> Tuesday at 6:00 PM at OTCC April 16<sup>th</sup>**  
**BVSA Special Board Meeting – Monday Following Regular Meeting at 1:00 PM at BVSA**  
**Next Special Board of Director Meetings on Monday, April 29<sup>th</sup>, 2024**

## **BVSA Committee Meetings**

<b>Equestrian Advisory Committee</b>	Monday, May 6 <sup>th</sup>	9:00 AM	EC
<b>Golf Advisory Committee</b>	Tuesday, May 7 <sup>th</sup>	8:30 AM	OTCC
<b>Recreational Advisory Committee</b>	Wednesday, May 1 <sup>st</sup>	1:30 PM	OTCC
<b>Rules Advisory Committee</b>	Tuesday, May 7 <sup>th</sup>	10:00 AM	BVSA
<b>Lake Quality Advisory Committee</b>	Monday, May 6 <sup>th</sup>	6:00 PM	WC
<b>Food Service Advisory Committee</b>	Thursday, April 18 <sup>th</sup>	1:00 PM	BVSA
<b>Finance Advisory Committee</b>	Wednesday, April 17 <sup>th</sup>	10:30 am	BVSA
<b>BVSA/CSD Liaison Committee</b>	Thursday, June 6 <sup>th</sup>	10:00 AM	CSD

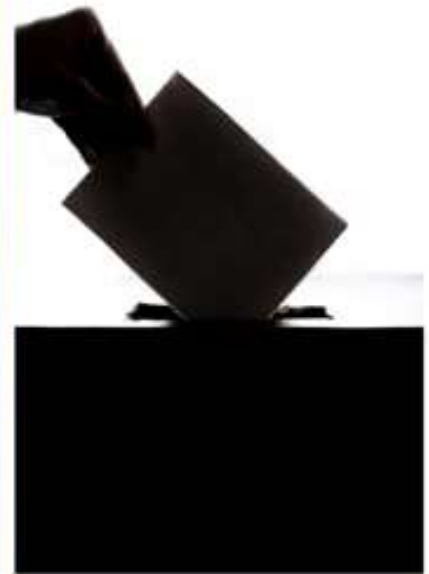
**Click Here for Information on upcoming events and Entertainment at the Oak Branch Saloon**

**SORRY**

**THE MULLIGAN ROOM  
WILL BE CLOSED  
THURSDAY 4/11/24  
DUE TO CONSTRUCTION**



**We are hoping to open  
by Friday at 11:00 AM  
We apologize for the  
inconvenience**



BEAR VALLEY SPRINGS  
ASSOCIATION ELECTION

# Meet the Candidates Night

*8 May | 6:30 pm - 8:30 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  
ROBERT GLASER  
FRED HICKS  
GUY MUNDAY

PLEASE JOIN US AND  
MEET THE BVSA  
BOARD CANDIDATES

# BVS Pool Closure

On behalf of the General Manager, I would like to notify the membership of a complete closure of the BVS Pool beginning on April 15th for resurfacing of the pool deck. We are excited to have this project completed before the pool season begins. We apologize for any inconvenience this may cause to the Aquatics clubs and the off-season and lap swimmers. This project should take approximately 2 weeks. Thank you for your understanding.



[www.bvsa.org](http://www.bvsa.org)  
**Mulligan Room and The Oaks Specials & Online Ordering available at [bvsa.org](http://bvsa.org)**

**Instagram:**  
[bearvalleyspringsassociation](#)  
[bvsaWhitingcenter](#)  
**Facebook Pages:**  
[Bear Valley Spring Assoc.](#)  
[Whiting Center BVSA](#)  
[Bear Valley Springs Grizzlies](#)

The Oaks Restaurant  
For Reservations Call  
+1 (661) 821-5521

EST 1970  
BEAR VALLEY SPRINGS  
ASSOCIATION

We are Open  
Wednesday-Sunday  
4PM-8PM

Curbside Pickup available  
Wednesday-Sunday 4PM-8PM



**THE OAK BRANCH**  
*Saloon*



**OPEN WEDNESDAY, THURSDAY, & SUNDAY 4PM-10PM (FOOD SERVICE ENDS AT 8PM) AND FRIDAY & SATURDAY 4PM-12AM (FOOD SERVICE ENDS AT 9PM.)**

**CURBSIDE PICKUP AVAILABLE WEDNESDAY-SUNDAY 4PM-8PM.**

**LIVE ENTERTAINMENT ON FRIDAY AND SATURDAY 8PM-11PM.**

*The*  
**MULLIGAN**  
*Room*

***Open 7 days a week!***

7:30AM-8PM daily.

Takeout available until 7:45PM

Dinner menu available at 4PM



ASSOCIATION

# LIVE ENTERTAINMENT

APRIL

## FRIDAYS

4/5  
LIPSTICK  
REVOLVER

4/12  
RINGER

4/19  
CARY PARK

4/26  
GREIVANCE

## SATURDAYS

4/6  
BLONDE  
MUSTARD

4/13  
KARAOKE

4/20  
ELEVATION  
406

4/27  
MARK WOOD

FRIDAYS AND  
SATURDAYS  
8PM-11PM



# MOTHER'S DAY



10AM-4PM | SPECIAL BRUNCH | MAY 12TH

\$42 PER ADULT  
\$25 PER CHILD (AGES 4-10)  
FREE FOR AGES 4 AND UNDER

AT THE OAK TREE COUNTRY CLUB  
CALL (661) 821-5521 TO MAKE A RESERVATION

# MOTHER'S DAY MENU

## APPETIZERS

SMOKED SALMON PLATTER, CEVICHE & CHIPS, PARFAITS, BRUSCHETTA, ASSORTED PASTRIES

## MAIN DISHES

COUNTRY HAM, CHICKEN & WAFFLES, SALMON PICATTA, STUFFED FRENCH TOAST

## SIDES

BACON, SAUSAGE, MASHED POTATOES, BISCUITS & GRAVY, GREEN BEANS, BRUSSEL SPROUTS, GARLIC MASHED POTATOES & ASSORTED BREADS

## SOUP & SALADS

HOUSE SALAD, PASTA SALAD, COUNTRY CLUB, FRUIT SALAD, POTATO SALAD, & TOMATO SOUP

## DESSERTS

CHEESECAKES, COOKIES, CREME BRULEE, CHOCOLATE COVERED BERRIES, CREAM PUFFS, KEY LIME PIE, LEMON BARS, FRUIT TARTS, CAKE POPS, & STRAWBERRY SHORTCAKE

OMELETTE & WAFFLE STATIONS AVAILABLE!!

# Clubs and Special Interest Groups

# CONCERT

*Jack Cimo*



12  
APRIL  
3PM

\$25 Members \$30 Non-Members

TICKETS: [www.bvscaa.org/event](http://www.bvscaa.org/event)

23981 PARKE CT. BEAR VALLEY SPRINGS



Bear Valley Springs  
Cultural Arts  
Association



# PHOTO CONTEST

## SHARE AND FEATURE

We want to display the diversity of wildlife here in Bear Valley Springs and form a collection for display and shared appreciation.

## CONTEST RULES

All photos must be original work, taken by the entrant. No third party may own or control any materials the photo contains, and the photo must not infringe upon the trademark, copyright, moral rights, intellectual rights, or rights of privacy of any entity or person.

- The photo must be in its original state and cannot be altered in any way.
- Entries must be submitted no later than June 26th via the official contest channels - [bvsWildlifeCoalition@gmail.com](mailto:bvsWildlifeCoalition@gmail.com) or website: [bvswildlifecoalition.org](http://bvswildlifecoalition.org). Entries not submitted by the deadline or through the proper channel will not be considered.
- Entries will be judged by the Wildlife Coalition board and a juried panel. Winners will be announced at the WLC meeting, July 10th. All decisions are final.
- By entering the contest, entrants agree that photos submitted can be used by BVS Wildlife Coalition for promotional purposes.
- Submissions will not be accepted once the deadline lapses.
- The winners will be announced at the July meeting.

We respectfully request that photos are taken in BVS COMMON AREAS ONLY. MAP available on our website.



## PRIZE

### BRAGGING RIGHTS

WINNING PHOTOGRAPHS TO BE FEATURED ON OUR WEBSITE AND ARTICLE SUBMITTED TO BEAR TRACKS

Entry Form available on our website



[BVSWILDLIFECOALITION.ORG](http://BVSWILDLIFECOALITION.ORG)



The BVSAC was formed to bring together people interested in enjoying the beautiful night skies of our valley. The Club is open to people at every level – from complete beginners to astronomy professionals. We have regular meetings, star parties and numerous public events throughout the year. We also want to educate our residents about the advantages to both us and our wildlife of keeping our skies naturally dark.

MEETINGS are the first Wednesday of the month at 6:30pm at the Oak Tree Banquet Room, except for December (no meeting). All are welcome!

Public Star Parties are generally the Saturday closest to first quarter moon, held at the Cub Lake basketball court. Club Member dark sky star parties are generally held the Saturday closest to new moon. Check our Facebook page (Bear Valley Springs Astronomy Club) and our web page ([bvsac.org](http://bvsac.org)) for updates and special events!

Schedule of Public Star Parties for 2024 (Cub Lake Basketball Court):

Jan 20<sup>th</sup>, Feb 17<sup>th</sup>, Mar 16<sup>th</sup>, Apr 13<sup>th</sup>, May 11<sup>th</sup>, Jun 15<sup>th</sup>, Jul 13<sup>th</sup>, Aug 10<sup>th</sup>, Sep 7<sup>th</sup>, Oct 12<sup>th</sup>, Nov 9<sup>th</sup>, Dec 7<sup>th</sup>.

Interested? Contact President Claude Plymate ([info@bvsac.com](mailto:info@bvsac.com)).

## BVS Swing Dance Club

Have fun dancing to a variety of contemporary music at the saloon and events

Looking cool admired, but not required



### **Swing Dance Classes**

Fridays at The OTCC Banquet Room

7:00 to 8:15pm

Afterward, dance to the band in the saloon

*Dates and times are subject to change check the Facebook page or join the email list*

Facebook: [BVS Swing Dance Club](#)

Email: [SwingDanceClub.BVS@gmail.com](mailto:SwingDanceClub.BVS@gmail.com)

## BVS Vintage Dance and Tea Society

Dance like Jane Austin at colonial balls, debutante balls, etc.

Costumes are admired, but not required



Classes Thursdays 6:00 to 7:30 PM

OTCC Banquet room 1<sup>st</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> Thursday

Whiting Center Green Room 2<sup>nd</sup> Thursday

Facebook: [BVS Vintage Dance and Tea Society](#)

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

Monthly Tea Time Socials

Pamela Bettencourt-Spitzer

Facebook: [Tea Time at Bear Valley Springs](#)

*Dates and times are subject to change check the Facebook page or join the email list*





Spring Trash Pickup will be on Saturday May 11<sup>th</sup>

Sponsored by the Horsemen's Association

Please join us for the Bear Valley Springs Trash Pickup, we do roadsides, gulleys and trails that need it.

We will be meeting at the Equestrian Center at 9 o'clock.

Please bring picker uppers if you have them (we have some) and gloves, bags will be provided.

Any questions call Kathy Underwood 805-895-4067 or Laurie Rude-Betts 559-259-3236



**Traveling this season?  
Short-term horse boarding is available to BVS  
horses in the mare motel.  
Please check with the BVSEC Manager @ 661  
805-7707 for availability.**

**WE NEED  
YOU**

To Help

Help keep our Valley Clean, cover those trash cans on the way to the dump, don't put loose items in the bed of trucks and please don't Litter. You can also report uncovered Waste Management trash trucks to Waste Management and to the CSD (get the truck ID). This is a beautiful place to live, let's keep it that way.

We had a very minimal showing for our October 28<sup>th</sup>. trash pickup. Only six people the day of and two more signed up to do an area later. Eight people out of a community of almost four thousand homesites.

Even with only 6 people we managed to pick up 13 bags of trash and lots of large items as well. It is out there, you may not see it driving in your car, but it is there.

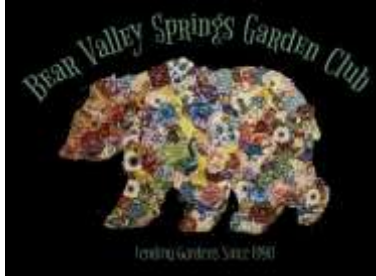
We would like to have more people get involved, younger people (we don't mean really young, we mean under 60). Most of our trash picker uppers range in age from mid-60's to 80.

I know it is hard to always come out on the day of trash pickup. If you are interested in doing an area one time or on an ongoing basis when it is convenient to you, please let us know and we will sign you up. We would also love to see some of our Bear Valley Clubs consider adopting an area to keep clean on an ongoing basis.

Thank you for anything you can do to help. Look for the announcement of the Spring Trash pickup date. Come out and join us, we need you.

Kathy Underwood 805-895-4067 Laurie Rude Betts 559-259-3236

## BVS Garden Club



The BVS Garden Club 2024 Season has begun! Mark your calendars! Our meetings are held February - October on the 3<sup>rd</sup> Friday of each month. If you love gardening or want to learn more about gardening topics related to BVS, come join us and share your knowledge too! We're working on many fun, informative speakers and field trips for 2024. Light snacks will be served.

### *Next Upcoming Meeting*

**When:** April 19, 2024 from 2:00 -3:30 p.m.

**Where:** BVS Equestrian Center Lounge

**Guest Speakers:** Chris Scotti

**TOPIC:** Everything you wanted to know about Beekeeping and their pollinator benefits/which native plants are good for attracting native bees

### *Membership*

Annual dues are \$10 for BVS residents and \$20 for non-residents. Membership includes monthly newsletter information. **Guests can attend for \$5 per meeting.**

### *Contact Us*

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

Facebook: BVS GARDEN CLUB

<https://www.facebook.com/groups/666303607842058>

\*\*\* If you are a member (or become a member on April 19<sup>th</sup>), and would like to join us to the Theodore Payne Gardens & Nursery field trip on April 26<sup>th</sup>, the April 19<sup>th</sup> meeting is the final date to turn in your \$20 (cash or check) entrance fee to Tammy\*\*\*

Join us for a BVS Garden Club Field Trip to the



*Theodore Payne Gardens & Nursery for Native Plants*

*10459 Tuxford Street, Sun Valley, CA*

“Horticulture at Theodore Payne Foundation encompasses growing facilities, retail nursery, seed program, and demonstration gardens. We are dedicated to propagating and cultivating native plants from throughout the State of California and within the California Floristic Province.”

**Friday, April 26<sup>th</sup>**

## **Guided Group Tour of Gardens begins at 11:00 a.m.**

- The cost for entrance and guided tour is \$20 per person.
- There will be time after the tour to look around the facility, nursery and gift shop on your own.
- We will be traveling from BVS to the Garden in Carpool Groups and we will leave the BVS Lower Country Club Parking Lot at **8:30 a.m. SHARP** and returning about **5:00 p.m.** You may create your own group or Tammy Reich will be creating groups with willing drivers and passengers.
- Bring a sack lunch and a cold drink to enjoy at the picnic tables on the grounds.
- Wear a hat, good walking shoes, and a water bottle.

**Reservation and fee deadline is before or by April 19<sup>th</sup> club meeting:**

**Contact Tammy Reich by text or phone: 805-905-0892**

Leave your name and contact information. Tell us if you have created your own carpool group or would like to join one. Let us know if you are willing to be a driver or want to be a passenger. Driving directions will be given out to drivers.

**Fees (\$20 checks or cash) can be:**

- Brought to the next meeting in person
- Mailed to: Tammy Reich -26200 Bear Valley Road.
- If needed, picked up at your home (arrange with Tammy)
- Unfortunately, we cannot refund money after the 19th if you cannot attend

## **BVS Garden Club- Come Grow with Us!**

*~Our 2024 Calendar of Events and Topics are being developed now~*

**The BVS Garden Club meets from February through September with monthly meetings and special speakers. For more information, contact Tammy Reich at [BVSgardenclub@gmail.com](mailto:BVSgardenclub@gmail.com)**

# **The BVS Women's Club**

**Bear Valley Women's Club**  
Help us sponsor the youth in our community!

- The women's social club provides scholarships to our local graduates.
- Open to all Bear Valley residents.
- \$20.00 annual dues.
- Join us for monthly dinners, door prizes, raffle prizes, special events, and much more at the OTCC.

If interested contact either:  
Chris Hobbs-President (661)972-8499  
Ali Dresser-Membership Chair (714)702-4671

# Bear Valley Springs Women's Club

Come Join Us on April 11<sup>th</sup> at the OTCC!



We will be having a guest speaker from the Canine Creek

Spring has "Sprung." Let's have some fun!

Join us at the Woman's Club and wear a bonnet with flowers upon it!

Starting at 5:30

Menu: Quesadilla Burger & Fries \$19.50, Linguini & Side Salad \$14, Pork Schnitzel \$22, and Coconut Shrimp Appetizer \$19.50

If you would like to come to the April 11<sup>th</sup> meeting, please call by noon, April 2<sup>nd</sup>, for reservations:

Chris Hobbs-President (661)972-8499 or Ali Dresser-Membership 714)702-4671

If you bring a friend, you get 5 free Raffle Tickets!





## **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)

# PICKLEBALL

**OPEN PLAY:** Monday thru Friday.  
**Mornings:** 7:30-10:30 am **Evenings:** 7:00-9:00 pm  
**CLUB CONTACT:** Rhonda at (661) 428 7461

# Tennis Club

For more info on the Oak Tree Tennis Club, check out our Facebook page!  
<https://www.facebook.com/oaktreetennisclub/>

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



# WHAT GOES AROUND COMES AROUND

**ELDER SCAMS  
AWARENESS  
PRESENTATION**

**KNOW THE SIGNS**

**WHAT TO ASK AND  
LOOK FOR**

**DON'T BE A VICTIM**

**RSVP at: (661) 221-2631**

Learn more about scams  
targeting seniors - Be Aware!

April 10, 2024 | 9AM-10:30AM  
Equestrian Center Lounge,  
26800 Bear Valley Rd.

*Brought to you by:*

*Kern County Aging/Adult  
Services and Bear Valley  
Police Department.*



# 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**

**LOGIN OR IF YOU HAVEN'T MADE ONE GO TO [bvsa.recdesk.com](https://bvsa.recdesk.com)**



This form is required for all and will cover all the BVSA amenities.

Go to Programs-General- Release of Liability 2024. Once you fill out the form, proceed through the checkout. It is a zero charge; register you in our system.

If you need help logging in, call the Whiting Center, and we can help!

#### **FOR NEW ACCOUNTS:**

**REQUIRED INFORMATION FOR AN ACCOUNT: TRACT & LOT #, FULL NAME, D.O.B., B.V. ADDRESS 1ST, EMAIL ADDRESS, PRIMARY PHONE #, AND AT LEAST ONE EMERGENCY CONTACT.**

If you need help creating an account, call the Whiting Center at 661-821-6641; we are happy to help!

Once you create an account online, we will approve it after verifying the accounts. Please add everyone on your tract and lot, and then you all can fill out a release of liability for 2024.



**BVSA STAFF**

Saturday, April 27th  
6-8 pm

# BACK TO THE 80'S



## FAMILY SKATE PARTY AT THE WHITING CENTER

PUT ON YOUR MOST EXTRAUAGANT 80S OUTFIT  
WITH BOLD PRINTS, NEON COLORS, AND  
SHOULDER PADS, AND GET READY TO DANCE THE  
NIGHT AWAY WITH DJ KNOTTHEAD.

Residents: Free

Non-Residents: \$2.00

2024 RELEASE OF LIABILITY &  
HELMETS REQUIRED





Sign-up at  
[bvsa.recdesk.com](http://bvsa.recdesk.com)

CONTACT THE ATHLETIC DIRECTOR  
FOR MORE INFORMATION AT  
661-821-5537 EXT. 420 OR EMAIL AT  
[BVSOUTHSPORTS@GMAIL.COM](mailto:BVSOUTHSPORTS@GMAIL.COM)

# 2024 BVSA Soccer League

\*Boys and Girls / Ages 3 - 15 Years old

**RESIDENTS  
AGES 6 AND  
UNDER- \$90**

**NON-RESIDENTS  
AGES 6 AND  
UNDER- \$120**

**RESIDENTS AGES  
7 AND UP-  
\$150**

**NON-RESIDENTS  
AGES 7 AND UP-  
\$180**

**RESIDENTS - \$15 LATE FEE / NON-RESIDENTS - \$30 LATE FEE**

Equipment Required: Black Shorts (No Pockets), Shin Guards,  
Athletic Shoes or Soccer Cleats (No metal cleats, toe spikes,  
football/ baseball cleats are allowed)



- Residents Sign ups are Jan. 7th - Mar. 3rd  
- Non-Residents Sign-ups are Jan. 22nd - Mar. 3rd  
- Late Fee is Feb. 18th - Mar. 3rd  
\*Evaluations will be Mar. 9th!  
↳ \*Time/Location TBD

**League Starts: April 6th  
League Ends: June 8th**

**WE NEED VOLUNTEER COACHES TO MAKE OUR YOUTH  
SPORTS PROGRAMS WORK.  
WE OFFER A DISCOUNT AT THE END OF THE SEASON FOR  
HEAD COACHES!\***



## WE'RE HIRING SOCCER REFEREES!

**SIDELINE REFEREE**

\$16 PER HOUR,  
NEED WORKERS PERMIT IF  
A MINOR

**CENTER REFEREE**

\$16.50 PER HOUR,  
NEED WORKERS PERMIT IF A  
MINOR

Download your application at

<https://www.bvsa.org/employment-opportunities>



# BEAR VALLEY T-BALL / ROOKIE LEAGUE



**League: June 15th - August 10th**  
**NO GAMES - July 5th OR 6th**

**BOYS &  
GIRLS  
4-9  
YEARS OLD**

## RESIDENT SIGN-UPS:

**MARCH 10TH - MAY 19TH**

## NON-RESIDENT SIGN-UPS:

**MARCH 25TH - MAY 19TH**

**Late Fee (+\$15)**

**MAY 11TH - MAY 19TH**

### **ROOKIE:**

**Resident Fee - \$75**

**Non-Resident Fee - \$100**

### **T-BALL:**

**Resident Fee - \$75**

**Non-Resident Fee - \$100**

**FOR MORE INFORMATION, CONTACT 661-821-5537  
EXT. 420 OR EMAIL [BVSOUTHSPORTS@GMAIL.COM](mailto:BVSOUTHSPORTS@GMAIL.COM)**

# 2024 BOAT PERMITS AVAILABLE AT THE WHITING CENTER

**COST: \$5.00 PER VESSEL (Yearly Cost)**

**Please be sure to know a description of the boat.**

\*inflatables do not need a permit

Feel free to call 661-821-6641 if you have any questions.



Thank you  
*Whiting Center Staff*



# FITNESS CLASSES SCHEDULE

- *Sit & Fit/MwM Move W/ Margret : Free Class*
- *HIIT W/ Caitlyn: First Class Free, \$45 for 10 Classes*
- *Rise W/ Rodes: First Class Free, \$45 for the month*

## Monday

**9:15-10:15 AM** HIIT W/ Caitlyn  
**10:30-11:15 AM** Sit&FitW/Margret

## Tuesday

**9:15-10:15 AM** RiseW/Rodes  
**10:30-11:15 AM** Sit&FitW/Margret

## Wednesday

**9:15-10:15 AM** HIIT W/ Caitlyn  
**10:30-11:15 AM** Sit&FitW/Margret

## Thursday

**9:15-10:15 AM** Rise W/ Rodes

## Friday

**9:15-10:15 AM** HIIT W/ Caitlyn  
**11:30-12 PM** RiseW/Rodes

### SIT & FIT/ MwM Move W/ Margret:

Senior Fitness Class! Come on in and keep moving with Margret! There is a chair option and a standing one. Good health in all categories of physical fitness—heart and respiratory, muscle strengthening, flexibility, and balance. This is a great 45-minute class

### HIIT W/ Caitlyn: High Intensity Interval Training

Whether you max 50 lb or 2 lb dumbbells, this class is for you!

You will improve your health during this one-hour class, including strength training and cardio.

Come and join me for some sweat and smiles! Any age and fitness level is welcome!

Modifications will be made for diverse fitness levels.

What to bring: a set of dumbbells (weights), a yoga mat, or a large towel.

### Starting 1st Week of December RISE WITH RODES: TUES/ THUR WORKOUT:

Embark on a comprehensive full-body workout employing a single, substantial weight. This hour-long session is meticulously crafted to initiate a thorough body warm-up, ignite cardiovascular activity, and integrate strength training. With a combination of heart-pumping cardio blasts and strategically implemented interval training, this workout offers a well-rounded and dynamic fitness experience.

### FRIDAY FLASH WORKOUT:

Revitalize your lunch break with a swift and impactful workout designed to boost your heart rate and incinerate calories. Dive into a pyramid-style routine incorporating six dynamic bodyweight exercises, each cycled through timed intervals of 30, 60, and 90 seconds, both ascending and descending. This high-energy session ensures an intense experience, maximizing your time investment and providing a gratifying fitness enhancement. [www.RiseWithRodes.com](http://www.RiseWithRodes.com)

**COME ON IN AND EXERCISE WITH OUR INSTRUCTORS**

SEE THE REWARDS FOR YOURSELF :)



# Yoga classes with Carlynne

April 2024 - Bear Valley Springs CA

All classes held at the Oak Tree Country Club



## THE ZEN DEN - 90 minutes

A relaxing blend of restorative yoga, gentle stretching, self myofascial release, & yoga nidra meditation practices.

\$15 - single class

\$70 - 5 class package (good for 6 months)

## HATHA YOGA - 75 minutes

Forrest Yoga inspired flow

\$12 - single class

\$50 - 5 class package (good for 6 months)

Cash or Venmo accepted!

SUN	MON	TUE	WED	THU	FRI	SAT
	6 PM <sup>1</sup> Zen Den	2	10 AM <sup>3</sup> Hatha Yoga	4	5	6
7	NO CLASS <sup>8</sup>	9	10 AM <sup>10</sup> Hatha Yoga	11	12	13
14	6 PM <sup>15</sup> Zen Den	16	10 AM <sup>17</sup> Hatha Yoga	18	19	20
21	6 PM <sup>22</sup> Zen Den	23	10 AM <sup>24</sup> Hatha Yoga	25	26	27
28	6 PM <sup>29</sup> Zen Den	30				

## 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 2023. 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.



**BVSCAA MEMBERSHIP APPLICATIONS ARE NOW AVAILABLE ONLINE AT OUR WEBSITE [BVSCAA.ORG](https://bvscaa.org) WITH PAY OPTIONS OF PAY PAL AND CREDIT CARDS.**

# Bear Valley Equestrian Center

EQUESTRIAN CENTER

Update



PLEASE USE THE MILANO COVERED ARENA ONLY  
UNTIL FURTHER NOTICE

PLEASE EXERCISE CAUTION WHEN UNLOADING/LOADING  
HORSE TRAILER DUE TO EXTREME MUD

ABSOLUTELY NO LOADING/UNLOADING ON THE  
PAVED PARKING LOT ADJACENT TO THE MAIN BARN



## Trail Crew update:

Weather permitting over the next few weeks the Trail Crew will be covering all of our 50+ mile trail system.

Working to clear downed trees.

Safety of our staff is top priority.

Please send location and photo of blocked trail/downed tree to either [dougs@bvsa.org](mailto:dougs@bvsa.org) or text to Trail Crew phone 661 866-5892.

## 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 Debbie Swarens at 661-821-0968 or Gary Yettner at 818 415-1222

## BVS Carriage Driving Society



Meet the 2<sup>nd</sup> Thursday of every month at the Equestrian Center Lounge at 6:00 PM.

For more information contact Debbie Mayer 802-343-5483 [dciancamayer@comcast.net](mailto:dciancamayer@comcast.net)

# Horsemen's Association



We meet on the third Monday of each month at the Equestrian Center Lounge beginning at 7:00 PM. 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!

To access the Horseman's website go to [bvsha.com](http://bvsha.com) or contact our President, Susan Mustaffa at 661-538-0995 or [smustaffa@outlook.com](mailto:smustaffa@outlook.com). We are also on Facebook: Bear Valley Springs Horsemen's Association



## 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 Buckaroos

## Thank You!

Please feel free to contact any Board member for further information.

### 2023 BV Buckaroos Board

President Jeff Kermode (661) 343-7503

1<sup>st</sup> VP George McMackin (661) 400-1333 ▪ 2<sup>nd</sup> VP Erika Underwood (805) 705-1123

Treasurer Cheryl Akerly (661) 609-6113 ▪ Secretary Debi Kermode (949) 291-0551



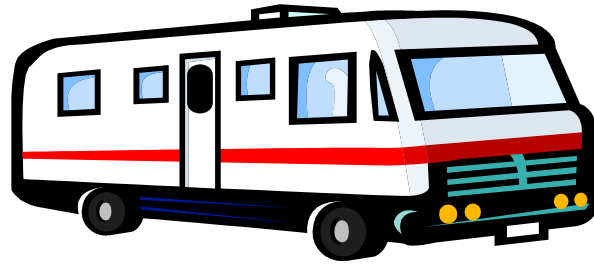
Every Tuesday 1-3 pm at the Equestrian Center Lounge, on the second Tuesday of the month we meet 11:30 am at Mulligan Room for lunch, then head to EQ Lounge!

Who: Any age welcome!

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

# 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

## Oak Tree Golf Course

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





**Adult** 18+

# GOLF CLINIC

**4 CONSECUTIVE SATURDAYS  
JUNE - 8TH, 15TH, 22ND, & 29TH  
10:30 AM - 11:30 AM**

Covers all aspects of the game, including:

- Full shots - Irons & Woods
- Putting
- Chipping
- Pitch Shots
- Sand Shots

**NO EQUIPMENT REQUIRED!!**

**REGISTRATION OPEN NOW!**

**\$75 PER STUDENT  
LIMITED TO 12 STUDENTS**

For more Information or to sign up call or go into the  
Golf Shop

**CALL 661-821-5537 EXT.873**



# JUNIOR GOLF CAMPS

AGES 7 TO 17 YEARS OLD

JUNE 19TH, 20TH, 21ST (10:30-11:30 AM EACH DAY)

JULY 24TH, 25TH, 26TH (10:30-11:30 AM EACH DAY)

REGISTRATION OPEN NOW!

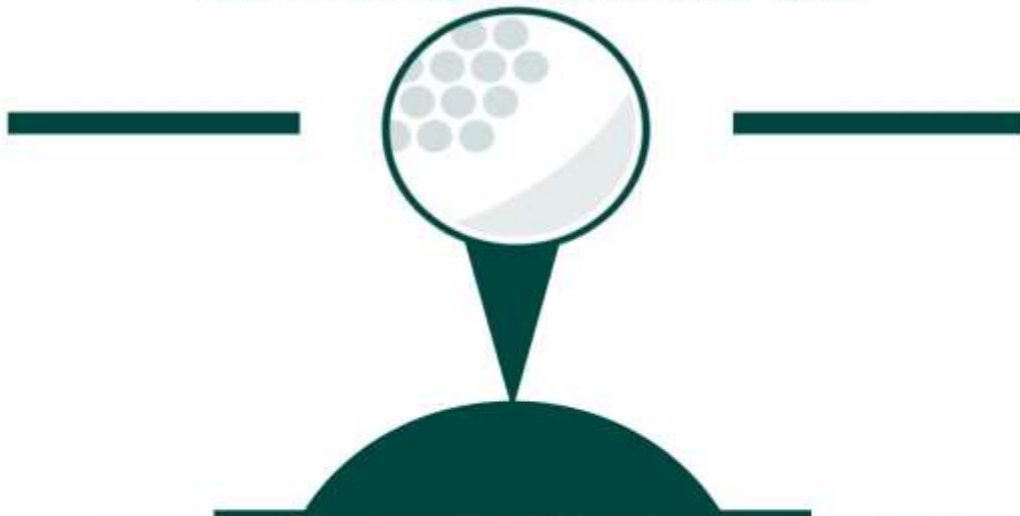
**\$50 PER STUDENT**

**LIMIT OF 12 STUDENTS PER CAMP**

For more information or to sign up, call

or go into the Golf Shop:

**call 661-821-5537 ext. 873**



Covers all aspects of the game, including:

- Full shots
- Putting
- Chipping
- Sand Shots

**NO EQUIPMENT REQUIRED!!**



# 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

2024 OTMGC Golf Tournament Schedule			
	Date		Format
February	5	Monday	Tournament @ Kem River G.C., Individual Net
February	10	Saturday	2 Person Scramble
March	9	Saturday	Two Man Better Ball
April	13	Saturday	Par 3
May	11	Saturday	3 Clubs & A Putter
June	8	Saturday	President's Cup
July	13	Saturday	Red, White & Blue, Individual Net
August	9 & 10	Friday/Saturday	Member/Guest
September	14 & 15	Saturday/Sunday	Club Championship
October	12	Saturday	Best Ball (9) & Alternate Shot (9), 2 Man Team
November	9	Saturday	4 Person Scramble, Veteran's

# Oak Tree Country Club Women's Golf Club



Weekly Playdays: Open Play - Monday at 10:00

9-Hole Playday - Wednesday at 10:00

18-Hole Playday - Friday at 9:30

Sign-up at the Pro Shop by 2:00 pm the day before play

Our club meeting is held the second Wednesday of the month at 8:30 am in the OTCC Garden Room. For questions about joining our club or about any playday or event, contact the Pro Shop or our Club President, Joy Webber at 661-300-1536 or email at [joyw2121@icloud.com](mailto:joyw2121@icloud.com)

## BEAR VALLEY SPRINGS VETERANS ASSOCIATION



The Bear Valley Springs Veterans Association is open to all BV Veterans who have honorably served, and Active Duty personnel. Our monthly members meetings are the 2nd Tuesday of the month, held at the Equestrian Center Rec Room. Doors open at 6 pm for meet & greet, meeting from 6:30 to 7:30. Coffee & snacks served.

Contact: Lee Tharp, Commander, 818-515-0241, [sltharp@aol.com](mailto:sltharp@aol.com)

Membership, 818-414-2430, [jerseyjed@aol.com](mailto:jerseyjed@aol.com)



**MEMBERS MAY NOW CONTACT  
BVS RANGERS DIRECTLY**

**CALL OR TEXT  
661-732-0100**

Rangers primarily respond to amenity rule violations.

## **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 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)



# Birds, Birding & Conservation in Bear Valley Springs

April 10th  
6 pm

**Oak Tree Country Club**

## Field Trip!



April 13th  
10 am  
**CUB LAKE**

From Cub Lake we traverse to Jack's Hole for 2 hours of birding. You will be amazed at what you'll learn and observe.



[BVSwildlifeCoalition.org](http://BVSwildlifeCoalition.org)

Guest Speaker:  
**Bob Barnes**



A unique, confidence-building, audience participation program from start to end. Lots of interaction with Q & A. Bring fully-charged cell phone, small notebook and pen.

### About Bob Barnes

Major Life Project ... Protection of the South Fork Kern River watershed via Congressional wild & scenic river and wilderness destinations plus private land acquisitions with Audubon, California Wilderness Coalition, Friends of the River, Kern River Valley Heritage Foundation, The Nature Conservancy, Trust for Public Land, Wilderness Society.

[BVSwildlifeCoalition@gmail.com](mailto:BVSwildlifeCoalition@gmail.com)

# 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	2/21/2024	3/31/2024
Water Temperature	50.7°	55°
Visibility/Clarity	12 inches	18 inches
Dissolved Oxygen (DO) Important for fishing >5	12.63 mg/l	12.18 mg/l
E Coli Indicator bacteria for sewage leaks	Below allowable limit last sample date May 18 <sup>th</sup> 2023	Below allowable limit last sample date May 18 <sup>th</sup> 2023
Cyanobacteria Indicator for harmful algal blooms	No advisory tier No visual indicators present	No advisory tier No visual indicators present

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 has to 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 call Lisa Burt (661) 821-0850 or email [@The\\_burt\\_family@yahoo.com](mailto:@The_burt_family@yahoo.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, 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 the Dog Park, please call the 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.

## **OAK TREE BRIDGE CLUB**



**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"



Bear Valley Police  
**V.I.P.S.**  
 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

Alcoholics Anonymous 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.

## The Snake Guys



**The Snake Guys**  
 Preserving the BVS Ecosystem  
 A Volunteer Service

Snake Relocation  
 Small Wildlife Rescue  
 Facebook: Bear Valley  
 Springs Snake Guys

---

Text or Call

Ron Hayton	661-203-4468	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/>





## **SERVICES PROVIDED BY THE ASSOCIATION**

1. **STANDARD COPIES:** 25 cents per page for 8" x 11."
2. **OVER SIZE COPIES (BLUE PRINTS):** \$10 per page
3. **OVERSIZE PDF:** \$2 per page
4. **FAXES:** \$1.50 per page
5. **Notary Services:** \$15 per signature. Appointment required.