FRIENDS OF BANDON PARKS & RECREATION
CONNECT WITH NATURE

FOBPR Newsletter — Volume 4/Issue 10 October 2025

FRIENDS OF BANDON PARKS & RECREATION
CONNECT WITH NATURE

Editor: Steve Friedland

Newsletter Layout,
Graphics and Design: Laura Brownfield

Notes from Friends of Bandon Parks and Recreation (FOBPR)

Dear FOBPR Subscribers,

Fall is here!! Pumpkin spiced everything, candy corn, cooling weather, and the change of seasons that invigorate us and bring us

Forest Bathing

nurturing rain (but not too much please)!

I practiced some forest bathing recently as we talked about in our recent newsletter and reaped the benefits. I hope you can get out and enjoy nature and the calm to be found there.

We had loads of fun at the Cranberry Festival participating in the parade and having a non-profit booth in the downtown. Attendees had fun guessing how many pieces of candy in our jar (616 pieces to be exact) for a chance to win several prizes.

First prize was a $100 gift certificate generously donated by Bandon Brewing!! Pickleball sets, Lego sets, and the jar of candy were other fun prizes which all have been distributed. Plus $153 donations were received. Thanks to all who participated, we also shared information about parks and recreation in our area.

I will be stepping away from FOBPR, but look forward to participating in next years third annual Bike Rodeo and I look forward with anticipation for the return of our nesting pair of American Bald Eagles to Johnson Creek at the east end of the park next Spring.

Laura Brownfield
President, FOBPR

FOBPR greatly appreciates your donations and just as much, we value your volunteer time.

Friends of Bandon Parks & Recreation needs your help to lead and manage upcoming community events for this fall and beyond.

Events will be fully funded and supported by FOBPR. We are seeking event leaders who can share their skills in: event planning, creating a realistic budget, coordination of materials and helpers, event volunteer recruitment, and providing periodic updates including an event report to the FOBPR Executive Board. The Executive Board will work with you to ensure a successful event, so you will have plenty of support from experienced leaders.

Interested individuals are encouraged to contact friendsofbandonpr@gmail.com. We expect to have two to three events requiring event leaders this year. We are excited to offer this opportunity to our subscribers and individuals looking to gain valuable experience while serving the greater Bandon community. Please contact us now if interested in learning more! No pressure, no obligation, just a pleasant conversation with others committed to parks and recreation in Bandon.

We are so excited and so grateful to report to you that Campaign 2025 surpassed our goal of raising $2025 to support the exciting events that Friends have lead this year, including our participation in the annual Health Fair, Bike Rodeo, Cranberry Festival, and the upcoming Veterans Day planting event at our local VFW Post.

To date, 33 FOBPR members have provided donations of $3788 and more arrive every week. Thank you so much for your generous support!

But we need volunteers to assist with the events we have planned for 2026!!! Stay

tuned for more information in next month's Newsletter. Please contact our Project Manager, Wade Troxell at friendsofbandonpr@gmail.com to volunteer.

Please join us in promoting Christine Hall's vision of a vibrant park system and enthusiastic support for recreation in Bandon. FOBPR is offers subscribers an opportunity to donate in honor of or in memory of someone they cherish.

You can see what's we've done at (https://fobpr.com/accomplishments)

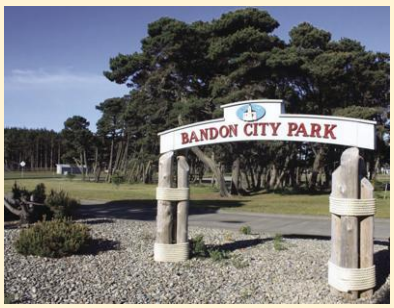
Your volunteer work is the heart of our organization. We appreciate you for volunteering for our events and for your generous donations. Thank you.

Do you have chickens?!

Let them do the work for Halloween.

Just scratch off the pumpkin skin in the decoration you want and let the girls do the work while they get a treat!! So much fun!

City Park Master Plan Advisory Committee Update



Save the date to attend the public meeting on next steps for the Master Plan for Bandon City Park

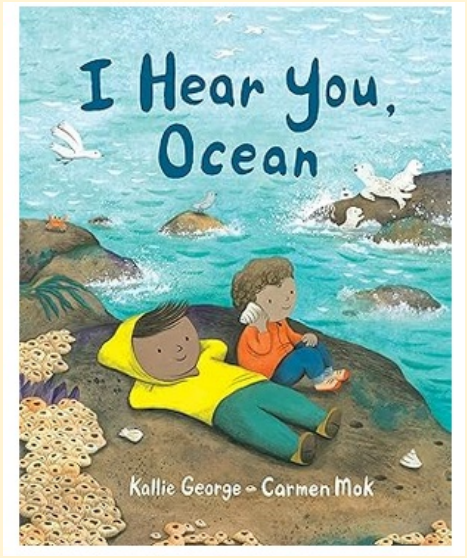
Open House #2 on October 16 from 5:30-7pm at the Barn Community Center. In preparation, the consultant - Dougherty Landscape Associates (DLA) - is preparing updated materials that will be posted on the City Park website at .https://www.bandon-or.gov/planning/page/city-park-master-plan

The anticipated format for the open house is:

1. Event Overview (5 min)
   - Introductions
   - Project Overview / Process
   - Event Format/Goals/Objective
2. Presentation of Design Concepts (20 min)
3. Q & A (15 min)
4. Community Input (30-45 min)
   - Comment cards / forms / boards
   - Break out (as needed)
   - Report back (as needed)
5. Wrap up (5 min)
   -

How community input will be used
• Next steps

The Bandon Library StoryWalk(R) display in City Park will be updated the first week of October.



The book It is based on is "I Hear You Ocean" *by Kallie George* https://a.co/d/a5iVBNK

The boards are updated about every two months. This book is about:

"This joyful and soothing book about ocean sounds for kids 3-7 will transport readers to the seaside. When a child visits the ocean with his little brother, he whispers to him, 'The ocean has lots to say, if you listen.' Together, they hear wondrous things, like the rumble of pebbles tumbling and filling the beach with shiny gems, the bark of a seal playing peekaboo, and the whooshing of a shell murmuring messages."

We talk a lot about walking in these newsletters ... Here is another good article we found for you.

In this month's newsletter, we will begin a two part series on the many benefits of walking.

Walking – it does a body good!

Adapted from an article by Lara Vukelich of CNET, 1 Aug 2025

A trend known as "Japanese walking" or interval walking training is trending now. But it isn't new. It originated from a 2007 study in Japan that found higher-intensity interval walking may protect adults 40 and older dealing with increases in blood pressure and decreases in muscle strength and peak oxygen uptake.

Is walking exercise?

Yes! Walking is exercise and experts in physical and mental health disciplines agree. Sergii Putsov, a Certified Personal Trainer (CPT) with a PhD in sports science, says, "Walking for just 30 minutes every day can lower your risk of severe cardiovascular disease and dementia." April Crowe, a licensed clinical social worker at Paramount Wellness Retreat, adds that "walking in natural environments also boosts cognitive function and creativity, thereby providing a unique kind of therapy."

Does walking do more than build your heart's strength?

The Mayo Clinic has identified additional health benefits of walking. According to the medical center, walking can improve muscle endurance, boost energy, lower blood pressure, strengthen bones, and support the immune system. You can see benefits both outdoors and on a treadmill.

Can walking change your appearance?

In 2017, the Journal of Physical Activity and Health analyzed 22 clinical trials related to walking and health. The results revealed that brisk walking reduced waist circumference and body fat percentage to a "clinically significant" degree in men and women under age 50 living with obesity. It can also lead to overall weight loss. Walking on its own can deliver results and may have fewer negative impacts on your body than other high-impact sports. It’s also a good warm-up for other activities like cycling or pickleball.

Gregor Parella, also a CPT, says of walking for walking's sake: "It is much better than jogging because jogging can put undue pressure on your ankles, especially if you're heavily built. On the other hand, brisk walking is one of the best exercises because it tones your leg and calf muscles without the same pressure on joints.”

Even walking at a slow pace is better than being stationary at home, but a faster pace may also hasten the health benefits. A 2019 study in Atherosclerosis found that "walking pace was inversely associated with the risk of death and development of cardiovascular disease" in male physicians with an average age of 67.8. In other words, walking faster may lower your risk of death and cardiovascular disease.

How long you should walk?

The US Department of Health and Human Services recommends at least 150 minutes of moderate-intensity physical activity each week, or 30 minutes a day for five days, for substantial health benefits. This can include walking briskly at 2.5 mph to 4 mph. Walking at a slow or leisurely pace (2 mph or less) is considered a light-intensity activity, which is likely to produce some health benefits compared to sedentary behavior, but not as many benefits as walking briskly.

Walking health benefits

There are many health benefits to walking. Not only can the activity lower cortisol hormone levels related to stress, like all forms of exercise, and give you some fresh air, but you may also see various tangible improvements in the following health indicators:

Better sleep. Low-impact physical activity can lead to better sleep. One small 2020 study published in Sleep Health found that increasing daily steps led to better quality sleep, especially among women.

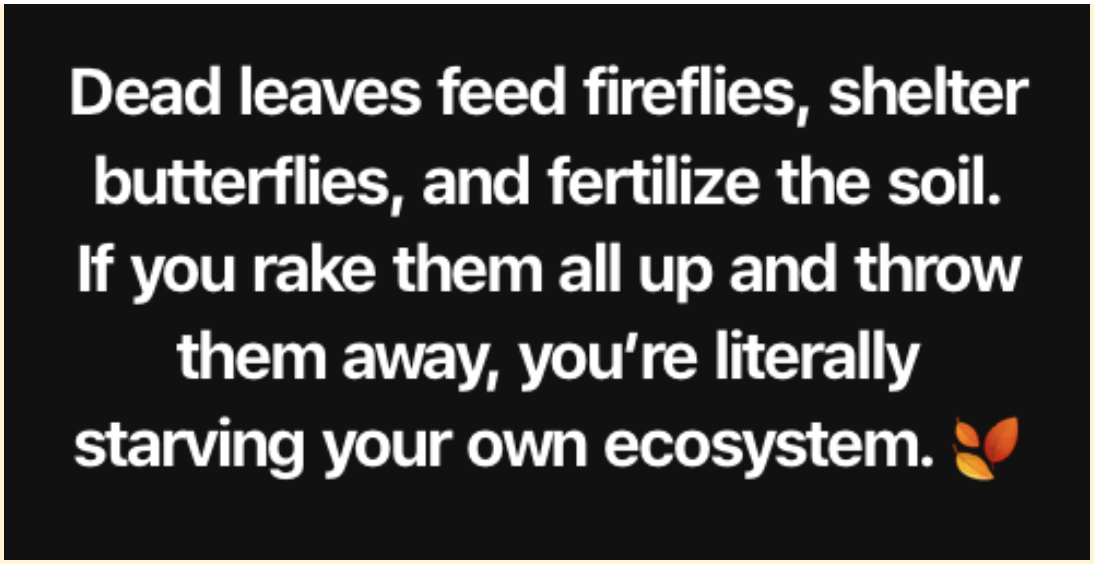
Lower risk of type 2 diabetes. According to the American Diabetes Association, walking at least 30 minutes per day could help you stave off type 2 diabetes. Increasing your daily step count may keep your glucose levels in check.

Lower blood pressure. A 2022 study from the American Family Physician reported that a regular walking schedule with moderate intensity may lower systolic blood pressure, diastolic blood pressure and heart rate.

Improved balance. Remaining steady on your feet is increasingly important for your health as you age. Harvard Health Publishing states that walking builds lower body strength, which improves balance.

Lower risk of cancer. Walking may even reduce your risk of some cancers. A 2013 study out of Cancer Epidemiology, Biomarkers & Prevention found that postmenopausal women who walked at least 7 hours per week had a 14% lower risk of getting breast cancer than women who walked 3 hours or less every week.

The information contained in this article is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.


Dead leaves feed fireflies, shelter butterflies, and fertilize the soil.
If you rake them all up and throw them away, you're literally starving your own ecosystem.

FRIENDS OF BANDON PARKS & RECREATION

CONNECT WITH NATURE

SUPPORTER DONATION
FRIENDS OF BANDON PARKS & RECREATION
ANNUAL GIFT

First name: _____

Last name: _____

Zip Code: _____

Phone: (optional) _____

Email: (optional) _____

Individual Supporter $25

Family Supporter $45

Corporate Supporter $100

Thank you for your support!

Please Make Checks Payable to:

FOBPR
1130 Baltimore Ave SE # 2
Bandon, OR 97411

A gift of _____ in honor of : _____

A gift of _____ in memory of : _____

To donate using PayPal, just scan this QR code with your phone's camera. It's an easy, safe, and secure way to donate. You can use your PayPal account or most credit cards. Or you can visit our website at FOBPR.com to donate online if you prefer.

Connecting Our Community With Nature

Your support helps us share, preserve, and enhance our parks while promoting education and wellness. Thank you for your support.

Friends of Bandon Parks and Recreation (FOBPR) is a 501(c)(3) non-profit organization. Your donation is tax-deductible to the full extent allowable by law. Our tax identification number is EIN 93-2761263. We are committed to sound fiscal management, accountability, and transparency.

Locals and visitors alike enjoying some Fall play at City Park

Interested in Learning or Playing Pickleball??

Contact Bandon Pickleball at Bandonpickleball@gmail.com

A Final Thought ...

Let them get dirty and enjoy outside!

Don't let the wet weather stop your enjoying nature!

Proud to be a Non-Profit Member

Friends of Bandon Parks and Recreation (FOBPR) is a 501(c)(3) non-profit organization.

Your donation is tax-deductible to the full extent allowable by law.

Our tax identification number is EIN 93-2761263. We are committed to sound fiscal management, accountability, and transparency.

friendsofbandonpr@gmail.com

Website FOBPR.com All previous newsletter available on the "About Us" page.

FOBPR, 1130 Baltimore Ave SE # 2, Bandon, OR 97411
