



**FOBPR**  
**Newsletter —**  
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## FOBPR Announces Board Changes; Will Refocus on Core Mission in 2026

Long standing Executive Board member, Steve Friendland, has transitioned from his Board role to pursue other opportunities, Laura Brownfield had to step away, but is hoping to join back to FOBPR board next month. We thank them for their enduring legacy within our organization and for their countless contributions to the greater Bandon community. We wish them continued success in their new pursuits.

### **At our October meeting, these new Board assignments were approved:**

- Claudine Hundhausen- President
- Wade Troxell- Vice President & Treasurer
- Sarah Chenausky- Director of Communications & Secretary



**Our Mission states that “FOBPR advocates for thriving parks and recreational opportunities for a healthy community for generations to come. We believe parks are the soul of the city.”**

In 2026, our Board will refocus spending and project work around parkland within our city. Our efforts will center on the three main parks- City Park, South Jetty Park and Johnson Creek Greenway while also exploring opportunities within various parklets and underutilized parcels within Bandon.

As we kick off the new year, we will be soliciting input from you, our subscriber base, to assist us in guiding efforts towards the park enhancements that are most important to you and the community at large. Our mantra will be “little improvements to make it better for all.”

We look forward to your input and for helping us deliver a great 2026 for Bandon!

*-Claudine, Wade and Sarah*





## To the supporters and subscribers of FOBPR From Steve Friedland

This month, Friends begins an exciting new chapter in our history with a new President, a new Secretary, and a new Editor of this Newsletter. It has been the honor of a lifetime to begin Friends with Christine Hall 4 years ago and it has been wonderful to see how much we have all accomplished in promoting parkland and recreation in Bandon. While I am moving on to new opportunities, our community focused organization is now in very capable hands. I look forward to supporting FOBPR and hope that you will, too. Best wishes to everyone,

*Steve Friedland*

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## The World

### FOBPR Gets Recognition in the World Newspaper

### **Bandon VFW Celebrates Veterans Day with a Collaboration from the Friends of Parks and Recreation**

- By NATE SCHWARTZ Editor
- Nov 19, 2025

Bandon's VFW Post 3440 celebrated Veterans Day in style on November 11. Affectionately known as 'The Post', the Frank C. High Medal of Honor Post 3440 has been a bastion for local veterans, providing community for those who have served in the branches of our Nation's Military during foreign conflict.



*Over 100 people showed up to Veterans Day festivities at The Post, with 50+ vets eating free. Courtesy of VFW Post 3440*

The day began with Flags Across Bandon helping to put up flags all around the city in celebration of its veterans, along with another crew distributing them to local cemeteries. A 40-vehicle parade ensued, with the South Coast Patriot Guard's motorcycle brigade joining the fun. It all culminated in a community barbecue, with

100 VETS being served lunch at The Post. Over 50 of them were veterans, who of course ate for free.



Before everyone had their fill, a presentation was held announcing a collaboration between Friends of Bandon Parks and Recreation (FOBPR) and The Post. The local non-profit, who helps to promote further support for the area's parks and activities, were donating and planting a number of shrubs and trees on VFW property as a show of support for local veterans.

Captain Wade Troxell, a U.S. Marine Corp veteran and spokesperson for FOBPR, spoke on behalf of both communities when he announced the donation. Troxell is the middle of three generations of service members from his family, with his father an Air Force mechanic during WWII and his son currently a HUEY pilot at Camp Pendleton.

"As veterans, we know that unfortunately it's not all good or happy memories that we carry. Keeping these memories sacred and alive, however, is important in order to solidify the legacy of those who may have fallen in service to our country," said Cpt. Troxell in his address. "Living with these unique experiences also helps to resonate that Veterans are different."





*One of the newly planted sprouts at VFW Post 3440. In the background you can see some of the flags planted at local cemeteries for Veteran's Day. Photo by Nate Schwartz*

That mission is to advocate for 'thriving parks and recreational opportunities' in the Bandon area. FOBPR, who were founded in 2021, conducts fundraising efforts and secures grants to help expand recreational opportunities for generations to come. Troxell himself is a birdwatcher, and was seeking volunteer opportunities when he found the Friends around two years ago. A graduate of the U.S. Naval Academy, he was the perfect go between for the two organizations.

"Our core mission focuses on parks and recreational opportunities, so this was a little bit of a fringe of that," said Troxell. "Knowing that we wanted to do something from a planting standpoint, we normally do that in fall in one of the parks. This year we selected an organization and said 'Let's do something together'. Through that we can honor veterans and still fulfill our own mission."

The trees were purchased from Stillwater Natives Nursery. Owner Darcy Grahek helped to coordinate the mulching and planting, along with Luis Campos who did a lot of the physical planting itself. The shrubs will provide a bit of landscaping and provide bit of separation between the Post and the adjacent cemetery.

"It is a salute. It's our way to honor the local veterans. There's a large contingent, they're very active in the community. It's our way of saying thank you, not only for their service, but for their long-standing contributions to the community," closed Troxell.

The Post was originally formed back in 1936 by its namesake Frank C. High and a group of 26 veterans. Since, it has served as a source of community and pride to all local veterans who have seen the battlefield. It seeks to foster that community and camaraderie, while providing support for any veterans who need help accessing services or adjusting back to civilian life.

The Post's canteen is open 4-7 on Thursday-Tuesday, and every week serves Friday night dinners followed by karaoke. You can help support local vets by attending, or by donating. More information is available on their official website: [vfw3440.org](http://vfw3440.org)



Press release, 11/26/25-

**Stillwater Natives Nursery is seeking two high school interns to start February 3, 2026. Hours are flexible with a target of 6 hours a week.**

Saturday can be included on request from intern.

Students gain a wealth of experience about native plants and will see some of the many careers that work with these incredibly diverse species. It is my pleasure to share some of my 45 years of plant knowledge with students. We have a variety of plant partners and so every semester interns will get some experience with habitat restoration on public lands.

These positions can qualify as work experience for high school credits and will give a student solid nursery skills that can lead to employment or further studies. Each student receives an \$800.00 stipend upon completion of the internship.

Find the Intern Job description on our website or use the link below to read more.

[https://www.stillwaternativesnursery.com/\\_files/ugd/50b04c\\_331f3d82e5054bfa9ee72ef2a4fe79d0.pdf](https://www.stillwaternativesnursery.com/_files/ugd/50b04c_331f3d82e5054bfa9ee72ef2a4fe79d0.pdf)

If interested, send Darcy Grahek an email at [darcygrahek@gmail.com](mailto:darcygrahek@gmail.com).



**Would you like to make a difference in your own community while flexing and building upon your business skills set?**

**Friends of Bandon Parks & Recreation seeks new talent on our Executive Board.**

We are seeking energetic, resourceful candidates interested in learning the ins and

out of operating a non-profit organization. Skills that could be learned or refreshed include:

- Financial accounting (organizational budgeting, expense management, fund raising)
- Grant writing
- Project management (team leadership, delegation, creating project plans/budgets)
- Government regulatory submissions (ODOJ, IRS)
- Meeting management (setting agenda, recording minutes, archiving information)
- Business correspondence

It takes a vibrant, dedicated and collaborative team to function successfully as a non-profit organization in today's competitive business world. It requires real work done by real people. Come join the FOBPR team and help us in serving the greater Bandon community!

If you would like to learn more about our Executive Board opportunities, please contact us via our organizational email at: [friendsofbandonpr@gmail.com](mailto:friendsofbandonpr@gmail.com).



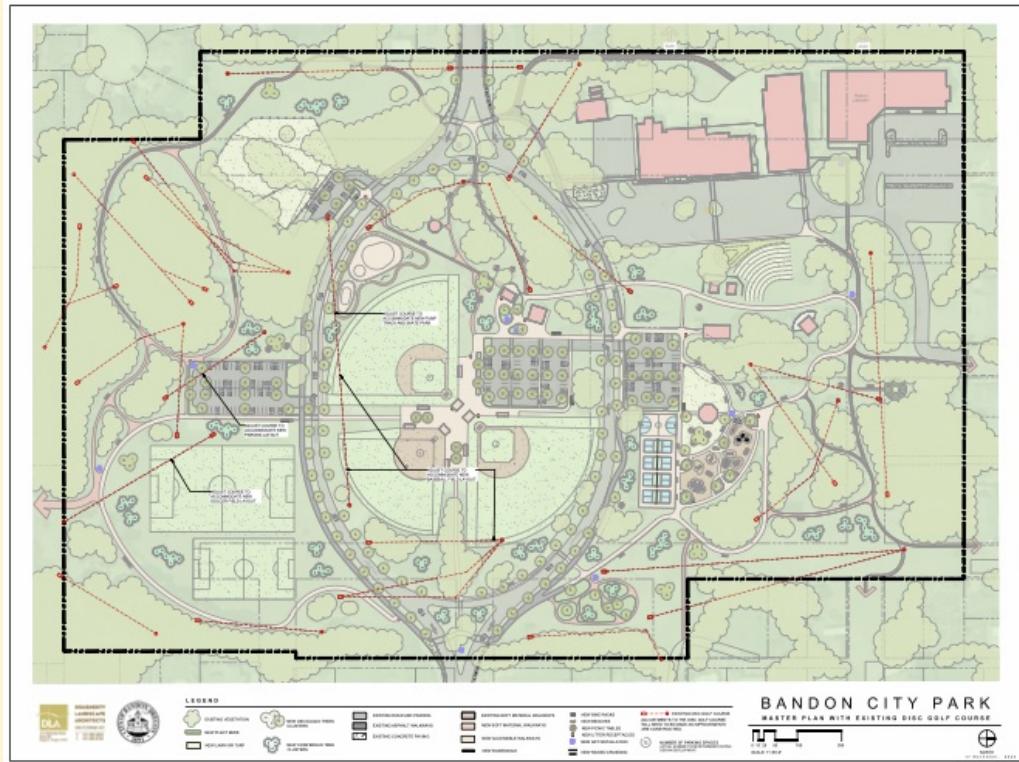
### **Bandon City Park Master Plan Advisory Committee Update**

**Last year the city of Bandon advertised for volunteers to serve in advisory capacity to guide the new master plan for the City Park on 11th Street.**

With funds from a grant, Bandon has employed an architectural firm specializing in parks to work on the plan with our citizen volunteers. Two preliminary meetings open to the public were held this past year to present ideas and gain community feedback. The input from those meetings resulted in this proposed plan. (It is not set in stone in any way at this time!) The many volunteers are working with recreational groups, plant enthusiasts, team sports and more to get their opinion on the plan. We invite you to share your thoughts as well.

The City of Bandon currently does not have a Park and Recreation Budget or District, and this is the first step to approve a master plan so all future park projects can have funding sought in grants and donations to meet the plan. There is no current funding attached to this project, but the plan will allow for projects within the scope of the plan to be worked on.

Please reach out to Steve Friedland or Laura Brownfield, volunteer members of the committee, at [friendsofbandonpr@gmail.com](mailto:friendsofbandonpr@gmail.com) with input. Thanks so much!



**We talk a lot about walking in these newsletters ... Here is the second part of the walking article from last month.**

## **Walking – it does a body good! [Part 2]**

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

### **Tips for taking your walking to the next level**

If you hit a plateau with your walking routine, you can add a bit of intensity to your walk without having to jog or switch activities. Making your walk more rigorous could increase the number of calories burned by giving your body a new challenge. Ways to up the ante on your daily walk include:

Increase the time of your walk – but do so in moderate increments. If you're currently walking 30 minutes a day, add more time in 10 or 15-minute intervals. Personal trainers recommend walking at least 45 minutes a day if your goal is weight loss.

Increase your speed – but not too much. You can also add more intensity by picking up speed. Free fitness workout apps with GPS enabled, including Nike Run Club, can help you track distance and time to calculate your pace.

Wear wrist or ankle weights if you are fit and healthy. Tying on weights like Bala Bangles can kick your walk up a notch. These types of weights can be worn on your ankles or wrists to provide resistance.

Alternate your pace. CPTs recommended walking intervals to make walking more challenging. Try walking for five minutes at a regular pace, then five minutes of speed walking, and so on.

Add an incline to your route if you are fit and healthy. Are you walking on a flat surface for most of your route? Perhaps find a hill to increase the difficulty of your trek.



### **How to stay motivated while walking**

It's easy to get excited about a new workout routine initially, and it's just as natural to get bored or frustrated when you stop seeing major results. You may find music and podcasts helpful because they make time appear to pass more quickly. A note of caution: make sure that these sounds are light background noise so that you can still be aware of your environment and those around you.

Crowe also recommends setting clear, achievable goals. She says it can help to remind yourself about how far you've come, explaining, "Recording all achievements made during walks, whether through mobile apps or personal journals, will act as a reminder," which can help motivate you next time.

If going it alone is making it harder to stay on track, try walking with a partner or seeing if there is a walking club in your area. Parella says a walking buddy can increase your sense of accountability and make the experience more fun. You may also try new scenery to stay motivated during a walk. Getting some sun will increase your vitamin D intake, which may improve your mood.



## Walking safety tips

Before you hit the sidewalk on your daily walk, be sure you're well-equipped for the task. While a neighborhood or seaside stroll may seem harmless, you still want to set yourself up for a safe return.

Bring water. In moderate temperatures, REI recommends drinking one half-liter (about 17 ounces) of water every hour. If it's hot outside, you should increase your water intake. Becoming dehydrated on a walk could leave you feeling dizzy or sick, so make sure you bring your water bottle.

Wear the right shoes. You don't want to be taken out of commission halfway through your walk because of a sprained ankle or serious blisters. Get fitted at an athletic store for quality walking shoes that fit your foot shape and arches.

Let someone know your location. When you're walking in nature or at night, make sure someone can find you. Sharing your location on Google Maps is one easy way to accomplish this.

Wear reflective gear at night. If you're walking early in the morning or after dusk, wear a reflective jacket or vest. You can also get reflective tape and add it to your shoes and the back of your pants.

Use the sidewalks. The US Department of Transportation states that you should always walk on the sidewalk. A note of caution: there are many areas in Bandon without a sidewalk. If there is no sidewalk, walk facing traffic with clothing whose colors stand out from the scenery.

Plan your route. To avoid getting lost or wandering into areas that may be unlit or unsafe, plan your route ahead of time. This will help you remain aware of your surroundings while allowing you to give someone your exact location before you head out.

Carry your phone. If you're walking alone — especially at night — make sure you carry your phone in case of an emergency. However, don't let your phone distract you to the point where you're not alert and aware of your surroundings.

*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.*



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Last name: \_\_\_\_\_

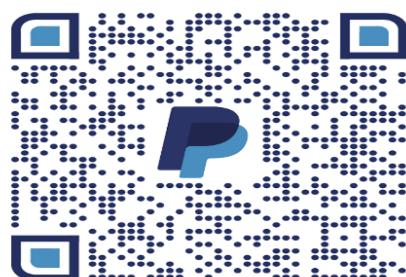
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A gift of \_\_\_\_\_ in honor of : \_\_\_\_\_

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#### SUPPORTER DONATION

#### FRIENDS OF BANDON PARKS & RECREATION

#### ANNUAL GIFT

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**

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](http://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.

## Interested in Learning or Playing Pickleball??

Contact Bandon Pickleball at [Bandonpickleball@gmail.com](mailto:Bandonpickleball@gmail.com)



## Proud to be a Non-Profit Member

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