



## FOBPR Newsletter —Volume 4/Issue 5 May 2025

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### Notes from Friends of Bandon Parks and Recreation (FOBPR)

Dear FOBPR Subscribers,

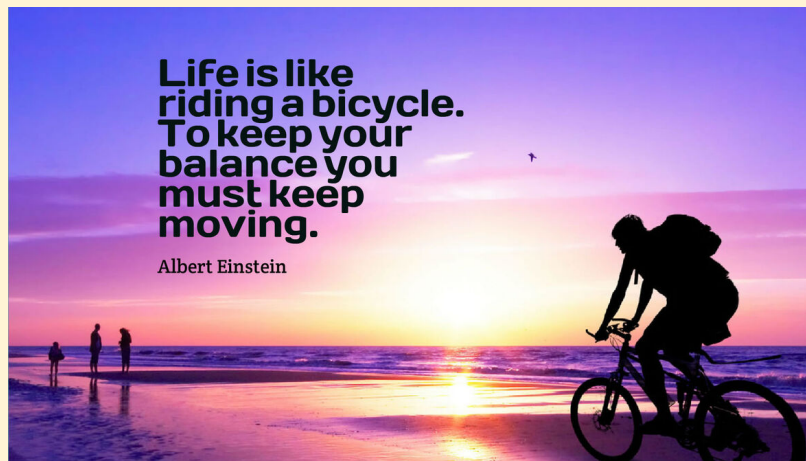
### What an exciting month May will be for recreation in Bandon!

We are sponsoring the Second Annual Bike Rodeo at Ocean Crest Elementary School on May 2nd in cooperation with Cycle Oregon and the Bandon School District with

**major support from a generous grant provided by Bandon 100 Strong.** Begun last year by our founder, Christine Hall, the Bike Rodeo will provide 10 bicycles for the 3rd graders, 60 bicycle helmets for each 3rd grader, 30 loaner bikes from Cycle Oregon, and other goodies for the children. Because of your support of donations and volunteer time, this marvelous event has become an annual festival. Thank you for your generosity!



*Laura Brownfield*  
*President, FOBPR*



## CONNECT WITH NATURE

### TIME FOR RENEWALS AND MEMBERSHIP DRIVE

Friends of Bandon Parks and Recreation helps Support community Projects and groups promoting our [City's](#) parks, sport, and recreational activities.

Just fill out the application, attach a check and drop it in the mail.

*Thank you for joining us!*

**BECOME A  
MEMBER**

**June is the time for the annual renewal of your FOBPR support – and it's a great time to join as well.**

**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 summer and fall. 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 be working with you to ensure a successful event, so you will have plenty of support from experienced leaders.

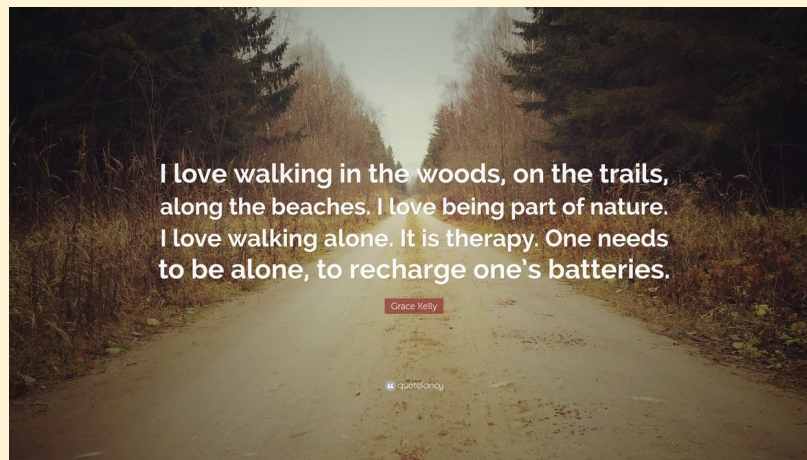
Interested individuals are encouraged to contact [friendsofbandonpr@gmail.com](mailto:friendsofbandonpr@gmail.com). We expect to have two to three events requiring event leaders this year. We are excited to offer this opportunity to our subscribers and individuals looking to gain valuable experience 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.

*Application at the bottom of the newsletter ...*

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**Enjoy walking – it's recreation, not a job.**



There's something soul-filling about a good old-fashioned walk, putting your feet to the pavement — or maybe dirt, grass, or sand (dreamy). But it's far from purely a pleasure activity: Research has shown that walking may reduce the risk of developing breast cancer, eases joint pain, increases immune function, and may even extend lifespans. More perks? Walks may be accompanied by bursts of creativity, mood boosts, and cute dog sightings.



That said, sometimes a walking routine can feel less like self-care and more like a chore, especially when to-dos are piling up and the days don't feel long enough to get anywhere near 10,000 steps. Remember: you're walking to have fun and relax, not training for a marathon.

There are accessories to help make walking comfortable and enjoyable, so the daily ritual is something you look forward to (think: cozy cardio, walking edition). While a

new water bottle and baseball cap may seem small, we've found they can work wonders to boost motivation to stroll.



## Citizens of Bandon can now comment on the City Park Master Plan that is being developed by the Ad Hoc Committee.

You can also see the presentation by the landscape architects regarding the ideas being considered for City Park: <http://www.bandon-or.gov/planning/page/city-park-online-open-house>

### Beachwalkers Needed!



**Beached Bird Training Session**  
Bandon, OR  
Saturday, May 10th, 2025  
10am - 4pm

10

Saturday, May 10, 2025 at 10:00 AM – 4:00 PM PDT

### Bandon Beached Bird Training

Bandon Barn Community Center

Event by **COASST (Coastal Observation And Seabird Survey Team)**

**Bandon Barn Community Center**

Duration: 6 hr

Public - Anyone on or off Facebook

RSVP to [coasst@uw.edu](mailto:coasst@uw.edu). Just say you are coming to the Bandon training!

Join the Coastal Observation and Seabird Survey Team (COASST) and help make a difference for the environment!

COASST participants collect data on beach-cast carcasses of marine birds on a monthly basis to establish the baseline pattern of bird mortality on North Pacific beaches. Data collected helps address important marine conservation issues and protect marine resources. No prior scientific experience is needed.

Beach surveys are best (and most fun) when conducted in groups of 2 or more— so it is recommended (but not required) to come with a survey partner in mind or in tow! The training is free, but we do ask for a \$31 refundable survey kit deposit to take the materials home





### More trees = better community health

“The University of Louisville’s groundbreaking Green Heart Louisville Project has found that people living in neighborhoods where the number of trees and shrubs was more than doubled showed lower levels of a blood marker of inflammation than those living outside the planted areas. General inflammation is an important risk indicator for heart disease and other chronic diseases.” For more info, visit

<https://louisville.edu/medicine/news/uofl-green-heart-project-residents2019-inflammation-lower-after-trees-added-to-neighborhoods#:~:text=The%20University%20of%20Louisville's%20groundbreaking,living%20outside%20the%20>

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### Interested in Learning or Playing Pickleball??

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

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## Final Thought

"You can't tell a kid that it's time to exercise; that's a turn off...you have to say, "Let's go to the park and have some fun! Then you get them to do some running, play on the swings, practice on the balance beam, and basically get a full workout disguised as play."

– Arnold Schwarzenegger



## SUPPORTER APPLICATION

### FRIENDS OF BANDON PARKS & RECREATION

**Annual Contribution**  
Parks & Rec Supporter \$25

Family Partners \$45

Park Community Builders \$45

Corporate Sponsors \$100

First name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Interests and skills: \_\_\_\_\_

Mail Checks Payable to:  
Friends of Bandon Parks &  
Recreation  
1130 Baltimore SE #2  
Bandon, OR 97411

## Connect Our Community With Nature



Bandon City Park



South Jetty Park



Johnson Creek

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



## 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.

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

friendsofbandonpr@gmail.com

Website - [FOBPR.com](http://FOBPR.com)

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