



FOBPR Newsletter —Volume 4/Issue 4 April 2025

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Notes from Friends of Bandon Parks and Recreation (FOBPR)

Dear FOBPR Subscribers,

April is not just the month that bring showers for May flowers. It is also a time of transition for Friends of Bandon Parks & Recreation.



FOBPR has a new President, Laura Brownfield. You all have known Laura for years as the amazing layout & design artist for our monthly Newsletters. She is the reason that our newsletters look so visually appealing. Laura has served as Vice President of FOBPR for the last few years and is an active volunteer for a wide range of worthy causes.

An avid pickleball player, Laura is well positioned to lead the recreation efforts of our community

non-profit. Laura also serves on the Advisory Committee for the City Park Master Plan. She was Vice-Chair of the City's Parks and Recreation Commission. Please join all of our supporters in welcoming Laura as the new leader of Friends of Bandon Parks and Recreation!



Active People, Healthy Nation: Just take a Walk

I believe that there is a subtle magnetism in nature, which, if we yield to it, will direct us aright. It is not indifferent to us which way we walk. There is a right way; but we are liable from carelessness and thoughtlessness to take the wrong way. Revised from his essay, Walking,

by Henry David Thoreau

WALK

For those of us who can comfortably walk, we know that walking is both great exercise and affordable transportation. What's exciting are these five other benefits of walking:

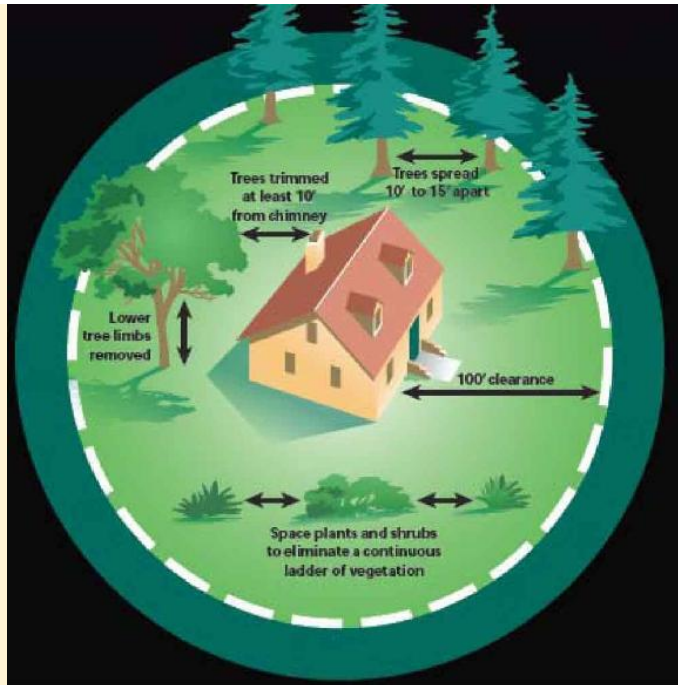
1. Walk for perspective. These are trying times. While the global pandemic has robbed so many of us of so much, and yet, most of us can still find perspective today. On days when I need some perspective, I'll stroll while looking at the sun, the trees, or the water. Those views remind me to reflect on the expanse of the universe, to appreciate the beauty of nature, and prompt me to consider how much world there still is for me to explore (weather permitting).

2. Walk for connection. While you can walk alone, you don't have to. These days, walking is one of the safer activities available to us. Invite a friend or family member to join you when it's doable, safe, and responsible.

3. Walk for learning. As much as I like to clear my mind, I also like to fill it with new and useful information. I might walk while listening to a podcast or an audiobook, or even the recording of a webinar I signed up for but wasn't able to attend. I might take some photos with my phone of a tree, a plant, or an animal that I can't identify.

4. Walk for gratitude. I often walk with a focus on how lucky I am to be able to walk when I'm feeling the relief of less pain. I will focus on the gift of feeling safe as a person walking alone or with friends. Or that I have a hot shower waiting for me at the end of my walk. I might even focus on the simple pleasure of being alive right now.

5. Walk for productivity. Sometimes I'll arrange a call with a distant friend who has also committed to walk and talk. Or I might have a networking call with someone who is also walking. I am often productive when I walk, and might dictate brainstorming ideas, or even a new article or shopping list, into my phone's voice recorder. When I come home, I have something to cross off my to-do list, in addition to that day's walk.



How to Make Your Home Defensible from Fires

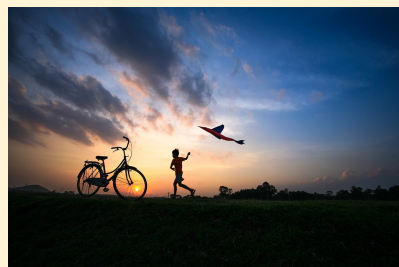
Coos Forest Protective Agency has created tips for preventive measures you can take now ahead of fire season.

Clear debris

- Regularly remove leaves, pine needles, and other debris from your roof, gutters, and around your home
- Remove branches within 10 feet of chimney and stovepipe outlets

Create defensible space

- Create a defensible space of at least 100 feet around your home
- Use noncombustible materials like gravel, pavers, or concrete
- Replace combustible fencing, gates, and arbors with noncombustible alternatives
- Limit combustible items on decks



Outdoor recreation: good for your health and the local

economy.

The “outdoor recreation economy” is at the heart of a burgeoning development trend for rural areas and small towns.

Outdoor recreation is among the country’s largest economic sectors, supporting 7.6 million U.S. jobs and adding more than \$59 billion to state and local government revenue.

The U.S. Forest Service calls outdoor recreation a “growing and diverse economic super sector.” Most of the \$887 billion spent on outdoor recreation each year goes to pay for the experience (travel costs, guides, lessons) while about 20% is spent on equipment, apparel and other “stuff.” Here’s one way to interpret this: outdoor recreation offers many different entry points for communities looking for an economic boost.

Even more important to consider as you look to improve, revitalize, or pull your community up by its bootstraps: investing in outdoor recreation earns dividends in healthier communities, healthier economies, and healthier people. According to the Forest Service, “outdoor recreation is no longer a ‘nice to have,’ it is now a ‘must-have’” for community resilience, spirit, and competitiveness. The Outdoor Recreation Industry Association calls it “an under-appreciated and overlooked way to support local business.

Miles of Smiles on Student Faces at the Health Fair

FOBPR supports Safe Routes to Schools either by cycling or walking.

Bandon’s 100 Strong generously donated funds to purchase bike helmets and bicycles for the Third Annual Ocean Crest Health Fair held on March 12.



Over 250 adults and children were in attendance. Liz Deters, Ocean Crest’s school nurse, headed the event. Many vendors and civic organizations were represented

and filled the gymnasium. On stage FOBPR had ten shiny new bicycles, five of which were purchased through funds from 100 Strong.



FOBPR displayed two tables full of bike helmets, stickers, frisbees, neon spoke clips, bike pins, and string backpacks. Our volunteers help fit 80 bike helmets for students who needed one. FOBPR also donated 5 helmets to Bandon Youth Center, 10 helmets to Ocean Crest.



Volunteers talked about bike safety as the students enjoyed spinning a bicycle tire. We engaged each student either through a bike helmet fitting or discussing how and where they like to ride their bike. It's was a fun event for families and FOBPR was proud to take part in this event. Liz Deters, the nurse coordinator of events, wants FOBPR to come again next year.



Thanks to everyone who donated and especially, to the parents, children, and staff of Ocean Crest for such a wonderful event.

FOBPR's volunteers were Christine Hall, Wade Troxell, Jackson Marvin, Andrea Burke, and Ken Hall.

It takes all of us to keep safety in mind for our young cyclists.



Interested in Learning or Playing Pickleball??

Contact Bandon Pickleball at Bandonpickleball@gmail.com

Can you share your talents?

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. 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.



Assistance needed for May 2nd Bike Rodeo

FOBPR is conducting a Bike Rodeo for the Ocean Crest third grade classes on Friday May 2nd. The event is scheduled from 1-3pm. At this event students will: receive instruction on bicycle safety, learn about care and maintenance of bicycles, and take part in a practical application to better understand safe bicycle operation. We are looking for volunteers to help with this event. Cycling experience is preferred, but not required. We need all available helping hands to ensure this is a great event for these children. Please join us for this year's Bike Rodeo by emailing us with your interest to: friendsofbandonpr@gmail.com. Thank you for your support!



A little help for your Friends

Just a friendly reminder that annual support for FOBPR supporters are due this June. It's \$25 for an individual, \$45 for a family, and \$100 for a corporate sponsorship.

Payment can be made by check mailed to FOBPR, 1130 Baltimore Ave SE Box # 2, Bandon, OR 97411-9136 or by PayPal at our website, <https://fobpr.com>

You will receive a receipt acknowledging your tax-deductible gift to our 501 c 3 non-profit. Our IRS: EIN # 93-2761263

Thank you for your support. We couldn't do this without you!



Final Thought

A tree has roots in the soil yet reaches to the sky. It tells us that in order to aspire, we need to be grounded, and no matter how high we go, it is from our roots that we draw sustenance."

— Wangari Maathai (Nobel Laureate and Kenyan environmentalist activist)



SUPPORTER APPLICATION

FRIENDS OF BANDON PARKS & RECREATION

First name: _____

Last name: _____

Phone: _____

Email: _____

Interests and skills: _____

Annual Contribution

Parks & Rec Supporter \$25

Family Partners \$45

Park Community Builders \$45

Corporate Sponsors \$100

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.

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

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Website - FOBPR.com

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