



FOBPR Newsletter –Volume 3/Issue 1- January 2024

Editor: Christine Hall

Newsletter Layout and Design: Laura Brownfield



Life is like riding a bicycle. To keep your balance you must keep moving.

Albert Einstein



Christine Hall in Johnson Creek Park Tree Planting

A letter from FOBPR President

This past year has been an exciting year for Friends of Bandon P&R. We became a nonprofit 501 c3, created a Board of Directors, incorporated and partnered with others in the community to make events happen. Our contributions to Pickleball and their new court and the new StoryWalk in City Park shows we are a contributor to our Community. Our mailing list nears 150 and we boast scores of dedicated volunteers. We have business cards; a dynamite monthly newsletter and we joined the Bandon Chamber of Commerce as a non-profit member. We continue to thank Greater Bandon Association for their continued support. Special thanks to our Board Members, Laura Brownfield and Steve Friedland for their constant diligence and efforts to move FOBPR forward.

In 2024 watch us grow! We have exciting events planned for youth and grants we are going to write to secure additions to our parks.

If you need a speaker, FOBPR has a presentation: Parks: Past, Present and Future.

Join us, donate and get involved! I want to hear from you! Write: FOBPR.com



Eugene Saturday Market bike rack loaded with ebikes

Facts

280 million e-bikes are slashing oil demand far more than electric vehicles

E-bikes and scooters displace 4x as much demand for oil as all of the EVs in the world.

Read in Ars Technica: <https://apple.news/AaXDdZenJTus1dxGOu6V1kA>

When I read this article, I wasn't surprised. I run my errands in Bandon using my ebike. My car sits in the garage for days maybe an entire week without seeing the road. When I spend time in Eugene, I see bikers everywhere and many ride cargo ebikes for their errands.



The number one reason people don't get on their bike is: They don't have anyone to ride with them. Find a friend who rides and you both can stay fit.

Kris Sarri, President/CEO of National Marine Sanctuary Foundation, Silver Spring, MD

Nature is important to our health, well-being and the economy. It provides the air we breathe, the water we drink, food we eat and many other products we use.



David's Chair

David's Chair and Oregon Parks Forever have partnered to bring a chair to Florence, and it is now open to the public! David's Chair is an all-terrain Track Chair that provides access for people with mobility challenges to get out on the beach and into nature.

This is the seventh David's Chair location along the Oregon coast, and is part of a long-term goal to set up 10 locations in total. This is exciting news for the Coast. Accessibility for all is a key theme for FOBPR in 2024. Anyone with mobility impairment is welcome to use the chairs free of charge, and they can be reserved at davidchair.org.

How Nature Supports Your Mental Health



Spending just 20 to 30 minutes outside **reduces the stress** hormone cortisol.



Exposure to natural light can **improve mood** and reduce depression symptoms.



Interacting with nature can **improve attention and memory** by up to 20%.



Being physically active can **reduce the risk** of mental health disorders.



Bring a friend. Group nature walks can significantly **reduce depression and stress**.

Sources: Frontiers in Psychology, Hunter et al. (2019), Journal of Affective Disorders, Watkins-Martin et al. (2022), Psychological Science, Berman et al. (2008), American Psychological Society survey (2008), and International Journal of Environmental Research and Public Health, Marselle et al. (2013).

7 Unexpected Benefits of Cycling for Seniors over 60

Article adapted from Tammy George in FitnessHealthy Living

Roller skating, ice skating, skateboarding, skiing, swimming and biking are things you don't forget how to do. Even if you haven't cycled since you were in school, it's not too late to ride again.

Your age doesn't need be a barrier to bike riding.

Look below and see all the benefits of cycling. Join me on a bike ride to bliss and youth! Well, maybe that's a stretch but you can slow the aging process and improve your overall wellbeing.

1) Cycling Can Boost Your Mental Health

Just like physical health, your mental health can decline with age. Your senior years can bring a host of new challenges.

Boredom and loneliness can lead to depression and anxiety.

Enjoy a ride outside to get a dose of vitamin D and fresh air. Sunlight is the only natural way for your body to get vitamin D which helps improve mood and reduces

stress levels. Exercise also takes your mind off worries and allows you to de-stress.



Difficulty sleeping is one of the main complaints of seniors. Exercising outside in fresh air can improve both the quality and quantity of sleep.

2) Boost Your Immune System

Physical activity like cycling can help the body flush out bacteria from the lungs and airways which reduces the chance of a cold or flu taking hold. A rise in body temperature while exercising also prevents bacteria from growing and fights infection.

3) Slow Down the Ageing Process

When seniors stop being active, the rate of muscle loss speeds up and they age faster.

In a study that compared the health of cyclists aged between 55 and 79 to a group of healthy non-cyclists of the same age, the cyclists were healthier.

Switch to an electric bike with a built in motor to assist with pedaling. Or use a stationary bike for similar benefits.



4) Reduce Risk and Symptoms of Alzheimer's Disease

Research shows exercise can delay, if not prevent, Alzheimer's Disease and dementia. From middle age, people should exercise not only for their physical health but also their mental health.

5) Less Stress on the Joints

For many seniors, running or even walking for long distances is out of the question. Both activities can stress worn-out or injured joints while cycling is an exercise that places very little pressure on most joints. Cycling strengthens knee muscles and allows for full range of motion.

6) Improved Balance Reduces the Risk of Falls

The World Health Organisation (WHO) estimates 28-35% of people over the age of 65 suffer from a fall each year. Seniors have an increased risk of falling because of:

- Health conditions such as heart disease
- Impairments like vision loss
- Other illnesses that affect balance

Cycling is an ideal exercise for improving balance. Keeping yourself and your bike upright helps with balance throughout the day.

Coordination and posture also improves from using a bike, both of which help with balance.

One of the main benefits of bike riding is strengthening muscles. Riding increases leg, glute and core muscles. Keeping muscles and bones strong help with movement and flexibility.

7) Meet New People & Socialize More

Cycling is a great social activity. Many people ride with partners or as part of organized groups.

One of the most challenging problems for Seniors is loneliness. Cycling can give you a reason to leave the house and meet other people who have a common interest.

December Bandon Parks and Recreation Commission did not meet.

Parks & Recreation Commission meets every second Thursday at 11am at the Sprague room by the Bandon Library, all are welcome to attend. Next meeting is Thurs Jan 11th at 11am.



Do you have something to say?

Friends of Bandon Parks and Recreation want to hear from you. The Board is working on its Vision 2024 list of priority projects that need funding. What would you like to create or help fund for 2024?

What are your ideas? Please send your reply to:
friendsofbandonpr@gmail.com

- Senior playground equipment at City Park
- Accessible piece of playground equipment
- Bike Rodeo for Bandon Ocean Crest Elementary School (bicycle education/safety half day program)
- Skateboarding kick start event to begin building momentum for a new skatepark in City Park
- My idea is _____

Email your votes to: friendsofbandonpr@gmail.com

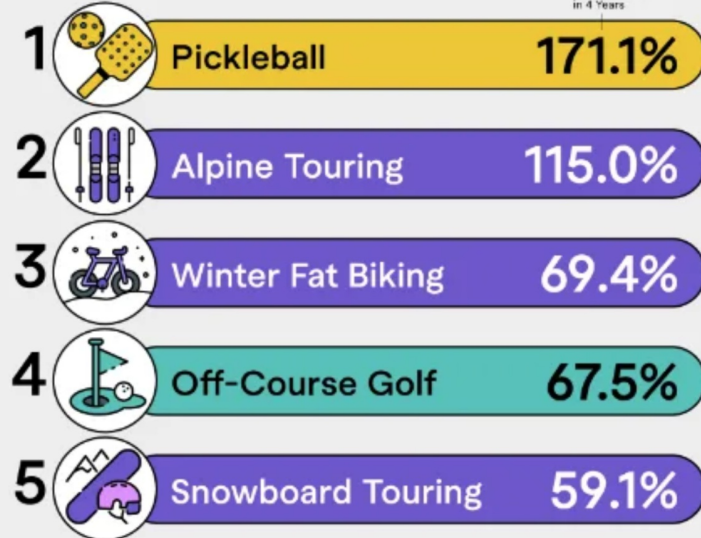


Vacancies

Park and Rec Commission positions were advertised last month and both positions have been filled, introductions to come in January.

THE 25 FASTEST-GROWING SPORTS IN AMERICA

● TEAM SPORTS ● RACKET SPORTS ● WINTER SPORTS ● WATER SPORTS ● INDIVIDUAL SPORTS ● OUTDOOR SPORTS



Bandon Pickleball

Come join in the fun! Contact BandonPickleball@gmail.com for more information.



SUPPORTER APPLICATION

FRIENDS OF BANDON PARKS & RECREATION

First name: _____

Park & Rec Supporter \$25

Last name: _____

Family Partners \$45

Phone: _____

Park Community Builders \$45

Email: _____

Corporate Sponsors \$100

Interests and skills: _____

Mail Checks Payable to:

Friends of Bandon Parks

c/o GBA

PO Boc 161, Bandon OR 97411

Connect our Community to 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.

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

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

©2024 FOBPR | FOBPR, 1130 Baltimore Ave SE # 2, Bandon, OR 97411

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by

[GoDaddy Email Marketing](#)®