


FRIENDS OF BANDON PARKS & RECREATION
CONNECT WITH NATURE



FOBPR Newsletter –Volume 3/Issue 2- February 2024

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Letter from the Editor

Christine Hall



Recently in the news, it was stated that *one of four* people worldwide are lonely.

I believe parks and nature provide some of our solutions to loneliness. Our proximity to the ocean offers healing on many levels—physical and mental. Recreation involves joining other people and getting to know others. The combination of Parks and Recreation in communities are fundamental to healthy individuals.

This month's issue includes:

- An interview with Jason Kral, the City's Vegetation Management Coordinator.
- A Green Space Advocate and Friends member submitted an Open Letter
- Coquille Tribe Leadership award
- Benefits of Pickleball

A Life Without Nature Is a Lonely One

Our relationship to Earth and our relationships with one another are deeply intertwined.

Read in The Atlantic: [(https://apple.news/AyaRRXImcS8e7WfKq_uoifA)]



The Coquille Indian Tribe has been selected as a 2023 FSC-US Leadership Award winner by the Forest Stewardship Council.

Worldwide, the Forest Stewardship Council is the most trusted forest certification system. It uses these awards to “recognize uncommon excellence that advances responsible forest management and forest conservation.” Part of their effort is to promote environmentally sound, socially beneficial, and economically prosperous management of forests.

Tribal Chair Brenda Meade calls the award "An amazing accomplishment and one that confirms lessons passed down through generations, highlighting the Tribe's holistic approach to management."



Over the past couple of years, pickleball has become the fastest-growing sport among people of all ages.

It's a combination of tennis, ping-pong and badminton that originated in 1965. This sport can be played indoors or outdoors on a pickleball court where two players (singles) or four (doubles) hit a perforated hollow plastic ball over a 36-inch-high net using solid-faced paddles. A pickleball court is the same size as a double's badminton court and measures 20×44 feet.

Pickleball is a fun, low-impact game that keeps people healthy and active. Kaitlyn Jacobson, Physician Assistant at Renown Urgent Care – Ryland, plays pickleball herself and is a big fan of the sport. Here she shares the top five health benefits of playing pickleball.

1. Improves balance, hand-eye coordination and flexibility.

Hitting and receiving the ball can help improve your hand-eye coordination and balance. It helps your mind stay sharp, supports cognitive function and builds footwork skills. Moving your whole body during the game allows your joints to stay flexible.

2. Improves heart health

Pickleball is a great form of cardiovascular exercise that helps get your heart rate up. It can lead to better cholesterol and blood pressure levels, lowering your risk of heart disease.

3. Prevents osteoporosis

Since pickleball is a low-impact sport and easy on the body, it's a great way to get movement in and maintain healthy bones, joints, and muscles. By playing pickleball, you'll reduce the rate of bone loss and help conserve bone tissue.



*Join in the fun locally with
Bandon Pickleball
Bandonpickleball@gmail.com*

4. Boosts mood and mental health

Playing pickleball with others helps stimulate your brain while releasing endorphins. This can reduce anxiety, depression and stress, allowing you to elevate your mind and mental health.

5. Social connections

Pickleball can help you meet new friends and stay socially engaged by having fun, laughing and making connections. Regular participation reduces isolation and improves your emotional health and well-being.

With pickleball having so many incredible health benefits, especially for seniors, Senior Care Plus is proudly sponsoring Jam On It Pickleball at the Reno-Sparks Convention Center. These indoor pickleball courts are open to the public for drop-in play, court reservations, tournaments, lessons and more.



Meet Jason Kral City of Bandon's Vegetation Management Coordinator.

Jason also serves on the Coos County Noxious Weed Control District Advisory Board. Part of his job is to contact property owners to explain the Prohibited Vegetation Ordinance. Many residents do not realize that gorse is a prohibited plant in Bandon, so he frequently outlines options for killing it and planting other species to outcompete it.

The species of gorse (*Ulex europaeus*) introduced to Bandon is native to western Europe, where it was traditionally used as fodder and to contain livestock. In Oregon, it has spread to disturbed sites on logging and construction equipment, and allowed to flourish on mismanaged, marginal and underutilized lands.

What's the Problem with Gorse?

Gorse's spiny foliage makes infested areas inaccessible and creates a fire hazard. Gorse reduces biological diversity, impacts wildlife habitat, modifies vegetative structure and species composition, changes fire and nutrient cycles, and degrades soil structure. Invasive plant species may also change the root structure of native systems; this can lead to increased rates of erosion.



Where Do We Start?

Changing public awareness and creating a culture shift in the minds of people living on the South Coast is the key measure of success in gorse abatement, and that comes from seeing lasting results in the landscape. "Success" will be visible when yellow gorse blossoms are isolated and few, and when citizens themselves react to keep gorse from reappearing.

What We Can Do?

There are four steps to eradicate gorse: Cut, Kill, Compete, Repeat. Cut the plant off at ground level, then attack the regrowth a year later to kill the roots. Planting perennial grasses and monitoring for regrowth annually is essential, especially in the first five years. Gorse seedlings not killed by herbicide or hand weeding must be deprived of sunlight by mulching heavily and by introducing competing plants. Do not disturb or move soil in areas where you know there is gorse seed.



What are the Results so Far?

City Park has some managed gorse populations under the pines in the southwest quarter. The City of Bandon Public Works and Parks Department is making yearly progress to reduce gorse there, and also at the future Johnson Creek park property.

Recent Gorse Action Group multi-year demonstration area findings indicate the following: "It takes multiple years to evaluate the success or failure of any control method. Declaring victory within months or even within a single year of a treatment can be misleading. A method can look like a winner at first and then prove to be an absolute disappointment.

Promoting desirable competing vegetation and minimizing bare ground, lead to the best outcomes. Combining mechanical and herbicide methods provides the most effective gorse control. If you use herbicide, choose Vastlan, follow the label, add a suitable surfactant, don't spray when it is wet or windy, and avoid spraying insect pollinators.

For more information go to:

<https://gorseactiongroup.org/control-management/>

Jason Kral
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Julia Christopherson at Johnson Creek Park at the recent Green Friday Event

A Johnson Creek Perspective

By Julia Christopherson

We Citizens of Bandon are fortunate to have access to a multitude of beautiful natural places which serve to enhance our lives. Johnson Creek, previously a golf course and now an undeveloped City Park, is significant among them. I've had many conversations with Bandon Citizens about Johnson Creek. Opinions vary widely about how this beautiful swath of open space might best be utilized. My objective in writing this is to share my perspective about Johnson Creek's potentials.

For several years now, the City of Bandon and Friends of Bandon Parks has enthusiastically supported Green Friday planting events at Johnson Creek on the day after Thanksgiving. Stillwater Natives Nursery has generously donated native plants for the event for several years. Hedgerows are growing, providing support for further establishment of a healthy ecosystem in the park. Citizens have come together in community, enjoying the opportunity to give back to the Earth in meaningful ways. It's truly a "win-win" for our town, for our town's people, and for the health of the planet.

Providing habitat for pollinators is a prime motivation in the work of Green Friday Volunteers. Intentionally building habitat for pollinators involves thinking about their

needs related to food sources, safe shelter, an environment free from herbicide, pesticide, and fertilizer residue, and a preponderance of suitable “homes” for overwintering birds and insects, many of whom require a specific native plant upon which to feed and overwinter. Not just any plant will do! Bandon residents who I’ve visited with about the benefits of maintaining Johnson Creek as a natural area have mentioned its importance as a wildlife corridor as well. Caring for the land in such a way as to enhance native plant populations will enhance native insect and bird populations which in turn leads to an increase in a multitude of benefits to our planet too numerous to mention in this short essay. If you wish to pursue the study further, a good place to start is a book called, Nature’s Best Hope by Doug Tallamy.

It has been powerful for me to be a part of Green Friday events. In experiencing the benefits of caring for the land and its inhabitants, a paradigm shift in my thinking has occurred. As an Oregon State graduate in Resource and Recreation Management many years ago, I learned to manage land resources for the benefit of humans. I am now learning about the care and management of land resources for the benefit of the Earth and ALL of its inhabitants. In caring for the land in this way, we care for our citizens differently, and more holistically. Here in Bandon, we have world class golf courses. We have a wonderfully developed City Park Complex with infrastructure for the enrichment of our human lives. In our special city of Bandon, Oregon, might we consider Johnson Creek to be a Park that offers habitat first for the benefit of our planet’s many other inhabitants? In doing so, as humans, we will certainly benefit in ways outside of our traditional paradigms. Perhaps here in our little town we can have both Parks for the People, and Parks for the Planet serving people too.



Bike and Pedestrian Safety in Finland

Finland’s rate of vehicle fatalities is a fraction of the US, despite a harsh climate and ice-covered streets. Here’s how the Finns do traffic safety. Slower speeds, purposely narrow streets, added trees and shrubs and increased miles of bike lanes. And yes, cyclists ride in the snow and use chains. The ice is also sprinkled with gravel and is compacted!

In 2016, about 25% of urban trips in Finland occurred on foot, over 9% by transit, and 7.5% by bike. (In the Helsinki metropolitan area, which has a population about 1.3 million, those numbers are even higher.) Helsinki made international news in 2019 without a single pedestrian or cyclist fatality.

11 Jan 2023 Parks & Recreation Commission Summary Notes

Julia Christoferson advocated for designating the Johnson Creek Greenway as an official city park. Darcy Grahek of Stillwater Natives Nursery, pointed out that Johnson Creek is special because it is a sunny wetlands, which is not typical of the Oregon Coast. Dana Nichols, Planning Director, mentioned that Johnson Creek Greenway would need to be officially designated as an official city park by the City Council to obtain grants for improvements. Dana said that a resolution from the Commission could be introduced at their February meeting after further study by City Staff.

The loss of trees at City Park due to severe weather conditions was discussed. Dana reported that 75% of the trees had been lost over the last 20 years, but that progress had been made with volunteers planting over 150 trees over the last two years at City Park.

Christine, President of the Friends of Bandon Parks and Recreation, presented a video by Andrea Burke about the recent planting efforts by volunteers at the Johnson Creek Greenway. See her marvelous video here:
<https://animoto.com/play/yIG76hsJtxaTBTh61zQlyg>

Next meeting is Thurs Feb 8th at 11 am.



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



Two New Bandon Parks and Recreation Commissioners - Welcome!

The two new outstanding Commissioners, **Wade Troxell** and **Frances “Fran” McGuire**, were welcomed at the January meeting. Wade, who will also be serving on the Tree Subcommittee with Samantha Stanger and Laorea Arnoldt, is a retired senior distribution manager who worked in Texas, the Midwest, California, and Oregon. He served as a Marine Artillery Officer after earning a BS degree in Ocean Engineering from the Naval Academy. Currently Wade is a volunteer for the US Department of Fish and Wildlife Service at the Bandon March National Wildlife Refuge as a Property Steward. Fran has a BA degree with high distinction in Education from Ambassador University, Pasadena, CA. She served at Bandon City Hall as a contractor and took meeting minutes for the Utilities Commission and other commissions as needed. Her favorite job before retirement was as a production assistant at Walt Disney Records where she received a Gold Sales Award for production on the Winnie the Pooh Sing-Along.

Now recruiting:

FOBPR seeks new board members

Please tell us how your talents will move us forward. Send your interest in supporting this role to: friendsofbandonpr@gmail.com



SUPPORTER APPLICATION

FRIENDS OF BANDON PARKS & RECREATION

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Last name: _____

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Interests and skills: _____

Annual Contribution
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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.

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