



FRIENDS OF BANDON PARKS & RECREATION
CONNECT WITH NATURE



FOBPR Newsletter —Volume 3/Issue 3—March 2024

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Editor's Note

Christine Hall



Rain, rain, and more rain!

If you wait until the sun shines to get your outdoor exercise, you might be waiting a long time. Dress for the rain and enjoy the views! Walk the track at the high school or the chip track around the young women's baseball field at 10th and June Street. Head out to Bandon Dunes and walk the trails to the beach or circle around the golf course. After all, it's only water!

What we do to the earth, we do to ourselves because we are inescapably connected.

__ —Sara Larson Buscaglia

Folk Farm and Quilt Alchemy (2023)



It's Time for Membership Dues

Without a Membership Chair, FOBPR got a little lax in asking for dues. Dues help pay for events and activities related to parks and recreation. It keeps FOBPR alive and well so we can continue to inspire and conspire to promote recreation in our three great parks. A membership application is below. Fill out an application if you would like to become a member, or if you have had any changes. Then just send us a check. If you are simply renewing, there is no need to fill out an application. A note to that effect and a check are all we need. Thanks!

Please mail checks payable to: FOBPR, 1130 Baltimore Ave SE # 2, Bandon, OR 97411

FOBPR is now a tax exempt 501 (c) (3) non-profit organization registered with the IRS and the State.

Your contribution is tax-deductible to the full extent allowed by law. Our tax identification number is EIN 93-2761263.

Please let us know if you can spare a few hours to help us set up our membership system. We could use your organizing skills for three hours a month. **



A group of disc golfers from Coos Bay enjoy playing City Park's 18-hole course.

Physical Health Benefits of Playing Disc Golf

Excellent Full Body Exercise

Playing disc golf has many benefits, especially for your physical and mental health. Over the past few years, there has been a massive increase in the number of people playing this sport. If you play disc golf consistently, you will notice yourself becoming more creative, stronger, healthier, and happier. Are you still on the fence about disc golf and its benefits? [Read more.](#)

Disc golf is an incredibly versatile activity because it allows you to perform a variety of exercises. If you have played disc golf before, you'll notice it involves the benefit of walking. Disc golf players generally walk one or more miles every round. This is great because it strengthens both upper, and especially, lower body muscles.

In addition, the throwing motions involved in disc golf make for an excellent upper body exercise for chests, triceps, back, and shoulders. You can even take things to

another level by mixing disc golf with gym workouts.



Weight Loss

Playing disc golf regularly is an amazing way to lose weight. Since you will be burning a tremendous amount of calories performing this activity, you will notice your body slimming down. What's most impressive about disc golf is that you don't need to play it every day to lose weight. Two or three workouts per week will prove to be more than enough, and will help you get fit within months if not weeks. Three to four workouts a week—even better!

That said, keep in mind that merely playing disc golf is not enough by itself. To optimize results, factor in other good habits, such as following a healthy diet, keeping hydrated, and implementing a prudent sleeping regimen.



Mood and Energy Boost

The more you work out, the better your mood will be. It is that simple. The good news is that you don't necessarily have to play contact sports or lift heavy weights to achieve a good workout.

Instead, playing disc golf three to four times per week can be a great way to boost your mood and improve various other bodily functions.

Exercise increases serotonin levels, which directly boosts your mood. Therefore, doing some exercise on the disc golf course could prove to be an excellent decision,

and in addition, make you more fit than ever.

Improves Heart Health

Many people tend to underestimate the importance of heart health. You'd be surprised to see the amount of damage you can do to your heart by not working out and not eating healthy foods. Fortunately, you can steer clear of heart problems simply by introducing light workouts into your routine. Disc golf is arguably the best type of exercise one can do to improve cardiovascular endurance without putting too much strain on your muscles.

What's best about playing disc golf is that it is fun, it can be played by people of any age, and it ensures you won't have any excuses to slack off on your health priorities.



Mental Health Benefits of Playing Disc Golf

You Get Closer to Nature

One of the best things about playing disc golf is that it gets you closer to nature. You will especially like this sport in City Park surrounded by all of our trees. The closer to nature you get, the more peaceful you will feel. Here is a list of other mental health benefits you will notice by playing disc golf:

- * Your stress and anxiety levels will go down because of the calming effect of nature.
- * Exercising outdoors is a great mood booster.
- * You will be able to sleep better because of reduced stress.
- * Playing in nature is a tremendous way to inspire creativity.

A round on the disc course will give you the experience of a few hours of serenity.



An Excellent Way to Relieve Stress

Contrary to popular belief, there is a great deal of movement involved in disc golf. Merely playing for a few minutes will get your heart pumping, allowing oxygen to make its way to your brain. What's more, this exercise will help your memory and will improve your thinking. If you work long hours at a desk, merely playing this sport even one hour a day will greatly improve your mood by relieving stress.

Promotes Self-confidence

Self-confidence, or having unwavering trust in your judgment, qualities, and abilities, is an excellent life skill. This skill can bring you a tremendous amount of success. Believe it or not, playing disc golf, or any other sport for that matter, can boost your self-confidence in more ways than one. As you learn the fundamentals and practice different techniques every day, you will learn that some elements of this sport, such as decision-making and patience, translate well into everyday life.

As you improve with each passing day, you will become more confident in your abilities, which will improve your mood and relieve stress. If you find other sports to be overwhelming, making disc golf a part of your daily regimen would be a great option to boost your confidence.



Improved Social Life

With the busy lives that most of us lead these days, catching up with your friends and family members—or making new friends—can be challenging. Disc golf provides an excellent way to improve your social life. All you have to do is show up at the disc golf course. You will find people who share common interests.

As mentioned earlier, the disc golf community is growing rapidly, and you'll find many others who enjoy this sport. Learning to play disc golf is relatively simple. A few weeks of practice is enough to learn the basics. You can start right away and involve your friends and family as well.



Owner and Operator of Samsara LLC

Meet Samantha Stanger

If you are a gardener or are in the market for horticultural assistance, Samantha is someone you might like to get to know. She moved here from Salt Lake City, UT, four years ago, and has worked with Bandon's Parks & Recreation Commission, Bandon School District, Native Plant Society of Oregon, Stillwater Natives Nursery, and residential and commercial owners on varying planting and on invasive plant removal projects. Currently, she sits on the Parks & Recreation Commission's Tree Subcommittee, and has been providing the City with trees for City Park's Reforestation, as well as plantings in Johnson Creek Greenway.

Her business focuses on creating biodiverse habitats, food forests, gardens, and native landscapes that are drought-tolerant and low-maintenance. During the last decade, she has studied subjects such as permaculture, horticulture, and landscape design, and has been saddened by how devastatingly disconnected modern humanity is from the natural world.

"How we build our landscapes and grow our food are in complete opposition to the way nature would do it. I understand there is simplicity in systems, but replicating failed systems seems like a waste of time. My goal is to re-establish that connection between humanity and nature by creating ecosystems that can support both." ---
Samantha Sanger

Samsara LLC's services are available from North Bend to Brookings and include: design/installation of food gardens, wild gardens, food forests, mandala gardens, varying edible landscapes, earth stairs, native landscapes/gardens, invasive species removal, and natural resources consultation. Visit her website at www.growsamsara.com to submit a question or request more information.



Before



After



Why you should care about the Transportation System Plan

(TSP)

The TSP is being updated after nearly 20 years, and Bandon isn't the same as it was back then. The City is involving community members to develop a vision for how future investments can improve travel for all users of the transportation system, including those who drive, walk, bicycle, use a mobility device, ride transit, or deliver freight within the City.

Solutions could include traffic safety, sidewalk and crosswalk improvements, bike routes, curb ramps at intersections (similar to the ones seen on Hwy 101), and enhanced lighting.



Photographs of Trees on the Ceilings of Classrooms without Windows. Really?

As a former school psychologist, Ernesto Rodriguez understands how important mental and emotional well-being are for a child's education—and as a passionate landscape photographer, he understands even better the role greenery can play in improving that well-being.

With his nonprofit, Nature in the Classroom, Rodriguez combines his areas of expertise, by creating **stunning photographic ceiling murals of tree canopies for school classrooms that don't have any windows**. And students are giving the installations a thumbs-up: "I would say that it's pretty great and beautiful," one fifth grader told CBS News about being able to look up at the leaves as he's learning.

Another fifth grader's observation: "It was surprising to see a tree where the roof is and it makes me calm and grateful for nature to keep me calm and I love nature."

—Octavio

We love Nature too. Trees are our Friends!



Five Simple Ways to Enjoy Nature and Slow Down

Embracing the beauty of nature doesn't require going somewhere to trudge in the woods or spend lots of money. You can enjoy nature right here in Bandon.

Here are five simple and low-cost ways to connect with the natural world right where you are. Each suggestion is designed to help you slow down, savor the moment, and remember that the great outdoors is accessible to everyone.

1. Neighborhood Nature Walks: Simply walking around your neighborhood can offer an accessible way to enjoy the outdoors. Pay attention to the trees, birds, insects, and flowers you encounter. No special gear is needed, just comfortable shoes.

2. Picnicking in Bandon City Park: Pack a lunch and head to the park. Enjoying a picnic allows you to relax, observe, and enjoy the surroundings at your own pace, without any need for fancy equipment.

3. Urban Birdwatching: Start bird watching wherever you are. Even in urban areas, you can spot a variety of birds. My favorite spot is Redmond Pond. On a good day, a blue heron appears. Use a free app to help identify the birds and learn about their habits, all without binoculars or hiking.

4. Window Gardening: Start a small herb or flower garden on your windowsill. It's a low-cost way to connect with nature and doesn't require a yard or gardening tools. Plus, you can enjoy the beauty, and perhaps some flavors, right from your home.

5. Stargazing from Anywhere: Look up at the night sky from wherever you are. You can appreciate the stars and constellations without expensive telescopes. There are free apps to help identify celestial bodies, which makes this a simple and peaceful way to connect with nature.



Best Places to Bike in US

To earn this distinction cities are evaluated on the lengths of their bike paths, bike-ability of their city, and number of injuries/accidents annually. Dedicated bike-only paths and slower vehicle speeds contribute to safe streets for cyclists.

Boulder, CO
Minneapolis, MN
Portland, OR
Tacoma, WA
Austin, TX
Seattle, WA
Washington, D.C.
Traverse City, MI
Eugene, OR
Bozeman, MT
Providence, RI



Dog Parks

According to Forbes, 66% of all American households own a pet (with dogs being the most popular), and in a recent survey, 85% of dog owners said they considered their four-legged friends to be part of the family. And like for our family, we'll do what it takes, whether it's making an emergency trip to the vet or finding great places for our furry family to play.

Dog parks benefit both dogs and owners. Creating inviting dog parks is a specialty that some cities have spent time and funds in designing. A popular dog park ensures every dog and its owner has a positive visit. It usually includes hygiene, regulations, and sociability for both owners and dogs.

2023 Tree Planting Event. The Bandon City Council would like to recognize the Friends of Bandon Parks and Recreation, and the generosity of Darcy Grahek and Samantha Stanger for their donations, which made for a successful tree planting event this past year.

FOBPR Receives a Shoutout along with our Friends from City Council!

In the City Manager's February monthly newsletter, FOBPR was mentioned for its volunteer efforts in both City Park and Johnson Creek Parkway. We are making a difference in many small ways. Join us this year for our next Spring cleanup of City Park and tree Plantings in November.

8 Feb 2023 Parks & Recreation Commission Summary Notes

The new equipment for the Children's' Playground has arrived. The cost for the equipment and professional installation is \$60,000, paid for with a \$30,000 grant and donations (including FOBPR's gift) with matching funds from the City. It will be installed in the Spring, weather permitting and a new soft surface for the playground, Engineered Wood Fiber (EWF), will replace the old rubber tire chips.

The Commission discussed their wish list for the upcoming budget request. The discussion reached a consensus about these priorities: Park Display and Education located at City Hall and the Library; lighting installation in phases; ADA playground equipment such as swings; and soft mats for protection in the playground and to facilitate ADA accessibility. For the Five Year Plan, Wayfinding and Signage as well as a Skate Park are under consideration.

Thanks to Julia Christoferson's inquiry, the Commission learned that Johnson Creek Greenway was designated a city park according to the 2018 Park Master Plan. Wade Troxell will be working with the Planning Department to further strengthen the protected status of the Greenway as a city park.

The Commission voted unanimously to recommend to the City Council that the number of Parks and Recreation Commissioners would be five and added two ex officio members: a youth member and a member from Friends of Bandon Parks and Recreation chosen by our President.

The Commission discussed a date for the Spring Clean-Up Day at City Parks. The consensus was that a date around Arbor Day, which is Friday, April 26, 2024, would be ideal.

Next meeting TBD.



FOBPR's members are the heart of our organization.

We invite you to join with us to promote parkland and recreation in Bandon. We are an all-volunteer organization with no paid staff.

FOBPR is now a tax exempt 501 (c) (3) non-profit organization registered with the IRS and the State. Your contribution is tax-deductible to the full extent allowed by law. Our tax identification number is EIN 93-2761263. We are committed to sound fiscal management, accountability, and transparency.

Supporter memberships are always welcomed.

Annual membership is \$25 for an individual or \$45 for a family. Any amount that you are comfortable with will be greatly appreciated.

The mailing address for FOBPR is:
1130 Baltimore Ave SE # 2
Bandon, OR 97411

Our website is FOBPR.com and our email is friendsofbandonpr@gmail.com

Thank you for being the best part of Bandon!



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

**Donations
Needed**
Can you help?

Friends of Bandon Parks and Recreation (501 c3) non-profit is working with Ocean Crest Elementary school to deliver two bike-related events.

April 17, 2024— 5-7 PM

After school Health Fair with various tables from local hospital, nutrition, yoga, fitness, etc. FOBPR will have a table with a bicycle spin wheel that students spin and depending on where it lands, they win a prize after answering a health-related question about cycling and their health. Last year it was attended by 160 students and parents.

May 17, 2024 Noon-3

This is a NEW EVENT! At Ocean Crest, 61 third graders will attend FOBPR's sponsored **Bike Rodeo**. Each station includes an aspect of Bike Safety on the road: How to inspect and clean your bike chain, [How](#) to inspect and pump your tires, How to inspect and adjust your brakes.

For both events, we need your support.

Mechanical skills Wanted: Build a Spinning Wheel (think Wheel of Fortune) using a recycled bicycle tire. YouTube videos show several patterns. The wheel is used on a table and spun by students to win a bicycle-related prize.

FOBPR wants to offer students some of these items and need these donations or funds to buy:

bicycle hats (baseball caps)
helmets
bike [bells](#)
bike [lights](#)
bike [locks](#)
bike tire [pump](#)
water bottles
bike [gloves](#)
safety vests
new bikes



Please contact Christine Hall for donations to this event. Thank you! Thank you!

Christine Hall, President
Friends of Bandon Parks and Recreation
760-636-9086



Free Bike Rodeo

What's a Bike Rodeo?

Ride Safely to school, library & friends!

- New bike giveaway.
- Helmets, bike bells, bike pins!
- And don't forget the snacks.

Learn the bike ABC's.

A for AIR How to check your bike's tire pressure and add AIR to the tire.

B for BRAKES how to check your brakes for safety.

C for CHAIN how to look for signs of dryness and wear.



Date: May 17, 2024

Time: Noon - 3:PM

Place: Ocean Crest School

3rd Grade. Parents/guardians invited too.

Brought to you by FOBPR.
501 C3





SUPPORTER APPLICATION

FRIENDS OF BANDON PARKS & RECREATION

First name: _____

Last name: _____

Phone: _____

Email: _____

Interests and skills: _____

<p>Annual Contribution</p> <p>Parks & Rec Supporter \$25</p> <p>Family Partners \$45</p> <p>Park Community Builders \$45</p> <p>Corporate Sponsors \$100</p>

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.

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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