



FRIENDS OF BANDON PARKS & RECREATION
CONNECT WITH NATURE



FOBPR Newsletter —Volume 3/Issue 4—April 2024

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Editor's Note

Christine Hall



Nurturing youth, encouraging health and wellness, and building community are all part of the FOBPR message and we

Walk our Talk.

Don't waste your time chasing butterflies. Mend your garden, and the butterflies will come.

—Mario Quintana

This month's issue focuses on native plants and butterflies. On your walks around Bandon, start noticing the plants that attract butterflies, bees, and other pollinators. Let us know what you find!



Walmart Donation to FOBPR

A BIG Thanks to Walmart in North Bend. Walmart donated a \$300 gift card to Healthy Cycling at Ocean Crest School in Bandon. April 17 is the school's Health Fair for families. FOBPR was invited to promote cycling to families for recreation and as a healthy family activity. FOBPR will purchase cycling related gear such as helmets, bike bells, and reflectors as prizes when students spin a bicycle tire. Private donations also included snack bars. Bandon Lions Club donated five bicycles for the event.



Best Western Inn at Face Rock Donates \$500 toward FOBPR's Bike Rodeo

Bike Rodeo is FOBPR's first annual student bike event! On May 17 at Ocean Crest, 60 third graders will learn how to ride safely and how to maintain their bikes. Captain Dylan of Bandon's Police Department will kick off the event with a safe cycling presentation. Students then proceed to various tables of how to check their bikes' tires, brakes, and chains. Each student has an opportunity to win a bike and other bike gear from donated funds. To volunteer or donate, contact Christine at our website: fobpr.com.



Try Something New

In many ways, the promise of the weekend remains the same, week after week, month after month, year after year. Monday through Friday, we grind; Saturday and Sunday, we recover.

But how we recover differs from person to person. On weekends we cram in housecleaning, errands, streaming, and maybe book reading. **How about squeezing in some outdoor FUN?**

Instead of reserving the weekends for doing something predictable create time outdoors and try a pickleball game, birding, or disc golf. Or take a walk in a new neighborhood or a new location. Use weekends as a time to explore and experiment. Try something new. So, this weekend (in the spirit of recreation), before you start to do what you've always done, think about trying something new.

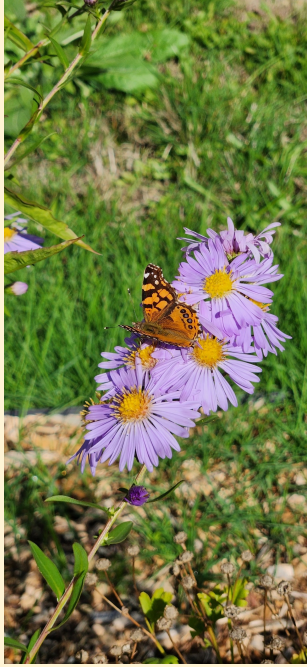
*To appreciate the beauty of a snowflake, it is necessary to stand out in the cold. **— Unknown*

Introducing: The South Coast Chapter of the Native Plant Society of Oregon (NPSO)



Covering both Curry and Coos counties, NPSO has members from Brookings to North Bend. With windswept headlands, beaches (rocky or wide stretches of dunes), several different types of forests, and wetlands, river bars and serpentinitic barrens—the South Coast has it all. Our region encompasses not only the meeting of land and sea, but also the northern extent of the California Floristic Province, where the Klamath Mountains encounter the Oregon Coast Range.

The original South Coast Chapter went dormant, but in spring of 2022, Charmane Mitchell began efforts to revive the chapter. The first meeting of the revived chapter was held on October 8, 2022. Officers were elected and bylaws prepared.



Their focus is on education and the conservation and restoration of the native plants of Oregon, and the South Coast in particular. Since their formation, the chapter has held numerous plant identification hikes, educational zoom presentations, and quarterly membership meetings. They have been having fun learning together whether novices or experts in the field.

The NPSO chapter offers educational zoom presentations during the winter months and hikes from March to October. A garden tour is offered in June; the 2024 tour will be in Gold Beach.

Members also provide educational materials (and sometime free plants) to the public at local events. They partner with other organizations on local restoration activities. These are posted on NPSO Facebook page, submitted to the NPSO bulletin, and emailed to NPSO members.



The chapters hold membership meetings quarterly on the second Saturday of February, May, August, and November in Port Orford, and strives to have activities throughout Curry and Coos counties on a regular basis.

It is difficult to make suggestions for the best native plants for pollinators and birds in the home garden, because there are so many variables. Darcy Grahek of Stillwater Natives Nursery in Bandon is an excellent source of information tailored to your specific situation as well as a local source for plants.

There are also excellent plant lists online at:

<https://www.xerces.org/publications/plant-lists/native-plants-for-pollinators-and-beneficial-insects-maritime-northwest>.

Check NPSO on Facebook at <https://www.facebook.com/NPSOSouthCoastChapter>, or contact Charmane Mitchell cmainie@gmail.com.



Build a Butterfly Garden

Attracting these cool creatures to your yard is one way to protect the Earth.

Sure, butterflies are pretty. But they're also pollinators. Like bees, they travel to flowers seeking nectar to eat. As they move from flower to flower, they spread pollen

from one area to another, helping other plants grow. In fact, about 75 percent of the crops that we grow—including watermelons, blueberries, and almonds—depend on pollinators like butterflies to help them reproduce. That’s why planting flowers that attract butterflies is important; when the insects spread pollen, it helps valuable plants grow in many other places.

You will need:

- Butterfly-friendly plant (Check local nurseries)
- Host plants on which butterflies can lay eggs
- An afternoon to plant your garden



Getting ready

Choose a spot for your garden. Butterflies like lots of sun, so make sure your garden will be in an area that gets at least six hours of direct sunlight a day.

Butterflies also need protection from wind and rain. Make sure trees or shrubs are part of your butterfly garden. Here are some photos of butterflies. Find out about which ones we are able to spot in our Bandon area.



Photography by Joseph Lacy/Alamy

Choosing plants

Many butterflies are attracted to coneflower, lilac, and purple verbena. Certain butterflies probably like different kinds of plants. Some plants only bloom in fall; others in spring. Try to pick a mix of plants that bloom in different seasons. That way,

butterflies are always attracted to your garden.

Butterflies will also need some host plants, such as milkweeds, upon which to lay their eggs. Your nursery can help you select the best ones.

After you plant

Set up a seating area to check out the action. Butterflies are less shy than birds and usually don't mind people being around them.



Milkweed

Butterflies

Recently, the second lowest number of monarch butterflies counted to date just occurred.*

To recover, monarchs will need an abundance of milkweeds and nectar sources. We need to get more milkweed and nectar plants in the ground, and we all need to contribute to this effort.

Four species of milkweeds are native to Oregon. All are used as a larval host plant by the monarch butterfly.

Common Milkweed, *Asclepias syriaca*, L., is native to North America and its range extends across most of the United States east of the Rocky Mountains.

- The National Autonomous University of Mexico (UNAM), and the Monarch Butterfly Biosphere

Reserve (MBBR), announced the total forest area occupied by overwintering monarch colonies. Nine (9) colonies were located this winter season with a total area of 0.90 hectares, a 59.3% decrease from the previous season (2.21 ha).



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.

Your annual financial support is appreciated! Send contributions to the address below, thank you.

Please share your vision about our local parks to the address below as well.

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.

friendsofbandonpr@gmail.com

Website - FOBPR.com

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