



FOBPR Newsletter —Volume 3/Issue 5—May
2024

May is National Bike Month!

Editor: Christine Hall

Newsletter Layout and Design: Laura Brownfield



Protect, restore, and celebrate our Bandon lifestyle.

Join FOBPR!

Editor's Note Christine Hall



FOBPR Promotes Safe Cycling at Ocean Crest Elementary School Health Fair

On April 17 in the school gym, FOBPR was joined by families attending the second annual Health Fair. Liz Deters, the school nurse, coordinated activities to promote health and nutrition. FOBPR chose to promote cycling as a way to commute to school and for fun, family outings. Helmets, snack bars, bike bells, water bottles, and a bike were donated by our many sponsors:

United Way of Southwestern Oregon, Walmart, Face Rock Inn, Best Western, Cycle Oregon, South Coast Bicycles, private donors, and Rails to Trails.





Students spun a wheel after answering or attempting to answer health or cycling questions. Where the spinner lay, the student won the prize.

This was a great event attended by 265 rambunctious students and families. It was loud, fun, energetic, informative and appreciated!!



One-wheeling on the Beach

Submitted by Bandon's James Peake

Hi, my name is James, and I'm one of about six One-Wheel riders here in Bandon. I'm pictured below with fellow one-wheeler Taylor Hunt.

I'm retired, aged 65, and refuse to act my age.

What is a one-wheel? It is a battery-powered micro-mobility device, or a PEV (Personal Electric Vehicle). It is only one of a growing family of diverse ways to get from one place to another. A few other examples of PEVs are e-bikes, e-scooters, e-mopeds, e-skate boards, e-skates and EUCs (electric unicycles). If you haven't seen one on your street, trail, path, or beach, you soon will. They are fun, affordable, and safe when used with the right gear and proper care.

The photo above is of a device called a "Onewheel." It was invented in the USA and is manufactured in Santa Cruz, CA, by FutureMotion, a company still owned by its inventor, Kyle Doerksen.



Say "Hi" to Tay and James as they do their flow rides in our

With practice, it's a very versatile and fun way to get around. After some practice and skill building, it can feel like a combination of floating and flying. Surfing on land might also describe the way it moves. I love it, not just because of the feeling of freedom that it makes possible, but also because it can go just about anywhere: mountain bike trails, city streets, bike paths, and beaches (where vehicles are permitted.) It is also virtually silent, aside from the gravel or friction of the tire on the surface being ridden upon.

Bandon is a wonderful environment for a PEV, and with our growing collection of trails, paths, and bike lanes, it will only get better.

What about falling? You will fall. That's why a rider needs both skills and safety gear—helmet, knee pads, elbow pads, and wrist guards at a minimum. I'm old and do not bounce like I once did, so I wear lots of gear, including a full face helmet and brightly colored clothing so I am as visible as possible to my fellow travelers.

This OneWheel might look easy, but it actually provides quite a physical work out of your legs, core (trunk) muscles. It increases mental acuity... and did I mention balance? It's good fun and good for you too.

Getting started can be as easy as asking a user a few questions and making a purchase in the used market to see if it meets your expectations. For me, learning and mastering a new skill means failing and sometimes falling. It reminds me, that it's not the falling and the failing that are important, it's the getting up again.

I'm just having a ball here in Bandon. Hope you are having fun too. If you are, please share your story. I'd love to hear it.





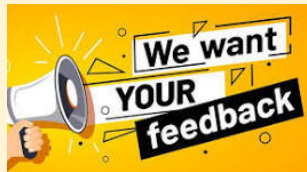
Here's How Cycling Can Slow Down the Aging Process

New research finds that older adults who bike can reverse muscle decline and keep their immune systems strong. Sounds fantastic, doesn't it?

It might not grant eternal youth, but cycling, scientists have found, can slow the aging process and keep your muscles and immune system healthy well into your golden years.

Aging, it turns out, can do a number on your muscles. Humans typically lose muscle mass as they get older. Fat and connective tissue also start invading, affecting the muscles' ability to contract. Furthermore, muscles can no longer absorb oxygen at the same rates.

Researchers found that while cycling didn't protect against every single measure of immune system decline, cyclists had white blood cell levels comparable to those of the younger control group—meaning that their immune systems were acting “younger.”



The Transportation System Plan (TSP) is a plan to guide the City's future transportation system.

Bandon TSP Survey

Please consider sharing your opinion online by taking this short survey.

Could you help me spread the word that there is a survey open for the public to provide input? Here's a link: <https://arcg.is/54zbD>

Please feel free to spread it far and wide!



What's an Urban Forest?

Healthy communities begin with urban forests. Think Green Spaces. An urban forest can describe an urban park such as Central Park in NYC, street trees, nature preserves, extensive gardens, or any trees collectively growing within a suburb, city, or town. Urban forestry is the name given to the care and maintenance of those ecosystem areas that remain after urbanization. An urban forest is more than a collection of trees. It also includes any kind of woody plant vegetation growing in and around a city.

Bandon City Park could be called an urban forest especially since we continually plant trees and shrubs annually to keep it green. Public Works does its best to prune and salvage the trees remaining after a storm to keep City Park looking its best.



Bandon City Park New Playground Equipment to be Installed!

Just In!! The city is planning a little ribbon cutting ceremony to reopen the playground on **May 7th at 1 pm**. Two 2nd grade classes will be walking over from school to be the first to play on it!



Who Uses Our Roads?

It's not just vehicles any longer. With no bike lanes or sidewalks on many of Bandon streets, road users include cyclists, skateboarders, one wheelers, scooters, and pedestrians. All road users' needs should be addressed. Road safety planning includes safe road speeds, safe road designs, signage and especially safe routes to schools. We all need to maximize safety for each other.



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.



Good News, Bad News

Upon my visit to Johnson Creek the other day, I discovered a huge tree blown over in a recent storm. Shallow roots, many heavy branches and sitting in drenched soil all contributed to its fall.

On the good news side of things are the trees so many of us planted over a period of several years have grown substantially. So exciting.

Other good news at the Parkway is a new catch basin. This might not be exciting news but in years past, the standing water was at least six inches deep at the entrance off Beach Loop. This spring the entrance is dry and easily accessible without boots. Yeah!

**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

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

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