



**FOBPR
Newsletter —
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Brownfield

Notes from the President of FOBPR

Christine Hall

Happy New Year Everyone! I always get excited this time of year. I see 2025 as a fresh start to do better whatever it is I am working on. And one focus is health and wellness. Here are several exercise quotes to start the New Year:



FRIENDS OF BANDON PARKS & RECREATION

CONNECT WITH NATURE



Health is the greatest wealth.

It is not pieces of gold and silver, but health that gives us true value. A healthy outside starts from the inside. *Hippocrates*

We do not stop exercising because we grow old – we grow old because we stop exercising.

Dr. Kenneth Cooper, a former Air Force colonel and doctor of medicine

Exercise is the key not only to physical health but to peace of mind.” – *Nelson Mandela.*

Update on Matching Fund Campaign

In November, a donor pledged \$500 in matching funds. The result was terrific. We not only met the match but exceeded it before mid-December. Thank you to all those who contributed in helping FOBPR pay towards our insurance bill, Chamber dues, and newsletter software expenses. We keep our budget lean but we like other nonprofits have bills to pay to remain viable. Thanks again.



Maryann Soukup, Julie Ann Miller, from Bandon 100 Strong - Wade Troxell, Treasurer of FOBPR and Christine Hall President of FOBPR Christine Hall

What's Coming Up in 2025 for Friends?

We are very happy to announce a very generous gift from the 100 Strong Bandon members to help support Ocean Crest Health Fair scheduled for March 12 and Bike Rodeo for May 2. Last year the Health Fair was attended by over 250 families. We purchased and gave away five bicycles and over 40 bike helmets.

At Bike Rodeo we purchased 60 helmets and offered safety education and skill training from Cycle Oregon. FOBPR is proud to sponsor these events and partner with 100 Strong for our youth initiative. With the funds this year, we hope to purchase ten or more bikes to be given away at the Health Fair.

Adult Volunteers will teach the ABC's —Air, Brakes, Chain., so that students can learn how to check air and add air to a tire, adjust brakes and clean and oil the chain, along with basic bike parts. Other volunteers will fit helmets on 60 students. It takes many hands to adjust student helmets for a safe fit.

To volunteer at either event, contact Christine Hall at

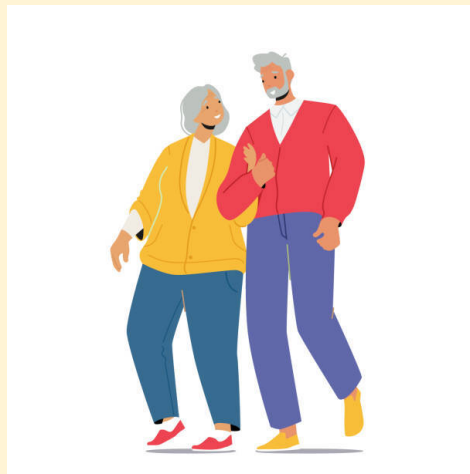
info@friendsofbandonparks.org



Bike Rodeo



Heath Fair



Walking is the second best form of exercise for most people.

If you are headed to Seattle, San Francisco, Boston, NYC or Chicago find the trails created by citizen urban hikers. These trails were developed by people who love to walk in their cities but venture out of their neighborhoods. The hikes are found in this article below. These urban walkers have stitched parks and paths together into beautiful, rigorous, and creative routes



Do you think you need fancy outfits, fancy electronics to monitor progress? Not really. Just put on a sturdy pair of shoes and get out the door.

Walk, Walk, Walk



You have all heard that you should take 10,000 steps a day to benefit your fitness, health, and well-being. But is it possible to make such a blanket statement? One study concluded that just 4,000 steps a day may reduce the risk of death. According to this research, even 2,300 steps a day may have significant health benefits; Some experts conclude that walking may be an effective anti-ageing measure that can reduce the risk of chronic age-related issues such as cardiovascular disease, high blood pressure, type 2 diabetes, and cancer. But that's not all: another study concluded that walking could help soothe pain, promote sleep, improve mental health, and increase resilience. And if you walk with a friend, that's even better. A brisk walk four times a week, may also protect the brain from aging. Also impressive is that daily walking may may even reduce the chance of Alzheimer's disease.

To learn more, read the following Vogue article. I think you'll be impressed.

<https://www.vogue.com/article/walking-for-longevity>



Got Gorse?

The Oregon Wood Innovation Center at the Oregon State University is testing composite panels made out of gorse.

While the South Coast of Oregon Gorse is a noxious weed and abundant, gorse is found worldwide. Oregon Department of Agriculture states that gorse is “...one of the most difficult to manage weeds in the world.”



Scott Leavengood collecting gorse near Bandon, Oregon.

Scott Leavengood, a professor, extension specialist, and director of the Wood Innovation Center (OWIC), has a history of exploring innovative wood products.

His previous research includes working with species such as western juniper and hybrid poplar. As the director of OWIC, Scott links research and education with the needs of Oregon wood product firms. He also assists entrepreneurs with market

assessments and product testing.

With this background, it is no surprise that Scott's latest exploration involves a prickly problem on the south coast: gorse. Scott, along with two summer interns, visited the south coast this summer to collect gorse material, which was then processed and formed into test panels. So far, a number of tests are being conducted to determine hardness, durability, water absorption, and internal bond strength. While gorse composite panels are not likely appropriate for structural purposes, they might be useful as decorative panels.

If you are interested in reading more about gorse composite panel processing and testing, check out the website.

<https://owic.oregonstate.edu/gorse>



Photo credit: Center for Plant Conservation

By: Samuel Forgey Stillwater Nursery Intern

The Pink Sand-verbena (*Abronia umbellata*) is an endangered species of flowering plant,

and is short-lived, with many individuals acting as annuals, and dying after the first year's growth. It has historically been found as far north as British Columbia, and as far south as Northern California. It grows exclusively in coastal areas, on sandy areas like beaches and dunes. It is also believed to be tied to the success of Snowy Plover populations, as they share very similar habitats.

Pink Sand-verbena's reproduction/survival strategy is partly caused by its preferred habitat being exposed, ever changing dune areas that are frequently exposed to some of the harshest, most inhospitable conditions on the planet, especially during winter storms. Because of this, Pink Sand-verbena is prepared to potentially not make it through the year, and leaves seeds that can remain viable for several years, so the population returns the next year. Because of this lifestyle, the Pink Sand-verbena's population has historically been very variable, although in past years there has been a significant, steady decline.

The habitat of Pink Sand-verbena has been disrupted significantly by the introduction

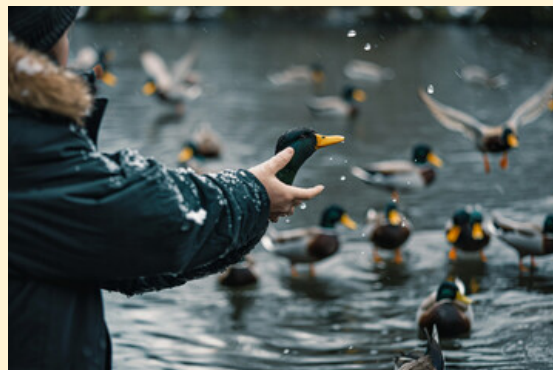
of competing species. Foremost among these is European Beachgrass, which stabilizes the dunes, disrupting the ever-changing habitat that the Sand-verbena needs. Other factors that can reduce habitat include development of these areas, as well as gorse, and human traffic.

Monitoring the Pink Sand-verbena during its reproductive stages is difficult, because during peak reproductive times (June-September), access to the most important habitats is difficult, due to the fact that they share a habitat with the also endangered (although significantly more cared about) Western Snowy Plover. It has been noted that the decline of Snowy Plover populations seem to go hand-in-hand with declines in Sand-verbena populations, as well as several other species that share this habitat. This indicates that loss of/change in habitat is the leading cause for population decline in all these species.



Don't Feed the Wildlife

I'm guilty. I used to like feeding bread crumbs to birds in my favorite duck pond when I didn't know any better. But to keep wildlife wild and healthy, don't feed them. Wildlife Services encourages you to avoid feeding wildlife such as ducks, geese, gulls, raccoons, deer, squirrels or coyotes. One way you can help reduce wildlife conflicts with people is by not feeding wildlife near human populations and in parks.



The Problem with Feeding Wildlife

Wildlife Services experts are often asked to assist with wildlife damage problems related to animals that have been accidentally or intentionally fed by people. Feeding wildlife can lead to a number of serious problems:

- **Human food is not healthy for wild animals**, and they do not need food from humans to survive. Wild animals have specialized diets that vary with the seasons, and they can become malnourished or die if fed the wrong foods. Also, animals cannot distinguish food from wrappers or foil and can get sick eating these items.
- **Feeding leads to public health concerns.** Too many animals in one place increases the chance of disease transmission to people and among other wildlife.
- **Animals accustomed to people often lose their fear of people and can become aggressive.** Those that become too aggressive may have to be destroyed to protect people and property.
- **Large concentrations of ducks and geese can pollute nearby waterways,** backyards and athletic fields. Some waterfowl species drop up to a pound of feces every day!



How You Can Help

Many people enjoy living near and watching wildlife. You can help keep animals wild by keeping the following tips in mind.

- Do not encourage wildlife by feeding or leaving food for them.
- Don't allow bird food to accumulate on the ground.
- Don't place food scraps in gardens or compost bins, and use a closed compost bin.
- Keep pet food and water containers indoors, especially at night.
- If you have fruit trees, harvest or dispose of fruit when it is ripe.
- Use metal or durable plastic trash containers with tight fitting lids.

- Enjoy viewing wildlife at a distance. Respect their space and remember they are wild animals that should stay wild for your protection and yours.
-



What Can You Do in City Park in the Winter with Your Children?

Why not start with the Library's StoryWalk® located on a trail near the library parking lot. It's a short stroll and takes minutes to read the story.

Try a Nature walk. The game, I Spy might be fun. Here are popular choices: I spy a furry tail in a tree. I spy a branch with many needles. I spy a spider web.

In addition, **try a Nature Hunt.** Have children collect interesting things they see and have them place items in a paper lunch bag. Then over a snack discuss their collection. Look for items like leaves, pinecones, sticks, flowers, plants, and bugs.

Try a Shape Hunt. This is where the child looks for shapes like circles, triangles, and squares.

And a twist to the Shape Hunt is to try the Number Count. Count the number of trees in a certain location. Count the blades of grass in a square inch.



Final thought

Trees bring us together to make our communities greener and healthier for everyone. Trees transform our environment and improve quality of life. Research shows trees make us feel better.

Breathe in a fresh tree.



First name: _____

Last name: _____

Phone: _____

Email: _____

Interests and skills: _____

SUPPORTER APPLICATION

FRIENDS OF BANDON PARKS & RECREATION

Annual Contribution

Parks & Rec Supporter \$25

Family Partners \$45

Park Community Builders \$45

Corporate Sponsors \$100

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.



Proud to be a Non-Profit Member

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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