



**FOBPR
Newsletter —
Volume 1/Issue 2
February 2025**

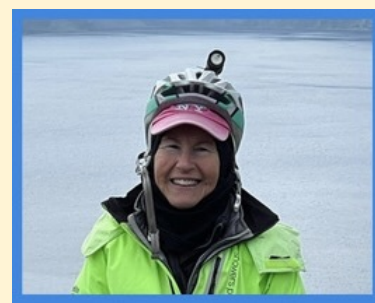
Editor: Christine Hall
Newsletter Layout and
Design: Laura
Brownfield

Notes from the President of FOBPR

Christine Hall

February issue is dedicated to the theme of Nature.

Many of us naturally are drawn to the outdoors so much so that every day includes an excursion into fresh air, sun and the elements regardless of weather. I see people walk and bike in all kinds of weather; the temperature, rain or wind, it doesn't stop them. And there is a reason for that. As living beings, we crave what the outdoors offers. A walk on the beach, sitting in the park, in our neighborhoods, all bring us solace.





FRIENDS OF BANDON PARKS & RECREATION

CONNECT WITH NATURE



Chief Sealth (178?-1866), 1864 Photograph by E. M. Sammis, courtesy Seattle Public Library Special Collections Online (spl_shp_40181b)

I just finished reading, *The Nature Fix Why Nature Makes Us Happier, Healthier, and More Creative* by Florence Williams. I recommend the book for all sorts of reasons, one of which is a key to understanding ourselves and our own true nature and how our bodies respond to nature. In this issue, I will include some thoughts and quotes from the book.

And lastly, on a recent visit to Seattle, I was reminded of the famous quote of Chief Sealth (Seattle).

“The earth does not belong to us; we belong to the earth.” *“Whatever befalls the earth, befalls the sons of the earth,” which emphasizes the interconnectedness of humans and nature, highlighting the idea that we are part of the land, not its owners.*



Stillwater Natives intern, Nico. L, planting in the pollinator patch at City Park.

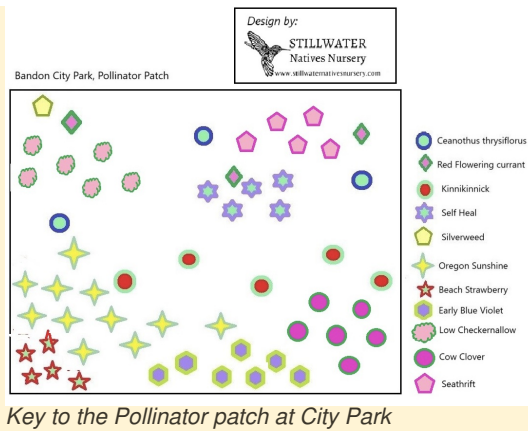
Nico and Sam finished their internship with Stillwater Nursery Natives Nursery

Owned by Darcy Grahek.

The interns gain nursery experience with the opportunity to learn in the field with an experienced nursery owner. The life skills are intended to help with future job opportunities and job experience. Two new interns are beginning their 72 hour experience with Darcy for winter term.



Nico L, receiving a Certificate of Completion and stipend check for the internship.



A Walk in the Park

Johnson Creek Greenway Observation

When Wade Troxell our FOBPR Treasurer walked Johnson Creek Greenway recently he noticed...

So many possibilities... "I walked through there yesterday afternoon. Such an interesting and quiet place—I always see something different when I'm there. Yesterday, I observed a group of Western Bluebirds feeding on Alder seed pods. These birds are rare sightings for the coast.



Biophilia is something we do naturally...

Biophilia is the human tendency to connect with nature and other living beings. The term comes from the Greek words bio– meaning "life" and -philia meaning "friendly feeling toward".

Biophilia is thought to be an evolutionary survival trait that developed over thousands of years in the African savanna. It's believed that humans have an unlearned tendency to respond positively to stimuli that were favorable for survival in the savanna.

The "biophilia effect" describes the positive impacts that can occur when people experience nature through sight, sound, smell, or touch. Biophilic design is a way to recreate positive elements of nature in spaces to improve people's health and well-being. From the book, Nature Fix by Florence Williams



Bandon Pickleball Clinic!!

**Come Join Us and Learn to
Play or Improve your Game!**



**Join Helen Feb 8th at Noon
at Harbor Lights Gym**

**We will start with a focus on rules, beginning strategy, and skill
development such as....**

- serve, kitchen volley, forehand & backhand drives...

Call Helen for questions and to RSVP (909) 559-0186



Is There a Connection between Recreating and Being Happy?

I'm not sure but scientists from Japan, US and Finland and other countries are trying to find out. For example: Finland scores high on global sales of happiness and over 95% of Finns regularly spend their time recreating outdoors.

Here's the data: Fifty-percent of Finns ride bikes, 20% jog, 30% walk their dog, 5% (250,000) of the population, get this, participate in long-distance ice skating.

Makes you wonder if what scientists are trying to discover, Finland already has a solution.



Claudine Hundhausen

FOBPR News

Claudine Hundhausen joins FOBPR as Vice President and Laura Brownfield will now serve as Communications Coordinator. Margaret Pounder joins FOBPR as a Community Advisor to the Board.

Claudine is a native of the Pacific Northwest and served on the Bandon City Council for twelve years. Her favorite park is Volunteer Park in Seattle, designed by Frederick

Law Olmstead, landscape architect and designer of Central Park in New York City. She is a retired realtor, and a graduate of the National Appraisal Institute. She remarks that,

“The beautiful parks in the four states where I have lived have been inspirational and instructional in demonstrating the value of public support for well-loved green spaces.” Claudine went on to comment that, “The advocacy of such an organization (FOBPR) will continue to be an asset to this community.”



Margaret Pounder

Margaret is an experienced business owner of four travel agencies, travel-related businesses and restaurants. She has many years of experience in the hospitality industry. In addition, she brings her expertise as Executive Director of Bandon Chamber of Commerce. She will assist the FOBPR Board as we continue to expand our community activities and fundraising efforts.

City Park Master Plan Update, And More

Sulwyn De Crozuc, Bandon's Planning Department intern, is working diligently on coordinating a City Park Master Plan for the City of Bandon. The City has formed an Advisory Committee to work with Sulwyn on the City Park Master Plan. The FOBPR Communications Coordinator, Laura Brownfield, and our Secretary, Steve Friedland, are volunteer members of this citizen committee. There will be an announcement soon about a City meeting proposing ideas for City Park that will encourage future uses, new trees and shrubs, better pathways, and some surprises.

Walk/Bike Path on Beach Loop Drive is in the planning stages and it's something for which we all have been waiting. It will stretch from Coquille Point to Face Rock State Park. Can you imagine how beautiful that will be?

Redmond Pond along Jetty Road, one of my favorite stops on my daily bike ride, is

destined for a proposed walk around the pond. Two interns from the University of Oregon are spearheading this project.



Wapato, Plant for Wetlands?

In reading the Eugene Parks and Rec newsletter, they have undertaken planting the native plant, Wapato. The Wapato had been harvested in partnership with ODFW and Willamette Riverkeeper, as well as Confederated Tribes of Grand Ronde's native plant nursery experts and the City of Salem.

Parks staff had recently returned from the Intertribal Nursery Council annual meeting and learned about the historic significance of Wapato and local tribes. The plant will support wetland plant diversity and provides baby turtles a great place to hide from predators.

Wapato, (*Sagittaria latifolia*) is a plant found in shallow wetlands and is sometimes known as broadleaf arrowhead, duck-potato. This plant produces edible tubers that have traditionally been extensively used by Native Americans. Wikipedia

Would wapato be a plant for some of our many wetlands in the Bandon area? We'd like to hear comments from our Newsletter subscribers about this idea. FOBPR's email address is Friendsofbandonpr@gmail.com



The next time you have a check-up, don't be surprised if your doctor hands you a prescription to WALK.

Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention. And as a precaution, check with your Doctor before beginning any exercise program.

Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of five that may surprise you.

1. Counteracts the effects of weight-promoting genes. Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to

body weight. Among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. Helps tame a sweet tooth. A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of

chocolate
you
eat
in
stressful
situations.
And
the
latest
research
confirms
that
walking
can
reduce
cravings
and
intake
of
a
variety
of
sugary
snacks.

3. Reduces
the
risk
of
developing
breast
cancer.
Researchers
already
know
that
any
kind
of
physical
activity
blunts
the
risk
of
breast
cancer.
But
an
American
Cancer
Society
study
that
zeroed
in

on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. Eases joint

pain.
Several
studies
have
found
that
walking
reduces
arthritis-
related
pain,
and
that
walking
five
to
six
miles
a
week
can
even
prevent
arthritis
from
forming
in
the
first
place.
Walking
protects
the
joints

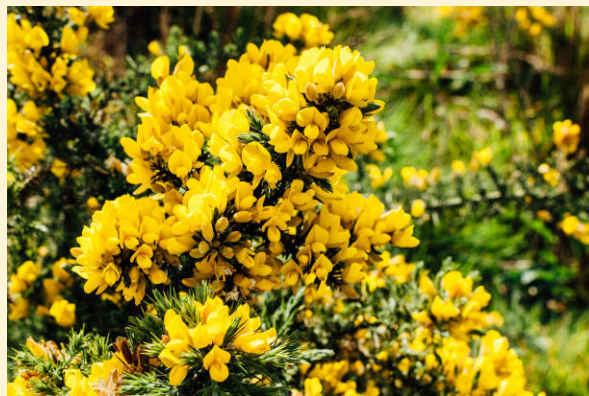
—
especially
the
knees
and
hips,
which
are
most
susceptible
to
osteoarthritis

—
by
lubricating
them
and
strengthening
the
muscles
that

support
them.

5. Boosts
immune
function.
Walking
can
help
protect
you
during
cold
and
flu
season.
A
study
of
over
1,000
men
and
women
found
that
those
who
walked
at
least
20
minutes
a
day,
at
least
5
days
a
week,
had
43%
fewer
sick
days
than
those
who
exercised
once
a
week
or
less.
And

if
they
did
get
sick,
it
was
for
a
shorter
duration,
and
their
symptoms
were
milder.



Gorse - Scientific name: Sagittaria latifolia Height: 1-4' tall

Gorse, a Sleeping Beauty?

You can call it by its scientific name but we all know it by its common name: Gorse. When one mentions “gorse” in Bandon, everyone cringes. But some have found uses for this obnoxious, noxious weed.

Medicinal uses of gorse? Yes, that’s right. How about a gorse salve for treating acne, eczema and psoriasis? But wait, there’s more!

Gorse has many medicinal uses, including:

- **Respiratory health**

Gorse flowers are rich in antioxidants and flavonoids, which can help with coughs, congestion, and asthma.

- **Digestive aid**

Gorse flowers can help with bloating, indigestion, and urinary tract issues.

- **Mood enhancement**

Gorse is used in Bach flower remedies to help with feelings of hopelessness and despair.

- **Liver and digestive tonic**

Gorse flower tea is considered a good tonic for the liver and digestive system.

- **Jaundice**

Gorse flowers have been used to treat jaundice.

- **Scarlet fever**

Gorse flowers have been used to treat scarlet fever in children.

- **Diarrhea and stones**

Gorse seeds are astringent and have been used to treat diarrhea and stones.



Gorse Out
Gorse Blossom
Festival

Tickets \$12 at the door

Tickets \$10 online

Say Goodbye to Gorse!

Food Trucks

Bloody Mary Stroll

Live Music

February 14 - 16, 2025

Old Town Bandon
by the arches

gorseblossomfest.com



BENEFITS OF VOLUNTEERING

Becoming a volunteer means that you will not only be providing real benefits to your community, but you will be making a difference in someone's life. Become a vital part of the FOBPR. Your special talents would really make a difference.

- **Develop Professionally:** Develop stronger professional and leadership skills.
- **Feel Fulfilled:** Boost your self-esteem by helping people of all ages and cultures.
- **Live Longer:** Volunteering has been proven to extend life.
- **Make Friends:** Remove social barriers and strengthen personal relationships by working toward a common goal.

VOLUNTEER OPPORTUNITIES

Across the United States, more than 500,000 business leaders, community advocates, parents, teens, and individuals who want to give back and support their neighbors volunteer.

- **One Day events:** Join us for tree planting events, Bike Rodeo and Ocean Crest's Health Fair, Cranberry Festival
 - **Board Member:** Work with leadership to establish goals and strategic priorities.
- Serve as a strong link between the FOBPR and the community.



Trees are poems the earth writes upon the sky.



SUPPORTER APPLICATION

FRIENDS OF BANDON PARKS & RECREATION

First name: _____

Last name: _____

Phone: _____

Email: _____

Interests and skills: _____

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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Website - FOBPR.com

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