



FOBPR Newsletter —Volume 3/Issue 12—December 2024

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Dwellings

By Linda Hodges

There is something alive in a feather.

**The power of it is perhaps in the dream of sky, currents of air,
and the silence of its creation.**



FRIENDS OF BANDON PARKS & RECREATION

CONNECT WITH NATURE



Please Consider Your Local FOBPR in Your End-of-Year Giving

For many, the holiday season is a time to share the love and support for their favorite organizations with an end-of-year donation.

If you value Friends of Bandon Parks and Recreation, please consider us for a gift—your support makes a lasting impact in our community!

When you give to FOBPR, you help expand youth programs, our parkland and healthy living initiatives.

We greatly value your input, your volunteerism as well as your donations. Our Executive Board can be contacted at: friendsofbandonpr@gmail.com

To make a donation, please visit our website at <https://fobpr.com> and scroll down to PayPal donation button or, if you prefer, please send a check for any amount to:
1130 Baltimore Ave. SE #2 Bandon, OR 97411

Thank you, So Much for Your Support!

Native Plant Species Internships Update

FOBPR and Darcy Grahek's Stillwater Natives Nursery have collaborated to launch the Autumn Native Plant Species Internships which run from September 30th to January 9th. A second session for two new interns will run next semester. Local high school students receive six hours a week work credit from their school and a \$800 stipend from FOBPR that was funded by donations from community members. The students will learn about planting and cultivation of native species of plants and how they are used to create landscapes and habitats. Darcy says, "Ideally, the student will have become aware of a career area that could take them in a newfound direction."

For the students, there is a foundational understanding of native ecosystems as well as practicalities of managing and maintaining greenhouses and nurseries.



Future-Proof Trees?

How do we Plant Trees That Will Survive Our Warming Trends?

The Arbor Day Foundation works to ensure we plant the right trees, in the right place, and at the right time. But in an ever-changing global ecosystem, identifying the right tree or the right place can't solely be based on the 'right now.'

As climate change intensifies, the Arbor Day Foundation is focusing on the future so the trees it helps plant today can thrive for decades to come. That begins with understanding how a warming climate can impact a tree's ability to grow in different parts of the country.

Many of the plant hardiness zones shifted northward, indicating that historically colder places are getting warmer and warmer places are getting even hotter. In fact, a warming trend of about 2.5 degrees Fahrenheit when compared to the 2012.

FOBPR is exploring trees from warmer coastal climates as trees for future Bandon trees as well as diversification of tree species.



Nearly Three-fourths of American Are Considered Obese!

When I read that, I decided to feature an article on Walking.

It is something many of us can do by getting out our front door. Just put on your sturdy shoes and start walking.

Healthy walking trends might have started in 1878 with the “pedestrianism movement”. Contests included walking 24-hour walks, 100-mile walks, six-day walks—but also attempted even more extreme stunts, like walking 3,000 quarter miles over the course of 3,000 quarter hours .



Walking has been the subject of countless videos, of people doing it solo, in groups, for their mental health, and for their physical health.

For those looking to hop on the trend today, but aren't ready to commit to a 10,000 daily step count—let alone a trek from Boston to D.C.—you might find some wisdom in that 1878 Times trend story, which advises readers to “walk as long as you like. ”Do just that, it promised, and you'll return home, “healthier and happier.” Adapted from the article, America's Earliest Sports Stars Were ... Professional Walkers? Author Jackie Mansky is senior editor at Zócalo Public Square.





Raging Winds Cause Damage at City Park

We've seen it before. Older, brittle, top-heavy Shore Pines snap in high winds. Branches large and small litter the grass.



The Humboldt Marten

By Nico Logsden, intern working with Darcy Grahek at Stillwaters Native Nursery

The Humboldt or coastal marten is a rare, medium-sized carnivore, living in western Oregon and northwestern California.

Dense forests give ample material for the martens' dens, and plenty of things to forage. The corridor forests between these populated areas sustained heavy damage due to logging in the 1900s, leading to a decline in the population. Although they thrive in heavy, non-fragmented wooded areas, they can also be found in dune forest habitat.

The Humboldt marten is an omnivore, and their nutrition often comes in the form of small mammals, such as voles and mice, birds and insects, as well as fruits and berries. This coastal marten is quite small, weighing from 1-2.2 lbs. based on gender. Males of the species are frequently longer than the females (16-24 inches). A small triangular head and a long furry tail are other identifying features.

Scientists believe that fewer than 400 individuals of martens exist within the species' range which is four very isolated fragments of habitat, two in Oregon and two in California. The Central Coast Population has about 71 adult martens and the South Coast Population, with fewer than 100 martens believed to exist. In 2020, this species was listed as threatened under the Endangered Species Act (ESA) and received critical habitat designation in 2024.

Here's what FOBPR has been up to

Great News!

Bandon's 100 Strong selected Friends of Bandon Parks and Recreation for their November charity.

The donated funds will buy bicycles, helmets and bike-related equipment for Ocean Crest's Health Fair and Bike Rodeo. In 2024, the Health Fair was attended by over 250 people. In addition, 60 Third graders will participate in Bike Rodeo. Bike safety, bike handling, and bike maintenance skills are taught.



The Bike Rodeo and Health Faire were very successful last year and we were asked to do an encore in Spring of 2025.



On a Final Note

According to information from the National Senior Games Association, over 100,000 seniors participated in the National Senior Games across all levels (local, state, and national) in 2024, highlighting the large scale of the event for individuals aged 50 and above.

To qualify for the National Senior Games, an athlete must be 50 years of age in a qualifying year and meet the qualification standards for the sport at a Qualifying State Senior Games that is sanctioned by NSGA. You may qualify through the state you live in, or any state which allows out-of-state competitors; however, you should contact these states directly for qualifying information.

Oregon Senior Games - August 3-19, 2024

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<https://oregonseniorgames.com/>

Corvallis, OR



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.



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.

friendsofbandonpr@gmail.com

Website - FOBPR.com

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