



FOBPR Newsletter —Volume 4/Issue 3 March 2025

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Notes from the President of FOBPR

Dear FOBPR Subscribers,

The March issue of the FOBPR Newsletter will be my last as I step down from my roles as Editor and as President. My husband and I are moving to Eugene as we transition to more services and downsizing our lifestyle. The Board of FOBPR is a very accomplished and dedicated group of volunteers. Laura Brownfield will become the new President and Claudine Hundhausen is our new Vice President. Wade Troxell is our Treasurer, Steve Friedland is our Secretary, and Margaret Pounder is a valued advisor to the Executive Board.

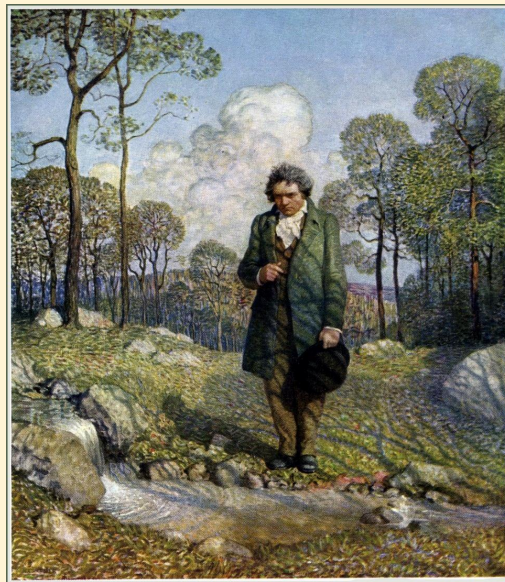


FOBPR has grown to nearly 300 subscribers from a group of five in 2022. In Bandon as elsewhere, parks and recreation make for a healthy community. Please support FOBPR as we promote parkland and an active lifestyle.

I am proud to have been an organizer of the non-profit of Friends of Bandon Parks and Recreation. Thank you for the opportunity to have met so many passionate

people working together to improve our community.

Christine Hall



When Beethoven would leave Vienna for the country he was quoted saying, “How happy I am to be able to walk among the shrubs, the trees, the woods, the grass, the rocks. For the woods, the trees, and the rocks give man a resonance he needs.”

WALK



Walk, Walk, Walk

If you walk, regularly, then you have something in common with Charles Darwin, Friedrich Nietzsche, William Wordsworth, and Aristotle— they were all obsessive walkers, using the rhythm of walking to help them generate ideas.

And while any form of exercise has been shown to activate the brain, walking and change your pace while you walk, will invigorate the brain.

When you want to do something that's good for your mind, body, and soul, walk. When you want someone's company or just want to be alone, walk.

According to the Centers for Disease Control and Prevention, a single stint of moderate-to-vigorous activity (including walking) can improve sleeping, thinking and learning, while reducing symptoms of anxiety.

Exposure to nature helps us switch our attention, which requires less focus and energy. This allows us to recover from mental fatigue. Five minutes in nature will improve your self-esteem.

Here's the bottom line: Walk when you can, where you can. Your body, mind, and soul will thank you for it.



Time to Cut the Tree in Your Yard?

Who doesn't love a tree-lined street or trees in one's yard? But trees are also huge, heavy things sticking out of the ground right next to your home, and if one of them decides to fall over, the damage can be substantial. No one wants to remove a tree if it can be saved. But trees can cause structural damage to your home and the costs can quickly get out of hand. Here's an article by Jeff Somers, [Seven Signs the Tree in Your Yard Is About to Fall](#). It's not just severe winter winds that can create the damage.

One of the biggest factors is the health of the tree and its roots. Trees will show signs of stress and can give you plenty of warning. This will give you time to get the tree examined and possibly removed.



Seven Signs Your Tree is Stressed

1. **Falling Branches**

A clear sign that a tree is in poor health and in danger of falling is its

branches.
Dying
branches
can
indicate
a
dying
tree.

2. **Missing
bark**

Does
your
tree
have
bald
spots?
If
your
tree
has
several
“cankers”—
spots
where
the
bark
is
missing,
leaving
what
looks
like
a
gash
or
indent
in
the
tree
—
the
tree
may
be
weakened
enough
to
fall.

3. **Fungus
at
the
tree's
base**
Look
at

the
base
of
your
tree
for
mushrooms.
Mushrooms
feed
on
trees.
Seeing
mushrooms
anywhere
on
your
tree
is
a
sign
that
the
tree
is
stressed.
But
mushrooms
at
the
base
indicate
that
the
fungus
is
eating
the
tree's
roots.

4. **Exposed
roots
or
soil
pushing
upwards**

Are
your
tree's
roots
showing?
If
you
can
clearly
see

the
roots
of
the
tree
above
ground,
your
tree
is
in
trouble.
If
the
problem
worsens,
your
tree
can
literally
lose
its
grip
in
the
dirt
and
topple
over.

5. **It's
home
to
carpenter
ants**

If
you
see
large
black
ants
crawling
around
your
tree
and
little
piles
of
sawdust
on
the
ground
around
it,
your

tree
has
likely
been
invaded
by
carpenter
ants.
Carpenter
ants
bore
through
the
trunk
leaving
it
vulnerable.

6. **Split
trunk
or
cavities**

If
the
trunk
of
your
tree
is
split
by
a
large
crack,
or
if
you
can
see
large
holes
in
the
trunk
the
tree
may
be
in
danger
of
falling.

7. **Tree
is
leaning**

If
your
tree
is
leaning,
it's
in
danger
of
falling
over.

A
leaning
tree
indicates
that
the
roots
are
no
longer
holding
it
firmly
in
the
ground,
and
can
be
caused
by
severe
winds
or
loose
soil.

It's
possible
to
straighten
but
only
if
the
tree
is
otherwise
healthy.

When in doubt, consult a certified arborist to learn more about how to evaluate the health of a tree and what steps should be taken to protect the tree and your property.



New Study Links Reduction in Child Obesity to Parks and Recreation

By following a large sample of children over time, this study demonstrates that children who participate in recreation programs, or who live a walkable distance from parks, are much less likely to be obese or overweight. These benefits can be achieved through organized parks and programs, but also through accessible green space or other small, green spaces that encourage informal play.

This research is relevant for those interested in the health implications of offering public recreation programs focusing on children, whether through schools, recreation centers, or parks.

This study includes any public venue that offers public recreation programs to people 18 and younger. The programs were exercise-based, with exertion equivalent to moderate walking or greater.

The purpose of this study is to measure the relationship between childhood obesity and recreation programs. This is one of the first studies to make the connection between childhood obesity and parks, and the only one we are aware of that has tracked children over time to better assess health impacts.

Source: Wolch, J., Jerrett, M., Reynolds, K., McConnell, R., Chang, R., Dahmann, N., Brady, K., Gilliland, F., Su, J.G. and Berhane, K., 2011. Childhood obesity and proximity to urban parks and recreational resources: a longitudinal cohort study. Health & Place 17(1): 207-214.



Photo of Johnson Creek by Sandy Vilahu

Update on FOBPR Involvement at Johnson Creek Greenway

Many of you recall the concerted efforts of our team to work with the City of Bandon to enhance the usability of the Johnson Creek Greenway area. In fact, close to 250 of you signed our petition in support of this cause. At the August 5, 2024 City Council Meeting, we presented information outlining the significance of this property as well as laying out our vision for the property in becoming a natural wetland attraction for our city and visitors.

We asked for a City Council vote to keep Johnson Creek natural and free from commercial development. At the November 5, 2024 City Council Meeting, our request for a vote was revisited. Although a vote did not occur, the City agreed to create an agreement with FOBPR to initiate project work at Johnson Creek.

In January, the City presented a draft of this agreement to FOBPR. The agreement was in the form of a lease. From our organizational perspective the lease was not indicative of the type of partnership we were seeking. The lease contained cost prohibitive insurance requirements and generally assigned workload and responsibility to FOBPR for all project work. Recently, we responded to the City of Bandon regarding this proposed agreement.

In our letter, we stated “the FOBPR Board has moved to step away from potential project work at JCG to redirect our efforts and energy towards supporting other recreational opportunities within the greater Bandon community.” We added, “We plan to review our involvement at JCG at a later date once we feel there is a greater interest from the City in needing a strong partner to help optimize the potential of JCG as a true natural resource area for our city.”

We felt it important to update you on this matter as so many of you share our love for the Johnson Creek property.



Photo of Johnson Creek by Sandy Vilahu



Photo of Johnson Creek by Sandy Vilahu



Benefits of Planting Trees

Planting trees can transform your environment and improve your quality of life.

Trees bring us shade, fruit, and flowers, but they add much more to our lives than we might realize. Research shows that trees do everything from increasing property

values to making us feel better.

Trees help remove carbon from the air and create a cooler, safer community. “By planting trees you also create a natural escape space for you and your neighbors who are walking their dog or trying to find a place to stroll,” says Dan Lambe, CEO of the Arbor Day Foundation. Trees provide many additional benefits, including the following:



Here are six surprising benefits of planting trees.

1. Trees add value to your home.

A big, shady tree can add \$1,000 to \$10,000 to value to your property depending on the type of tree, according to the Council of Tree and Landscape Appraisers. A yard full of shady trees can add 10 to 20% to the value of your home and cause it to sell faster, if that's your goal. So, while money doesn't grow on trees, trees can put cash in your pocket.

2. Trees absorb greenhouse gases.

When trees make food for themselves via photosynthesis, they absorb carbon dioxide from the air and store it in their wood. Carbon dioxide is one of the gases causing climate change, so planting a few trees in your yard is a small way to fight climate change at home. Lambe says a single mature tree can absorb 48 pounds of carbon dioxide in a year.

“In this day and age of climate dread, people are asking themselves, what can they do?” says Lambe. “There's one thing that almost everybody can be a part of, and that is planting trees.”

While one tree won't save the planet, it can offset the carbon dioxide produced by driving 64 miles in a car. Every tree helps, and the benefits add up. An acre of trees absorbs 6 tons of carbon dioxide, enough to offset the greenhouse gas produced by driving a car 16,000 miles.

More people are concerned about climate shifts and people are asking themselves, what can they do? There's one thing that almost everybody can be a part of, and that is planting trees.



3. Trees can lower your power bill.

Planting trees near your home can reduce the need to run your air conditioner by 30% and lower your heating bill by 20 to 50%, says the U.S. Forest Service. Shade from trees keeps your house cooler so you don't have to run your air conditioner as much on hot summer days. Trees can also block winter winds that creep into your home through windows and doors.

4. Trees can boost your mental health.

A study from The Nature Conservancy found that time in nature around trees correlated with a drop in anxiety and depression. Studies find urban dwellers have higher levels of stress and depression than people who live in rural areas. The solution for the urban blues? Nature, specifically trees. Just looking at trees lowers blood pressure and muscle tension within five minutes, according to a Texas A&M study.

More studies find that spending time in a natural environment correlates with a reduction in stress and depression. One amazing study found that each additional 10 trees on a city block corresponded with a 1% increase in how healthy residents felt. Simply put, trees make us feel better.



5. Trees increase health.

Neighborhoods with a high tree density rate report 25% lower childhood asthma rates, Lambe says. "Trees filter air pollution particles out of the air we breathe, so they give us cleaner air." One study found trees prevented 850 deaths from asthma in a single year.

6. Trees make urban areas cooler and safer.

"Trees provide shade, and they cool cities as much as 10°F," Lambe says. "That can prevent heat-related deaths." And get this: a Baltimore study found that crime decreased in neighborhoods where there were more trees. One might conclude that there was less crime because wealthier neighborhoods tend to have more trees. The study controlled for that consideration and adjusted their models for a range of socioeconomic factors. Trees still came out as being crime fighters.

How do trees do this? It has long been believed that heat increases aggression. Violent crime is more likely to happen in the summer, according to decades of research from the U.S. Department of Justice. So, trees may lower tempers by lowering temperatures.

Source: https://www.bhg.com/benefits-of-planting-trees-8656809?utm_source=emailshare&utm_medium=social&utm_campaign=mobilesharebutton2



When planting your garden, consider these native shrubs

Depending on sun or shade, dry or moist soil conditions, here's a list to get you thinking about replacing some of your shrubs that might not have made it through the winter winds.

Shrubs

Amelanchier alnifolia, Serviceberry,
Cornus sericea, Redtwig dogwood,
Gaultheria shallon, Salal
Holodiscus discolor, Oceanspray,
Mahonia aquifolium, Oregon grape,
Mahonia nervosa, Low Oregon grape,
Myrica California, California wax myrtle,
Myrica gale, Sweet gale
Philadelphus lewisii, Mock orange,
Physocarpus capitatus, Pacific ninebark,
Ribes sanguineum, Red- flowering currant,

Rosa gymnocarpa, Bald-hip rose,
Rosa nutkana, Nootka rose,
Rubus spectabilis, Salmonberry,
Salix scouleriana, Scouler willow,
Symphoricarpos albus, Snowberry,
Spirea douglasii, Hardhack,
Vaccinium ovatum, Evergreen huckleberry,



Beaver Trails at Johnson Creek Greenway

Photos submitted by Wade Troxell on a morning walk.

Signs of beaver trails at Johnson Creek Greenway

It might be difficult to see, but there is a trail matted down from the culvert, to the grassy area.

Many consider beavers a nuisance. However, beavers contribute much to an ecosystem. Beavers are “ecosystem engineers” because they create, modify, and maintain habitat and ecosystems. Beavers have a large impact on the biodiversity of an area. They bring wood into the water, and that wood provides food and shelter for insects. Those insects become food for other species, including salmon.

If I haven’t convinced you of the value of beavers, read the next story.

A Pricey Dam Project Stalled for Seven Years versus Beavers

Build For Free

When a long-planned infrastructure project in the Czech Republic hit a snag, beavers took over. A construction of a dam in the nation's Brdy region had stalled due to permitting complications.

Humans across the world are increasingly embracing the benefits of beaver structural engineering. In 2023, California introduced a policy aimed at restoring the animals in areas where their presence — and the dams they build— can create a healthy ecosystem for other animals, replenish groundwater and even provide wildfire protection.

Transportation System Plan Updated

Bandon's 2025 Transportation System Plan (TSP) guides improvements to the City's transportation system to address current and future needs of everyone who travels in or through Bandon. Bandon's TSP was completed in 2000.

While the report includes many documents, the important thing to focus on is keeping pedestrians and cyclists safe and our routes to schools safe for all. Riding a bike on Highway 101 is considered unsafe. Walking and biking on many Bandon streets are also considered unsafe. Provide your feedback to the TSP and let your views be known. While many of us don't like change, sometimes change makes improvements for the community as a whole.

For more information about this project, visit the City's website: www.bandon-or.gov/general/page/transportation-system-plan-update



Life is not measured by how many breaths we take but by the moments that take our breath away.

Maya Angelou



SUPPORTER APPLICATION

FRIENDS OF BANDON PARKS & RECREATION

Annual Contribution

Parks & Rec Supporter \$25

Family Partners \$45

Park Community Builders \$45

Corporate Sponsors \$100

First name: _____

Last name: _____

Phone: _____

Email: _____

Interests and skills: _____

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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