



MONTHLY NEWSLETTER

November 2022

President Update: By Beth Clarkson



November is the month of Thanksgiving and most of us spend that day being grateful for our family and life. Did you know that living your life daily with gratitude helps you notice the little wins—like the bus showing up right on time, a stranger holding the door for you, or the sun shining through your window when you wake up in the morning. Each of these small moments strings together to create a web of well-being that, over time, strengthens your ability to notice the

good. Most of us know it's important to express thanks to the people who help us, but practicing self gratitude on a daily basis can be a game changer and can have far reaching effects. Research has linked gratitude with a wide range of benefits, including strengthening your immune system, feeling optimistic, being more helpful and generous, and experiencing more joy and pleasure in your everyday life along with feeling less lonely and isolated. So tomorrow, take a few minutes in the morning to be grateful for three things in your life. They can be huge like your health or small like finding that missing favorite sock. Acknowledging the good things in your life everyday will be life changing.

Design Committee Corner: By Holly Boardman

The Design Committee has been really busy and we are excited to share that Phase Three of the Utility Art Box project is almost complete. We have had selected artists paint multiple utility boxes at fifteen locations in downtown Coos Bay. They bring a bright pop of color and can be seen both by driving or walking by.



Thanks to Sherwin Williams, Pacific Power, Bayshore Paints and a special shout out to Josie Keating with Josie's Art Lab for all of her work on this project and the Design Committee. Soon we will create a walking tour map of all of the phases of the project. We hope you enjoy them as much as we do!

From our Executive Director: Holly Boardman

November is here and the start of the holiday season. If you want to get a jump on your shopping for the season, you could attend our annual Holiday Open Houses on Friday, November 11th and Saturday, November 12th. Participating businesses will have door prizes for you to win. Pick up a map at Katrina Kathleen's - 191 S. Broadway or Checkerberry's Flowers & Gifts - 1290 N. Bayshore Drive (Coos Bay Village) and find your way to all the participating downtown, front street and Coos Bay Village businesses.



Start saving those receipts! From November 11-26, shoppers who collect \$100 in receipts from Coos Bay Downtown merchants can turn them in on Shop Small Saturday, November 26th at Jennie's Shoes - 262 Central Avenue for a commemorative Marshfield District mug from 10am to 3pm, while supplies last.

Banks never ask that

Do you prefer pink or blue? What's your favorite food? **We would never ask you that!** Here's another question a real bank won't ask: "Can you verify your username and password?" Be wary of unsolicited phone calls, texts and emails. Stay alert to protect your sensitive information from scammers.

For more information, visit bannerbank.com or contact your local branch.

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2022 November Farmers Market Basket of Hope & Happiness Melissa Hasart, CBDA Farmers Market Manager

Happy November Everyone!!!! What a wonderful season we had this year. Music, Entertainment, Children's programs, Vendor demonstrations and samples were back as we celebrated the 22nd CBDA Farmers Market Season.

Thanks to wonderful grants, donations and our awesome sponsors we received this season, we were able to not only expand but add additional programs to the CBDA Food Accessibility program to assist the community to have access to fresh healthy food as we continued to struggle with the aftermath of COVID. Our caring Coastal Community recognized the importance of having fresh produce and products available straight from the farms to our tables in an open air outside market. The CBDA Farmers Market put an additional \$155,571 from customer transactions and vendor reimbursement back in our community. Way to Go!!!

A huge heartfelt THANK YOU to our amazing 2022 CBDA Farmers Market Season Grant & Sponsor Super Stars. We truly could not have done it without you.

- ★ Grants: Coquille Tribal Community Grant, Three Rivers Foundation Grant
- ★ Emerald Sponsor: Junior Alvarado Trucking Inc.
- ★ Ruby Sponsors: E.L. Edwards Realty, NW Natural
- ★ Silver Sponsors: South Coast Family Dentistry, Ziplly Fiber
- ★ Homegrown Sponsors: Jennie's Shoes, Crystal TIE-DYE, Lehne Farms, Coos Head Co-Op, Wildflour Public House, Oregon Health Insurance Marketplace, US Bank, New Horizons In-Home Healthcare
- ★ Entertainment, Media and Publicity Sponsors: So It Goes Coffeehouse, BiCoastal Media KShore, Bigfoot Beverages

I am truly blessed to have a wonderful CBDA Board of Directors, Executive Director and a fantastic team of Volunteers assisting and supporting me in making the Farmers Market a success. I just want to say a special thank you to our Volunteer Extraordinaire, Melanie Griswold, for always having my back. My family; Dan Bell, Kaleb Noggle, Elliott Noggle, Tori, Nico and Lili Friedman, who always pitched in whenever I asked and even when I didn't. CBDA President, Beth Clarkson, CBDA Promotions Committee chairs, Julie Graham and Katie Granado supporting and always being there for me.



Featured Member of the Month

This month, the Coos Bay Downtown Association shines the spotlight on **Inner Visions**. I had the pleasure of talking with the owner, Suzann Robins.

Tell us about your business.

Inner Visions is my counseling practice, what I offer is for personal growth, including relationship coaching and couples counseling. I also address health issues. We need to deal with the person as a whole.

Why are you a Downtown Association member?

I came here to retire from teaching at the college level, but I also wanted to be involved with the community. I love downtown Coos Bay. It is so beautiful here and I care about it. I need to be connected to my love of people and their well-being.

Do you have any advice for new business owners?

Do what you love, follow your bliss.

What is your favorite place downtown?

I enjoy So It Goes Coffeehouse, especially watching John reach out beyond his doors.

When you are not working, where in Coos Bay do you like to spend your time?

In my back yard, surrounded by 100 foot tall evergreens.



Happy Holidays!



Coos Bay Downtown Association

Downtown Holiday Open Houses

Get into the Holiday Spirit and Work on your Gift-Giving lists at the Annual Downtown Holiday Open Houses. Start your shopping journey at Katrina Kathleen's Home Decor or Checkberberry's Flowers and Gifts to pick up your Downtown Open House Map!

Friday, November 11th, 9:00 AM to 5:00 PM

Saturday, November 12th, 10:00 AM to 4:00 PM

Santa Arrival, Tree Lighting & Elf Movie!

Santa is coming to Coos Bay! Come down to the Coos Bay Visitors Center to Sing Carols, and see Santa. Enjoy Cider and Cookies before watching Santa help light the Christmas Tree. Afterwards follow Santa to the Egyptian Theatre for pictures and to watch ELF!

(Bring New, Unused Socks for Snowball Fight - Donated to Homeless Shelters)

Friday, November 25th, 5ish PM - Coos Bay Visitors Center

Tree Lighting 5:30ish PM & Elf Movie around 7ish PM

Shop Small Saturday

Shop Downtown Coos Bay at Participating Downtown Businesses and Sign up for door prizes. Shoppers who spend \$100, or more, in the Downtown District between Nov. 11-26 can receive a commemorative Marshfield District mug. A limited supply available, so do not miss out!

Maps & Mugs available at Jennies Shoes on Central

Saturday, November 26th, 10:00 AM to 3:00 PM

CBDA Reindeer Roundup

Join the Coos Bay Downtown Association for the Downtown Reindeer Roundup. Santa's reindeer will be hiding in businesses downtown. Find the reindeer in participating businesses, take a picture and then fill out an entry form to be entered to win a grand prize before the reindeer return to the north pole to help Santa deliver toys to children around the world.

Monday November 28th - Wednesday, December 21st



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Fun Trick or Treat pictures from the CBDA event





COOS BAY DOWNTOWN ASSOCIATION IS

LOOKING FOR VOLUNTEERS

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or email
director@coosbaydowntown.org

*We have a committee that would fit your expertise
and you would love! Choose from:*

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Coos Bay Downtown Association

Annual Calendar of Events

January	Annual Meeting - 01/19/23
February	
March	3A Basketball Tournament-3/2-4/2023 4A Basketball Tournament-3/9-11/2023
April	
May	Farmers Market Begins-5/3/2023
June	Farmers Market-every Wednesday
July	Farmers Market-every Wednesday
August	Blackberry Arts Festival-8/26-27/2023 Farmers Market-every Wednesday
September	Bay Area Fun Festival-9/16-17/2023 Farmers Market-every Wednesday
October	Downtown Trick-or-Treat-10/31/2023 Farmers Market Ends-10/25/2023
November	Holiday Open Houses-11/11-12/2022 Santa's Arrival & Movie at the Egyptian-11/25 Black Friday-11/25/2022 Shop Small Saturday-11/26/2022 Reindeer Roundup-11/28 -12/21

