

THE COLUMBIA FUTURE FORGE

LIFE READY. JOB READY.

FALL 2019

Utmost Athletics has kicked off its 2nd year and continues to grow and impact the lives of young adults in Clark County. Today over 80 teenagers and young adults come together each week to build strength and community as they workout at Utmost Athletics. Ty Singleton, our program director, focuses on creating an encouraging environment where participants are working toward their own personal strength goals in a way that is healthy and age appropriate.



THOUGHTS FROM MATT

Friends of the Forge!

It's been an exciting Fall! We have been recruiting new Blacksmiths (mentors) for our program and have continued to develop relationships with schools in Clark County to identify students that want to engage in developing life skills and potentially find a job. We are looking forward to working with both former students, continuing to grow and strengthen their skills, and new students that are joining for their first year. Your support is greatly appreciated!

First, we want you to know that our new website has launched. We were excited to get a grant from the Murdock Trust that helped fuel our website redevelopment, including the creation of some excellent videos that clearly capture the essence of what we do and highlight in a powerful way the unique relationships that are built between Apprentices (students) and Blacksmiths (mentors). We encourage you to watch them and share them!

www.thecolumbiafutureforge.com

Second, as you can read in this newsletter, there have been some major developments in our weight training program. In particular, we are thrilled to be working with the entire baseball team from

CROSS TRAINING FOR LIFE
Utmost

While there is a strong focus on athletic training at Utmost, a high priority is also given to character development and community building. At least once a month athletes are invited to enjoy a meal together. The dinner is provided and served by volunteers, which for many young adults is a gift itself! As the athletes gather around the table they have time to get to know one another better and talk about their lives. This is also an opportunity to directly discuss goals, time & money management and other important life skills.

Currently the entire Clark College baseball team works out at Utmost. Although some of these students are local residents, many have moved here from out of state. At one of the dinners, students who are living away from home for the first time told Ty that being at Utmost to workout, share meals together and make friends has made them feel more at home in Vancouver. Utmost Athletics is providing a healthy and encouraging environment for many students who are at a pivotal time in their lives.

Let us know if you'd like to help provide a meal for the Utmost athletes or sponsor an athlete!

GIVE!

www.thecolumbiafutureforge.com/

- Sponsor an Utmost Athlete for \$90/month
- Choose Mowtown for your next yard project
- Provide training materials for a Drone Program apprentice with a gift of \$45

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THOUGHTS FROM MATT Continued

Clark College. 41 Clark College baseball players are currently lifting weights, eating meals, and engaging in life development training at Utmost. While we are excited about this new avenue for the Forge, we never expected to be reaching out to college athletes at such large scale. We are now looking for new coaches/mentors, seeing if we can stretch our budget to bring in extra help and developing some unique trainings that will fit this population and their specific needs.

It's important to understand what I mean by needs. A number of these athletes come from out of state, are living away from home for the first time, and often have little means to support themselves. Because of a constantly rotating athletic and academic schedule they often cannot find time to hold down a job. Some of them have never thought seriously about what is next after their baseball life. Some of them are struggling with food security and even homelessness. I had no idea these problems were present in junior college athletics. All of this was news to me.

The point is that we have a remarkable opportunity to impact students in our County in ways that we had not expected! We hope that you will continue your support of our efforts and pray for us if you are a praying person.

We love this work and so do our students. There are many ways you can get involved. If you'd like more information, just let us know. And thanks again for supporting The Forge!



Join Mowtown in welcoming Ivan Alvarez, our new Crew Boss. Ivan and his family have lived in Vancouver for 7 years. Hard-working, organized, and enjoying the outdoors, Ivan takes pride in

working with customers to ensure that their yards are well cared for. In his spare time Ivan enjoys working on various home projects.

Over the past few months Ivan and the Mowtown crew have had many weekend yard clean up jobs. These projects allow our high school employees to work and learn alongside experienced adult mentors. Learning about professionalism, working efficiently, interacting with adults, acquiring new skills required for a job, and occasionally owning their mistakes and asking for help are all a part of our mission to help students become **"Life Ready. Job Ready."**

If you have any ongoing lawn care needs or one time projects give us a call at 360-210-2852 or fill out a contact request on our website.

<https://mowtownteenlawncare.com/>



RECENT FORGE GRADUATE Alex Neal participated in The Columbia Future Forge for three years with her mentor, Bryan Ableidinger. She valued and appreciated her monthly meetings with Bryan where they talked about goals, school, work, and life. Alex learned that healthy relationships involve direct feedback, accountability, and encouragement. One of Alex's goals was to save money for college, so every month Bryan followed up with her and together they watched her savings account grow. Not surprisingly, Alex met her goal and this fall she is a student at The Savannah College of Art and Design in Georgia.

All of us at The Forge have enjoyed Alex's creativity, enthusiasm, and thoughtful reflection and are excited to see where the next few years take her. Go Alex!

