

## WELCOME, JUN JEONG!



Jun is the new Head Strength Coach at Utmost Athletics. He comes to Utmost from the University of Virginia where he was the Associate Head Strength Coach. Jun worked directly with the wrestling, track and field (throwers and distance runners), swimming and diving, women's lacrosse, and men's golf teams. He assisted with other sports, including baseball, soccer, field hockey, rowing, softball, track and field (jumpers and sprinters) and volleyball. Jun has coached for the US Rowing Junior National Team system and is currently working with professional freestyle wrestler, Jack Mueller. Jun looks forward to building relationships with Utmost coaches and athletes and the greater Clark county community. He has a BA in Political Science from Binghamton University and a M.Ed. in Kinesiology/Exercise Physiology from the University of Virginia. He is a Certified Strength and Conditioning Specialist (CSCS) with the NSCA and also holds a USA Weightlifting Level 2 certification.

## WEATHERPROOF WORKOUTS!

As we continue to adapt to COVID restrictions and the arrival of cooler weather, the Utmost Athletics team and a few very dedicated helpers have recently upgraded our outdoor facilities. We now have 3 large containers (one of which was a donation!) that provide wind barriers as well as ventilated, enclosed training areas for the athletes. Between the containers, two large event tents have been erected to create covered areas for equipment and workouts. Underneath the tents are elevated platforms that will keep both the equipment and athletes off the ground and dry when the rains come. These creative accommodations were made possible and affordable through generous donations of time and materials. Huge thanks to our faithful Forge supporters for providing the equipment and all of the set up and installation for our ongoing facilities improvement!



Now all of our athletes (ages 13-75) will be able to stay fit and healthy while continuing to train together.

## THOUGHTS FROM THE EXECUTIVE DIRECTOR

A few weeks ago the Forge board held our annual strategic planning retreat and what emerged was our goal for the year: **Grow relationships in all forms**. Since our school recruitment options are limited, we are re-initiating relationships with previous students. We are investing heavily in the training of our mentors so that they can invest heavily in the students that they work with. We are also investing in new relational opportunities with Hayes Freedom alternative high school in Camas. They have invited us to cover our life skills and job skills with all of their freshman class! It's thrilling.

COVID has thrown us for a loop at times, but our landscaping operation continues to expand. Our weight training program (Utmost) is beginning to exceed its previous enrollment numbers and relationships are deepening. Your ongoing financial support has made this possible! The coming 9-12 months will get us ready for the future. Thank you for your generosity. Know that we are continuing to prepare students for meaningful life and work!  
- Matt Overton



## **GIVE HERE!**

[www.thecolumbiafutureforge.com](http://www.thecolumbiafutureforge.com)

Occasionally Mowtown Teen Lawncare is contacted by people who hear about our social enterprise model and who need yard maintenance help but are not able to afford the full scope of what their project requires. Often the need is due to a physical disability, a death in the family, or other hardship. Over the past couple years Mowtown has been able to help people in their time of need by providing services at a reduced rate or free of charge. We know that this is just one of the reasons why some people choose to support The Forge, so we have now created a designated Mowtown fund for these special service opportunities. If you are interested in contributing, either through a one-time contribution or on a monthly basis, please let us know. Thanks for helping us care for people in our community in a tangible way.

## **CONTACT US**

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## **UTMOST ATHLETICS WELCOMES ADULTS**

Are you looking to get in shape? Would a coach and supportive community help and encourage you to meet your health goals? Utmost Athletics is the place for you! We currently have availability in our 9:00am and 10:15am training groups for adults. All ages and abilities are welcome! Whether you are a well trained athlete or have never lifted a weight, Utmost can help you build strength and improve your fitness. Email us at [utmostathletics@gmail.com](mailto:utmostathletics@gmail.com) or call Anne at 530-635-1672 for more information!

[Utmostathletics.com](http://Utmostathletics.com)



Autumn is here and those leaves will be falling soon! Contact us today to schedule fall leaf clean up. Or maybe you don't have many leaves but need some yard clean up or a special project completed. We can help with that, too! Our crew is thorough and efficient! Call 360-210-2852 today to get a bid on your project.



## **FORGE STUDENTS AT WORK**

Although you might not recognize them behind their masks, Forge students are out in the community working at local businesses. Keep an eye out for them!

Joey Harrison, a junior at Mountain View High School, started working at Dairy Queen this summer. Joey says the Forge has helped prepare him for his job. He has learned how to love his job and how to be professional as he works with and serves others.



Jonathan Lightfoot is working at the newly opened La Provence bakery in Vancouver. Jonathan is really enjoying getting to know his coworkers. He says they have been very welcoming and quickly eased his nervousness when beginning his new job. He looks forward to growing these friendships outside of work as well!

Jake Hammar works with Mowtown on Saturday projects. He says, "A great part of working with Mowtown is the community, you feel closer to the people you're working with. It makes it feel more like an opportunity to work and not a chore."

It is exciting to hear the different ways that students are implementing the professional and interpersonal skills that they learned from the Forge trainings and their one-on-one mentoring relationships.

