#### LIFE READY. JOB READY.

THE COLUMBIA FUTURE

NOVEMBER 2021

## 2021-2022 Forge Life Skills & Job Skills Training



The Forge is thrilled to announce that our in-person training sessions are back! Over the last year we heard from both students and mentors who affirmed the value of meeting together as a group for learning, discussing, and interacting with Forge topics. So it was with great joy that we held mentor training in September and welcomed new students and families to Forge orientation in October prior to launching our first training session in November.

While we were unable to hold group sessions last year, we remained busy supporting one-onone mentoring, working with students outdoors on Mowtown projects, and making plans. We

have refreshed some of our training material and will be adding new character development curriculum for our 2021-2022 students so that all students emerge from The Forge "Life Ready. Job Ready."

Also, in spite of not being able to recruit in person, we have been invited to zoom in some local classrooms. Other students and families are finding us through our website, participation in Utmost Athletics, or word of mouth. We are refreshed and energized at the prospect of emerging from a year of great disruption with a new group of student apprentices and mentors. Here is our training schedule for the upcoming year. The schedule can also be found on our website and all prospective students are welcome to apply at: <u>thecolulmbiafutureforge.com/apply</u>.



November 21st: Personality & Gifts Profile

January 9th: Goal Setting

February 6th: Professionalism & Communication

March 6th: Money Management

April 24th: Final Certification/Graduation Party

### HAYES FREEDOM RENEGADES AND THE FORGE

In September, after months of preparation and planning, the Hayes Freedom and Forge partnership launched. Every Monday, Matt Overton (Executive Director of the Forge) and Kelly Johnson (Career and Tech teacher at Hayes Freedom High School) team teach a Life Skills curriculum for freshmen. Forge volunteers support small group and large group discussions during the 90-minute class. Topics thus far have focused on character qualities such as Respect, Honesty, Gratitude, and Courage. This is the beginning of an 18-week collaboration that will go until January. Plans to continue to offer mentor/student relationship building for the remainder of the school year are underway as well. Some Hayes students have already become Mowtown employees and students are invited to participate in the Forge. All involved are enjoying this new venture and are already creatively considering what might come next!



### **CLICK HERE TO GIVE**

Each year brings new opportunities and challenges and 2021 is no exception! As we come to the end of the year we wanted to make you aware of some specific needs and ways to support The Forge.

\$105 scholarships Utmost athletes for a month

\$2,000 pays for the character curriculum purchased for Hayes Freedom partnership

\$5,000 replaces the engine in the Mowtown truck

Share about The Forge life and job skills trainings with a young adult who might be interested in a mentor!

All gifts are appreciated and help young adults become "Life Ready. Job Ready."

#### **CONTACT US**

- columbiafutureforge@gmail.com
- Matt Overton 360-218-8062
- <u>Thecolumbiafutureforge.com</u>

## **MEET LUKE BUTTERFIELD**

I'm Luke Butterfield and I started lifting weights at Utmost in September 2019. I was out of shape and I joined so I could be better at baseball going forward. I remember doing the "starters program" with Coach Chris and my brother, Jack. Looking back now, Utmost has made such an impact in my life. It has made me stronger and more athletic by a longshot, but it also has helped me improve my character by surrounding me with good people. Utmost is what I look forward to everyday and I am very thankful for everything that the coaches/lifters have done for me at Utmost.



Luke is currently volunteering at Utmost for his Senior Project. We are thankful for his hard work and presence at Utmost!

# UTMOST ATHLETICS WELCOMES THE CLARK COLLEGE BASKETBALL TEAM

We are excited to welcome the Clark College basketball team to Utmost! For the past three years the Clark College baseball team has been working with Utmost coaches on strength and conditioning. The baseball athletes and their coaches have seen the benefits of consistent and high quality strength training and spread the word about Utmost! Three weeks ago, fourteen Clark basketball players began workouts with our coaches. It is great to have teams train together! Teammates are able to build camaraderie and encourage each other as they workout. Gym time becomes an extension of their time practicing on the court. Each day our Utmost coaches begin with a short talk about character development or a thought for the day. These talks provide a springboard for conversations during and after the workout that help athletes and coaches get to know each other better. This is one way that our staff intentionally builds community at Utmost.

Several players have come to Clark College from out of state. With busy school and basketball schedules and the high cost of housing, many of the players are not able to work enough to afford the full monthly fee, so we have an increased need for scholarship support. The Forge is committed to welcoming all athletes who walk through our doors and we are thankful to all our donors who have made that possible! If you'd like to support an athlete who needs a scholarship click here!



Coach Johnson & a few Clark Basketball players enjoyed being together at the monthly Utmost Dinner.