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**360-992-3000** Greater Vancouver Chamber

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4 December 2023

Greet Camas 5



# Meet the Sandman- REY JIMENEZ

BY DYLAN KOLLER

Like many of us, Rey Jimenez's first introduction to beach volleyball was from that now infamous scene in Top Gun, when Maverick and Goose go head to head with their rivals, Iceman and Slider. As a member of the Coast Guard at the time, Rey immediately turned to his comrades saying, "That could be us!" After all, who wouldn't want to look like a young Tom Cruise and Val Kilmer?

From the moment he entered the sand, Rey was hooked, and beach volleyball has been his lifelong love affair ever since. For Rey, it's the combination of everything the sport has to offer that's kept him coming back to it- the technical aspect, the ability to learn and grow, the bond you form with your partner, the joy of battling the natural elements and being outdoors, but most importantly, it's the community.

"If you come in with an attitude or act like a hot head, nobodies going to play with you, simple as that," he said in an interview.

For the past 25 years, Rey has been actively playing, coaching and embracing the sport of competitive beach volleyball. From early mornings of drilling on the beaches of San Diego to teaching



classes through Camas Rec. and assisting with the first indoor boys team at the NWS Volleyball Club in Vancouver, Rey understands the benefits beach volleyball can provide both mentally and physically.

"Beach volleyball is very inviting, it's all about building confidence and making friends," he says, then chuckles, "Sand has a way of trimming away anything that takes you off balance, and I'm not just talking about getting in shape. It changes you."

Rey's been working with the city to get a court built in Camas and already has a professional net (purchased with the money he made from coaching rec) ready to go. In the meantime, he's been coaching and playing at Frenchman's Bar and Vancouver Lake among other locales in WA and OR. Along with being the head coach of the NWS Volleyball Club Beach Program, Rey is also preparing boys' and girls' teams for the annual Seaside Beach Volleyball Tournament, the largest beach volleyball tournament in the country, in which he will also compete.

If you're ready to get in the sand or would like to find ways to help Rey on his quest to bring beach volleyball to Camas, visit [www.camasvb.com](http://www.camasvb.com)



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Sandman - Rey Jimenez and his dad



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Clark County is experiencing remarkable growth. In Camas, the population has grown by an impressive 42% since 2010, welcoming over 8,500 new residents during that period. Despite this significant population increase, only five properties with 931 rental housing units have been built. The limited new rental housing supply has led to a consistent 4% average annual rent growth in the area since 2017.

Renters in Clark County have been directly impacted by the area's growth, exemplified by the city of Vancouver, where multi-housing rents surged 5.3% between 2021 and 2022. In its recent annual report on rental rates and cost-of-living, *Apartment List* observed that Vancouver is outpacing national rent growth, surpassing metro-wide averages with a year-over-year increase of 3.3%. This growth is driven by a diverse array of businesses and the attractive prospect of no corporate or income tax, making Vancouver a thriving regional economic hub.

The emergence of a rapidly growing affluent renter demographic in the region can benefit from top-ranked school districts and easy access to Portland International Airport. With this promising landscape, Clark County is poised for sustained long-term growth and development. Romano Capital, with its strategic presence and several development projects in Clark County, is uniquely positioned to meet the evolving needs of the community. The Palisades Masterplan Redevelopment, for instance, aims to introduce over 800 multi-family dwelling units along with commercial, retail, and parking spaces. This development is envisioned to be on par with the success of the Vancouver Waterfront's master plan.

Romano Capital specializes in offering investment opportunities that revolve around real estate within Clark County. What sets Romano Capital apart is its commitment to co-investing with its investors in these distinctive opportunities. Since its inception, Romano Capital has significantly contributed to the development of residential communities and multi-family projects in Clark County, with a combined finished value exceeding \$450 million, encompassing over 25 completed projects and an additional 12 projects in the pipeline, estimated to have a total finished value exceeding \$500 million.

Whether you are considering diversifying your investment portfolio with alternative opportunities or embarking on your investing journey, we encourage you to visit [romanocapital.com](http://romanocapital.com) or call (360) 952-3811 to explore the investment possibilities available with Romano Capital.



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CAMAS BIRTHDAYS

# HAPPY DECEMBER BIRTHDAYS!



Happy 40th Birthday to my hubby, Tyler! Ashwood Taps and Trucks



Happy Birthday to my oldest. You are amazing.



Happy 3rd birthday, Brennan! You are such a sweet, caring boy with an amazing sense of humor, and the best big brother! We love you! Love, Mom, Dad, & Baby Eddie



Happy 4th Birthday and Merry Smithmas! Dec. 24th We are so proud of you! Love, Mommy, Daddy & Harvey



Happy 2nd Birthday sweet Bodhi!



Happy Birthday to the most amazing daughter in the world. You are the best thing that has ever happened to us! We love you to the moon and back! Have a wonderful birthday Raksha. Love MaiMai and Paipai.



Happy late November Birthday Abigail! Nov 23 I love you 3000 times! Submitted by Joy Wu



Welcome to your teen years Luke! Happy 13th birthday to our Christmas boy!

Love, D, M, K, F, LB, & T



Happy 11th Birthday, Lake. We love you so much!! xo

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# Touchmark

### Celebrating 25 Years of The Full Life at Touchmark

Touchmark at Fairway Village is Vancouver's leading full-service retirement community, and it recently celebrated its 25th anniversary. Additionally, the community was voted The Columbian's "Best Retirement Community of Clark County" for the fourth year in a row.

### What Sets Touchmark Apart?

The true magic of Touchmark is the people who choose to live and work here, and that is evidenced by its award-winning Full Life Wellness & Life Enrichment Program™. Team members and residents work together to design activities, events, and programs that align with residents' interests, hobbies, passions, and backgrounds.

Resident couple Judy Head and Todd Martin (who met and fell in love with the community after each moving into their own villa home in 2022) are a great example of how residents are encouraged to get directly involved. Todd helps to coordinate the monthly "T Talks," which is a program that brings in outside speakers as well as the "fireside chats," which feature residents sharing their unique life experiences. Both Todd and Judy are also members of the Employee Appreciation Fund Committee and participate in book groups. Judy is on the Resident Dining Committee. "We have an interesting group of residents here and I've enjoyed making new friends," Judy says. Both also attend the popular Basecamp class three times per week in the Health & Fitness Club.

### A Reputation of Excellence

Before moving to Touchmark, Todd served as the Chair of three different boards of retirement living communities, so he was aware of the options and what to expect in senior living. "When I checked out the credentials of leaders at Touchmark, they were the types of credentials I wanted and respected," he says. "I knew Touchmark was the premier place. We've both been happy since we moved in. I am very impressed both with the corporate and local leadership of Touchmark; they do a very good job."

### A History of Longevity and Lasting Connections

Resident Jim Etzkorn has lived at Touchmark for almost 10 years, and he was also one of the first employees to join the team when the community opened 25 years ago. "You

develop an extended family made up of both residents and staff members. That's the most important thing; this blending of residents and team members creates these true friendships," he says. "Socialization, fitness, activities, good nutrition—it all goes together. I always tell people who are considering moving here that these things are very important. I'm thoroughly convinced that together, they are a life-stretcher."

### Retirement Reimagined

If living in a vibrant, social community sounds appealing, take it from Judy: "I've heard many people say they don't want to move until they absolutely have to. That's a mistake. It's a good place to be, not a place to avoid. It's fun to be here; if you wait until the last minute, you can't enjoy it all as much."

Call 360-553-4848 or visit [TouchmarkVancouver.com](http://TouchmarkVancouver.com) to learn more and schedule a tour.





# MANAGING GRIEF DURING THE HOLIDAYS

BY TRAYC FOSKETT, LMHCA

“I realize I’m sitting where my Dad danced with my friends to the records I received for my 10th birthday, and I smile. This is rudely interrupted by the vision of his hospice bed where he took his last breath four months prior, and then the thousands of memories flooding me became overwhelming. I could not stop the tears. “Grief stinks!” I thought, and it extra-stunk that everything seemed to change in a moment. I longed to hear his laughter and beautiful tenor singing along to the music of the holidays, but I knew I never would again.”

This quote from a friend, the first Christmas after her father passed, carries a common theme about the emotional impact and random onset of grief. We grieve the people, situations, and things that are now absent but had a significant impact on our lives in a long-lasting way. We experience loss through death, job transitions, moving, pandemics, changes in health and wealth, as well as successfully launching children into adulthood. Life is forever changing, and we can’t ignore it.

Here is some guidance on how to move through your grief this holiday season:

- Talk about the situation or person you are missing.
- Practice self-compassion and allow yourself time to not be overly happy or cheery.
- Allow yourself time to cry.
- Allow yourself time to laugh and enjoy the new moments.
- Allow space for everyone to grieve in their own way and timeframe.
- Avoid numbing your feelings with alcohol or substances as this often causes more long-lasting problems.
- Speak openly about what you need to get through the holidays.
- Let others extend care, support, and help to you.
- Explore what old traditions you want to keep/change and new ones that you want to add.

If you feel overwhelmed by grief and it has been longer than two months since your loss, I encourage you to connect with a professional counselor who can support you through the feelings of confusion, loneliness, sadness, and anxiety. The feelings of grief don’t have to last forever.



Traylor Foskett, LMHCA

Traylor Foskett is a Licensed Mental Health Counselor Associate at Lacamas Counseling in Camas, WA. She specializes in supporting people through Life transitions, relationship problems, work/life balance, grief, anxiety, and depression. You can contact Traylor by email [traylor@lacamascounseling.com](mailto:traylor@lacamascounseling.com) or through the website at <https://lacamascounseling.com/providers/traylor-foskett/>

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SEASON'S GREETINGS





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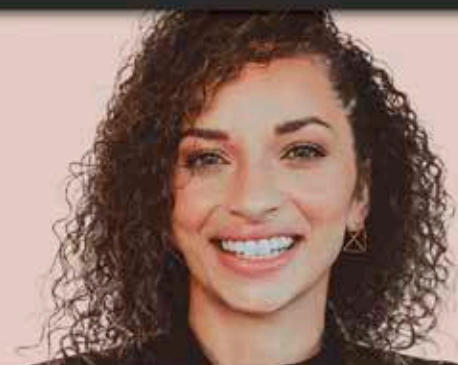
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# NOTHING'S MORE IMPORTANT THAN *Family*

WRITTEN BY DYLAN KOLLER  
PHOTOS BY LISA KUHLMAN, WINDOWS ON LIFE PHOTOGRAPHY

## MEET THE KORBA FAMILY

“You have to make something good come out of it,” Doreen said in an interview. “It’s the only way, otherwise it could swallow you whole.”

Life, however, works in mysterious ways. After being unable for so long, Doreen became pregnant in 2016 with their daughter, Josie, and a little over a year after Josie’s arrival came Quinn. And though Harper may not be here physically, her spirit has always lived among the Korba’s, and in essence, Doreen had the 4 children she’d always imagined.

In 2018, the family relocated to the Pacific Northwest following a work opportunity for Mike who has been a proud and important part of 3M, a massive and historic company, for the past 17 years. And after landing in Camas, as the Korba’s will attest, life couldn’t be better.

“We love this community and we’re thankful every day,” says Doreen, “The focus on family, the

kindness. It’s like a Hallmark town! It preserves childhood, and that’s something Mike and I always wanted for our kids.”

Michael, now 11, is a 6th grader at Skyridge and loves sports nearly as much as his father who’s been coaching him along the way in all things athletics. For Mike, it’s about having that quality time with his son, time he wouldn’t trade for the world. Josie, who’s about the enter 1st, is as entrepreneurial as her mother, and needing something to do while attending her brother’s sporting events began making team bracelets. Well, her concept quickly caught on, and now she boasts her own stand inside Papermaker Pride downtown. Quinn, who’s in preschool, rules the roost and loves her friends just as much as she loves to dance, and Doreen is proud to say that she’ll never have to worry about Quinn standing her ground. Doreen has continued her

work empowering women and mothers who’ve experienced heartbreak the way she has. She hosts a podcast and does coaching work to spread as much love and light as she can to those who need it most. And Harper, who continually shines on them from above, is always sending her love in the form of hearts- whether it be Josie’s heart-shaped birthmark or the dozens of hearts stones they’ve collected while exploring Lacamas Lake.

The Korba’s share a bond that goes beyond words. They live for one another and cherish their shared moments. What they’ve always known, and has been continuously solidified throughout the years, is that nothing is more important than family, and they’re grateful to have found a community that feels the same.

If you or anyone you know is in need of support, you can contact the Korba’s nonprofit at [www.stillmama.org](http://www.stillmama.org)

It was the young couple’s first out-of-country vacation. Mike and Doreen were walking along the beaches of Punta Cana in the Dominican Republic as the sun began to set over the turquoise waters. Up ahead, Doreen spotted tiki torches lighting a beautifully set private dinner table surrounded by vibrant flowers. Doreen pointed it out to Mike, saying, “That is the sweetest thing I’ve ever seen”, which is when Mike took her hand and led her to a night they’d never forget- A night that began the rest of their lives.

Both hailing from the East Coast, Mike and Doreen’s lives have always seemed to share the same trajectory. Mike was very close with his family who always emphasized the importance of being together, the outdoors, and spent their summers on the beaches of Jersey. Doreen, an only child, also came from a tight-knit household where family was everything. For her, cousins were siblings, and summers were spent tromping the beaches in Ocean City, Maryland.

Always striving for more, Mike and Doreen found passion from an early age. For Mike, it was athletics. He loved all sports but excelled in football

and baseball. For Doreen, it was entrepreneurialism. By 6, she’d created an in-home store which all her relatives had to pass through and to make their purchases after Sunday mass.

After graduating high school, both attended Saint Joseph’s University in Philadelphia where Mike earned his degree in finance and Doreen earned hers in healthcare, as well as a Masters in Counseling Psychology. While in college, Doreen knew Mike’s friends and Mike knew Doreen’s, and while they consistently crossed paths, the two simply failed to connect. It wasn’t until after graduating, with Doreen living in Arizona and occasionally traveling home to visit family and friends (friends who happened to be roommates with Mike), that they actually had their first real conversation and realized their similarities vastly outweighed their differences. Once that connection was made, there was no going back, and after dating long distance for a brief period, Doreen moved back to be with him.

Prior to their trip to Punta Cana, Mike had asked Doreen’s parents for their blessing and, with their approval,

he slipped the ring through customs. After sharing that firelit, private dinner beside the ocean, the two danced on the sand and Mike took a knee.

They were married in 2009, and always aspiring to have a big family of their own (Doreen’s magic number being 4 kids), they soon introduced their first, Michael, to the world in 2011. When Michael was 9 months old, Doreen was ready for their second, but try as they might pregnancy wouldn’t take. After going through two rounds of IVF, however, it finally did and the Korba’s were overjoyed.

Tragically, at 39 weeks their unborn daughter, Harper, suffered complications with her umbilical cord and passed. The event was life-altering for Doreen and Mike, and through the pain of their loss, they underwent a complete perspective shift. They realized more than ever the importance of family, and Doreen subsequently left her position in corporate America to go into business for herself to allow more time at home. In Harper’s honor, they started a non-profit donating bereavement package to hospitals for patients experiencing similar, unexpected and heartbreaking losses.





## HUMANE SOCIETY FOR SOUTHWEST WASHINGTON

Rescue, Adopt, Support!

BY SUE DOCKSTADER

The spacious lobby of the Humane Society for Southwest Washington (HSSW) is deceiving. The rest of the building is crammed with busy offices, storage areas filled with kibble and kitty litter, medical facilities, and of course, rows of kennels filled with hopeful faces awaiting adoption.

Founded in 1897, the mission of the organization is to “rescue, return, restore, rehome, reconnect, one animal at a time,” and last year they served almost 6,500 animals. Pets are not only received from animal control. Some are surrendered, and others are transported from overwhelmed communities beyond Vancouver.

While cats and dogs make up most of the residents, space is sometimes needed for other animals such as rabbits, guinea pigs, mice, goats, and roosters.

Last year, the shelter completed an impressive 4,002 adoptions. However, Marketing and Outreach Manager Sam Ellingson explained, they now want to focus on expanding animal care out into the community, instead of just within their walls.

“We’ve noticed fewer families are looking to adopt a pet and more families looking for support services to help them care for their existing pets,” said Sam. By expanding their



Community Solutions program, HSSW is helping to keep pets and families together.

This program supports local families in a variety of ways and includes providing medical care for an accidental injury pet food assistance (40,000 pounds distributed last year)

limited time emergency boarding – such as during wildfire evacuations, house fires, or families fleeing domestic violence cat surgeries through the “Spay and Save” program

“Last year we completed over 15,000 medical exams at our facility, and at Wellness Clinics we attend in partnership with groups like Open House Ministries, where we provide resources for the pets of folks experiencing homelessness.”

HSSW plans to expand the number of Wellness Clinics it provides annually to include offering pet food assistance, and basic medical exams, for pet owners living in shelters and transitional housing.

Between the shelter on 192nd Avenue and the ReTails Thrift Store, HSSW has a dedicated team of 102 staff and 800 volunteers all working towards a shared vision of a community where everyone loves and cares for animals.

To find out more, volunteer, or make a donation visit [www.hssw.org](http://www.hssw.org)



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# SNOW STORM FEB 2023!

SUBMITTED BY CAMAS RESIDENTS



Submitted By: Jacqueline



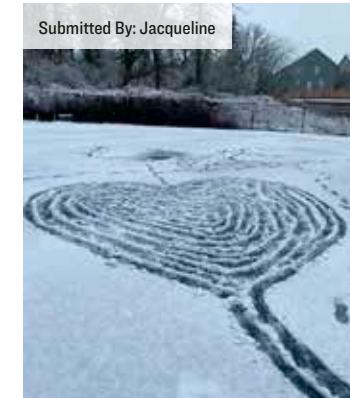
"My neighbor just lost a big limb on this tree!! A blizzard up here on Prune hill"  
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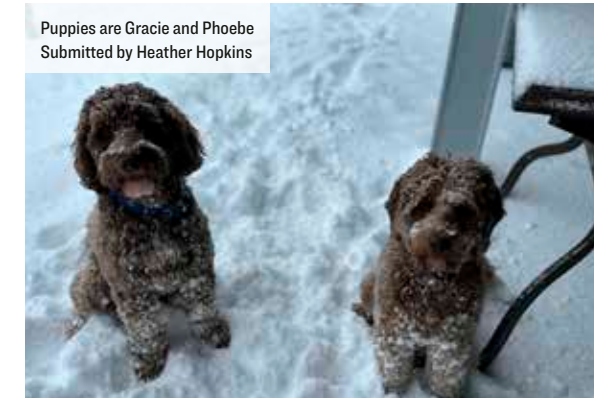
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Brandon Hopkins



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Puppies are Gracie and Phoebe  
Submitted by Heather Hopkins



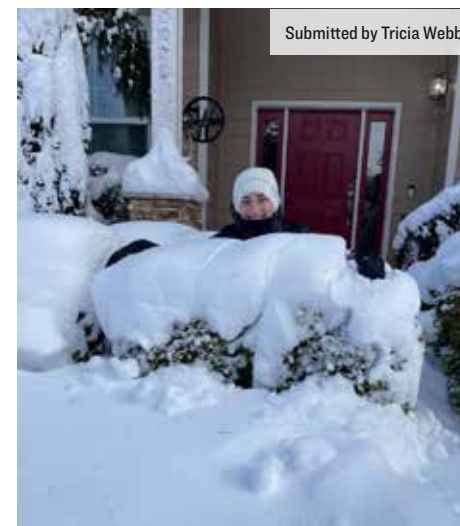
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These were taken at Green Mountain!  
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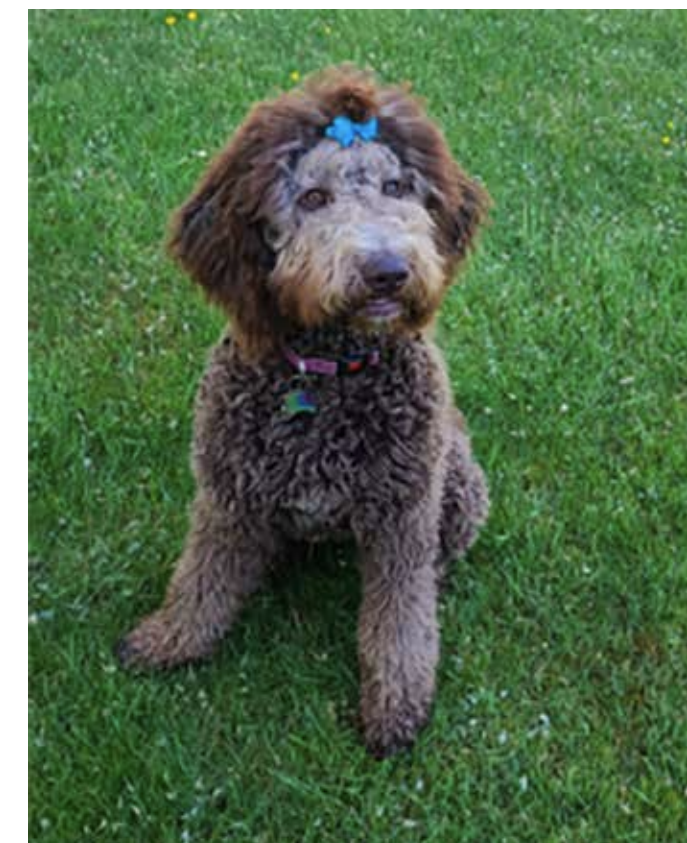
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# MOUNTAIN PEAK NUTRITION

BY DYLAN KOLLER

Camas native, Grant Bergstrom, began laying the foundation for his long career in the dietary supplement industry as his father's first full-time employee at Bergstrom Nutrition, formerly Cardinal Associates, founded in 1988. After accruing years of first-hand knowledge and experience, Grant ventured out to broaden his horizons, traversing the globe, until opportunity ultimately brought him home.

After graduating from Camas High in 1990 and attending the University of Washington, Grant returned to help his father grow Cardinal/Bergstrom to become the world's leading manufacturer of the MSM ingredient which they sold to the industry's biggest brand names. Desiring to venture out into global commercialization roles for companies like The Wright Group and Unigen, Grant fortified connections and broadened his understanding while simultaneously looking for a consumer product brand he could start, earn his way into, or possibly buy.

In 2013, Grant met Maureen, a registered nurse with the best Boston accent you've ever heard, who immediately recognized the ambition in him.

"The moment I met him, I knew he had that entrepreneurial gene," Maureen said in an interview.

After stints in San Diego and Dallas, the two settled in Seattle in 2015 and were married. In 2019, the stars finally aligned for Grant's entrepreneurial dream.

Established in 1996 by Dr. Jim and Karen Massey, Mountain Peak Nutritionals has long been gaining a reputation for sourcing and supplying the highest quality ingredients in their dietary supplements. Primarily sold and distributed through the Healthcare Practitioner (HCP) channel, the brilliance of Dr. Massey was his manufacturing of combination products which he coined "condition specific". These products provided greater nutritional benefits in less volume which led to a higher likelihood of compliance, a major win for all parties considered.

Prior to leaving Cardinal/Bergstrom, Grant was actually involved with an investor group that had considered purchasing Mountain Peak at the time, though things didn't pan out. Then, in 2019, a mutual friend brought the Masseys and Bergstroms together at the perfect confluence of when the Masseys were ready to sell and the Bergstroms were ready to buy, and for Grant, it was a full circle moment.

The acquisition also brought Grant and Maureen back to Grant's roots. Initially located in Beaverton, the couple initially had to commute from SW Washington to Mountain Peak, which proved especially challenging for Maureen, who still allocated half her schedule to nursing part-time at the Vancouver Clinic. In 2022, however, Maureen officially switched to Mountain Peak full-time, and in another full circle event, they relocated the company to the Columbia Tech Center, just a stone's throw from where his father built Bergstrom.

Today, Mountain Peak continues to supply supplements made of the best nutrients on the market. Currently, they offer over 30 condition-specific products that cover over 90% of what an HCP would commonly see in their clinics, everything from gastrointestinal support to sleep aid. Though still distributed mainly through the HCP channel, they recently began supplying directly to consumers with products now available on Amazon or directly through their website.

Under Grant and Maureen's guidance, Mountain Peak continues to grow, not just because of the value of the products they offer, but because of the way Grant and Maureen complement one another. They're a team that truly aims for the mountain's peak, and together a dream has already been realized, a family business has been brought home, and life has truly come full circle.



“The moment I met him, I knew he had that entrepreneurial gene.”



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# WHAT IS YOUR FAVORITE WINTER ACTIVITY?

INTERVIEWED BY TATUM TALBERT



Lily, 10  
"I really enjoy going sledding with my family."



Camile, 9  
"I like to play in the snow with my sister and sometimes I go sledding with my whole family."



Florence, 9  
"Sometimes we go to a tree farm."

Hey kids – do you want to be the superstar of Camas? If you would like to be interviewed for this section, please email us at [alice.terry@n2co.com](mailto:alice.terry@n2co.com)



## Camas Anniversaries & Engagements

If you or someone you know is celebrating an Anniversary or wedding, etc. in the following months, send us their photo by the dates below to celebrate them in our upcoming issues! Email us at [alice.terry@n2co.com](mailto:alice.terry@n2co.com)

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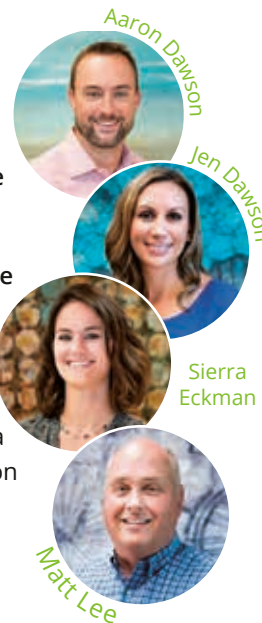
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