### THE ANCH VOICE Spring 2021 Magazine for friends and donors of Dakota Boys and Girls Ranch.

**Baylee celebrates her January** graduation with Brooke House, shift leader at the Fargo Youth Home.



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www.DakotaRanch.org 1.800.344.0957

### **Message from the President / CEO**

#### The True Measure of Success



Joy and therapist Christy Wilkie attended the January graduation. They are shown here with the quilts (sewn with love by Ranch donors) presented to the graduates.

Dakota Boys and Girls Ranch Locations

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DakotaRanch.org

Dear Ranch Friends,

"The mission of Dakota Boys and Girls Ranch is to help at-risk children and their families succeed in the name of Christ."

It is a pretty straightforward mission. Regardless of the trauma or obstacles or pain, we work—in His name—to help those in our care succeed. Period.

However, in this era of outcome measures and deliverables and metrics and data, I am often asked "What is success for a Ranch child?" "How do you measure success?" "Joy, can you quantify it for me?"

No. I can't.

I can spit out numbers. Around 85% of the kids who have a planned discharge from the Ranch move to a lower level of care, perhaps even a permanent home. Over 90% of children who come to the Ranch are fully up-to-date on dental, vision, and immunization schedules when they leave the Ranch. Over 90% of the children who come to our on-campus school, Dakota Memorial School, show improved classroom and academic performance.

But I don't know that any of those things measure a child's success. It seems these numbers are more about the Ranch's successes than the child's. Success, in real life, is only measured in the heart of the person experiencing it. For some people it means becoming acclaimed in one of the "hallowed professions" like medicine, or the law, or engineering, or theology. There are children who have left the Ranch who have achieved all of those things and more. For each of them, that is their measure of success.

For others, their success is measured in starting their own families where there is no violence or abuse. Or maybe holding down the same job, GED required, for a number of years. Maybe success is living a life of sobriety or building a network of friends. Last week, one of our current residents made a presentation to our Boards of Directors about a beautiful piece of artwork he had created. He had an "artist statement" that talked about the symbolism in the work and how he had come to appreciate that he could say things with his art. However, as he was finishing his talk, he shared that one of the greatest learnings he has had at the Ranch is that he has a great capacity for kindness. In fact, the week before he had been named the kindest student in his school. I would say that child is incredibly successful, by any measure.

I have shared it in many places before, but I will share it again here. When I was 14, I discovered a quote about success (attributed to a variety of sources). I talked my older brother, who was studying art, into writing it in calligraphy for me. I had it framed when I was in college and it has come with me wherever my life has taken me. It is a powerful description of success.

"To laugh often and much; to win respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you lived. This is to have succeeded."

Please pray for our staff and children.

# e" to Healing

### **Occupational Therapy and Mental Health**

Oftentimes, when Ranch friends tour one of our campuses, they are surprised to see the significant role Occupational Therapists (OT's) play on the treatment team.

If we go back to its roots, the Occupational Therapy field originated with the 1963 Mental Health Act, which deinstitutionalized people with mental health issues. In the beginning, OTs helped people with mental health issues develop skills and coping mechanisms so they could live independently in the community, go to school, work, and live meaningful, productive lives. Over time, their role expanded to working in physical rehab facilities to help people recover from brain injuries and strokes; and pediatric settings to help children meet developmental milestones. But, according to the American Occupational Therapy Association (AOTA), it is again becoming more common for OTs to work in mental health settings.

This is certainly true at Dakota Boys and Girls Ranch, where OT's and Certified Occupational Therapy Assistants (COTA's) play an integral role in the care and treatment of the children in our care.

Renae Fettig, Occupational Therapy

Supervisor at the Ranch, said the role of OT in mental health is becoming more prevalent because of our growing knowledge and experience with sensory processing and brain development.

"We have primary senses and secondary senses," Renae said. "Our primary senses develop while we are in-utero and our secondary senses develop throughout our childhood. Mental health issues and trauma impact that development. For example, if a child is neglected or not nurtured appropriately while their primary and secondary senses are developing, they may have delays."



#### Renae Fettig, Occupational Therapist/OT Supervisor

#### Bismarck

"Ultimately, we help kids find and understand their strengths so they can overcome the obstacles in their lives. They are all just so resilient and so strong."



#### Lindsey Lorenz, Certified Occupational Therapy Assistant

#### Minot

"The kids surprise me every day. They are all so unique and diverse." "We need our sense of touch, vision, and sound to build spatial and body awareness—to know where our hands and feet are in space. This impacts our balance and movement, and ultimately our posture and eyehand coordination. You need these skills to build handwriting and selfcare skills. As we develop our senses, they all build upon one another so we can be successful. As OT's, we use a bottom-up approach—helping them feel safe and secure in their environment so they can develop those skills," Renae said.

Dr. Tammy Uleberg, Nurse Practitioner at the Ranch, said, "A lot of our kids have sensory or emotional regulation issues, and are behind in fine motor skills. An OT evaluates every one of our residents and they are an important part of the team. They look at balance, coordination, fine motor skills, emotional regulation. It is great to have the OTs on our team."

The ultimate focus of OT is to assist clients in participating in daily activities as independently as possible. At the Ranch, this means helping kids learn how to play, practice hygiene, interact with their peers, find success in school, adjust their environment to improve attention, and manage their behaviors. For older Ranch residents, OT's may focus on building independent living skills like making meal plans, shopping, cooking, finding a job, managing money, and building a healthy support system.

### What led you to a career in Occupational Therapy?

Renae Fettig: I knew I wanted

to help people and I wanted to go into healthcare, but I didn't know Occupational Therapy was an option until my school counselor suggested it after going over my interests and ideas. It wasn't until I was at the OT program at the University of Mary that I knew this was exactly what I wanted to do with my life. I could have used OT services myself as a child—I have sensitivities to touch and sound and had to learn to cope with those on my own. I am glad I can help kids recognize those and learn how to cope with them.

Lindsey Lorenz: In my high school health careers class, we were able to job shadow different health careers. I chose to shadow an Occupational Therapist and I loved everything about it. But then instead of pursuing OT, I went to North Dakota State University for natural resource management. I was in the program for a year and decided it was not the place for me, so I transferred to North Dakota State College of Science to pursue a career as an occupational therapy assistant.

**Kassandra Engeberg:** While getting my undergrad degree in psychology, I worked as a therapy aide at the hospital in Grand Forks, ND. I worked in rehab, the hospital, outpatient pediatrics, NICU, and the psychiatric unit. I really liked working with the kids. The Occupational Therapists were so creative, and I just loved it.

Nikki McCarl: I took general courses in college but didn't have a really strong drive for any particular career. I took a few years off from college, and with a little push from my parents, started thinking about what I wanted to do. I'd worked in group homes and wanted to continue down that path because I like the one-on-one contact with people, helping them deal with their struggles. OT has such a wide variety of fields you can work in, so I went to North Dakota State College of Science and earned my certificate.

Jordan Mooney: I just really wanted to be in a profession where I impacted the quality of someone's life in a practical way. OT is really personal and practical. I love being in a profession where I can positively impact the trajectory of a person's life through the activities they complete every day. Here at the Ranch, we come alongside kids and their families to develop personalized strategies, training, and modifications for their successful engagement in everyday life.

Rachel Hofmann: When I was in high school, I came across this website that showed you the college classes you had to take, the description of the classes, and the jobs you could do with each. I read about Occupational Therapy and it seemed like there was a lot of variety and hands-on work. I'd never really cared for school and book reading, so the hands-on work really intrigued me. I shadowed an OT at the hospital and remember one of the interventions they did with an older man. Fishing was one of his hobbies, so they played Wii fishing with him-it was just something to get him out of bed and active. I like that OT is an occupation where you're helping someone want to do things that bring them joy.

### Why do you choose to work at the Ranch?

**Renae:** The Ranch is ahead of the curve in recognizing the importance of Occupational Therapy—both for sensory issues and mental health. I feel appreciated and like an important part of the team of professionals helping the children. I'm passionate about working with kids because of my personal experience. I had great parents who were supportive of my needs, but I had to learn the coping skills on my own so I could pass my classes and make it through high school and college.

Lindsey: This type of setting wasn't on my radar at first. Before the Ranch, I mostly worked in geriatrics, but I had done some mental health field work during college. So, when I saw the opening I decided to apply. It was a big switch from geriatrics to pediatrics, but I love it. In other settings you get stuck in a routine of doing the same thing day after day, but with our kids, you get to try new interventions every day. I like that I can be creative.

**Kassandra:** To be completely honest, a boy wouldn't move his farmland, so I had to find a job in Minot! But seriously, why wouldn't I want to work at the Ranch? It is a great place to work and I get to work with great kids who need help and are willing to work. They are so excited when they realize they've reached their goals.

Nikki: I've come full circle. High school was a horrible time in my life, and I was in a treatment center myself. I'm constantly learning from the kids and my coworkers. I love



Kassandra Engeberg, Occupational Therapist Minot

"Ranch kids are just like every other kid. They want to be loved. They want to succeed. They want to do well. The Ranch is a great place for them to succeed and learn how to contribute to society."



Nikki McCarl, Certified Occupational Therapy Assistant Fargo

"I'm surprised by how much our kids want to change—they just don't believe they can. They are so appreciative of a little bit of nurturing."



#### Jordan Mooney, Occupational Therapist Fargo

"I think we are accomplishing God's work here at the Ranch. There is a lot of brokenness in the world and God is in the business of redemption. I want to be part of bringing hope to dark places."



#### Rachel Hofmann, Certified Occupational Therapy Assistant

Fargo

"One thing that is really fun about my job is helping expose our kids to normalcy, whether it's getting a job, getting a haircut, taking them shopping, cooking food, or going for a walk. We can show them what the world has to offer and give them ideas for things they can do that are fun, safe, and healthy." working in the mental health field and getting to the nitty gritty of it all. In a lot of careers, you don't get to see the true person. I love having serious conversations and getting to the meat of a person. I love collaborating with a team to help our kids. Working here has really allowed me to embrace just being human.

Jordan: I choose to work here because I believe recovery is possible for kids and families. It's not always easy, but I think each child is worth the effort. I think we are accomplishing God's work here at the Ranch. There is a lot of brokenness in the world and God is in the business of redemption. I want to be part of bringing hope to dark places.

Rachel: Obviously, the kids. They need people to teach them and be there for them. It can be really challenging with this population of adolescents with mental health issues. You can't always tell if you're making a difference and I forget sometimes that it takes time for the work we are doing to make an impact. But then you have that one good moment with a kid, and it reminds you that this is why you are here. During one of our sessions, a 13-year-old boy was playing on the hammock swing. Normally you just sit on it and bounce, but he was jumping on it and exerting so much energy and really playing. He was saying, "This is so much fun. When can I come back?" It was so fun to give him the freedom to explore, and then sit back and watch him learn how to play.

#### What has surprised you?

**Renae:** I'm surprised by the resilience and dedication of our kids. They're dealt poor hands, but they do the best they can. It amazes me how much they want to succeed and what they can do with the hand they are dealt.

**Lindsey:** The kids surprise me every day. They are all so unique and diverse.

**Kassandra:** That the kids are just regular kids. They aren't out to get you. They are just like every other kid. They want to be loved. They want to succeed. They want to do well. The Ranch is a great place for them to succeed and learn how to contribute to society.

Nikki: I'm most surprised how much I love working with kids. It was initially very intimidating for me. I took a leap of faith and got a job working at a Detroit Lakes elementary school where, at first, I felt like a fish out of water. Then I came to the Ranch and thought the kids were going to eat me alive, but I've found that's very much not the case. I'm surprised by how much our kids want to change—they just don't believe they can. They are so appreciative of a little bit of nurturing.

**Jordan:** I've been surprised by the variety of the work I do. As an OT, it's a dream to not be fully niched into one place. I get to work with kids on everything from hygiene and emotional regulation to horse therapy and community engagement. I get to work with a wonderful team that really advocates for these kids and wants the best for them.

**Rachel:** What surprises me about the kids is when they can really step out of their treatment and focus on the other kids. We always say, "Focus on yourself. This is your treatment," but I appreciate the moments they step outside of themselves to help one of their peers. Just the other day one of the girls was talking to a boy who didn't want to do his math. She was just very sweet about it. "It's important," she told him. "I don't like math either, but you've got to do it." Encouragement and advice can be so meaningful coming from one of your peers.

# What personal attribute makes you well suited to this work?

**Renae:** I'm a caring person, and I understand where the kids are coming from because of my personal experience.

**Lindsey:** The things that help me the most are good communication skills and being a team player. I really like working with the different departments to figure out what is best for a child. I think it also helps that I have some of that child-like play and interact well with the kids.

**Kassandra:** I am a consistent person who is very patient (you cannot rush great things) and understanding. It's important to take the extra time to understand each kid has unique needs. I have a positive outlook on life and always try to have a smile on my face.

Nikki: I like to collaborate. We have our own personal and professional experiences, and all see things a different way. It's very helpful to hear other people's opinions and I like looking at things from different perspectives. I think my having gone through a lot of what our kids have gone through is helpful too.

**Jordan:** I love to learn so I do a lot of research to find the best interventions for each child. My love of people is the passion that fuels me. And my faith. I believe that every person matters.

**Rachel:** I'm caring and attentive and organized. I like to be structured and that's what a lot of our kids need.

### What is an example of the type of work you do?

Renae: I recall one girl who had lots of meltdowns and really struggled. It was the sensory piece that helped. We were able to establish some sensory strategies that not only helped her cope, but built confidence and skills. She loved to sweep the gym floor and rollerblade. She needed that extra proprio input to burn off her energy. She was able to make some friends, and the staff immediately saw changes in her. My evaluations often point out sensory, social skills, and coordination difficulties-so we work on all of those. But ultimately, we help kids find and understand their strengths so they can overcome the obstacles in their lives. They are all just so resilient and so strong.

Lindsey: I was working on independent living skills with one of my girls. We were going to do some cooking the next week, so we spent our session planning and problemsolving. A simple cooking exercise can include working on many different executive functioning skills. Can you organize and make a list? Does it fit in your budget? We were able to accomplish a lot with what may seem like a small, very normal task. Right now, I'm working with some older girls on how to hold a conversation; including starting and ending conversations and appropriate questions to ask in a conversation. This is another example of something that comes naturally to us, but it doesn't always come naturally for our kids. We give them a safe place to practice the skills they'll need in life.

Kassandra: Recently, I've been working with several kids on finding their internal rhythm and timing. What is your pace when you walk across the room? I have the metronome going and ask them to speed up and then slow down, noticing the difference in the rhythm and timing and how it feels in their body. I know it sounds silly, but finding your own rhythm can be tricky. And then we find songs they like that match their rhythm and beat so they can use music as a coping strategy—to bring themselves back to their body. When you are aware of your body, you have more control. If you can't label the feeling in your body when something happens, how do you deal with it? You and I have coping skills we use all day long without even thinking about it.

One activity I've been doing is to set up some orange cones and have the kids walk in an infinity loop. Then I put a target on the wall and they have to move around the cones while looking at the target. The first time I tried it I was knocking over cones like crazy! I record them and



when we watch it back, we can see that maybe they knocked cones over five times on their left side, so maybe the left side of their body has a little less awareness than the right. It's just good practice for walking through the world.

Nikki: We talk with kids, especially the older kids, about thinking errors. We get stuck in thinking patterns and how we interpret a situation greatly impacts how we respond and treat others. I talk with kids about situations they've been in, how they felt, and how their response impacted others. A lot of our kids live in survival mode, so they haven't thought about how what they do impacts other people. I also let kids find ways to calm themselves and put their minds at ease. Sometimes kids will sit on a ball and bounce, and it's amazing how it can increase their focus. One of my girls was lying on her stomach, pushing back and forth on a ball, and all of a sudden, she really opened up and started talking. Her demeanor completely changed. It's funny how you can bend over backwards trying to do certain things, and then all of a sudden, they discover it on their own. I give them the freedom and encouragement to explore.

Jordan: I worked with one child who has severe anxiety and was having frequent meltdowns, especially in the morning. We structured her morning routine and broke activities into chunks so she could focus on one thing at a time. She has this irrational thought that she doesn't have enough time. So, we also came up with some messages that countered her irrational thoughts. The three she identified were, "I have enough time," "I can do one thing at a time," and "I can ask for help if I need it." She asked me to put it on every page of her schedule. That was just one strategy where she could have a visual checklist to go through to ground herself.

What makes OTs unique to other professions is that we analyze activity. We ask ourselves, "What are the barriers to this person's everyday function in that activity? Is it



OTs and COTAs use a variety of tools to the rest of the boy help children find sensory strategies that but functionally a work for them. little bit younger.

or going for a walk.

Some of those things can be expensive or time-consuming; and their parents are trying to balance so many other things. We can show them what the world has to offer that life is not just going to school,

> coming home, and doing chores. It gives them ideas for things they can do that are fun, safe, and healthy.

Before I came to Fargo, I worked at the Ranch in Minot. We had one boy in Cornelsen cottage who was older than the rest of the boys, but functionally a little bit younger. He needed some

cognitive? Is it functional? Does it have to do with access?" We partner the strengths and limitations of the client with the environment they're a part of to figure out the best way for them to focus their energy. Ultimately, we want to get to behavioral intelligence, but if a child doesn't feel safe in their normal living environment, how they can they attain such a high-level important skill as managing their behaviors? We help them master the small foundational things to create that level of safety and mastery. Selfconfidence in their ability to do the small things frees them up to explore more complex tasks.

**Rachel:** "One thing that is really fun about my job is helping expose our kids to normalcy, whether it's getting a job, getting a haircut, taking them shopping, cooking food, independence and space, so we got him a job at the horse barn. I've never seen someone more happy to shovel horse poop and clean out the barn. He willingly went to work and worked hard. It brought him a lot of pride.

#### Another piece of healing

Jim Vetter, Vice President of Treatment Services and Government Relations at the Ranch, believes Occupational Therapy is a vital part of treatment. "We can't change the world for our kids so they never get bad news or so nothing ever happens that will frustrate them," Jim said. "But our OT staff can help teach them the skills they need to tolerate the inevitable setbacks and suffering of life."

### **Our Kids**

#### Hard Work and Dedication Graduating from high school is a dream come true

Like every other high school, Dakota Memorial School typically holds graduation ceremonies at the end of May; and this year, we have students graduating on all three Dakota Boys and Girls Ranch campuses. Graduation is a big deal at the Ranch. Regardless of the number of graduates, we decorate the gym and celebrate in style for the benefit of our students and their families.

This year, we also held a COVIDfriendly graduation ceremony in January.

"The stars aligned, and it worked out for three of our seniors to graduate from high school in January," said Shayla Leinen, principal at Dakota Memorial School, Fargo. "Two of the students lived in foster homes and one discharged from the Ranch to his own apartment just a few days before graduation. They were each either 18 or would be turning 18 soon. What is unique about this group is how self-aware they were. One knew the odds were slim that he would catch the bus to school without an adult making sure he would get up on time. Another worried he wouldn't be able to juggle school and a full-time job; and that out of necessity, school would be the first to go."

All three students wanted to graduate, but they didn't think it was possible for them.

"They all needed an additional 1-2 credits to graduate, on top of the seven classes they were already taking," Leinen said. "Insert dedicated teachers and determined students here!" Science teacher, Shea Durham, created an Astronomy class so one student could meet the required science credits. Another student needed two social studies credits. So Social Studies teacher, Matt Kuebler, worked with her to complete "Problems of Democracy;" and school staff helped her enroll in "History of the Holocaust" at the North Dakota Center for Distance Education. The third student needed an English credit so Special Education Teacher, Lyzz Harpster, set up an independent study fiction course. [Dakota Memorial School] took me in. At my other school you were on your own, but here the teachers and staff work as a team," Hunter said. "The teachers and staff are really good here. They care."

Another graduate, Brandon, said he was at the Ranch and Dakota Memorial School because his home school didn't have the training to deal with his challenges of anger, depression, and anxiety.

"The Ranch was a much calmer environment for me. And then just



anytime. And, the staff at Dakota Memorial School have done everything in their power to get me where I'm at so I

having people

around to talk to

about my suicidal

thoughts or my

"Staff were there

about anything,

depression," Brandon said.

to talk to me

Our January graduates proudly accepted their diplomas.

"It was all hands on deck—students, parents, foster parents, teachers, therapists, youth care workers, and paras. Ultimately, the students had to do the work and there were a few times it looked like it might not happen for them," Leinen said. "But they all did it with no shortcuts!"

Hunter, one of our January graduates, is pretty convinced he wouldn't have graduated if he hadn't started attending Dakota Memorial School.

"I had got into some trouble, and so

can graduate. If it weren't for the Ranch, I'm not sure where I'd be."

Where are they now? Hunter is working full-time at the front desk of a hotel in Fargo and enjoys playing in a weekly men's rec hockey league. Brandon is working full time as an assembler at Bobcat. And Baylee is working full-time at a Dakota Boys and Girls Ranch Thrift Store. She plans to apply to Minnesota State University Moorhead and start college in the fall.

### Celebrations

#### Spreading joy through mini Christmas trees

Sometimes, it is the littlest things that bring the most joy! The Greenhouse/Career and Technical Education Committee in Minot, a group of Ranch teachers and students who design special projects, purchased year-old Christmas trees from Towner Nursery to give to Ranch donors and homebound seasoned citizens who receive Meals on Wheels. All the trees were potted by our kids, and decorated during Advisory classes. This was a great way for the kids to reach out to the community in a COVID-friendly way.

Tina DeGree, Dakota Memorial School, Minot, Principal and Director of Education, said, "I am so impressed with how everyone is working together to make each tree unique and special for someone. Great job students and our DMS Greenhouse/CTE Committee!"





Students at Dakota Memorial School, Minot, potted and decorated each tree.

Teachers Todd Fjeldahl and Andrew Meier dropped off Christmas trees with Roger Reich, Executive Director, and Deb Leyler, both from the Minot Commission on Aging.

# Blessing Ranch kids with fitness

After closing their offices and local fitness room in Bismarck due to COVID, Phoenix Fitness and Health Center chose to donate the entirety of their fitness equipment to the Ranch. The equipment, including treadmills,

ellipticals, free weights, and much more, will be spread out between our campuses in Minot, Bismarck, and Fargo.



Kids at the Ranch use fitness equipment as part of Wellness activities and during gym class.

Because physical wellness is so essential to healing, we introduce our kids to healthy habits they can practice throughout their lives.

#### Bringing history and literature to life

The sophomore boys on our Bismarck campus recently created models of what they believed the Globe Theater (the London theater where Shakespeare's works were performed) looked like, before delving into a study of Shakespeare's "Macbeth." Teaching staff at Dakota Memorial School meet each student where they are at, provide individualized education plans for each child's unique learning needs, and provide quality educational opportunities, sometimes in out-of-the-box ways.



English teacher, Roxanne Pokrzywinski, brings history and literature to life for her students. In this project, they each recreated their own version of the Globe Theater.



Hands-on projects bring learning to life for the students at Dakota Memorial School, the on-campus school of Dakota Boys and Girls Ranch.

#### More masks to keep us safe



to keep Dakota Boys and Girls Ranch staff and kids safe. We all love them! Check them out at www.halolife.io.

#### A firm foundation

**During Chapel** in Bismarck, Vicar Ben did a lesson about building our lives on the firm foundation of Christ. The boys illustrated this using spaghetti noodles and marshmallows to build towers. They learned that just like a building needs a strong foundation to stay standing, we need to root ourselves in the strength of Christ.





### Celebrations

#### Providing comfort through the senses

Some special Friends of the Ranch, Karen and Jerry Leeseberg, have a deep commitment to children at the Ranch. As part of their support, they are providing Warmies<sup>™</sup> for children at the Ranch who could benefit from them.

Warmies<sup>™</sup> are special sensory stuffed animals that can be warmed, and some are also scented, to provide a calming sensory experience.

Many children come to the Ranch with sensory challenges, and while in our care, discover coping skills to help them overcome those challenges.



Our kids will use these adorable Warmies<sup>™</sup> to cope with sensory challenges.

#### Making the best of the North Dakota winter

#### Wildlife Club goes ice fishing

Winter in North Dakota can be cold, but we still create opportunities for our kids to get out into nature, which can be beneficial for their healing. Wildlife Club Coordinator, Andrew Meier, and Senior Development Officer, Paul Krueger, arrange many ice fishing excursions for Ranch kids throughout the winter months. Before going on the lake, kids learn how to use the ice augers, practice setting up ice houses, and review safety procedures.

This year, the young men and women in Wildlife Club made decoys for "Darkhouse Spear Fishing," a type of ice fishing where you cut a hole in the ice, set a darkened shelter over

the top to block the light, set up your decoy, and spear fish as they swim by. The decoys were made from scrap wood in the shop. Kids found a picture of the fish they wanted to make, drew a rough outline on the wood, and cut it out with a bandsaw. The wood was then sanded and shaped until it resembled the body of a fish. The kids used pieces of tin to replicate fins and then painted them.



Safety is key for the Minot Wildlife Club. Kids learn the basics of ice fishing before getting out on the ice.



Homemade decoys created by students in Wildlife Club.

#### Scheels spreads Christmas cheer at the Ranch

Scheels-Minot, a large sports retailer, donated \$1,500 to the Ranch as part of their Season of Giving. Their donation, given through the St. Joseph's Community Health Foundation's "Twice Blessed" campaign, will be used to build outdoor learning areas for Dakota Memorial School, the on-campus school of Dakota Boys and Girls Ranch.

The employees at Scheels-Fargo also pitched in by working with the Fargo Police Department to put together some amazing Christmas gift bags for the kids on our Fargo campus! Wellness Coordinator, Christian Kjelland (see photo to the right), works hard to build relationships with partners in our community, and it blesses our kids in big ways.



Ranch staff gather to accept a holiday donation from Scheels, Minot.



Each gift bag contained a fleece blanket, pop-socket, nerf ball, hat, and socks.

#### MSU nursing students host holiday drive for the Ranch



Lea Anderson, Thatcher Cottage Youth Care Worker and Minot State University Nursing student, organized a supply drive for the Minot campus. Members of MSU's National Association of Student Nurses chose the Ranch as the recipient of their yearly Christmas gift drive.

Overflowing buckets of personal care items were collected and distributed to kids at the Ranch.

### Celebrations

#### **Christmas cards for all!**



The kids on our Minot campus received a very special gift from Immanuel Lutheran Church and School in Alliance, Nebraska. They sent Christmas cards and coloring pages to make Christmas a little brighter for our kids.

When Deaconess Kelly Bristow shared them with the kids, one girl said, "People who sent these really care about us, and I like that a lot." Deaconess Bristow also shared that some of the cards had notes from kids as young as 5. Upon seeing one of the notes, another Ranch resident said, "Aww, don't these just really warm your heart?"

Immanuel Lutheran Church and School sent over 70 Christmas cards and coloring pages to provide Christmas cheer for kids at the Ranch.

#### Spreading Easter joy to the community

Dakota Boys and Girls Ranch Thrift Stores provide much-needed income for the wraparound services provided at the Ranch that aren't reimbursed by third-party payors, including the Horse Program, Spiritual Life Program, occupational therapy, and wellness activities. Due to the pandemic last year, the thrift stores were closed leading up to Easter, leaving an abundance of Easter décor.

Thanks to quick thinking and hard work by our thrift store team, over 600 Easter baskets were assembled and distributed to members of the community via curbside pick-up. During a time of uncertainty, people really appreciated this little bit of Easter joy.

Ashley Benson, Minot Store Manager, said, "It was a great day. People loved it and were very grateful for what we did. I do believe we helped a lot of people today!"







#### **Easter at the Ranch**

Easter might have looked a little different last year for many families, but it is still a special time at the Ranch, where children learn about the great love Christ has for them. The excitement begins weeks before Easter, as the kids make Easter art, decorate Easter eggs, make Easter cards for local nursing homes, and search for hidden plastic eggs filled with candy during the annual Easter egg hunt.

Most importantly, they hear the Easter story many times, so they understand its significance to the world and to their lives.







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Ranch kids have the chance to feel the genuine hope and promise Easter brings.

#### 12 Days of Giving

Staff from across the Ranch, including treatment, foundation, and thrift store staff, embraced our Culture of Caring during the Christmas season, as they amassed hundreds of pounds of donations to help stock the shelves of local food pantries and shelters.





### **Our Kids**

#### Gratitude Over Time Years after leaving the Ranch, young man reaches back to say thank you

Several months ago, Jared Kronberg reached out through the Dakota Boys and Girls Ranch website to say, "thank you" to everyone who, in his words, "put up with me while I was there."

"I didn't appreciate the Ranch at the time, and I probably called staff a lot of names," Jared said. "But I've grown to appreciate what I have now. I would like to thank you for showing me life can be better if you take your time at it."

We love to hear from past residents. We put a "Share Your Story" section on our website so residents can loop back and tell us how they are doing. When kids leave the Ranch, they usually have both rough spots and celebrations as they try to move on. It often isn't until later that they look back and reflect on the role the Ranch played in their lives. When former residents, like Jared, take a moment to let us know how they are doing, it energizes us to keep doing the work with the kids of today.

Jared doesn't recall the trauma of his earliest life. He was born in Vietnam and adopted as an infant to a loving, secure family. Life was good until Jared's early teen years. Then, something started to change.

"Once I hit my teens, I started not listening to my parents. I was hanging out with a bad crowd. I was a wild teen and didn't care what happened to me. I went to the Ranch because I was running away and getting into trouble with the law."

Jared was at the Ranch for three years, which wasn't uncommon in the 1980s

when he was here. Today, although there are wide variations, the average time a child is at the Ranch is around six months. In Jared's case, he would have stayed even longer, but instead, he ran away.

He said, "Something clicked in me and I took off. It probably wasn't the greatest decision, but everybody else was leaving [other boys in his cottage] and I was still there. I just got tired of it."



Travel is one more thing Jared likes about his life.

Jared didn't have a plan for where to go or what to do when he left the Ranch. He said it took him a few years to figure out what he was doing.

"I got into drugs and alcohol, and I was couch hopping," he said. "But, after I hit 21, it wasn't fun anymore. I could see where my life was headed, and I didn't like it. I didn't want to be in jail. I started to think about where I was going, what I was doing, and what I wanted to do with my life."

It was then that Jared remembered, and put into practice, the things he

learned at the Ranch. He gives the Ranch credit for showing him there was a different way to live. Even though he hated the structure and the rules while at the Ranch, being here made him face his problems head-on. He said the most important thing he learned during his time at the Ranch was to "think things through." He started applying that in his new approach to the future.

Moving from impulsive to thoughtful in his decisions became the key to Jared's success, the key to his better future. And for that, he credits the Ranch.

"If I have an issue, or before I make a big decision," he said, "I think about it before jumping right into it. I think about the good and the bad, and the pros and cons of it."

After several years of strained relationships with his parents and older brother, Jared reconnected with his family and now sees and talks to them regularly. He has a full-time job and his own apartment. He likes his life.

"The Ranch helped me out a lot. Without that three years of safety and security, as much as I pushed against it, I'd be in jail or dead by now. My time at the Ranch taught me to face my issues head-on. People at the Ranch believe in the kids. It's a good program and there are always staff around to help kids out."

And for teenagers who are struggling, Jared has this message to share. "Life is hard as a teen. You make right choices and wrong choices, and you learn from them and move on. Remember that life goes on, even if you mess up."

### What is the intersection between physical and mental health?

By Heatthyr Haugeberg, Director of Nursing and Compliance

While the primary reasons children come to Dakota Boys and Girls Ranch are to heal from trauma, abuse, neglect, and psychiatric issues, they often bring with them a variety of physical issues. The major physical issues most commonly experienced by our kids are significant dental decay/need for repair, poor vision, asthma, and allergies. We also serve youth with more significant health/ physical concerns such as diabetes, cardiac issues/diagnosis, and genetic disorders.

It is not uncommon for our kids to come to us having never received dental or vision care-most often due to insurance and payment issues but also because the parents/guardians have so much on their plates regarding the mental health of these children that their medical care goes by the wayside. We are also starting to see kids who have not received medical/ dental/vision care in the last year due to the COVID-19 pandemic and associated restrictions.

We address these issues by prioritizing physical health. When children are admitted to the Ranch, nursing staff immediately review their medical history and assess their current medical needs. Then we get the ball rolling by setting up medical appointments, making referrals, and supporting their wellness journey.

We schedule dental, vision, physical, and vaccine appointments so they can begin their healing. Along the way, we help them understand what might happen at the appointments or what the outcome may be. As they get their medical needs met, it is really neat to watch our kids grow and pay attention to their own physical and medical needs.

About 50% of children are behind on dental or vision care when they arrive at the Ranch. Our goal is to have them "caught up" before they leave. Typically, around 90-95% of the kids leave the Ranch caught up on their preventative healthcare appointments—meaning they are on the right track to a healthy body, which will enhance their mental well-being.



Director of Nursing and Compliance, Heatthyr Haugeberg, makes the health of Ranch kids her **#1** priority.

### **Our Faith**

#### Hope, Faith, and Love The role of spirituality in healing

According to Dr. Meryl Willert, Psychologist at Dakota Boys and Girls Ranch, Ranch children fall into one of three categories when it comes to religion and spirituality. How we work with them depends on where they are in that spiritual journey.

"It is our role to introduce children who don't have a spiritual background to a God who loves them, to repair or restore connections for children who are angry at God, and to strengthen and develop the beliefs of those who come to us with already-established beliefs," Willert said.

Our belief at the Ranch that faith helps children heal is supported by mountains of research. An article in Forbes magazine says there is ample reason to believe that faith in a higher power is associated with health. The Forbes article cited researchers at the Mayo Clinic who concluded, "Most studies have shown that religious involvement and spirituality are associated with better health outcomes and less anxiety, depression, and suicide."

Duke University researcher, Harold G. Koenig, shared similar findings in a review of research published in ISRN Psychiatry. Koenig studied the correlation between spirituality and health and found that religion/ spirituality influences mental health in many ways.

"Religion provides resources for coping with stress that may reduce the likelihood that stress will result in emotional disorders such as depression, anxiety disorder, suicide, and substance abuse. Religious coping resources include powerful cognitions (strongly held beliefs) that give meaning to difficult life circumstances and provide a sense of purpose," wrote Koenig.

Other Ranch professionals have their own thoughts about spirituality and religion; and believe they play an important role in healing.

Tim Gienger, Clinical Director, Dakota Boys and Girls Ranch, says, "Spirituality and behavioral health have a long history of being interrelated. The foundational pieces of spirituality—like hope, faith, and love—absolutely have a place in healing from a behavioral health disorder."

#### Норе

The Christian faith promotes a sense of hope.

"The whole act of going to church and being religious is the hope to be a better person, the hope for helping others, the hope for eternity, the hope for love, the hope for blessings," says Dr. Wayne Martinsen, Psychiatrist and Medical Director at the Ranch. "A lot of our kids are devoid of hope."

In a similar vein, Martinsen says Christianity tells us we can be reborn. "You can be a different person after the drugs. You can be reborn from the humiliation of your trauma."

Hope is an important part of healing because kids need to know things can be better than their current or past situation.

It is typical for children to come to the Ranch with the attitude and belief that nothing can change for themthey are products of their past and nothing they do will change that. As we surround our kids with compassion and love and God's healing presence, they begin to have hope. And with hope, everything changes. They start realizing they can decide how they want to live their lives. They learn that they aren't defined by the worst they've done or experienced.

#### Faith

Faith is the complete trust that God will do what He has promised. Gienger says faith is important in treatment because kids need to trust that our help is putting them on a path of healing.

Spirituality helps our kids feel connected to humanity and makes life more meaningful.

"If you have a strong faith, you don't have to worry so much because you know God is there for you and will protect you," Willert says. "You might go through some rough stuff, but you'll be protected."

A central component of the Christian faith is forgiveness, which is a very powerful concept for Ranch kids.

"Our kids have been seriously hurt, emotionally and physically, and there are a lot of pieces to letting go of that suffering," Martinsen says. "We can work on forgiveness in therapy, but the final piece in my mind is forgiveness through faith. At the core of my Christian faith is the awareness that I can be washed free from sin if I ask for forgiveness. I don't have to hold onto my own miserable pain with an endless sense of guilt and selfrecrimination."

"Jesus also implores us to forgive the people who have hurt us. For our kids to forgive the people who have inflicted pain on them is not easy—faith gives them a different way to think about that."

Faith and forgiveness are strong

#### Love

"And now these three remain: faith, hope, and love. But the greatest of these is love." —1 Corinthians 13:13

"Everybody gets loved here," says Martinsen. "It doesn't matter who you are, where you come from, or what you do."



Informal spiritual life conversations bring the Gospel to life.

tools for healing from the trauma our children have experienced. They may not leave us with a fully-defined faith, but we often hear from past residents that we planted seeds of faith that grew and matured as they got older.

One former resident says after leaving the Ranch it took him a few years to remember the lessons he learned at the Ranch.

"At 20 years old I went to God in prayer and said, 'If you are real, let me know, and I will serve you.""

The Ranch set the stage for his faith and he now says, "Trusting God provides a sense of purpose and security that cannot be shaken." Being loved, no matter what, is a pretty incredible concept for kids at the Ranch who've grown up in situations where they had to "earn" love. They learn at the Ranch that they are loved for who they are, not what they do.

Former resident, Kacie, says, "I put Ranch staff through the ringer, and they

didn't quit. They never responded in a negative way. They didn't send me away."

Willert says we do a good job of surrounding kids with love and support while they are at the Ranch. "It's tough for some of them to leave," he says, "because they've had more support here than they've ever had in their lives."

That's why it's so important they also learn that God loves them completely and unconditionally.

"Often times kids can lean on their love of God to help get them through tough times throughout their life," Gienger says.

Which is exactly what Kacie experienced, "I learned about the Bible

at the Ranch, and it gave me a lot of strength. When I was alone and feeling scared, I could turn to my Bible for comfort. That was really empowering."

#### **Our Christian Foundation**

Healthcare and care for children is deeply rooted in religion, with religious organizations building many of the first hospitals. In fact, Dakota Boys and Girls Ranch began as a ministry of several congregations of The Lutheran Church—Missouri Synod. According to the article in Forbes, the link between healthcare and religion has weakened in favor of strict clinical practices and medical protocols.

As the world has changed, some organizations have relegated their Christian heritage to a footnote believing that associating themselves with Christianity is harmful to their reputation. The Ranch has done exactly the opposite. As Ranch leaders and board members have talked about our mission and how we want to present our ministry to the world, it has become very clear that our foundation of Christianity is part of who we are and not something we want to hide.

"By engaging with our Christian heritage and bringing it to the forefront of who we are, we are offering our clients help that reaches far beyond themselves," says Chaplain Rick Jones, Dakota Boys and Girls Ranch. "The message of Christianity is one of a loving and merciful God who has given absolutely everything to save us, forgive us, and redeem us. Bringing this powerful message into our care makes all difference."

At the Ranch, we are proud of our Christian heritage and are confident it helps our children find lasting healing.

### **Our Kids**

### Learning and Healing Through Artistic Expression

An increasing amount of scientific evidence proves that art enhances brain function. Artistic expression impacts the nervous system and can raise serotonin levels, the key hormone that stabilizes mood and creates feelings of well-being.

In addition to its impact on healing from emotional trauma, art can increase our capacity for learning. Eric Jensen, author of "Arts with the Brain in Mind," writes, "The systems [art] nourishes are the driving forces behind all other learning."

At the Ranch, our teachers, therapists, occupational therapists, and spiritual life specialists incorporate artistic expression in in a variety of ways. On the Fargo campus, Art is an elective at Dakota Memorial School, introducing interested students to many ways they can express themselves artistically.

Art teacher, Alana Wilhelm, recently shared two of her student's art projects, "Never Give Up," and "Circle's New Friend," along with their artist's statements. These two pieces are examples of children learning to express and heal themselves through art.



Title: "Never Give Up" Artist: Nathan, Dakota Boys and Girls Ranch resident Medium: Linoleum Print

Dimensions: 8"x10"

#### Date: 2021

The type of art piece I created is a linocut print, a form of printmaking. The reason I picked a boxing glove punching the word life is because I really thought the boxing glove represented my struggle throughout treatment.

Coming here I wasn't motivated for change. I was struggling with myself and other issues, but I realized that there might be a chance for me. So, I took a leap of faith. I've been getting better every day since I've been at treatment. I feel like the story behind the boxing glove punching life is just like life punching me in the face, but I didn't just stay down. I got back up and I punched life right back. I've been getting better, healthier, bettering myself because in the end, what I really want for myself is just to become a better person.

In elementary and middle school, I did not think about putting concepts to my artwork. I do now. If I can put my story with an image behind it, and inspire people through my art, then that is one way to help people.





Title: "Circle's New Friend" Artist: Elizabeth, Dakota Boys and Girls Ranch resident Medium: Colored Pencil on Paper Cut out Stop Motion Date: 2021

The entire reason I made my stop motion was to tell the story about the friendship between two characters, Circle and Square. It is the first time they meet. The movements and sounds I choose for the characters show their personality. There is a time in the video where Square jumps into the water with no hesitation. However, it takes Circle multiple times to jump into the water. On the second try Circle still cannot bring himself to jump into the water. Circle

knows how to swim, but he is scared of the water because of his past. He knows in large amounts water can harm him if he isn't prepared. On the third try Circle finally succeeds in going in the water. Square and his friendship help Circle through Circle's fears.





https://bit.ly/2OwMGGu

#### Ways to give

Thanks to gifts from our generous donors, the Ranch helps the most troubled, complicated, and amazing kids through best-in-class psychiatric therapy and trauma-informed care. You can support the children at Dakota Boys and Girls Ranch in several different ways.

#### **Give Now**

You can give now to meet the needs of our precious children. Give online at DakotaRanch. org/donate, or mail a check to Dakota Boys and Girls Ranch, PO Box 5007, Minot, ND 58702.



#### Tree of Life

You can honor or remember a loved one by purchasing a leaf, acorn, or rock on one of our Trees of Life. For a Tree of Life Order Form, go to DakotaRanch.org and choose "Many Ways to Give" from the dropdown menu. Or call 1-800-344-0957 and we'll walk you through the process.

#### In Your Will

Naming Dakota Boys and Girls Ranch in your will is one way to leave a legacy that serves God's Kingdom. Call 1-800-344-0957 to speak with a Development Officer.

### **Friends of the Ranch**

### Church's Legacy Lives on at the Ranch



It all started with a matching grant from the Otto Bremer Trust. Then Trinity Evangelical Lutheran Church of Walnut Creek, California, along with several other donors, stepped up to make the Bremer building improvement project a reality.

The generously donated funds will be used to rejuvenate the Bremer building, one of the original buildings on the Minot campus.

For nearly 50 years, the Bremer building has met the needs of at-risk kids—first as their home, then as a school, and now as a dining center and clinic where they receive therapy services. The Ranch helps the most complicated and amazing kids by providing best-in-class psychiatric and trauma-informed care, all in the name of Christ.

Trinity Evangelical Lutheran Church,

a Lutheran Church—Missouri Synod congregation, was founded in 1946 and for 75 years held teaching children, Bible study, Worship, Word and Sacraments, and serving one's neighbor at its heart. As the church got older and the congregants fewer, the board of trustees decided to take a proactive approach and use their remaining resources for good.

Byron Nelson, Chair of the Legacy of Trinity Committee, said, "There are a lot of souls who went before us, sacrificing their time and talents to build this up. We didn't want to just let it fizzle away. We wanted to have a real directed legacy."

After selling the church property in April 2020, the Legacy of Trinity committee had \$4.5 million after expenses to donate to worthy charities. Gordon Mewes, a member of the congregation, suggested they consider donating a portion of the proceeds to the Ranch—his father-in-law was on the board of directors in the 50s. After learning more from Mewes and staff at the Ranch, Nelson agreed, and they awarded a gift of \$267,000 to complete the project.

Nelson said, "We are very excited about our gift to Dakota Boys and Girls Ranch. This is what the Lord wants us to do with our stewardship. Giving to the Ranch will impact lives. By meeting physical and spiritual needs of the children, we are leaving a legacy that will live on."

This legacy gift from Trinity will allow Dakota Boys and Girls Ranch to continue to provide best-inclass services to at-risk kids and their families in a safe, secure, and welcoming environment.

### Marie Frye; A Joyful Servant

Marie Frye comes in early each morning to brew a pot of coffee for the Minot Thrift Store staff. This is a small act, but one that so many that work with her appreciate. It's telling of her care and love for the Ranch and the people she works with. years at the Ranch. She volunteers five hours each day, Monday – Friday, and her daily tasks always look different.

"Marie is very dedicated and will do any job she is asked to do. She will price, she will put out stock, she will clean, and she will even help with



Marie, right, with Minot thrift store manager, Ashley Benson.

Marie was born in Helena, Montana, moved to Minot when she was 26, and has lived in North Dakota for the past 50 years. In April 2012, Marie was shopping at the Dakota Boys and Girls Ranch Thrift Store in Minot-a place she frequented with her mother, whom she was taking care of at the time. While at the store she saw a "volunteers needed" sign and made immediate plans with the manager to start volunteering the following week. Deciding to volunteer was a no-brainer for Marie as she wanted something fun to occupy her time and thought this would be a great way to help out.

An undeniable asset to the Minot team, Marie was named "Volunteer of the Year" four times in her nine donations and write donor receipts. Marie is a key player on our team and helps us reach our goals," said Minot store manager, Ashley Benson.

When Marie was asked what she enjoys doing most, she answered by saying, "You

mean other than everything!?"

Customers also have an appreciation for Marie and the knowledge she brings to the table. She is the in-store expert on linens, fabrics, window treatments, crafts, and sewing. She makes sure all the linens and fabrics that come into the store are measured and labeled correctly, which makes shopping much easier for customers.

Though Marie likes her day-to-day tasks, what she enjoys most about volunteering is the people she gets to work with.

"I like being around people," she said. "The people here have such a positive attitude, and it makes work so much easier. You actually want to come in to work!" The work Marie does at the thrift store helps support the greater mission of Dakota Boys and Girls Ranch: to help at-risk children and their families find hope and healing, and succeed in the name of Christ.

"I think the mission is awesome," Marie said. "It's good that we have something like this here in North Dakota because there are a lot of kids out there that need help. Here we are giving them something to look forward to that can help them heal and reminding them that if they put their faith in Jesus, they will come out on top."

Marie's love for volunteering and the Ranch is evident. It's something that's brought so much joy to her life and made her feel "absolutely wonderful." She wants others to experience this joy, so her advice to everyone looking to get involved is "don't just sit around at home, go out and volunteer!"



Marie measures and marks fabric in the donation processing room.

### **Friends of the Ranch**

#### **One Man's Search for Meaning**



Rev. Keith Smith

Rev. Keith Smith had a plan—to finish high school and then go to college. But that's where the plan ended.

"I got the college degree and then the rest of the pages were blank. My script didn't go any further," Smith said. "I came from a stable home, went to college, and so on, but in some ways, I was just as lost as the kids at Dakota Boys and Girls Ranch."

At age 79, Smith recognizes that these struggles led him to lend his support to children at the Ranch. "The whole idea of rescuing children has a powerful, powerful grip on me."

He admits that it took him awhile to get to a place where he thought about anything but his own search for meaning.

After college, Smith had several temporary jobs before taking a full-time job at a college library in Wisconsin. At that time, he walked away from church, but eventually walked back. He spent a year each at two different seminaries; volunteered at Holden Village, a Lutheran retreat center in Washington state; worked in his parents' business in Watertown, SD; and spent a year working at a church in Canada. In his 40s, Smith graduated from the University of Dubuque Theological Seminary in Dubuque, IA.

To graduate from seminary, Smith was required to participate in a Clinical Pastor Education (CPE) program. While working in a hospital chaplaincy program to complete the CPE requirements, the staff chaplains encouraged him to think about personal therapy, which he did by working with a clinical psychologist.

"It was life-changing. In fact, I've often described it as life-saving," Smith said. "I had this mountain of grief in front of me I hadn't resolved. God wouldn't permit me to go into a parish if I hadn't at least encountered and begun to do the work I suppose all of us have to do."

Smith has been the pastor at two small Lutheran Churches in eastern South Dakota for nearly 25 years. He learned about the Ranch when a bottle of honey came in the mail with a request for the churches to participate in a Honey Sunday fundraiser.

When neither church in his twopoint parish took up the challenge, Smith took the honey home.

"I didn't think I should take the honey and not give them anything for it, so I sent a check and got on the mailing list. I still didn't know much about the Ranch, so I called a large Lutheran church in Minot. When the secretary answered, I asked her if she knew anything about Dakota Boys and Girls Ranch. She said she did, that they were highly regarded, and that they brought the kids to worship on Sundays. So that was my invitation to get involved."

Smith is quick to point out that the money he donates is nothing compared to the people who work at the Ranch. "You don't have to be a saint to write a check," he said. "The people there on the ground, the people investing their lives in the lives of the young people—they're the ones doing the work. I can't be one of those people, but I can plant some energy in the effort."

Smith struggles to make peace with his mixed motives of giving.

"One of my reasons for giving is that it feels good. It makes me feel worthwhile. I'm comforted to think that even with my mixed motives, some good is going to come through the check I wrote," Smith said. "Because of my faith in the Ranch and the work they do there, I have put Dakota Boys and Girls Ranch in my will in the hope that, at the time of my death, there will be an additional gift for the Ranch."

"I read stories of the terrible conditions some of these kids have come up in and the shape they were in when they came to the Ranch. It's testimony to God's power that He can break down these barriers and help them overcome these terrible tests."

#### **Heart for Kids**

Couple turns childhood experiences into lifelong impact



Rev. Keith and Denise Less

When Rev. Keith and Denise Less learned about Dakota Boys and Girls Ranch at a North American Lutheran Church national convention, they were drawn to the ministry because of the similarity between Keith's background and that of many of the Ranch kids.

Keith's mother had a mental illness, and in his words, "wasn't always the most appropriate parent." She moved back and forth from being abusive and overfocused, to being neglectful.

"I always felt I would have benefited from being removed from the home and placed somewhere like the Ranch for my protection," Keith said.

While Denise's childhood was more stable, her father was an active alcoholic. She and her two siblings credit their mother for the stability in their childhood—and for the fact that all three of them ended up in stable marriages of nearly 40 years.

In his many roles as an ordained minister, Keith has always found ways to support children in his congregation. During one of his calls, he did some youth pastoring and ran the youth group.

"Many of the kids in the youth group had a lot of stuff going on in their lives. I ended up kind of adopting some of them," Keith said. "But I'm only one person and only so many kids cross my path."

Giving to the Ranch has allowed them to broaden their impact on children's lives. They are though, very humble about their charitable commitments. In fact, Keith and Denise weren't sure their donations made them "worthy" to be interviewed for Ranch Voice. "When we were asked about being interviewed, Denise and I looked at each like, 'Well, we're not big bucks donors.' They assured us that every little bit helps. Every dollar we give to the Ranch is important and valued. And, while that's not why we give, it's nice to know that our donations, regardless of the amount, are put to good use and appreciated."

Keith and Denise's 42 years of marriage began just months after they met. Keith was in Chicago visiting his family during a break from his first year of seminary, when he and Denise met at church.

They wrote daily letters and talked on the phone as much as they could.

"Both of us had hundred dollar plus phone bills, so we decided it'd be cheaper to get married," Keith said. "We met in February, went on our first date in March, and got married that June."

After Keith graduated from Concordia Lutheran Seminary in St. Louis, he took his first call in Iowa. From there they went to Arkansas, Alabama, Florida, Maryland, and now Kansas. As they moved around the country, Denise said she always found a way to fit in somewhere as an administrative assistant.

"I had my most unique position

while we were in Maryland. I was the administrative assistant in the yacht repair department at a marina. In Florida I worked as office administrator at what is now the Tampa Bay Times, and a couple times I was the church secretary."

Through it all they tithed to their church. "Giving to church was something I observed from my mother," Denise said. "When I started receiving an allowance—I think it was \$2 a week—a percentage of one of those dollars was for us to give as a donation. It was just something I grew up with, and then you would read stories about people and the ministries they supported. I admired people for doing that, so I think that's how it became a part of our financial routine as a couple. At first we didn't branch out from giving to church."

As they got older and had more resources, Keith and Denise both wanted to find creative ways to share. Their childhood experiences gave them a heart for supporting children.

Denise said. "I was attracted to the idea of what the Ranch has been able to accomplish. I like supporting a program where you're giving kids an opportunity."

Keith agreed, "The Ranch ministry is near and dear to my heart because the children, through no fault of their own, tend to be forgotten, and I don't want them to feel forgotten. Especially boys once they get past the cute and cuddly stage, they are the most easily and casually tossed away. I've written letters to some of the boys at the Ranch because I want them to know somebody out there is thinking about them. Giving kids a good start is something I've always felt was very important."

### Foundation

### Your Outpouring of Support to Bless Kids



By Linda Medhus, Senior Development Officer

I would have despaired unless I had believed that I would see the goodness of the LORD in the land of the living. Psalm 27:13 (NASB)

Dakota Boys and Girls Ranch is blessed by the deep, personal, and lasting relationships of our friends and donors. Those of us who work in the Foundation enjoy the privilege of having one-on-one conversations with so many of you. We have traveled to your area, sat in your homes and offices, met you at restaurants, chatted over cups of coffee, fellowshipped with you at church, provided tours of our campuses, and listened to one another's stories.

The plight of our kids has captured the hearts of people, across the nation, who have a shared desire to help children who are struggling meet with success. From long and loyal donors to newly established friendships, your gifts sustain our mission. To put it simply—you make the healing ministry of Dakota Boys and Girls Ranch possible.

You may be aware that the Foundation is the fundraising arm of the Ranch, supporting the life-changing work of the residential treatment and educational programs that impact the lives of the children we serve. The Foundation covers the non-reimbursable expenses that are so important to the healing process for our boys and girls; and while roughly 65% of the services provided at the Ranch are reimbursable (Medicaid, private insurance, tuition dollars), 35% of these

services are funded through your gifts. The Ranch's Spiritual Life and Horse Programs are funded solely through charitable donations, as are any capital projects.

Amid a pandemic, when people across the nation were struggling, we wondered if we would be able to meet our fundraising needs. We certainly prayed we would be able to, as the needs of the children we serve never take a pause-not even for a pandemic.

No longer able to travel or hold events, we worked hard to stay connected to you through phone calls, personal notes, and the use of technology. We trusted God in the process, having faith in His ability to provide. We also knew of the wonderful faithfulness of the Ranch family-the people who care so deeply for our kids and have helped sustain the Ranch mission throughout its 69 years of existence.

We have been abundantly blessed by a tremendous outpouring of support. At a time when so much seems "wrong" in the world, we see so much that is "right" in all of you. We see the goodness of the Lord in you. Our remarkable direct care staff, who work tirelessly, day-in and day-out, and who do not "give up" on our kids, see the goodness in you. Our children, many of whom have endured unspeakable pain, see your goodness, as well.

I recently visited by phone with a friend of the Ranch who lives on the east coast. When thanking him for his gift, I asked what motivated him to support kids in North Dakota. His answer? "Because they matter. They deserve a chance for a new beginning."

Thank you for encouraging us with your kindness and friendship. When you invest

in the lives of children at the Ranch, you make new beginnings possible. You help precious kids heal and lay hold of the reality of God's promises, His good purpose for their lives, so they are able to move forward into the "land of the living" with hope.

No despair here. We are experiencing the goodness of the Lord pour out through all of you!

Your prayers for our kids are a source of healing and hope. Thank you for loving our children. If you have any questions about the Ranch, contact Linda Medhus, or any of the people shown here, at 1-800-344-0957.





Lisa Cole Mission Advancement Officer



Anne Compere Director of Mission Advancement



Laurie Dannewitz Senior Development Officer



Senior Development Officer



Tim Unsinn Senior Development Officer

#### Grants and Corporate Donations

Michigan LWML; \$7,000; Seegers Cottage Furniture, Minot

#### Otter Tail Corporation Foundation; \$2,567; Fargo Youth Home Appliances

**The Tom and Frances Leach Foundation;** \$25,000; Network Switches; Minot and Bismarck

The LeRoy Thom, Jean Thom, and T L Foundation Inc; \$20,000; General Operating

#### St. Joseph's Community Health Foundation;

\$20,670; Dakota Memorial School Outdoor Learning Spaces, Minot

#### School Sisters of Notre Dame;

\$1,000; Butt Cottage Appliances, Minot

#### Legacy of Trinity Lutheran Church;

\$267,000; Bremer Building Remodel, Minot

**MDU Resources Foundation;** \$4,000; Nutrition Center Upgrades, Bismarck

#### Follow us on Facebook and Instagram to stay up-to-date on Ranch happenings and stories.



facebook.com/ dakotaranch1952



Instagram.com/ dbgr52

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Larry D. Knutson, President Emeritus, retired

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#### **Ranch Voice Editor**

Tammy Noteboom, Vice President, Communications



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# YOUR SAVINGS, YOUR LEGACY.

Benefits of Making an IRA Charitable Rollover Gift to Support Children at the Ranch



Avoid taxes on transfers of up to \$100,000 from your IRA to support our cause.



May satisfy some or all of your required minimum distribution for the year.



Reduce your taxable income, even if you do not itemize deductions.



Make a gift that is not subject to the deduction limits on charitable gifts.



Use your rollover to make payments on an existing pledge to us.

There is a way to take your required minimum distribution, skip the tax, and make a meaningful gift to support Dakota Boys and Girls Ranch this year—the IRA Charitable Rollover.

#### It's Easy To Do!

Instruct your retirement account custodian to send any amount (up to \$100,000) to us this year. Because our charity is tax exempt there is no tax paid on the transfer. All or a part of your required minimum distribution may be met and the money goes straight to work toward our cause.

This information is not intended as tax, legal or financial advice. Gift results may vary. Consult your personal financial advisor for information specific to your situation.

### Create Your Legacy With An IRA Charitable Rollover Gift

If you are 70½ or older, you can use your individual retirement account (IRA) to support Dakota Boys and Girls Ranch. Making an IRA charitable rollover gift to us may lower the income and taxes from your IRA required minimum distribution this year.

Please call 1-800-344-0957, or visit our website at DakotaRanch.org, to learn how you can create your legacy with an IRA charitable rollover gift this year.



Under federal rules your benefits may be different from this example. Please contact us for your specific benefits. Copyright © 2021 Crescendo Interactive, Inc. Used by permission.

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### Memorials/Honorariums

Unless otherwise designated, donations you give in memory or in honor of your loved ones will be used to help build, maintain, and upkeep chapel facilities on all Ranch campuses. Your gift to the Ranch will live on through the children at Dakota Boys and Girls Ranch, by helping us teach them about Jesus' unending love. For more information about making memorial and honorarium gifts to the Ranch, contact Dakota Boys and Girls Ranch at 1-800-344-0957 or info@DakotaRanch.org.

#### Memorials

November 1, 2020 - February 15, 2021

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### **Memorials/Honorariums**

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"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." —Philippians 4:6-7

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#### Honorariums November 1, 2020 - February 15, 2021

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Then children were brought to him that he might lay his hands on them and pray. The disciples rebuked the people, but Jesus said, "Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven."

-Matthew 19:13-14

### **Memorials/Honorariums**

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**IENEANNE CARMAN** Anne Elshoff JIM & SALLIE COLLINS Jennifer Connelly JOHN & JOAN HEFTER Jeff & Debra Engley JOHN SAMARIN Susan Samarin **IOSHUA DEYOUNG** Allison S. DeYoung JOY RYAN Larry D. Knutson David & Lisa Olson Quin Seiler **JOHN & BESS MANESIS** Mary Manesis KAITLYN USSERY Debbie Kohl LAURIE DANNEWITZ Larry D. Knutson LINDA VISCOSKY Larry D. Knutson LISA M. COLE Larry D. Knutson LISA RONG BROOKS Alexandria Titone LORI GRUENEICH Nancy Christensen LUCY Cadie Craddock MELISSA KLEIN & FAMILY Sue Miller MELISSA LINTON Candice Linton MY GRANDCHILDREN Kay Stoterau MY "5" GRANDCHILDREN Iane Lorch NANCY FESSLER "THE DAUGHTER I WISH I HAD" Larry D. Knutson NICHOLAS BRAUN Theodore & Julie Novetzke NICHOLAS (PEN PAL) Marion H. Milks OUR LORD AND SAVIOR JESUS

CHRIST Ianet Dowd PAYING IT FORWARD SEAN **HEAVEY** Iennifer Beach "RANCH KIDS" Harley & Cheryl Haug REV. DR. PAUL A. KRUEGER Scott Koskoski **RHONDA LIVEDALEN & FAMILY** Sue Miller **RICH & VICKY CAMPBELL** Nicole Grubb ROBERT LENZ Kelly A. Lenz Ken & Carol Lenz ROBERT C. LONANO Deborah Graziano SANDY SCHMIDT Larry D. Knutson SANTOS MEJIA Rosemary Mejia SARA PEARCE Karen Pearce SCOTT & TORI WEINAND John & Tena Weinand SHIRLEY ANNE HANSEN Sharon Kunka **TESSA CERNIK** Brenda Cernik THOMAS R. DECKER ShaRell Nelson TINA MERKER Gloria Davids ТОМ КОРР Peg Gilbertson TOM & DONNA LINNERTZ Warren & Sonva Fried **VERNON & ELIZABETH KUENE** Laura Montgomery VICKI REINER Larry D. Knutson WARREN & SONYA FRIED Thomas & Donna Linnertz WAYNE & MARY JANE SANSTEAD John & Cherie Sanstead

### Prayers



We keep all donors, kids, and Ranch staff in our prayers. If you have a special intention or prayer request, please contact us at 1-800-344-0957 or info@DakotaRanch.org. When we receive your request, we will distribute it to our pastors and spiritual life specialists who will pray for you during our chapel services on all three campuses.

Your Name				
Phone	Email			
Your Address				
City Please pray for		State	Zip	
Please pray for				



Dakota Boys and Girls Ranch P.O. Box 5007 Minot, ND 58702-5007

Change Service Requested



The mission of Dakota Boys and Girls Ranch is to help at-risk children and their families succeed in the name of Christ.

www.DakotaRanch.org

Main: 1-800-593-3098

Foundation: 1-800-344-0957











